



MINISTÈRE
DES SPORTS
ET DES JEUX OLYMPIQUES
ET PARALYMPIQUES

*Liberté
Égalité
Fraternité*



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KEEPING MOUNTAINS FUN



TIPS

for before you hit the slopes

BE READY

FOR A WORKOUT!



Wear an appropriate helmet and make sure children wear one too. Helmets are proven to be effective during falls and collisions. They're often made available when you hire ski equipment, so don't hesitate to ask for one.

1. BE PREPARED FOR YOUR HOLIDAYS:

Arriving in top shape and being physically prepared (through walking, jogging, gym sessions, fitness training, etc.) will help you feel more at ease when practising your sport of choice, and help prevent accidents.

2. STAY INFORMED:

Every day, check the weather forecast at your ski resort or with ski patrol members. Use the piste map and check the signs indicating when slopes and ski lifts open and close. When in doubt, ask ski patrol members, ski lift attendants, instructors, guides, or mountain rescue teams.

3. STAY HYDRATED AND NOURISHED:

The combination of cold weather, altitude and physical exertion means higher calorie requirements.

4. WARM UP PROPERLY:

Mountain activities all involve physical exercise. Failure to warm up properly could lead to injury, and end up spoiling your holiday.

5. KEEP YOUR EQUIPMENT IN GOOD CONDITION AND YOUR BINDINGS PROPERLY ADJUSTED:

Correctly adjusting your bindings is crucial to minimising the risk of knee injury in the event of a fall. You should also know that rental shops are required to apply the ISO 110 88 standard for optimum quality and safety.

Before clipping into your skis, remove the snow from between your ski boots and skis.

6. WEAR CATEGORY 4 GOGGLES, AND DON'T FORGET TO APPLY SUN CREAM:

Doing so will protect your skin from sunburn and prevent the risk of eye injury, or even (temporary) snow blindness caused by reflected UV rays.

7. CHECK THAT YOU HAVE APPROPRIATE INSURANCE:

If not, please make the necessary arrangements. Rescue operations in ski areas tend not to be free of charge.

TIPS

for when you
hit the slopes
CONTROL
your speed!

BE MINDFUL
of other skiers!



1. BE MINDFUL OF OTHER SKIERS:

Make sure your trajectory won't interfere with skiers below you on the slope. They can't always see you coming, so it's up to you to think ahead.

2. CONTROL YOUR SPEED:

Stay at a speed that's appropriate for your technical and physical abilities, as well as for the slope's visibility and difficulty levels, snow conditions, and the number of people on it. Make sure you slow down when passing through beginners' areas, near ski lifts, and when at the bottom of the slopes.

3. WHEN YOU STOP, MOVE TO THE EDGE OF THE SLOPE:

Avoid stopping in narrow stretches or after humps; always remain visible to skiers situated above you (i.e. those coming behind), and don't behave unpredictably.

4. LISTEN TO WHAT THE PROFESSIONALS TELL YOU, AND OBEY THE SIGNS ON THE SLOPES:

For your safety, all slopes bear specific markings and signs. Please observe them. If you need to, ask professional ski patrol members and lift attendants for assistance. Don't slalom between slope markers, as this can lead to collisions with other users.

5. BE MINDFUL OF PEOPLE WITH DISABILITIES:

Some techniques can be more difficult when paraskiing, so please try not to obstruct other skiers.

SIGNS YOU'LL SEE ON THE SLOPES



RALENTIR
SLOW

IF AN ACCIDENT OCCURS

Protect the victim, **alert slope assistance services or call 112**, and provide assistance. When you call the emergency services, give as much information as possible about the victim and their location.

SLOPE DIFFICULTY LEVELS:



BEGINNER
SLOPE



INTERMEDIATE
SLOPE



DIFFICULT
SLOPE



EXPERT-ONLY
SLOPE

Downhill ski slopes are classed into one of four colour-coded categories depending on how technically challenging they are. Markers are placed on one side of the run to help you keep your bearings. They are numbered by difficulty (low = hard, high = easy) and show the name of the run you're on.

They're also demarcated on both sides by posts showing the run's colour code. Posts with orange tops indicate the right-hand side of the run when going downhill.

In the event of an accident, the name of the run and the slope marker number must be provided to help the rescue services respond.

SIGNS FOUND ON THE SLOPES:



DANGER



POOR
SNOWPACK



CROSSING



SURFACE LIFT
CROSSING



BEWARE OF
SKIERS



BEWARE OF
PEDESTRIANS



SNOW
CANNON

SIGNS YOU'LL SEE NEXT TO THE SLOPES:



DANGER



CREVASSES



CLIFFS



AVALANCHES

TIPS

FOR USING SKI LIFTS FOLLOW THE SAFETY INSTRUCTIONS

1. CHAIRLIFTS

- Be ready to go!

If you're not careful you could lose your balance and fall.



Hold your
backpack
on your front!



Be ready for the seat:
use one hand to
steady yourself as it
arrives!



Hold your
ski poles in one
hand!

- If you're not properly seated, get off as quickly as possible! Otherwise you could end up falling from a much greater height.
- Be attentive to other passengers, particularly children. When sitting next to a child, make sure they don't move around too much, as this could cause them to slip under the guardrail or to become entangled in a strap or drawstring from their clothing (risk of strangulation).

- Sit firmly at the back of the seat. To avoid any risk of falling, wait until you arrive before raising the handrail.

When dismounting, keep your skis parallel and remain cautious. Move away from the dismounting area.



2. SURFACE LIFTS:

- Don't try to slalom on the ascent; you could cause the cable to slip and injure yourself.
- Clear the arrival area quickly to avoid being hit by the next hanger.

3. PICTOGRAMS:

Be sure to observe the following pictograms for the correct use of ski lifts (chairlifts and surface lifts).



Scan to see our video clips about slope safety and preventing ski lift falls.





TIPS

FOR **FREESTYLE
AREAS**

**DON'T OVERESTIMATE
YOUR ABILITIES!**

Freestyle riding can be risky, so you need to make sure you choose the right modules and runs.

SAFETY RULES IN FREESTYLE AREAS

RUN AND MODULE DIFFICULTY LEVELS:



- Before entering a freestyle area, assess your abilities and skills, or have them assessed by a professional.
- Scout the run beforehand so you can adjust your approach.
- Properly assess your approach and check that the landing area is clear before you commit.
- Don't stop in flyover areas, landing areas, or areas along the run.
If you fall, try to quickly move out of the way.
- Helmets and back protectors are highly recommended.
- In the event of an accident, ensure the victim's safety and **call the slope assistance services or 112.**

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SNOWPARK
Challenge

DU 100% FREE & FUN!

www.snowparkchallenge.com

MAIF FONDATION

TIPS

FOR OFF-PISTE ACTIVITIES KNOW WHEN TO SAY NO!

**ZONE
HORS-PISTE
NON SECURISEE**

Check the avalanche risk bulletins from Météo France:

In the Météo Montagne section of
www.meteofrance.com

By calling +33 (0)8 92 68 10 20
(€0.35/minute + call charge)

In Météo France's Météo Ski app
(available on iOS and Android)

Only open slopes are demarcated, secure, and supervised. Outside these areas, you will be proceeding at your own risk.



1. STAY INFORMED ABOUT AVALANCHE RISKS:

Pay attention to the pictograms and weather reports displayed around the busier areas of the resort. If you need to, don't hesitate to ask ski patrol members or other mountaineering professionals.

2. PLAN A ROUTE SUITED TO YOUR SKILLS:

Find out about the route you've chosen before setting off. Don't overestimate your physical abilities or skills. You can view the steepest slopes here:

www.geoportail.gouv.fr/donnees/carte-des-pentes.

3. CANCEL YOUR PLANS IF CONDITIONS ARE UNPREDICTABLE:

Before going off-piste, make sure you have a safer backup route in case conditions change.

4. NEVER, UNDER ANY CIRCUMSTANCES, GO OFF-PISTE ALONE:

Tell someone your route and estimated return time. Don't hesitate to consult professionals.

5. KEEP A SAFE DISTANCE:

Spread out on the slope, or go one at a time while keeping an eye on each other. Regroup in elevated or sheltered areas (safe zones).

6. DON'T PICK TRAILS AT RANDOM:

Trails are not guaranteed to be safe; they do not provide protection from avalanches, and could even take you somewhere dangerous.

7. MAKE SURE YOU CAN BE LOCATED:

Carry an avalanche beacon, which is a transceiver that needs to be worn under your outer layer. This should always be accompanied by a shovel and probe in your backpack. It is vital that you test your avalanche beacon before any excursion, and practise using it regularly. Check the batteries. You should also have at least one passive reflector (see www.anena.org).

BE AWARE OF
AVALANCHE











RISKS

**BEFORE GOING
OFF-PISTE**



For more info on avalanches, visit
www.anena.org

PICTOGRAM:

Pictogram	Danger level	Colour	Information on conditions, and the scale and extent of the risk
	5 - VERY HIGH		Highly adverse conditions
	4 - HIGH		Major instability on many slopes
	3 - CONSIDERABLE		Considerable instability, potentially on many slopes
	2 - MODERATE		Instability generally affecting just a few slopes
	1 - LOW		Generally favourable conditions

Nearly half of all accidents occur at danger level 3. Never forget that this danger level is "CONSIDERABLE" and means that a lot of slopes are affected. So stick to the gentler slopes!



TIPS FOR SNOWSHOEING

PREPARE YOUR OUTING

Mountains are a very different experience in winter compared with summer. You cannot simply apply your knowledge and experience of an area during the summer to your winter outings!

SAFETY RULES FOR SNOWSHOEING

- **Observe the rules for off-piste activities** (pages 12-13), and be sure to **check weather reports and avalanche risk bulletins** (equipment: **avalanche beacon, probe, shovel**). Don't pick trails at random. For tougher spots, particularly banks and potentially unstable snowy slopes, proceed one at a time and keep an eye on each other.
- The weather can change very suddenly, so make sure you wear (or bring) clothing that will protect you from the cold and snow.
- As you would during the summer, plan an alternative route and know when it's safer to cancel your plans.
- Make sure you carry appropriate telecommunications devices so you can contact emergency services, as well as equipment (such as a high-visibility vest) to make you more visible.
- Check the condition of the spikes, straps, and mesh on your snowshoes. Use trekking poles.
- Remember that snowshoes are not suitable for steep slopes or hard snow, particularly in forests where a slip could result in you sliding downhill and hitting a tree.
- Snow conditions can significantly affect how long your route takes!



TIPS FOR CROSS-COUNTRY SKIING AND SKI MOUNTAINEERING

PREPARE YOUR OUTING

Evaluate your own physical condition and the conditions your outings will take place in. Plan an alternative route, just in case conditions are less favourable than expected.

SAFETY RULES FOR CROSS-COUNTRY SKIING AND SKI MOUNTAINEERING

- If you're a beginner, try to find routes suited to your abilities (in terms of climbs and descents). Don't hesitate to ask for professional advice.
- Slope access is generally prohibited outside of opening hours by local laws because snow groomers are active on the slopes, maintaining the snowpack. The winch cables on some of these vehicles are often impossible to see in the snow or in the dark, and constitute a serious danger. Ski slopes are also off-limits during avalanche control efforts.
- During the day, ascent routes are often marked out to allow you to reach the top of open ski runs without taking them in the opposite direction to everyone else. Please contact the slope assistance services at the resort for more information.
- Observe the rules for off-piste activities (pages 12-13), and be sure to check weather reports and avalanche risk bulletins (equipment: avalanche beacon, probe, shovel). Don't pick trails at random.
- Always check that your equipment is in good condition before setting off.

See this video for more information on the dangers of snow groomer winch cables: <https://vimeo.com/187159025>



In partnership with:

The French Ministry of Economics, Finance, and
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The French Ministry of the Interior and Overseas France



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