

Access	Check the Regional Access Database (RAD) on www.thebmc.co.uk for the latest access information
Parking	Park carefully – avoid gateways and driveways
Footpaths	Keep to established paths – leave gates as you find them
Risk	Climbing can be dangerous – accept the risks and be aware of other people around you
Respect	Groups and individuals – respect the rock, local climbing ethics and other people
Wildlife	Do not disturb livestock, wildlife or cliff vegetation; respect seasonal bird nesting restrictions
Dogs	Keep dogs under control at all times; don't let your dog chase sheep or disturb wildlife
Litter	'Leave no trace' – take all litter home with you
Toilets	Don't make a mess – bury your waste
Economy	Do everything you can to support the rural economy – shop locally

BMC Participation Statement — 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.