

Coronavirus Guidelines for All Meets

******Please note, that the following guidelines are in addition to any restrictions or requirements imposed on you by virtue of where you live.******

If you are attending an FRCC meet (this includes day meets), please read these guidelines. You will be asked to confirm your acceptance of these in a self-declaration form sent to you in advance of the meet.

In line with government guidance, there is an official limit of 30 people on any organised FRCC meet.

To minimise risk at a meet, we ask that members read and accept the following guidelines before attending a meet.

Guidelines for all meets:

Do not attend if you, or someone in your household, has symptoms of COVID-19.

Limit car-sharing.

Observe social distancing (ideally 2m apart, 1m+ if this is not possible).

Employ strict hygiene measures. Bring your own hand sanitiser, anti-bacterial wipes, face covering etc.

Do not share food and drink or equipment.

Bring your own first aid kit.

Climbing-Specific Meets

If climbing with someone outside of your household, quarantine all equipment for 72 hours after the meet.

Climb with the same partner throughout the meet.

Climb well within your limits.