



Enjoy the snow,  
**SKI safely**



**Recommendations and safety regulations for skiing  
and snowboarding on the slopes.**

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# 1 Enjoy the snow by being fit and prepared

BEFORE YOU START YOUR DAY OF SKIING, YOU SHOULD TAKE A SERIES OF BASIC RECOMMENDATIONS INTO ACCOUNT

## Be informed

Check out the weather conditions. You can check the weather forecast at the ski resorts themselves or at the following website: [www.meteo.ad](http://www.meteo.ad).

Before starting to ski, ask for a plan of the slopes to become familiar with them. Also, find out at what time the slopes and the ski lifts close. If you have any doubts, the staff at the ski resort will be delighted to help you.

## Eat and drink correctly



In the morning, it is important to have a comprehensive, balanced breakfast. Throughout the day, don't forget to take the odd break and to drink water and hot drinks.



## You need to be fit for skiing

Skiing, like any other sport, requires a minimum of physical preparation. To avoid accidents or injuries before starting to ski, you should do some warm-up exercises. And when you finish the day, spend a few minutes stretching.



## Use an adapted helmet and make sure that children wear them too

A helmet prevents possible head injuries in the case of a collision or fall. For young children, it should be an absolutely essential element. Whether you rent or buy it, make sure that it complies with the EN1077 European standard, and that it has the EC marking.



## Check out your material and the state of the fixtures

At the beginning of each season, it is important to get a professional to check the condition of your material. This person should check the bases and the edges of skis as well as regulating the bindings, according to your weight and your level. By doing this, if you should have an accident, you will limit the severity of knee injuries.

If you rent the material, it is the rental shop that is responsible for verifying the adjustment of the bindings.

## In the mountains, you need to protect yourself from the sun

Remember that on the slopes, snow can reflect up to 85% of the ultra-violet rays, therefore it is essential to wear sunglasses or ski goggles with at least a category 3 protection, and that it has the EC marking.

Take care of your skin and apply a high factor sun cream and protective lip balm several times a day, whether it is sunny or cloudy.



## Thermal clothing and protection

To make the most of your skiing, it is essential to wear clothing that is adapted to the weather and to the kind of skiing you are doing. Thermal clothing that is comfortable and waterproof is the most suitable for skiing.

If you are snowboarder and, especially if you are a beginner, remember to wear gloves with wrist protection. A back protector is recommended for snowboarders as well as for skiers, particularly in the snowparks. Make sure that it has the EC marking and complies with the EN1621-2 standard.

## Learn and improve your level of skiing

If you follow the advice of a ski instructor, not only will you learn to ski, improve your level and perfect your style, but you will also have a very good time. All the ski resorts in the country have ski schools with qualified, professional staff to provide the best classes regardless of your level, age and preferences.

In Andorra, the ski instructors at the ski schools in the resorts are the only ones who are authorised to teach on the ski slopes.



## Insure yourself and ski without concerns

For your own peace of mind, as well as for that of other skiers, make sure that you have a valid insurance policy. You can take it out at the ski resort itself.

# 2 Enjoy the snow safely and respectfully



**Like any sport, skiing also has a set of rules that you should take into account** and that are designed for your safety and that of the other skiers on the slopes.

These rules, of which there are 10, have been established by the International Ski Federation (FIS) and are applicable in all ski resorts.

## Getting to know them, respecting them and putting them into practice is everybody's responsibility



### 1 RESPECT FOR OTHERS

All slopes-users must behave in such a way that they do not endanger others or harm them by their behaviour or their equipment.



### 2 CONTROL OF SPEED AND BEHAVIOUR

All slope-users must adapt their speed and behaviour to their personal capabilities as well as to the general conditions of the slope, weather, snow conditions and density of traffic.



### 3 CHOICE OF ROUTE

The slope-user who is higher up the slope is in a position which enables them to choose the trajectory. They must always make this choice in such a way that they do not endanger the slope-users below.



### 4 OVERTAKING

Overtaking may take place above or below, to the left or to the right, but must always be undertaken with sufficient space to take into account the evolution of the movement of the slope-user being overtaken.



### 5 CROSSING SLOPES

When ever entering, starting off from or crossing slopes, all slope-users must check visually up-hill and down to ensure that they can do so without endangering themselves or other slope-users.



### 6 STOPPING

All slope-users must avoid stopping in narrow places or areas of restricted visibility. After a fall, they should remove themselves from the slopes as quickly as possible.



## 7 WALKING UP OR DOWNHILL

Any slope-user who is obliged to move up or downhill on foot must keep to the side of the slope and ensure that neither they nor their equipment endangers other slope-users.



## 8 RESPECT FOR SIGNS

All slope-users must respect information concerning weather conditions, the condition of the slope and of the snow. They must respect signs and signposting at all times.



## 9 ASSISTANCE

Any person who is involved in, or witness to, an accident must give assistance; particularly by raising the alarm. If needed they should place themselves at the disposal of the Ski Patrol.



## 10 IDENTIFICATION

Any person, who is involved in, or witness to, an accident must identify themselves to the Ski Patrol.

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.

## If you practice ski mountaineering on the ski slopes

You should note that:

- All the ski resorts have specific circuits for this sport.
- If you should go up a slope that is open to the public, you should always do so on one side of the slope and in single file.

If you go snowshoeing, you should use the specific circuits created for this activity.





# 3

## Enjoy the snow using the cable transport devices correctly

FOR YOUR SAFETY, IT IS IMPORTANT TO GET TO KNOW AND TO RESPECT THE RULES OF USE AND THE SPECIFIC SIGNPOSTING ON THE CABLE TRANSPORT DEVICES

## T-bar lifts



Before grabbing the bar, remember to remove the straps of your ski sticks and to hold them in one hand



Do not slalom on the T-bar lift line



Do not grab a bar on the line, you could derail the cable and hurt or injure skiers who are coming up.



- Do not let go of the bar before arriving as you could derail the cable and injure skiers who are coming up, as well as yourself.
- If you should fall, let go of the bar and get away from the ski lift line as soon as you can.
- On arrival, let go of the bar in the place indicated and get away from it as soon as possible to avoid colliding with the next T-bar.
- If you do snowboarding, when using the T-bar lift you must always take care to keep one foot free of the board.

## Chairlifts



Remember to hold your ski sticks in just one hand.

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



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



Do not swing during the trip



After getting on,  
lower the  
safety bar



Wait until  
arrival to lift  
the safety bar

- If you get on incorrectly, leave the chairlift as soon as possible as you could fall higher up.
- Remain seated at the back of the chair.
- Smoking on the chairlifts is forbidden.
- If you do snowboarding, when using the chairlift, you must always take care to keep one foot free of the board.
- 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 side so that the operator can help.



## Gondola lifts

- For security reasons, it is important not to swing the gondola or lean against the windows or try to open them or the doors, which open and close automatically.

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- Smoking is forbidden inside the gondola, as is leaning outside or throwing anything out of the window.

## Conveyor belt

- You should get on and alight in the places signposted for this purpose..

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- During the journey, you should not walk, sit or lie on the conveyor belt



## Advice for the correct use of ski lifts

- 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.
- Before taking any lift, find out which ski slopes it goes to and their level of difficulty.
- To use any ski lift, you must have a pass and show it to the staff at the ski resort whenever required.

## Learn to use ski lifts properly with Skizzz!

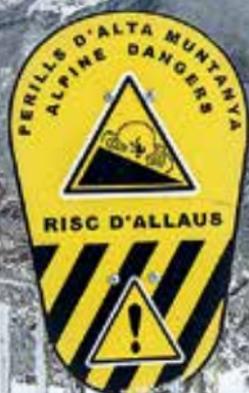


Visit the website at  
[www.skizzz.org](http://www.skizzz.org)  
or download the videos  
using the QR code:



# 4 Enjoy the snow and get to know the signposting

THE SIGNS AND MARKINGS ON THE PISTES GIVE INFORMATION, ARE THERE FOR CONTROL AND ORDER AND, ABOVE ALL, GUARANTEE SAFETY FOR ALL USERS TO KNOW AND USE THESE SAFETY RULES AND RECOMMENDATIONS IS THE DUTY OF EVERYONE



## Respect the signposting on the slopes

The tracks are classified according to four levels, so that you can choose the slope in keeping with your skiing abilities.

The markers indicate the level of difficulty, the name of the slope and show you where you are.



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



DANGER AHEAD



JUNCTION OF SLOPES



JUNCTION OF SLOPES  
WITH A DRAG SKI LIFT



TRAIL CLOSED  
ACCESS FORBIDDEN



REDUCE SPEED



WARNING



# 5 Enjoy the snow in the snowparks

IN A SNOWPARK, YOU SET THE LIMITS ACCORDING TO YOUR LEVEL. BEFORE YOU START USING THE SNOWPARK, BECOME FAMILIAR WITH THE INSTALLATIONS

**Snowparks are reserved for practising freestyle**, a technique which requires you to use specific freestyle material, whether for snowboarding or skiing. For safety reasons, Snowblade and Big Foot type skis are not allowed in the snowpark.

## Inside the snowpark:

- Respect the signposting. All snowparks have basic rules and regulations for use with which you should be familiar to guarantee your safety and that of others.
- Respect the advice given by the staff responsible for the snowpark.
- Use an adapted helmet and protection, such as on your wrists and back, to prevent possible injuries in the case of a collision or fall.
- Respect other users. Wait your turn and keep a safe distance. The modules are for use by a single person
- Make sure that the landing area is free before each jump.
- Respect the stopping points.
- If you fall, get out of the landing area as quickly as possible.
- Choose your itinerary and obstacles according to your level.
- Being in a good physical condition is important to avoid accidents. Before going into action, warm up by doing some basic jumps.

## Levels of difficulty

The colour of the flags or the markers in the snowpark show the level of difficulty:



INTERMEDIATE



HIGH



EXPERT



# 6 Enjoy the snow but react if there is an accident

IF, WHEN YOU ARE SKIING, YOU WITNESS AN ACCIDENT, IT IS IMPORTANT TO STAY CALM AND ACT QUICKLY AND PRECISELY

Take heed of the following advice:

## 1 Help the injured person

Helping a skier who has had an accident is a moral obligation whether or not you are involved.

## 2 Protect them

To guarantee a safe area around the injured person, place your skis in an X shape to warn other skiers.

**Do not move the injured person.** This must be done by a professional. The best thing you can do is to keep them company.

## 3 Alert and inform the Ski Patrol service

To get in touch with the Ski Patrol service, you can call the emergency telephone number that is indicated on the markers in the ski resort or notify the nearest member of staff. Try to give them the greatest details about the area in which the accident has occurred. Inform them about the name of the ski slope and the number of the marker, about how many people are involved or anything else to facilitate the arrival of the Ski Patrol service assistance.

Anyone who witnesses an accident or is involved in one must make themselves available to the Ski Patrol service.



# 7 Enjoy the off-piste snow as well

KNOW WHEN TO RENOUNCE IT,  
ADVICE FOR OFF-PISTE SKIING



**Only the open slopes are delimited, controlled and signposted.** Beyond these areas, exposure to risks and dangers is taken on at your own responsibility.

**Take heed of the following advice:**

## Find out about the danger of avalanches

Take into account the information about the danger of avalanches that you will find in the weather bulletins at the ski resorts or on the bulletin estimating the risk of avalanches at [www.meteo.ad](http://www.meteo.ad).

However, above all, respect the ski resort's avalanche flag which will indicate the danger of existing avalanches. If necessary, ask for information from the ski patrollers.



**LOW AND  
LIMITED RISK OF  
AVALANCHE**  
Level 1 and 2



**MODERATE TO  
STRONG RISK OF  
AVALANCHE**  
Level 3 and 4



**A VERY STRONG  
RISK OF  
AVALANCHE**  
Level 5



**In case of adverse weather conditions**, you should know when to sacrifice off-piste skiing and look for an alternative.

## **Carry an AVD on you**

An AVD (Avalanche Victim Detector) will allow you to be found in the case of an accident. Check that it is functioning correctly before starting out. This detector should be accompanied by a probe and shovel. Make sure that it has the EC marking.

Another useful item when skiing off-piste is a reflector, which can be found in any specialised shop.

## **Do not ski off-piste alone**

**A track is not synonymous to safety** and could lead you to dangerous sites.

All the ski resorts in Andorra, use the RECCO® avalanche victim search system.

**Download the Alpify** application into your mobile phone. This free application will facilitate and speed up your rescue if necessary. [www.alpify.com](http://www.alpify.com)



**Remember, if you  
ski off-piste, you do  
so entirely at  
your own risk**

**To know and use these safety rules and recommendations is the duty of everyone.**

**Enjoy the snow!**





*Ski  
Andorra*



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