



Guidelines for Climbing During the Coronavirus Pandemic

We've developed these guidelines because:

- We need to maintain trust and good relationships with land managers and local residents.
- Not following guidelines can create long-lasting access issues for climbers.
- We must be mindful that conditions are not the way they once were; we must all act in an adaptive, respectful, and patient manner.

Consider Your Impact	
<p>COVID-19 is a serious virus that is transmitted easily.</p> <p>We must maintain good practices to minimize the risk of infection not only to ourselves, but to others.</p> <p>The easing of restrictions does not mean that the threat is gone.</p>	<p>For more information on COVID-19, see https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html</p>
Should you climb?	
<p>If you have a cough, fever, body aches, or in general feel unwell, please stay home. Wait to climb until 10-14 days after you feel recovered.</p> <p>If you have been in contact with someone else who is or has been sick, do not climb until 14 days after your last contact with that person.</p> <p>Be mindful that you could have Covid-19 without showing any symptoms, and you could be infectious to others despite being asymptomatic.</p>	<p>For more information on what you should do if you suspect you have been exposed to COVID-19, see https://www.toronto.ca/home/covid-19/covid-19-what-you-should-do/covid-19-have-symptoms-or-been-exposed/</p> <p>To see Dr. Paul Pottinger, Director of the Infectious Diseases and Tropical Medicine Clinic at the University of Washington Medical Center, speak to the Access Fund about COVID-19 with respect to climbing, see https://vimeo.com/418690906</p>

If you choose to climb, how can you do so responsibly?	
<p>Recreate close to home and stay local.</p> <p>Avoid traveling to sensitive destinations.</p>	<p>Please recreate close to home. When in doubt, check local travel restrictions and guidelines to know if climbing destinations permit climbing.</p> <p>Note that some communities have requested non-residents and seasonal visitors to avoid visiting.</p> <p>When travelling, fill up for gas at home, pack food and make preparations to avoid unnecessary stops.</p>
<p>Maintain social distancing.</p>	<p>Be respectful and give others extra space.</p> <p>When on trails or paths, let others pass and avoid congregating in crowds.</p> <p>If stepping off the trail to let others pass, avoid stepping on vegetation.</p> <p>Minimize your footprint at the base of climbs.</p>
<p>Consider establishing an exclusive belay relationship.</p> <p>Climb only with people you live with, or choose consistent climbing partners while adhering to social gathering guidelines.</p>	<p>If you become sick, you should be able to list the number of people you've interacted with over the previous two weeks to notify them. Keep that list as small as possible.</p>
<p>Use hand sanitizer and wash your hands frequently.</p>	<p>Climbing is not the most sanitary pursuit. As climbers, we share gear, trails, beers, etc.</p> <p>Treat the rock and climbing gear as you would shared surfaces in town.</p>
<p>Bring a wag bag.</p>	<p>Plan for toilets and amenities to be closed. Where they are open, be careful to minimize contact and to wash your hands.</p>
<p>Share the crags.</p> <p>Try to avoid busy crags and peak times.</p>	<p>Ontario crags are notoriously busy during regular season conditions. It will be important to limit your impact on crag crowding.</p> <p>Crowded crags may result in recreational activities closing again if we are not able to physically distance while recreating.</p>
<p>Keep your objectives conservative and avoid risky projects.</p>	<p>Injuries occurring at the crag may result in undue stress on the healthcare system, and often will</p>

	<p>require you to use the resources of a smaller community.</p> <p>Rescue operations are difficult and impossible to conduct while maintaining physical distancing.</p> <p>If you are new to outdoor climbing, do not venture out on your own. Find a mentor or get a guide. A lack of knowledge, injuries, and accidents occurring at the crag can affect access.</p>
<p>What else can you do?</p>	
<p>Have backup recreation plans.</p>	<p>These plans may mean not climbing at all if you find the crag busy when you get there.</p> <p>If needed, consider changing your objectives and enjoying the outdoors on a socially distanced hike, or heading elsewhere.</p> <p>If you arrive at your climb and another party is already there, head somewhere else instead of waiting for it to open up.</p> <p>Be okay with bailing on your first choice.</p>
<p>Follow all Leave No Trace Principles.</p>	<p>Outdoor spaces are anticipated to be busy and crowded. It is important to make a good name for climbers to ensure continued access to these spaces.</p> <p>https://www.ontarioallianceofclimbers.ca/resources/for-climbers/leave-no-trace/</p>
<p>Do your research and stay informed of all local access guidelines.</p>	<p>Ensure the spaces you want to climb in are open and welcoming of climbing before planning your trip.</p> <p>Some crags may impose extra restrictions. Be in the know before you go.</p> <p>Remember that climbing at crags that are temporarily closed may result in climbing being banned permanently.</p>
<p>Lead by Example</p>	<p>Encourage your friends to climb safely and responsibly.</p> <p>Be mindful that not everyone may be able to enjoy the outdoors yet.</p> <p>Consider not spraying your adventures on social media to respect their situation.</p>