

1 BASIC RECOMMENDATIONS BEFORE SKIING



BE INFORMED



YOU NEED TO BE FIT FOR SKIING



EAT AND DRINK CORRECTLY



THERMAL CLOTHING AND PROTECTIVE WEAR IS HIGHLY RECOMMENDED



INSPECT YOUR SKI EQUIPMENT AND MAKE THE NECESSARY ADJUSTMENTS TO YOUR BINDINGS



USE AN APPROPRIATE SKI HELMET AND MAKE SURE THAT CHILDREN WEAR THEM TOO



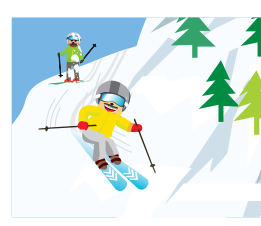
IN THE MOUNTAINS, SUN PROTECTION IS A MUST



GET SKI INSURANCE COVERAGE FOR YOU AND YOUR FAMILY AND SKI WITHOUT CONCERNS

2 RULES OF CONDUCT

LEARNING THE 10 FIS RULES, RESPECTING THEM AND PUTTING THEM INTO PRACTICE IS EVERYBODY'S RESPONSIBILITY



01. RESPECT FOR OTHERS

A skier or snowboarder must behave in such a way that he or she does not endanger or harm others.



02. CONTROL OF SPEED WHEN SKIING OR SNOWBOARDING

A skier or snowboarder must move with control. He or she must adapt their speed and manner of skiing or snowboarding to their personal ability and to the prevailing terrain, snow and weather, as well as to the amount of traffic.



03. CHOICE OF ROUTE

A skier or snowboarder coming from behind must choose their route in such a way that they do not endanger skiers or snowboarders ahead of them.



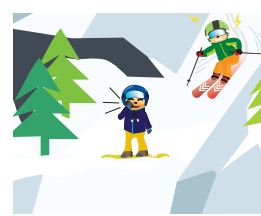
04. OVERTAKING

A skier or snowboarder may overtake another skier or snowboarder above or below and to the right or to the left provided that they leave enough space for the overtaken skier or snowboarder to make any voluntary or involuntary movements.



05. ENTERING, STARTING AND MOVING UPWARDS

A skier or snowboarder entering a marked run, starting again after stopping or moving upwards on the slopes must look up and down the slope so that they do not endanger themselves or others.



06. STOPPING ON THE PISTE

Unless absolutely necessary, a skier or snowboarder must avoid stopping on the piste in narrow places or where visibility is restricted. After a fall in such a place, a skier or snowboarder must move clear of the piste as soon as possible.



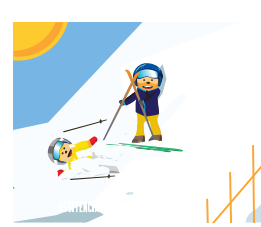
07. CLIMBING AND DESCENDING ON FOOT

A skier or snowboarder either climbing or descending on foot must keep to the sides of the piste.



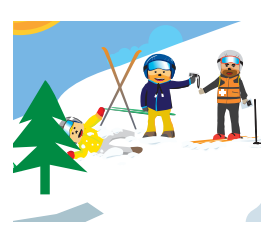
08. RESPECT FOR SIGNS AND MARKINGS

A skier or snowboarder must respect and adhere to all signs and markings.



09. ASSISTANCE

In case of an accident, every skier or snowboarder is duty bound to assist.



10. IDENTIFICATION

Every skier or snowboarder and witness, whether a responsible party or not, must exchange names and addresses following an accident.

Anyone who causes an accident due to non-compliance with these rules may be considered civilly or criminally liable. In Andorra, the law regarding ski resorts and ski lift transport facilities regulates safety on the slopes and punishes abusive or fraudulent behaviour.

GENERAL RECOMMENDATIONS

- Before taking any lift, find out which ski slopes it goes to and their level of difficulty.
- If a ski lift should stop, wait calmly until it starts up again.
- Always follow the instructions of the staff running the ski lifts, as they are responsible for your safety.

DRAG LIFT



Do not let go of the drag lift before arriving and do not grab a drag lift on the line as you could derail the cable and hurt or injure skiers who are coming up.



Before grabbing the drag lift, remember to remove the straps of your ski poles and to hold them in one hand.



Do not slalom on the trail.

If you should fall, let go of the bar and move away from the ski lift line as soon as you can.

On arrival, let go of the drag lift in the place indicated and move away from it as soon as possible to avoid colliding with the next drag lift.

3 CABLE TRANSPORT DEVICES

It is important to learn and respect all rules and specific signpostings on the cable transport devices.

CHAIRLIFTS

- Children less than 1.25m tall must always be accompanied by an adult to help them get into the chair. The child should be placed on the outer seats so that operators can help.
- Smoking or littering on the chairlifts and in the queues is forbidden.
- If you get on incorrectly, get off the chairlift as soon as possible as you could fall higher up.
- Remain seated with your back touching the back of the chairlifts.

Remember to hold your ski poles in just one hand.



If you have a backpack, wear it on the front.



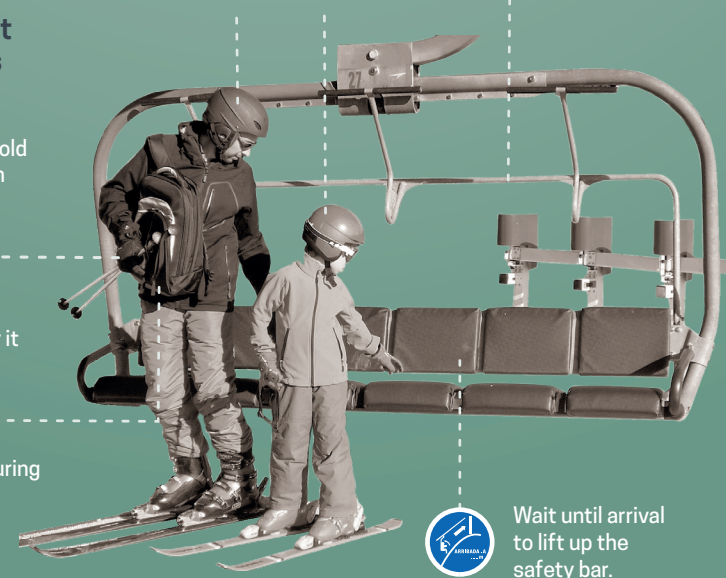
Do not swing during the trip.



Take care when getting on. If you get distracted, you could lose your balance and fall.



After getting on, lower the safety bar.



CONVEYOR BELT



- You should get on and get off the conveyor belts in the designated areas.
- During the journey, you must not walk, sit or lie down on the conveyor belt.



Wait until arrival to lift up the safety bar.

4 SIGNAGE

The signs and markings on the ski runs provide important information. They are there to maintain order and, above all, guarantee the safety for all users.

Classifications of the slopes according to the level of difficulty:

BEGINNER SKIER INTERMEDIATE SKIER ADVANCED SKIER EXPERIENCED SKIER

The most common signposts that can be found on the ski runs are:

DANGER AHEAD JUNCTION OF SLOPES JUNCTION OF SLOPES WITH DRAG SKI LIFT SLOPE CLOSED ACCESS FORBIDDEN REDUCE SPEED WARNING

ENJOY THE SNOW, SKI SAFELY



Recommendations and safety regulations for the slopes



5 FREESTYLE AREAS

Snowparks are reserved for practising freestyle, a technique which requires you to use specific equipment for freestyle skiing or snowboarding. For safety reasons, Snowblade® and Big Foot® will not be permitted in the snowparks.

INSIDE THE SNOWPARK:

- ✓ Respect the signpostings. All snowparks have safety rules and regulations with which you must be familiar to guarantee your safety and other users.
- ✓ Respect the advice given by the staff responsible for the snowpark.
- ✓ Use a helmet and protective gear to prevent possible injuries in case of a collision or fall.
- ✓ Respect other users. Wait your turn and keep a safe distance. The modules are to be used by one person at a time.
- ✓ Make sure that the landing area is free before each jump.
- ✓ Respect the stopping points. If you want to take photos or videos, stop on one side or in a safe place, out of the way of modules.
- ✓ If you fall, get out of the landing area as quickly as possible.
- ✓ Do not jump next to the rail or boxes.
- ✓ Drones can not be used without prior permission from the ski stations.
- ✓ Choose your itinerary and obstacles according to your level.

LEVELS OF DIFFICULTY

The following colours mark the level of difficulty of the modules and itineraries of the snowpark:

EASY LOW - INTERMEDIATE HIGH EXPERT

7 OFF-PISTE

Only the opened slopes are patrolled, maintained and clearly marked. Skiing beyond these designated areas is done at your own risk.

EUROPEAN AVALANCHE DANGER SCALE

DANGER LEVEL	ICON	DANGER LEVEL	MESSAGES ABOUT THE CONDITIONS OF PRACTICE
5		VERY HIGH	Acute danger
4		HIGH	Weakly bonded on most steep slopes (*)
3		CONSIDERABLE	Moderately to weakly bonded on many steep slopes (*)
2		MODERATE	Moderately well bonded on some steep slopes(*)
1		LOW	Conditions generally safe

(*) This information is detailed in the weather forecasts for snow and avalanches.

- ✓ Be informed about the risks of avalanche: www.meteo.ad
- ✓ In case of adverse weather conditions, you must know when to avoid off-piste skiing.
- ✓ Be sure that you are fully equipped, with an avalanche transceiver (DVA), probe and shovel.
- ✓ Do not ski off-piste alone.
- ✓ Even if you see ski tracks, this does not mean it is safe to ski in that area. Following ski tracks off-piste can lead to dangerous situations.
- ✓ Download the app Save 365: This app will facilitate and speed up your rescue if necessary. Safe365.

6 IN CASE OF AN ACCIDENT

If, when you are skiing, you witness an accident, it is important to stay calm and act quickly and precisely:

- 1 **Protect the injured person.**
- 2 **Alert the ski patrol service immediately.**
You can call the emergency telephone number that is indicated on the markers at the ski resort or notify the nearest staff member. Try to give them as many details as possible about the injured person and their location.
- 3 **First aid.**
Do not move the injured person! This must be done by a professional. The best thing you can do is to keep them company.



Govern d'Andorra