

Skiing and Snowboarding

Fun on the slopes

Follow these guidelines to enjoy yourself to the max:

Know your limits



- Be ready.
- Control your speed.
- Take a rest.

Protect yourself



- Wear a helmet.
- Protect your body.
- Check skis or snowboard.

Find your space



- Give others room.
- Stop where you can be seen.
- Obey all markings and signs.

Keep in mind

- You ski and snowboard at your own risk.
- Use the marked and secured snow sports runs.
- Off-piste areas are neither marked nor protected against alpine hazards.
- Respect nature conservation areas.
- It is recommended that snowboard beginners wear wrist protectors.

Available via this link: snowsafety.ch



Keep track of the rules

On the following pages you will find the FIS rules of conduct and the SKUS guidelines for skiers and snowboarders. These apply to all users of snow sports facilities.

FIS Rules of Conduct for skiers and snowboards

The International Ski Federation (FIS) has compiled 10 rules of conduct. Comply with them and make a major contribution towards safety on the slopes.

Basic rule

1. Respect others. Do not endanger or prejudice anyone.

Moving rules

2. Move in control. Adapt your manner of skiing or snowboarding and speed to your ability and to the general conditions on the mountain.
3. Do not impede the route of the skier or snowboarder in front of you.
4. Leave a wide berth when overtaking.
5. Look up the slopes each time before starting and moving upwards.

Stopping / climbing

6. Only stop at the edge of the piste or where you can be seen easily.
7. When climbing up or down keep to the side of the piste.

Signs

8. Obey all signs and markings.

Assisting in case of an accident

9. Provide help and alert the rescue service.
10. All persons involved in an accident including witnesses must exchange names and addresses.

Terrain park guidelines

Take safety along for the ride even on the most exhilarating runs:

1. Look before you leap.
2. Make a plan.
3. Easy style it.
4. Respect gets respect.

Start small and work your way up.



Additional guidelines for snowboarders

1. Place your snowboard upside down (bindings facing downwards) in the snow when not in use.
2. Remove your back leg from the binding when using ski- and chairlifts.



Motor vehicles

In exceptional cases, snowmobiles and snow groomers may also be in use during operating hours. Follow these rules to avoid collisions:

- Motor vehicles always have right of way.
- Keep sufficient distance away.
- Stop and signal clearly if you cannot avoid the vehicle.

Using mountain transport facilities

Ski hill operators ensure safe and enjoyable skiing or snowboarding. By using the facilities correctly, you make an important contribution to safety:

- Follow the instructions of the staff and observe the signalling.
- Children under 125 cm tall must be accompanied by an adult. The accompanying adult must be able to provide the necessary assistance.
- Chairlift: Close the safety bar, sit still, do not get off too early.
- Tow lift: Stay in the track and leave it immediately in case of a fall. Only disembark at the top terminal and leave immediately.



Markings and signage

Swiss piste and rescue services prepare, check, mark and control more than 7500 kilometres of slopes. To move safely within these areas, it is important to pay attention to the following markings and signage.

Checked and groomed pistes

Pistes are prepared snow sports surfaces. They are set up, groomed, maintained and checked (including a final check at the end of the day). They are classified according to levels of difficulty. Some sections may be marked off as reduced speed zones with «slow» tape.

Blue:
Easy piste



Red:
Intermediate piste



Black:
Difficult piste



Tape for reduced speed zones



Not checked and unprepared runs (yellow markings)

Runs are unprepared snow sports surfaces. Grooming and checking are limited (no final check). They are ideal for powder skiing or snowboarding.

Yellow:
For experienced skiers
and snowboarders



Closed pistes and descents

The pistes are open during the operating hours of the transport facilities until the final check has been carried out, unless they are explicitly closed (e.g. due to avalanche danger). Outside operating hours, the pistes and runs are closed and not protected from any hazards such as avalanche control by explosives or snow grooming vehicles equipped with winches or cutters – risk of death!

A closed piste or run (e.g. due to avalanche danger) is marked as follows:

- on information panels with red “closed” boards or red warning lights.
- on runs with “closed” boards, possibly in combination with flags, cordons or netting.



Entry prohibited
Do not enter closed pistes and runs under any circumstances!

Warning signs



Snow grooming vehicle



General danger



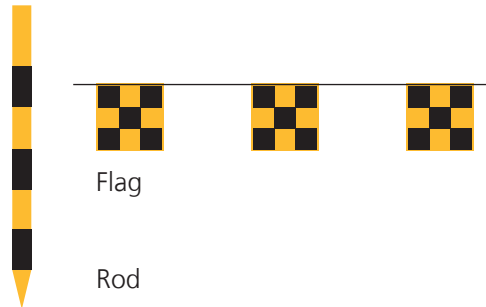
Bottleneck



Crossing

Danger spots

Local danger spots on pistes are marked and, if necessary, closed off with cordons, netting or other suitable material.



Terrain parks

Terrain parks have various “lines” or features for snowboarders and skiers to ride. These lines or features are grouped into XS, S, M and L difficulty levels. Beginners should begin with an S line. Children under 6 years of age should preferably use XS features – this allows them to ride obstacles at a slower pace and try them out in a relaxed environment. XL elements (extra large) are reserved for experts.



SNOWPARK

DE

Denke daran, dass sich die Bedingungen laufend verändern und die FIS-Regeln und SKUS-Richtlinien auch hier gelten.



**erst schauen
dann springen**



**plane
deinen Lauf**



**geh es
langsam an**



**Respekt
invite au respect**



S
Diese Elemente weisen eine geringe Absturzhöhe auf und sind fahrbar auch für Snowpark-Einsteiger.

FR

N'oubliez pas que les conditions changent en permanence, et que les règles de la FIS et les directives de la SKUS sont aussi valables ici.

**regarde avant
de sauter**

**planifie
ton passage**

**vas-y
gentiment**

**le respect
invite au respect**

small
La hauteur de chute de ces éléments est peu importante et ils peuvent être parcourus en glissant (aussi par les novices dans les snowparks).

IT

Ricorda che le condizioni cambiano costantemente e che le regole FIS e le direttive SKUS valgono anche negli snowpark.

**controlla prima
di saltare**

**pianifica
la discesa**

**progredisci un
passo per volta**

**rispetto
chiede rispetto**

small
Questi elementi hanno un'esigua altezza di caduta e sono utilizzabili (anche dagli inizianti snowpark).

EN

Keep in mind that the conditions are constantly changing and that the FIS rules and SKUS guidelines also apply here.

**look before
you leap**

**make
a plan**

**easy
style it**

**respect
gets respect**

small
These elements have a low fall height and are rideable (even for snowpark beginners).

Start small and work your way up.



Freeriding in uncontrolled terrain

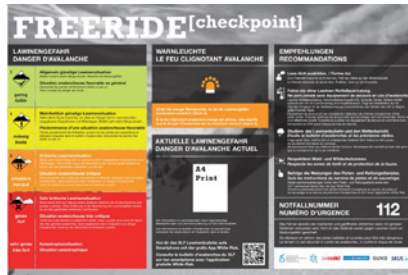
The uncontrolled terrain away from the snow sports facilities is neither marked nor protected from alpine hazards. Therefore, you practice your activity entirely at your own risk.

Avalanche danger

If the avalanche danger level is 3 “Considerable” or higher, you will be warned by this avalanche danger panel and the flashing avalanche warning light. Be aware that you can easily trigger an avalanche.



When freeriding, make sure that you do not endanger other snow sport enthusiasts or the infrastructure. Be especially careful and alert when you are on slopes above or in the catchment area of marked and open pistes and runs. You will face a greater responsibility in such cases. Closures by the ski hill operators must be strictly respected – pay attention to closures and do not leave marked/open slopes.



Education

Assessing avalanche risk requires specific knowledge and experience. Take an avalanche course – many mountain guides and other organisations offer them. Educate yourself by reading the relevant avalanche literature or visit the interactive prevention platform whiterisk.ch.

Information

Make sure you have current information on snow and weather conditions:

- Avalanche bulletin at slf.ch, free SLF app “White Risk”
- Weather forecast
- Freeride checkpoints
- Ski patrol and rescue services

Emergency equipment

Carry an avalanche transceiver (rescue beacon), probe and shovel. Additional emergency systems, such as an avalanche airbag, are recommended. Always carry a charged mobile phone.

Avalanche danger scale and recommendations

The avalanche danger outside the controlled slopes is assessed on a five-level scale.

5 very high
4 high



Extraordinary avalanche situation
Very critical avalanche situation

Stay on moderately steep terrain. Heed runoff zones of very large avalanches. If you lack experience in assessing avalanche danger, remain on open pistes and runs.

1 low



Generally favourable avalanche situation

Travel extremely steep slopes one person at a time and be alert to the danger of falling.

3 considerable



Critical avalanche situation

Avoid very steep slopes with the aspect and elevation indicated in the avalanche bulletin. If you lack experience in assessing avalanche danger, you are advised to remain on open pistes and runs.

2 moderate



Mostly favourable avalanche situation

Select your route carefully, especially on slopes with the aspect and elevation indicated in the avalanche bulletin. Travel very steep slopes one person at a time.

Get the SLF avalanche bulletin on your mobile phone by downloading the free «White Risk» app.



Respect nature

Nature conservation areas

Nature provides open spaces for fabulous experiences. Treat it with due respect. Information panels show the nature conservation areas and wild animal protection zones that you may not enter. In open terrain, these areas are marked with adjacent signs.

Failure to comply may result in your lift ticket/snowsports pass being cancelled and a fine being imposed. Such violations may also be prosecuted under criminal law.



Board



Flags



Assistance in case of an accident

You are obliged to provide help in the event of an accident.

Secure the accident site

Secure the accident site: mark it with crossed skis or post someone to warn others if necessary.

Provide first aid

Provide first aid: assess the state of the casualty, position them correctly, tend to their wounds and protect them against the cold.

Alert the rescue services

Alert the rescue services: report the place and time of the accident, the number of casualties and the type of injury directly to the local rescue services or by phoning 144 (or 112).

Establish the facts

Record the accident circumstances, particularly in the event of a collision, and the personal details of all those involved as well as the place and time of the incident, location, snow and visibility conditions, markings and signage.



Snow safety

The aim of the Swiss Commission for the Prevention of Accidents on Snowsport Runs (SKUS) is to prevent accidents on snow sports facilities. The SKUS is made up of representatives of the major Swiss organisations involved in snow sports.

The SKUS guidelines are recognised by the courts and are binding for snow sports practitioners. The provisions in the legislation on risk activities also apply to professional snow sports activities in uncontrolled terrain.

The SKUS guidelines are approved and recommended by: BFU, Swiss Council for Accident Prevention; Federal Office of Sport FOSPO; Federal Office of Transport FOT; Intercantonal Concordat for Ropeways and Skilifts IKSS; Swiss National Accident Insurance Fund Suva; Swiss Aerial Cableways SBS; Swiss-Ski; Swiss Snowsports; Swiss Transport Operators' Association VöV; WSL Institute for Snow and Avalanche Research SLF



Schweizerische Kommission für
Unfallverhütung auf Schneesportabfahrten

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