

## **COVID-19 – GUIDANCE FOR SCOTTISH MEET LEADERS**

In the current times it is essential that all meet leaders refer to the guidance below.

All meets will be run within the Scottish Government guidelines at the time of the meet. See updates at <https://www.mountaineering.scot/coronavirus>

The Scottish Meets Secretary has taken on the role of Covid Officer in relation to activities in Scotland.

In the period prior to the meet the meet leader should be in contact with the Covid Officer to determine if the meet should go ahead and discuss any amendments that may be needed in line with the latest guidance.

Meet leaders may wish to consider doing the Sport Scotland [e-learning for Covid Officers](#) Whilst this is not essential it is useful information for anyone leading/coordinating sporting activities. At a minimum meet leader should be familiar with the latest guidance for mountaineering in Scotland and government guidance for the region in which the meet is taking place.

### **In the week prior to the meet**

By e-mail contact all participants and ask:

- If the person has any of the known symptoms of COVID-19 – predominantly
  - A high temperature
  - A new, continuous cough
  - A loss of smell or taste
- If the person has knowingly been in contact with a person with Covid-19 in the past 10 days.
- If the person is self-isolating

If the answer is “Yes” to any of the above, the person should not attend the meet.

### **During the meet**

Group members should follow up to date guidance on preventing COVID-19 transmission (social distancing, hand hygiene, mask wearing)

Clearly, social distancing is just one part of overall group safety and would be overridden by other mountain safety considerations e.g. the need for a group to rewarm in a group shelter, etc.

Group members should remain attentive to COVID-19 symptoms and self-declare to the group if symptomatic.

In the event of a group member displaying the symptoms of COVID-19 the Meet Leader should:

- Advise the person to travel home as soon as practical.
- If the person cannot travel that day, as far as is practicable, require the individual, to isolate themselves in their room with arrangements for separate meals and toilet facilities if possible.
- The individual should get a Covid test on return and follow Test and Protect guidance.
- Immediately notify the accommodation provider of the individual(s) isolating in accordance with local regulations.

- All group members should return home and self-isolate for 10 days or as appropriate in the latest guidance relative to their home location and pertaining to the individual's test result.
- Record details of when the individual(s) appeared unwell and of all subsequent actions.
- Inform the Covid Officer (for the record and for any queries that could arise later).

If a group participant is contacted by NHS Test and Protect (Scotland) or Test & Trace (rest of UK) or the NHS Covid-19 App during the tour the leader should:

- Require the individual to isolate themselves as much as is practicable and ask them to contact local health service re testing.
- Immediately notify the accommodation provider of the individual(s) isolating
- Officially, group members of the COVID-19 contact need not themselves isolate unless the contact tests positive, but obviously caution should be exercised until the contact has clarified their position by testing.

### **After the Meet**

Meet participants who subsequently develop COVID-19 or test positive within 48 hours of completing the tour should inform the leader and the rest of the group.