

Progress in the fight against Covid-19 has allowed for restrictions to be eased. For hillwalkers and climbers, the easing of travel restrictions facilitates our return to activity.

We must remember that Covid-19 remains, and that we all play our part in keeping it suppressed. As restrictions ease our personal and social responsibility become ever more important. Limiting our social interactions is crucial to preventing the spread of the virus – choose a limited number of people to go hillwalking and climbing with for the coming months.

Rural communities that have remained largely free from Covid-19 are understandably nervous about an influx of visitors. Please be mindful of this and consider choosing locations which would minimise contacts. This summary sheet is designed to be a quick reference guide. For further information please see the full Covid-19 Advice for Hillwalkers and Climbers, and current government regulations and public health advice.

## **Public Health Advice**

- During travel and activity maintain physical distance with people outside of your household.
- Wash hands before and after activity. Use an alcohol-based hand sanitizer during activity.
- When coughing or sneezing cover your mouth and nose with your elbow or tissue.
- Avoid touching your eyes, nose and mouth.
- Wear a face covering in situations where it is difficult to maintain physical distancing.
- Stay at home and self-isolate if you are unwell or have been in contact with someone who has Covid-19.

## **Groups and Clubs**

- For hillwalking and climbing, the group size should ideally be less than ten and should not exceed fifteen.
- As well as making parking and social distancing easier, a smaller group size will reduce environmental impact and allow for easier group management.
- Clubs with organised activities and events should appoint a Covid-19 contact.
- Participants in organised activities and events should provide a Covid-19 declaration in advance.

## **Travel & Parking**

- Travel within the Republic of Ireland and in Northern Ireland, as well as cross-border travel is permitted.
- Car-pooling with people outside of your household is not permitted.
- Car-parking spaces will be in high demand – consider alternative less popular areas for parking.
- When parking be considerate of other road users. Do not block access for local residents, farmers or emergency services.

## **While Hillwalking and Climbing**

- Take time to regain fitness and refresh skills.
- On narrow paths or other confined spaces maintain physical distance with other people by moving to the side of paths, keeping single file, waiting for space to pass etc.
- Minimise the sharing of equipment. Clean or quarantine equipment after use.
- Be aware that tracks may be less obvious due to a lack of footfall. Similarly climbs may be a little dirty and overgrown.
- Carry a spare bag to take home your rubbish and consider picking up any litter you come across.