

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.

Since the easing of lockdown, there has been a significant increase in footfall to the uplands. Please be mindful and respectful of the landowners and local communities in the places where you walk and climb. 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

- With the exception of localised restrictions, travel within the Republic of Ireland and in Northern Ireland, as well as cross border traffic, is permitted.
- You should not share private vehicle with people from outside your household. If this is not possible such as in the case of an emergency, face coverings should be worn when sharing a vehicle.
- 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.