



Association of British Members of the Swiss Alpine Club

Advice to club members attending club meets during the current Coronavirus (Covid-19) outbreak

The two current omicron variants in circulation have both the highest level of prevalence to date and the highest transmissibility. This means that the likelihood that someone brings the virus to a meet is high. And if this happens, the chance of it spreading widely amongst those present is also high.

The layout of most huts and bunkhouses make it impossible to conduct a meet in a “Covid-secure” way. Members need to make their own decisions about whether to attend but we should do everything possible to avoid inflicting illness upon one another.

We would like to suggest the following:

1. Do not attend if you have Covid or if you have recently been in contact with someone with Covid, even if you have tested negative.
2. Do not attend if you are vulnerable to getting severely ill should you catch Covid.
3. Take care to avoid contracting Covid for the week before attending. Reasonable precautions include avoiding large gatherings, wearing masks in shops etc.
4. Perform a lateral flow test on the day of arrival and do not attend if positive.
5. Go home immediately if you start to feel unwell, even if you test negative.
6. At the hut/bunkhouse, ensure maximum ventilation and try to keep spread out as much as practicable.
7. Please ensure that you let meet organisers know you cannot attend the meet as soon as possible.

With these measures in place the risk will be somewhat lessened, but there is still a significant chance of coming away from a meet with a Covid infection that you did not arrive with.

Managing risk is the everyday business of mountaineers and I do not wish to put people attending meets. However when you attend a meet you should do so with your eyes open.

Daniel Albert, ABMSAC Covid officer

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Further information can be found here: <https://coronavirus.data.gov.uk/>