

# KEEP WINTER SPORTS A PLEASURE



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## ADVICE

before starting out on the runs

# GET PREPARED FOR THE PHYSICAL EXERTION!

Wear a suitable helmet, and most importantly make your children wear one. Its effectiveness has been proven in the event of a fall or an impact. Helmets are often suggested when renting ski equipment. Don't be afraid to ask for one.

## **1. PREPARE BEFORE THE HOLIDAY:**

Come prepared with a good level of fitness (walking, running, aerobics, etc.) so that you can enjoy your winter sports to the full and avoid many common accidents.

## **2. BE INFORMED:**

Check the weather forecasts every day in the resort or with your usual source. Get to know the map of the runs and check the boards showing when the runs and ski lifts open and close. If you have any doubt ask the ski patrol and first aid people, the ski lift personnel, the instructors, the guides or the mountain rescue units.

## **3. KEEP HYDRATED AND EAT:**

With the cold, the altitude and the exertion you consume more calories.

## **4. GET WARMED UP:**

Winter sports are sports like any other. If you don't warm up you could injure yourself and spoil your stay.

## **5. KEEP YOUR EQUIPMENT MAINTAINED AND ADJUST YOUR BINDINGS:**

It is essential to adjust your bindings: it reduces the risk of spraining your knee if you have a fall... For greater quality and safety you should also be aware that the rental stores apply the ISO 110 88 standard. Before attaching your boots remove the snow between your boots and your skis.

## **6. WEAR PROTECTIVE GOGGLES (CAT. 4) AND CONSIDER PROTECTING YOURSELF WITH SUNCREAM:**

You will prevent risks of eye injuries or even (temporary) blindness caused by reflections of UV rays on the snow, and will protect your skin from sunburn.

## **7. CHECK THAT YOU ARE INSURED:**

If you are not, get some insurance. Health care in ski domains usually has to be paid for.

**ADVICE** concerning runs

TAKE **CARE AND ACT**  
**COURTEOUSLY**  
TOWARDS OTHER PEOPLE



# **1. ALWAYS BEHAVE COURTEOUSLY TOWARDS SKIERS WHO ARE BELOW YOU:**

Do not cause problems, due to your ski path, to skiers lower down than you. They don't always see you coming. It is your responsibility to anticipate this.

# **2. ALWAYS CONTROL YOUR SPEED AND YOUR SKI PATH:**

Make sure they suit your technical and physical abilities, the numbers of other people present, the visibility, the difficulty level of the run and the condition of the snow. In particular slow down when crossing areas for beginners, near queues and at the bottoms of runs.

# **3. CONSIDER WHERE YOU ARE BEFORE STOPPING:**

Do not stop in areas where runs are narrow or behind humps. Always stay visible to skiers above you (higher up the slopes) and avoid sudden moves.

# **4. PAY ATTENTION TO THE SIGNALLING ON THE RUNS:**

For your safety, the runs are marked and have specific signage. Pay attention to these markings and signage and, if you are unsure, ask for clarification from ski patrol and first aid people and the people operating the devices. Don't slalom between the markers: you could collide with other people using the run.

# **5. MAKE ALLOWANCES FOR DISABLED PEOPLE:**

Some manoeuvres are harder to do on a handiski so try not to get in users' way

**Learn or review the ski safety rules with our informative videogame!**

**Try your hand here:**

**[www.preventionhiver.sports.gouv.fr](http://www.preventionhiver.sports.gouv.fr)**



# SIGNS ON THE SLOPES

## IN THE EVENT OF AN ACCIDENT

Protect the victim, alert the emergency services (112) and provide assistance. When you alert the emergency services give as much information as possible concerning the victim and their location.

## CLASSIFICATION OF THE RUNS PER DIFFICULTY:



EASY RUN



INTERMEDIATE  
RUN



DIFFICULT  
RUN



VERY DIFFICULT  
RUN

Alpine ski runs are divided into four colour-coded categories per level of technical difficulty. Markers are placed on one side of the run to help you find your way around. They're numbered in decreasing order and show the name of the run that you're using.

The marker poles running along the right side of a run have orange tips.

If there's an accident, help the emergency services get where they need to be by providing the name of the run and the marker number.

## ON PISTE:



## IN THE IMMEDIATE VICINITY OF THE PISTE:



# ADVICE

## ON THE SKI LIFTS

### FOLLOW THE SAFETY GUIDELINES

#### 1. SEATED SKI LIFTS:

- Get ready for taking one! If you are inattentive you might lose your balance and fall over.



Put your backpack to your front!



Pay attention when a seat arrives: one hand ready to cushion it!



Ski poles in one hand!

- If you don't get on it properly let go immediately! Otherwise you might fall off when it is high.
- Be aware of the other passengers, particularly children: If you're seated next to a child, make sure that they keep still: otherwise they might slip under the guardrail or choke if cords on their clothes become trapped.

- Sit well back in the seat, and wait until you arrive before raising the guardrail: otherwise you could fall from a height.

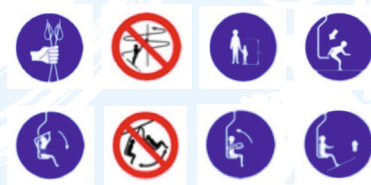


## 2. SKI TOWS:

- Do not slalom when you are being pulled up: you might derail the cable and injure yourself.
- Free yourself quickly when you arrive: the next T-bar could hit you.

## 3. PICTOGRAMS:

Use the following pictograms as guidance on how to use the ski lifts (seated ski lifts and ski tows).



**Watch our video clips  
on preventing falls  
from seated ski lifts and  
safety on the slopes.**







**ADVICE**

# ON THE FREESTYLE AREAS

**DON'T OVERESTIMATE YOURSELF!**

**Freestyle can be dangerous so you need to use the features and runs safely.**



# SAFETY RULES IN A SNOW PARK

## CLASSIFICATION OF THE RUNS AND FEATURES PER DIFFICULTY:

- Only use the features/runs that are right for your level of ability. Difficulty levels XL and XXL are designed for experts.



- Investigate the course layout first so that you know how best to use it.
- Adjust your run-in and check that the landing area is clear before starting out.
- Don't stop in the take-off area, landing area or by the side of the run. If someone falls, evacuate quickly.
- Wearing a helmet and back protector is strongly recommended.
- If an accident happens, make the area around the victim safe and alert the emergency services.

Come and take on the challenge of



# ADVICE

## FOR GOING OFF-PISTE KNOW WHEN TO STOP!

ZONE  
HORS-PISTE  
NON SECURISEE

Before taking part in winter sports on unmarked or unpatrolled areas, check the Météo France avalanche forecasts:

- in the “Montagne” section of the [www.meteofrance.com](http://www.meteofrance.com) website;
- on its Météo Ski app (iOS and Android);
- by phoning 0892 681020 (€0.35/minute + call cost).

Daily reports at 4.00 pm for every Alps, Pyrenees and Corsican mountain range detailing the:

- type and severity of the avalanche risk and forecast changes over the next 24 hours;
- altitude and aspect of the most dangerous slopes;
- snow conditions on the northern and southern slopes of the mountain range - recent snowfall at 1,800 m and quality of the surface snow;
- weather forecast for the day.

**Only open runs are marked, safe and supervised.  
Outside these spaces you are acting at your own risk.**

## **1. BE INFORMED ABOUT THE RISKS OF AVALANCHES:**

Pay attention to the avalanche flags, icons and weather forecasts posted at the busiest areas in the resort. If necessary ask the ski patrol and first aid people and the winter sports professionals. The steepest runs are indicated on [www.geoportail.gouv.fr/donnees/carte-des-pentes](http://www.geoportail.gouv.fr/donnees/carte-des-pentes).

## **2. LISTEN TO THE PROFESSIONALS:**

Whatever you do, never go off-piste on your own. Tell someone where you're going and what time you plan to be back.

## **3. PICK THE RIGHT ROUTE FOR YOUR LEVEL:**

Obtain information about the chosen route before taking it. Do not overestimate your physical abilities or your technical level.

## **4. BE SEARCHABLE:**

Use an avalanche beacon, a transceiver that should be worn under your outer layer of clothing. It's as important as a spade and probe in your backpack. It's essential to test your avalanche beacon before you set out and to practice using it regularly (some resorts provide training). Check the batteries and switch it on. Take at least one passive reflector with you (available to buy from [www.anena.org](http://www.anena.org)).

## **5. DO NOT ASSUME EVERY TRACK CAN BE FOLLOWED:**

Tracks are by no means a guarantee of safety and may take you into dangerous places, especially as some tracks are made by speed riders (with wings).

## **6. IF YOU HAVE ANY DOUBTS ABOUT THE STABILITY OF THE SNOW:**

Spread out or even better go one after the other, watch out for everyone and wait on higher ground or at a safe distance.

## **7. TURN BACK IF THE CONDITIONS ARE TOO UNCERTAIN:**

Before going off-piste, plan a safer alternative route in case the conditions aren't what you expected.

CHECK THE **AVALANCHE**  
**RISK**











**BEFORE**

**GOING OFF-PISTE**






## ICONS:

Since the 2016–2017 winter season, information on the risk of avalanches has changed: European pictograms are joining or gradually replacing avalanche flags in ski resorts.

ICON	DANGER	COLOUR	CONSEQUENCES AND RECOMMENDATIONS
	5- VERY HIGH		Very unfavourable conditions
	4- HIGH		High instability on many slopes
	3- CONSIDERABLE		Significant instability, sometimes on many slopes
	2- MODERATE		Instability limited to a few slopes
	1- LOW		Generally favourable conditions

## THE AVALANCHE FLAG INDICATES THE LEVEL OF RISK:

	LEVEL OF RISK	STATE OF STABILITY OF THE SNOW PACK
	1 Low	Good stability on most slopes.
	2 Limited	Average stability on most slopes.
	3 Significant	Significant instability on many slopes.
	4 High	High instability on many slopes.
	5 Very high	Very high instability on all slopes.

For more information on avalanches: [www.anena.org](http://www.anena.org)





# ADVICE

FOR

# SNOWSHOEING

## PREPARE YOUR OUTING

**Remember, the mountains are very different in the summer and winter. Don't rely just on your knowledge of the site in summer to see you through winter!**





# THE SAFETY RULES TO FOLLOW WHEN SNOWSHOEING

- Follow the guidelines for going off-piste (pages 12–13), particularly on checking the weather forecasts and the avalanche risk, as well as using a beacon, probe and shovel. Don't follow just any tracks and, if you're unsure about the stability of the snow, move forward one by one and keep an eye on each other.
- If necessary and if conditions are bad, know when to give up and help evacuate people in need using the available resources. Remember to carry telecommunication devices that can be used to contact the emergency services and tools to make you visible on the ground (e.g. fluorescent jacket).
- Check the condition of your snowshoes' frame, bindings and decking.
- As in summer, plan an alternative route.
- Remember, snowshoes aren't suitable for steep slopes, especially in forests where you could slip, fall and collide with a tree.
- Snowfall might make your journey a lot longer!
- The weather can change very quickly: make sure that you wear suitable clothing (or have some in your backpack) to protect you from the cold and snow.





# ADVICE FOR SKI TOURING AND ALPINE SKIING

## PLAN YOUR ROUTE

**Consider your physical fitness and the conditions. Plan an alternative route in case the conditions are worse than you were expecting.**

# SAFETY GUIDELINES FOR SKI TOURING AND ALPINE SKIING

- If you're a beginner, work with a professional or start on the marked routes.
- Follow the guidelines for going off-piste (pages 12–13), particularly on checking the weather forecasts and the avalanche risk, as well as using a beacon, probe and shovel. Don't follow just any tracks and, if you're unsure about the stability of the snow, move forward one by one and keep an eye on each other.
- Check your equipment before you go out.
- If you're planning to use the runs, check that ski touring is allowed.
- Outside opening hours, access to the ski runs is often prohibited by a municipal bylaw due to the presence of snow groomers preparing the snow cover. The winch cables used by some of these machines, which are often invisible under the snow or in the dark, are a real danger. Access to the ski runs is also prohibited when avalanches are being artificially triggered.
- In the daytime, ascent routes are often available to reach the top of the runs without going the wrong way. In all cases, check with the resort's information desk.

To find out more, watch the following video:  
<https://vimeo.com/187159025>





In partnership with:  
**Ministry of the Interior**  
**Ministry of the Economy and Finance**



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