

CLIMBING DURING COVID-19

OUR CHOICES IMPACT OUR COMMUNITY.



SOMETIMES THE BEST CHOICE IS TO STAY HOME (AND THAT'S OK.)

PLAN & PREPARE

- Check current closures & park hours.
- Avoid popular areas and times.
- Have a backup plan.

MITIGATE RISK

- CLIMBING IS INHERENTLY DANGEROUS.
- Hospitals with COVID patients have few resources.
- First responders cannot social distance in a rescue and have limited supplies of PPE.



STAY LOCAL

- Respect shelter-in-place orders.
- Consider vulnerable gateway communities near access to climbing.
- Be careful when stopping for supplies, or fuel up close to home.

SOCIAL DISTANCE

- STAY AT LEAST 6 FEET FROM OTHERS.
- Is there enough space for passing hikers or climbers while belaying or spotting?
- Will stepping aside damage plants or the trail?



SMALL GROUPS

- Ditch the squad and avoid crowds.
- Climb with people in your household.
- If the crag or boulder is occupied - keep walking or go home.

KEEP CLEAN

- Wash your hands before and after climbing.
- Use hand sani or alcohol in between routes.
- Wear a mask, cover your coughs and avoid putting things (rope, gear) in your mouth.



IF IT IS FULL, IS THERE SOMEWHERE NEARBY?

IF YOU CAN'T DO THIS, SIMPLY DON'T GO.

Questions? Email us at info@seclimbers.org