

COVID-19 GUIDELINES

for all Mid-Atlantic Region Climbers

To our fellow climbers:

As climbers we are accustomed to evaluating and mitigating risks in a dynamic environment. The novel coronavirus presents distinct risks which have been evaluated and require constant re-evaluation as communities around the world are trying to understand what "reopening" will look like. We need to mitigate those risks to protect both our climbing community and our climbing areas' local communities.



The Access Fund, Mid Atlantic Climbers, The New River Alliance of Climbers, Friends of Seneca, Cheat Canyon Climbers Coalition, Southwestern PA Climbers Coalition, and South Central PA Climbers, all together, urge you to **consider the following guidelines as you plan climbing trips during this time of COVID-19.**



1. **If you have experienced any symptoms of COVID-19, had a temperature or think you may have been exposed to COVID-19 in the past 14 days... PLEASE STAY HOME.**
2. **Follow current state and local jurisdiction COVID-19 guidance.** Restrictions may vary from state to state or county to county.
3. **Know before you go.** Check land management, local climbing organizations' websites, and social media before you leave home. Follow the latest guidelines and regulations for an area. **DO NOT GO if an area is closed.** Click on the links at the bottom of the page for current crag-specific information for associated areas.
4. **Consider the distance of your trip.** Staying closer to home restricts the spread of the virus.
5. **Limit the number of people in your climbing party.** As your party grows in size you increase risks and contribute to the negative perception that climbers are behaving selfishly and irresponsibly.
6. **Call ahead** to determine what local services (camping, restaurant take-out, etc) are open where you are going, and plan accordingly to minimize contact with individuals from the local community.
7. **Be self-reliant.** Shop for necessities at home and gas up prior to leaving. Bring your own food and cook at camp in order to avoid unnecessary contact within the community. Whenever possible and legal, use dispersed camping options outside of campgrounds. Always carry out your human waste.
8. **Choose your objectives conservatively.** Health care providers and first responders are already stretched thin. Please do not increase their response load by having an accident.
9. **Practice dispersed climbing and social distancing between climbing parties.** Have alternative routes and locations planned to avoid crowds. Choose another area if legal parking is full. Don't gather at the base of a climb, a boulder, or around rappel stations. Avoid crowded areas and trails. Mask up when proximity with people outside of your party cannot be avoided.

Click for more information:

midatlanticclimbers.org
[Friends of Seneca \(Facebook\)](#)
cheatcanyonclimbers.org

newriverclimbing.net
supacc.org
sepclimbers.org

Stay safe and climb responsibly!