

Mountaineering & COVID-19

Guidelines of the Association of Alpine Associations of Austria (VAVÖ) on mountain sports in the age of the Corona virus.

Preamble

As mountain and outdoor athletes, we know the importance of personal responsibility, risk-conscious action, camaraderie and experience. Unexpectedly and without previous experience, we are now faced with a new, dangerous virus for an unforeseeable period of time. We must therefore add a few measures to our familiar safety precautions to minimize the risk of infection when exercising our sport with people who do not live in our household.

Experts from the Alpine Club (ÖAV) and Naturefriends (NFÖ), in cooperation with the Association of Alpine Associations of Austria (VAVÖ), have developed guidelines for mountain sports in times of Corona, which are in line with the regulations of the Federal Government and at the same time a reasonable and joyful one Enable exercise. They consist of seven basic rules, which are expanded to include sport-specific recommendations.

Basic rules

1. Decrease risk appetite

In alpine activities, stay well below the personal performance limit. Consider the corona-related risks and difficulties in rescue operations, as well as the additional burden on the hospitals. More than ever, the rule is: only healthy in the mountains!

2. Keep your distance, at least 2 m

2 meters, that is a little more than 2 arm lengths for an adult. Use a mouth and nose protector if, in exceptional cases, the minimum distance must be less than 2 m. Certain mountain sports activities (e.g. mountain biking) may also require larger distances.

3. Mountaineering only in small groups

The specific number of people depends on the type of mountaineering. There is an upper limit of 10 people. Keep in mind that as group size increases, it will be more difficult to keep your distance! Avoid high-traffic tours and places.

4. Avoid the usual rituals,

such as shaking hands, hugs, summit kisses, sharing drinking bottles, etc.

5. Bringing mouth and nose protection and disinfectants with you

In addition to the general emergency equipment, mouth and nose protection and disinfectants should be kept in your backpack for a while.

6. Mouth-nose protection in carpools

In addition, only two people may be carried in each row of seats including the handlebars. Prefer arrival by public transport.

7. In an emergency, as always, act

As a first aider according to the generally applicable first aid guidelines and additionally use a mouth and nose protection.