

IBSC members' COVID guidance

Date of guidance: 22 December 2021

Present Scottish Government guidelines at 'Beyond Level 0' permit outdoor non-contact sports and organised outdoor activity without restriction. Private travel is also permitted without restriction in Scotland.

Omicron – additional measures

The Scottish Government issued updated guidance and regulations on 21st December 2021. Whilst there are no regulations preventing planned club trips, the guidance strongly suggests that more than 3 households avoid mixing indoors for social purposes. This applies to IBSC weekend trips when shared accommodation will be used. They also strongly recommend the use of lateral flow testing (LFT) before social events and encourage the use of Covid vaccines and boosters.

After careful consideration, the ISBC Committee has decided to continue to offer day and weekend trips as currently planned, but this is subject to all trip participants meeting the following requirements:

- Any member planning to attend a trip (day or weekend) must provide a negative LFT. The test should be taken either the day before (for day trips) or on a Friday morning (for weekend trips).
- Any member planning to attend a weekend trip must additionally be fully vaccinated (2 doses), and preferably boosted and provide their vaccine status.

You can provide this information by sending either a photograph of your LFT test and for weekend trips, a screenshot/PDF of your vaccine status to the Club President at president@ibsc.org.uk. If you were vaccinated in Scotland, you can obtain your vaccine status [here](#). Lateral Flow testing kits are commonly available over the counter at pharmacies and can also be ordered on-line. Make sure you have the necessary test kits available in good time before a club trip.

Please do not send the LFT result/vaccine status information to trip organisers directly or put it in trip WhatsApp groups. After the LFT or vaccine status has been confirmed, your email will be immediately deleted and will not be shared with any other persons. You will need to provide the information before each trip you are booked on. Do not travel to a trip without providing this information – you will not be able to attend.

These measures are to provide the greatest possible assurance to club members that our trips are covid secure and to minimise the risk of spreading the virus whilst still allowing club trips to proceed.

If you do not wish to attend a club trip due to take place in January for covid reasons you may ask for a refund by email before 31st December 2021. If you are unable to attend a trip

because of a positive LFT result then the normal club refund policy will apply – a refund will be offered if the place can be filled – so make sure to do it in good time and let the trip contact know you cannot attend as soon as possible. If you are unable to be vaccinated for a valid medical reason and cannot provide a vaccine status, then please contact a club committee member if you still wish to attend a weekend trip so your particular circumstances can be considered.

We will update you as the situation develops regarding trips from February onwards.

General Guidance

General club covid guidance remains otherwise unchanged. All members attending IBSC should continue to follow Scottish Government guidance in relation to reducing the spread of the virus: practice social distancing, wear masks when appropriate and sanitise hands regularly. Car sharing is still not advised.

DO NOT ATTEND A TRIP IF YOU ARE EXPERIENCING ANY COVID SYMPTOMS, EVEN IF MILD. DO NOT ATTEND IF YOU ARE REQUIRED TO SELF ISOLATE.

If you develop Covid symptoms within 10 days of attending a club trip, you should pass the contact details of the Club Covid officer to NHS Scotland Test and Protect: Brendan Hughes, training@ibsc.org.uk You do not have to inform the Club or provide details of other trip attendees

Please ensure you register everyone in your party who is planning to attend a day trip. This should include any non-club members who you want to introduce to the club. This is for Test and Protect requirements.

The most recent Mountaineering Scotland guidance can be found here:

[https://www.mountaineering.scot/assets/contentfiles/media-upload/Mountaineering_COVID19 - ClubGuidanceFinal9Aug2021.pdf](https://www.mountaineering.scot/assets/contentfiles/media-upload/Mountaineering_COVID19_-_ClubGuidanceFinal9Aug2021.pdf)

This also contains links to the latest guidance on transport and measures to reduce the risk of transmission when travelling.

The club committee will continue to keep this policy and these measures under close review and club members should be aware that further changes are possible in the event of further government guidance and regulation.

IBSC Committee, 22nd December 2021.