



sportscotland



Working for Climbers, Hill Walkers and Mountaineers

The **MCofS** recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Climb when ready!

Always

Think: be aware of your safety needs.

Check: harnesses and knots before climbing. Check or Deck!

Stand Clear: be aware that equipment, rocks and climbers might fall from above.

Protect Your Head: consider wearing a helmet.

Belay Safely: stay alert, pay attention and watch the climber. Know how to belay correctly with the device you are using.

Communicate: develop a clear communication system. Use each other's names. Warn others of hazards.

In Addition

Respect Others: park sensitively, don't hog routes, lower off or abseil down routes others are climbing.

Protect the Rock: don't chip or wire brush holds.

Respect Property: respect the privacy, safety and livelihoods of those living or working in the outdoors.

Do Some Research: check out the latest access information on the **MCofS** website. Read guidebooks and respect local climbing ethics and practices.

Know the Code: be familiar with the Scottish Outdoor Access Code. Take all litter home, protect plants and animals, don't disturb nesting birds, keep dogs under 'proper control', leave gates as you find them

Join the **MCofS** – support Scottish climbing

join today at www.mountaineering-scotland.org.uk

telephone **01738 638 227**

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