



## ASSOCIATION OF MOUNTAINEERING INSTRUCTORS

**Outdoor Adventure Scotland** presents this activity advice for clients based on the latest information from [Mountaineering Scotland](#) [British Mountaineering Council](#) and [Sportscotland](#) (last update 28/06/20)

Activities will require a pragmatic and mutually agreed approach between clients and instructors. Some objectives may not be feasible.

The dynamic nature of being in the mountains mean that there may be occasions when ideal Covid Secure practice (for example, social distancing) cannot be maintained e.g. to deal with an immediate safety concern that takes priority.

### **Clients are asked to agree to the below:**

1. To follow relevant home nation Government guidance on Coronavirus, specifically that you will not travel to nor attend guiding/instruction with **Andy Cloquet / Outdoor Adventure Scotland** if you should be self-isolating according to national guidelines.

2. To be asked to answer the following questions with the word 'Yes' or 'No' immediately prior to your course:

Now, or at any time in the last 14 days:

- A. Do you have/have you had a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)?
- B. Do you have a/have you had a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)?
- C. Do you have or have you had a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal?
- D. Are any of your household symptomatic of COVID 19 or have any of them been?
- E. Are any of your household self-isolating or have any of them been?
- F. To the best of your knowledge have you been in close contact with anyone else who is symptomatic of COVID 19?

3. To answer the following:

- G. Do you accept that your participation in the booked activity may increase your risk of exposure to infection with the virus relative to no-participation?
- H. Do you agree to inform your Instructor should you develop any symptoms consistent with COVID-19 any time within 14 days of the end of the activity?

Andy undertakes to do the same and confirm with you information on his health status.

### 4. Additional Joining Instructions

Please confirm in your booking email that you will bring;

- A small bottle of hand sanitiser
- A face mask or covering with you in case it is required.
- Appropriate clothing for the activity
- Drink, lunch, snacks.
- Sunglasses and sun cream, midge repellent (as appropriate)
- A small personal first aid kit (plasters, painkillers, medication, nitrile gloves)
- Please list below any specialist technical equipment you have and can bring (map, compass, mapcase, harness, helmet, belay device, rock shoes, nut key, climbing rack etc.)

Andy will have the following items of technical equipment for hire (£5 per item per day); helmet, harness, belay device, sling and screwgate karabiner. These items will have been cleaned following the manufacturers' instructions and will have been kept in the polyethene bag which you will be handed to you for the duration of the event.



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If you have any questions about the make, model, age or appropriateness of equipment please do contact us directly to ask questions.

If Andy or you is forced to cancel your activity at short notice for Coronavirus and similar related reasons you will receive a full refund once you have confirmed your need to withdraw from any Notifiable infection.