

WaterAid Scotland Munro Challenge 2020

Team Leaders' guidelines, participants' information and safety guidelines

The Challenge

The WaterAid Scotland Munro Challenge 2020 aims to see WaterAid supporters on every one of the 282 Munros across Scotland on Saturday 6 June 2020.

Supporters can be part of a team of between 4 and 7 and take part in a self-guided climb on a Munro.

It is the Team Leaders' responsibility to research the suitability of their chosen Munro to climb. It is essential to research the route using the correct resources. Recommended routes are provided by Walk Highlands www.mountaineering.scot/activities/hillwalking/getting-started/planning-your-route

This link will be sent out again to Team Leaders as we near the start date of the Challenge. It is the responsibility of each team and its Team Leader to research their climb based on this information, carefully preparing their climb before their departure.

All teams must have a designated Team Leader who will provide a first point of contact for team members, who must all adhere to safety guidelines and recommendations provided by WaterAid.

By taking part in this event, you consent to being filmed and/or photographed by WaterAid or someone contracted by WaterAid. The rights to any such footage or photographs will be owned by WaterAid. WaterAid may use the footage or photographs for future advertising and promotion, globally and in perpetuity. Any feedback or comments you provide may also be used for future advertising and promotion, globally and in perpetuity.

Each person is asked to try to raise a minimum of £150 in sponsorship to support the work of WaterAid.



Eligibility

Participants should be over 18 years old at the time of the event (by 6 June 2020).

Planning

When planning your route, take into account the following:

- the weather and mountain conditions
- the skills and experience of you and your walking companions
- the landscape and type of terrain you will be visiting.
- the kit you/your group needs to take with you

You must have a solid understanding of the challenge of climbing a Munro, be prepared and physically able to complete the climb.

Further information can be found at:

<https://www.mountaineering.scot/activities/hillwalking/getting-started/planning-your-route>

Team Leader's responsibilities

As team leader you must be an experienced hill walker for the climbs, who is willing to be responsible for the team.

You must ensure that your team members have the appropriate skills and training for the event. You will lead and facilitate the reaching of team decisions on all matters concerning safety in the mountain environment. You will lead the team to the summit of your mountain and return in accordance with safe mountaineering practice and within the agreed procedures of the WaterAid Munro Challenge 2020 Safety Strategy and Guidelines. As part of the process you will be asked to confirm that you will take responsibility of your team on the day. The final decision on whether the team participates in the Munro Challenge will rest with the WaterAid Scotland & Northern Ireland team and the WaterAid Scotland Munro Challenge 2020 Committee. You must fully brief all your team members. These guidelines will be available online in addition to other WaterAid Munro



Challenge information. All team members must read these instructions carefully. You must ensure, as far as practical, that the level of fitness of each team member is adequate. Everyone must be made aware that Munro climbing can be dangerous. It is imperative that the team makes every effort to remain together. Whilst it is understood that the team leader will give leadership and guidance, each member of the team must realise that they are ultimately responsible for their own safety and well-being during the entire challenge. As a guideline, team members are fit enough for this challenge if they have recently climbed a mountain with similar physical and technical difficulties as the one proposed, comfortably within the times calculated from Naismith's formula (4.5 kilometres per hour for distance walked, plus 10 metres per minute for climbing). A check must be made that the equipment and clothing of the team is satisfactory bearing in mind the dramatic climatic changes that can be experienced on the mountain.

Even in summer, and having consumed sufficient food and drink, dehydration can be a major problem both en-route and whilst climbing the Munro. You should identify a competent assistant who is adept at navigation and who is capable of assuming responsibility should the need arise. During the challenge, each team should possess at least two 1:25,000 scale maps for the areas to be traversed. These maps should be studied meticulously beforehand and the salient features of the route to and from the summit, including escape and emergency routes, clearly understood. Please note that June is the time when ground nesting birds are at their most vulnerable to disturbance having only recently hatched their young. You should therefore stay on recognised paths wherever possible to the top of the Munro and not wander off the track. A compass should also be carried and its use as a navigational tool in conjunction with map reading skills clearly practised. Global Positioning Systems (GPS) are now frequently seen in the wild, but correct use and knowledge of a map and compass will be the prime means of navigation on the WaterAid Munro Challenge 2020.

For each climb, the attainment of the summit is only the mid-point of the day's task. The team has to get back, and will have already expended considerable energy in reaching the summit. Teams should not linger at any summit for longer than necessary. The weather can change quite dramatically and once a summit has been reached, so please give thought to putting in place the plans already laid for a safe descent. In order to comply with the Institute of Fundraising (IOF) Code of Fundraising Practice on Outdoor Fundraising Events in the UK, teams are not allowed to arrive at the start location for any of the mountains or commence walking between midnight and 5am.

Safety Guidelines

During the challenge, each self-guided team will operate as an independent group and practice the principle of self-help at all times. Your stay on a summit should be as short as possible as you need to manage your descent, which can be more challenging than the ascent. Always keep the WaterAid Munro Challenge Call Centre informed of your actions.



Clothing

Properly designed hill walking boots are essential for climbs. They provide good ankle support, are reasonably waterproof, comfortable and have a firm sole with a secure grip.

Proper clothing is essential, most important being a good wind and waterproof outer layer of jacket and trousers. A layering system for warmth is more easily regulated and therefore far more comfortable.

Gloves and a hat should be included in the rucksack, as well as spare clothing e.g. a warm sweater. In one day weather conditions from all seasons can be experienced. It gets colder and windier as height is gained.

A map, compass, torch and whistle should always be carried and participants must be able to use them.

The maps recommended are the Ordnance Survey 1:25,000 scale. Every participant should have a good compass and should know how to use it competently. Basic instruction should be obtained from an experienced hill walker on the method of setting the compass, taking a bearing and fixing the accurate position of the team on the map by grid reference. A spare battery and bulb should be carried for the torch.

A whistle should be carried by each member of the team to maintain contact if separated, or to contact another group should an emergency arise.

First aid kit

A minor incident can become a major problem when many kilometres or hours from assistance. A small first aid kit can enable a team to deal effectively with an injury and complete the climb. Bandages, adhesives, plasters, safety pins, antiseptic cream and cotton wool are sufficient in most cases.

Other useful items are a knife, string and insect repellent.



Weather

The team must obtain a local weather forecast before they set off. Changeable is the best way to describe the weather and it can change at an alarming speed. Bad weather in the mountains is not unusual. Thorough planning, navigation skills and good equipment are essential. Cold and exposure lead to hypothermia – Please be able to recognise the symptoms and treat them, better still, know how to avoid them.

The sun can be very strong so you may wish to carry a sun block. If the wind strengthens, cloud thickens, visibility decreases or temperature decreases, the plan for the day must be revised.

Safety Checklist

It is imperative that you are safe and well equipped during the challenge. You will be expected to view a route card online in advance outlining a recommended route, with a bad weather alternative if appropriate. If you wish to take an alternative route you must inform WaterAid.

The following checklist details the items that each participant should take on their Munro Challenge route for the day. This is recommended kit for climbing Munros from Mountaineering Scotland.

- Rucksack - about 35 litres
- Boots (with ankle support and soles which will grip on rock, grass and mud)
- Waterproof jacket (with hood)
- Waterproof trousers
- General trekking trousers (not jeans or cotton material)
- Thermal top
- Fleece top
- Gaiters (not always essential)
- Warm hat
- Gloves or mitts
- Spare layer e.g. fleece top
- Compass
- Map (waterproof or in waterproof case)
- Watch
- Torch (preferably a head torch)
- Food & Drink

- Emergency survival bag (polythene is OK) and Group Shelter
- Whistle
- First Aid Kit (small)
- Mobile phone

- Sunhat
- Sun cream
- Sunglasses

Further information can be found here:

- <https://www.mountaineering.scot/activities/hillwalking/getting-started/essential-kit>

Necessity for equipment will be dictated by the weather on the day and by the timing of your planned ascent. You should be aware that mobile phone signal coverage can be patchy.

You may wish to use a GPS system to assist your navigation on your climb. However, you should ensure that at least two members of your team are completely familiar with the equipment and its use and under no circumstances should you dispense with the requirement for maps and compasses. GPS should be used as an additional aid and not your prime means of navigation.

At the start and the end of the day on your Munro Challenge, the team must call the Munro Challenge Call Centre, notifying safe return of all team members.

The Call Centre will be staffed until all the teams have returned safely. The check-in procedure must be adhered to and the team must ensure the Call Centre is aware of the anticipated time of return.

You must ensure that your team are fully briefed on the route and for any ascent and descent and made aware of the need to remain together at all times. You must ensure that frequent stops are made on your routes for the team members to rest, recover, eat and drink.

In the event of an incident

On the Munro Challenge, each team will operate as an independent group. In the event of an incident requiring premature withdrawal from the challenge, you should telephone for assistance and advise the Munro Challenge Call Centre of the situation. In any emergency, the whole team is involved but the decision of the team leader is final. If a team member is taken off their route by the



team, then arrangements should be made for him/her to go home or to hospital, if necessary. The Munro Challenge Call Centre must be advised of the position and the actions of the rest of the team. If no telephone contact can be made and it is not possible to get everyone safely off the route, any injured team member should be made comfortable on the route and left with support member(s) of the team. The remaining members of the team should proceed to the nearest telephone for assistance. Call the Emergency Services - 999 and ask for police and Mountain Rescue. If practicable, the Munro Challenge Call Centre should also be informed. In the event of a break-up of the party, you will lead one section and the designated assistant the other. The party should not split up unless an emergency requires it to do so. The international distress call can be used to attract attention; six blasts on a whistle, or six shouts or six flashes of a torch followed by a pause of one minute before repeating the signal. The answering call is three blasts, shouts or flashes. Should there be any doubt, the safety and well-being of the team members are paramount and take precedence over the aim of the Challenge.

Drink

Dehydration can be a particular problem on Munros. It is recommended that team members make sure that they not only drink enough liquids during the climb AND en-route but that they also ensure that they also take in enough salts. Isotonic drinks or fruit juices topped up with oral re-hydration salts can be bought from any chemist.

Food and nutrition

It important that the climbers are all taking in enough energy to replace that used on the challenge. Ample food should be taken for the day as well as reserve supplies in case of delay or emergency. Easily absorbed high energy foods such as glucose sweets, sandwiches, apples, and bananas, chocolate, fruitcake, raisins, biscuits and Kendal mint cake are suitable.

Country Code

- Guard against all risks of fire.
- Fasten all gates.
- Keep to the paths across farmland.



- Avoid damaging fences, wild plants and trees.
- Go carefully on country roads.

You can find full details of the Country Code and Scottish Outdoor Access Code at:

<https://www.mountaineering.scot/campaigns/safeguarding-access/access-rights-and-responsibilities>

http://www.countrysideaccess.gov.uk/things_to_know/countryside_code

<http://www.outdooraccess-scotland.com>

We need to respect the life of the countryside and the wild mountains.

Route Cards

Before you sign up, you will have had the chance to view the recommended route card for the Munro you have chosen. These can be found here:

- <https://www.walkhighlands.co.uk/munros/munros-region>

It is imperative that you look and study this route card before you undertake the Challenge. If your team will be taking a different route than one listed on Walk Highlands website, then you should email the details of your new route to munrochallenge2020@wateraid.org

Should we need to find you, we will have some knowledge to pass on to the emergency services.



Finally, we ask for an emergency contact number this is someone who you would like us to contact in the unlikely event of a problem, so they should be contactable on the day. **Please note that this should not be someone else who is climbing on the day.**

We appreciate that some of these details may change at the last minute, but for your safety please do inform us of any changes. You will be able to make changes right up to the day of the challenge.

Check-in process on the day

You are asked to call the Munro Challenge Call Centre before you set out on your climb and then after you have returned safely. We will send the phone number for the call centre to team leaders just before the event date. There will be no need to meet a marshal to physically check in. The call centre will be open from 7am to 8pm on the day and we believe that these times should be suitable for the vast majority of teams taking part in the Challenge.

On return from your climb, teams must contact the call centre to confirm your safe return and to report any particular issues or incidents. It is imperative that you inform us that you have returned safely. Please bear in mind that mobile phone reception is often poor at best in remote locations and in the mountains. You might wish to make the call to the call centre on the way to your Munro rather than at the start of your climb or from a suitable land line. The call centre is being manned by volunteers. If you experience any delay in getting through then please keep trying, as many teams may call at similar times.

Above all, please keep yourself and your team safe and enjoy your day! Thank you for supporting WaterAid by taking part in the WaterAid Scotland Munro Challenge 2020.

