

Swiss Commission for the Prevention
of Accidents on Snowsport Runs SKUS
www.skus.ch



Guidelines For Skiers and Snowboarders Edition 2010



RESPECT & CONTROL!

Important hints



You ski and snowboard at your own risk.

Stay on the marked runs, which are protected against avalanches and falls.

The area beyond the marked runs is not protected.

Respect nature. Take care of forests and animals.

Adults and children alike should wear safety helmets.

These rules apply to everyone on the snowsport runs.



FIS rules of conduct



Basic rule:

1. Do not endanger or prejudice others.

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 and 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.

Action in the case of accidents:

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

These rules are binding according to law practice.

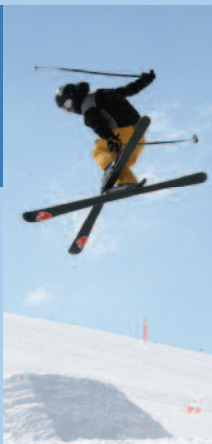
Snowboarders



1. With alpine type bindings, the front leg must be attached to the board with a safety leash.
2. While using ski- and chairlifts, you must remove your back leg from the binding.
3. When changing direction, especially when starting a heel turn/backside turn, look behind to check the available space.
4. When not in use, the snowboard must be placed on the snow upside down.
5. When on glaciers, do not remove your snowboard due to the danger of crevasses.

Parks and pipes

1. Check the fun parks and half pipes carefully before use.
2. Be sure that your landing area is clear before you jump.



Snow machines



All skiers and snowboarders must be aware that snow machines may be on the mountain at any time – even when visibility is poor or when snow is falling.

The snow machine always has the right-of-way.

Watch out for snow machines

1. Keep a distance of
 - 15 m to the front and behind you
 - 3 m on each side
2. Do not hang onto the snow machine.
3. Signal clearly if you cannot avoid the vehicle.



Marked snowsport runs

Pistes

- prepared
- controlled
- classified according to the degree of difficulty

blue: easy piste



red: piste of medium difficulty



black: difficult piste



Reduced speed zones

Langsam
Ralenti

Rallentare
Slowly

Itinéraires yellow



- not prepared
- not controlled
- for experienced users only



Avalanche danger

GESPERRT

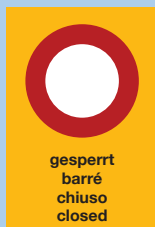


In the case of avalanche danger,
the pistes and itinéraires are closed:
on the information panels

- with red «closed» signs or
- with red signal lights

on the runs

- with prohibition signs and, in addition,
- with marker ropes and flags



Danger spots

Local danger spots on pistes are
marked and, if necessary, closed.

– with flags



– with poles



Off piste areas



The open area beyond the marked pistes and itineraires is neither marked nor protected against alpine hazards.

This panel is only placed at points where a possible unmarked run with particular dangers starts off piste.

Achtung	Attention
Attensione	
Hier keine markierte und kontrollierte Abfahrt	
Ici pas de descente balisée et contrôlée	
Qui nessuna discesa demarcata ne controllata	
Here no marked and controlled run	

Avalanche danger is graded as follows:

- ① low
- ② moderate
- ③ considerable
- ④ high
- ⑤ very high



If the avalanche danger is graded considerable ③ or higher, you will be warned by this avalanche danger panel and by the flashing avalanche light. Stay on the marked and opened runs.



Freeriding in off piste areas



Information

- National bulletin; issue daily after 18.30 h (www.slf.ch, Tel. 187; from outside Switzerland + 41 848 800 187, MMS: send SMS with the text «LAWCHF» to the number 162, Teletext p. 782, wap.slf.ch, iPhoneApp «White Risk Mobile»)
- Weather forecast
- Ski patrol or rescue service warnings
- Freeride checkpoints

Off piste safety measures

1. Carefully observe and judge snow conditions, snowdrifts, new snowslides and potential break away zones.
2. Always have your beacon set to «transmit»; carry out a function test; always carry shovels and probes. The use of other emergency equipment is recommended, e.g. avalanche airbag.
3. Freeride only in off piste areas when the visibility is good.
4. Descend extremely steep slopes and key passages one at a time. Designate possible escape routes.
5. Never go off piste alone. Watch your companions and be prepared to react quickly.

When in doubt, stay out!

The assessment of avalanche danger requires a great amount of consideration and experience. Do not rely on your intuition. Good weather and little snow are no guarantee against avalanches. Freeriders take note:

When in doubt, stay out!

Forest and animal protection zones



Locate the protected zones on the information panels.

In the area, the forest and animal protection zones are marked as follows



If you do not respect the forest and animal protection zones, your lift ticket may be withdrawn and you may be punished by a fine.

Assistance in the case of accidents



Secure the accident area

Protect with crossed skis

If necessary, post someone to give a warning

First aid

Ascertain the general condition of the injured person

Lay down the injured person correctly

Cover the wound

Provide warmth

Alert the rescue service

Place and time of accident

Number of persons injured

Type of injury

Establish the facts

Names and addresses of persons involved
and of witnesses

Place, time and circumstances of the accident

Terrain and snow conditions, visibility

Markings and signs



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Approved and recommended:

bfu – Council for Accident Prevention

SWISS SNOWSPORTS

Swiss-Ski

Swiss cableways SCW

Union for Public Transport UPT

Federal office of sports FOSPO

Federal office of Transport FOT

WSL Institute for Snow and Avalanche Research SLF

Swiss states association for Ropeways and Skilifts SARS

SSBS – Swiss Snowsports Association for Instructors and Schools

Swiss national accident insurance fund Suva

To be obtained at:

Swiss Commission for the Prevention

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