



Climbing Code of Ethics

Climbing is not regulated by formal standards. To respect the pioneers, other climbers and the environment, it is necessary to follow a number of principles. These have been defined throughout the generations and by the local community, and are based on environmental ethics and mutual respect among climbers. Environmental ethics are defined by attitudes or use of techniques that reduce a climber's traces on the mountain. Respect among climbers is paramount, but not limited to, keeping routes the way they were set, as part of the patrimony of all climbers (present and future). In this way, we can preserve the differences in style and conceptions that make this so rich and unique sport. We hope that you will join us in assuming and spreading the following:

- ✓ Solve the natural challenges presented on the rocks, do not dig artificial holds. Leave to create routes at aid climbing routes and artificial walls at gyms.
- ✓ Do not apply or remove bolts from existent routes without previous authorization from the route setter. If a climb was set over equipped or exposed, with fixed or traditional protection, we should respect the style. Is good to remind that the climber must get prepared to climb the desired route instead of reducing this to his level. If you really believe that changes are necessary, speak first to the route setter.
- ✓ All climbing routes already have accesses. Do not open new tracks or create shortcuts modifying the original line.
- ✓ Conserve the vegetation on rocky walls. Do not disturb wild birds or any other animals that eventually you find on the way.
- ✓ Help to keep tracks and mountains clean. Take your garbage back.
- ✓ Respect the cracks with possibility for traditional protection using appropriate gear, only drilling the rock when necessary.
- ✓ Respect the priority of the climbers who got first on the route, only overtaking with their permission
- ✓ Choose the descent which causes less impact to the environment;
- ✓ Do not promote or join in climbs with big groups. Those excursions cause huge impact over the tracks and routes. Appreciate the contemplative and reflexive aspect of this sport which is only possible away from the crowd;
- ✓ Learn about local ethics of the places you wish to visit;
- ✓ One of the major problems nowadays is the accessibility to the routes. Urbanization, illegal occupation, private properties, governmental prohibitions are some of these which restrict climbers to reach the mountains. Some facts that contribute to this situation are bad posture, accidents, conflicts with land owners and between climbers and short information from the government. This way is important to keep the existent accesses by cordiality with local community, good relation with public institutions, besides reports about nature disrespect.
- ✓ Practice and spread minimum impact techniques;
- ✓ Give priority to rescue beyond the objective of the excursion. Omission of help and assistance, when possible without personal risk, is mentioned on the penal code. Rescue could be the application of first aid techniques or just calling advanced rescue such as the firefighters or paramedics. In Brazil dial 193.

Source: AGUIPERJ (Local mountain climbing guides association – www.aguiperj.org)

Minimum Impact Conduct

Nowadays millions of people look for leisure activities in natural environments which go from a simple walk to the practice of adventure sports. These sites, in the majority, are fragile and need to be carefully conserved. The protection of such areas depends much on the conduct of users. To avoid pollution and degradation of these environments follow the following simple rules that help protect the environment, enhance the pleasure of your visit and avoid accidents, which in remote places might have serious consequences. The following represent fundamentals of conscientious conduct in natural areas:

1 – Planning is fundamental

- ✓ Search about climatic conditions.
- ✓ Traveling with small groups cause less impact.
- ✓ Avoid travelling during high season or holidays to popular areas.
- ✓ Choose the activities you are going to do according to your physical condition and experience.

2 – Taking care of tracks and camping sites

- ✓ Keep on marked tracks even if it's wet, muddy or sleeper. If you skip the damaged part it will get worst in the future. Shortcuts increase erosion and destroy roots and plants.
- ✓ When camping avoid fragile areas. Always use camp sites if existent. Camp at least 60m away from rivers and water sources. Good camping sites are found not made. Do not cut the vegetation or removes rocks to camp.
- ✓ Do not dig around the tents, choose a better place and use a plastic sheet under the tent.
- ✓ When hiking or leaving a camp site, make sure everything look as if you haven't been there. Remove all evidences of your presence. Do not leave tracks!
- ✓ Do not burn or berry any trash. Animals could dig to it and spread.
- ✓ If there isn't restrooms in the area, dig a hole about 15cm of depth and at least 60m away from any water source, tracks or camp sites, in a place where is not necessary to remove the vegetation.

3 – Leaving everything where it belongs

- ✓ Never construct any kind of structure such as benches, tables, bridges or others. Do not break branches of trees, even if it is dead or on the ground because it can be shelter for birds or other animals.
- ✓ Resist the temptation to take home any "souvenirs". Only take photos and memories and leave only your footprints.

4 – Do not set fires and respect animals and plants

- ✓ Fires destroy the soil and represent great danger to forest burns. Use proper cookware for camping. If you really need to set a fires to survive, make sure it completely extinguished before leaving the area.
- ✓ Do not feed the animals. It can get used to human food and start to invade camp sites, destroying tents, rucksacks and other gear. It also affect the food chain.

5 – Other norms for visitors

- ✓ Avoid making loud noises, it disturb the animals. Hike and camp in silence, preserve the peace and harmony which nature offers. Leave sound devices and musical instruments at home or use head phones.
- ✓ Leave pets at home.
- ✓ Respect other visitors, spreading minimum impact norms ever when you have opportunity.

Source: Secretaria de Biodiversidade e Florestas, Ministério do Meio Ambiente, Governo Federal with technical support of the Centro Excursionista Universitário - SP.