

Advice for clubs returning to climbing indoors



21/10/2020

The indoor climbing walls are all now working to a strict set of guidelines that have been signed off by UK Active and the Department of Culture, Media and Sport. These guidelines are intended to make climbing walls Covid Secure, keeping the risk of transmission of the virus as low as possible.

The climbing walls look forward to welcoming customers into their facilities and want to keep them open for as long as possible so that their customers can enjoy climbing in them, their staff can remain employed and their businesses can remain viable.

[Research](#) in the gym and leisure sector has indicated that there is a very low prevalence of the virus in the gyms.

They need your support in following some basic guidelines and will always appreciate a call from you if you're intending to bring a group of any size to them.

The guidelines you need to follow are:

- Ensure that you adhere to any group size restrictions that may be in place such as the Rule of 6. This is important both as you travel and on arrival/check in, but also whilst climbing at the wall.
- The exemptions to the Rule of 6 for university sport agreed via BUCS would not apply to a shared user group facility such as a climbing wall. Groups must therefore be kept to a maximum of 6.
- Depending on where you are in the country you may have additional restrictions to abide by, such as "no mixing of households indoors" which means that you can't have people from different households climbing in the same group.
- There will be plenty of hand sanitizer around the wall. Please use this frequently.
- Maintain 2m social distance at all times and allow others to do the same.
- The ABC face covering policy is that they should be worn at all times when you are not climbing (some walls may insist on you wearing them when you climb). Please ensure that you comply with this. The normal medical exemptions apply and you are asked to conduct your own risk assessment for wearing a face covering whilst belaying. If you think it impedes your ability to communicate effectively, then please refrain from wearing one but replace it when your climber is back on the ground. Use good practice guidelines for the removal and replacement of your face covering.
- All climbing walls are operating at reduced capacity to enable social distancing to be maintained. They are likely to either have a capacity counter on their website or may require everyone to book to come in. Find out first how they are operating.
- If you are arriving in a group it is appropriate to contact the wall first to ensure that they can accommodate you.
- If at all possible go to the wall in the off-peak period. The wall will be quieter and many will be cheaper!!

We hope that you're able to have a successful winter's climbing indoors.