

RULES FOR SAFE WINTER SPORTS

These rules are only general guidelines and in no way replace specialist courses. For your own safety and the safety of others, do not take up any sport without first receiving adequate training.

- **Trust the experts**
If you have any doubts, ask our expert guides to advise you on the most suitable experience for you and to accompany you along the route
- **Plan carefully**
Find out about the level and type of itinerary by consulting the dedicated information material. You can find out the status and description of the main slopes at <http://www.tarvisiano.org/it/16255/inverno>
- **Check the weather**
Check the weather forecast before and during your hike and factor in the ground conditions: steep slopes, ice sheets and rocks can increase the risk of falling. Pay attention to temperature, the wind and visibility, which can significantly increase risk conditions
- **Risk of avalanche**
Before setting off, consult the avalanche bulletin here <https://www.protezionecivile.fvg.it/it/bollettino-valanghe> or via the Nivis app <https://nivisapp.regione.fvg.it/home> . Do not undertake hikes if the risk level is 4 or 5
- **Do not overdo it**
Choose your hike based on your physical and technical ability. Do not start too late in the day. If you cannot continue due to the weather or the route becoming too difficult, turn back
- **Knowing your bearings**
It is essential to know how to find your way on a snowy hike using maps, altimeters, special apps or electronic devices with GPS
- **Follow the signs**
Follow the signs on the trails. Do not go off the track unnecessarily and do not take shortcuts: you will avoid putting yourself in dangerous situations. A transceiver, probe and shovel are the minimum equipment needed for off-piste excursions, so check that they work before setting off
- **Better together**
Avoid going on a mountain hike alone, take a mobile phone with you and let someone know the route you plan to take. Small groups of up to six people provide a greater degree of flexibility
- **At the right pace**
Keep a distance of 10 metres uphill and 30 metres downhill between you and your companions on steep slopes to avoid overloading the snowpack and accidents. Maintain a speed appropriate to your abilities. No one should be left behind during the hike. Share the route and its characteristics with your companions before departure. Plan your walking times based on the needs of less experienced hikers

