

SUMMER PREVENTIVE GUIDE

SO THAT MOUNTAIN SPORTS REMAIN A PLEASURE



www.sports.gouv.fr/preventionete

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BEFORE LEAVING

- Get advice from professionals (instructors, guides, mountain leaders, hire companies, etc.), tourist offices and nature sports federations, offering supervised activities within their clubs.
- Choose an activity and a route which are suited to your motivation, your experience and the abilities of the weakest group member.
- Some activities are regulated (times, prohibitions, etc.): obtain information beforehand.
- Be aware of the weather forecast for the day (the day before and in the morning), and be prepared to change your plans if the conditions are unfavourable.
- Before leaving, check that you are insured with accident civil and individual liability for the chosen activity.
- Check that your equipment meets the certification standards of the activity in question, and check visually the state of wear and tear of your equipment.
- Always reserve your place in advance if you are planning to spend the night in a mountain refuge. Remember to cancel if you change your plans.
- Inform someone of your day's schedule, and your probable return time.

BE EQUIPPED

Take the following with you:

- Food and drink.
- Clothing suitable for the chosen activity and the weather forecast, as the weather can change rapidly: protection from the sun (goggles, helmet, sun cream), from the wind (windbreaker), from the cold (jumper, trousers, hat and gloves) and from the rain.
- A mobile telephone and the useful emergency numbers (in particular 112).
- Choose your equipment carefully (cycle, canoe, harness, etc.) according to your schedule, and get advice from the professionals (instructors, hire companies, etc.).

Trekking and trailing (all kinds):

- Do not forget to take a detailed map of the location and a GPS (or a compass and an altimeter).
- Take a first aid kit with you (compression bandage, tape, plasters, etc.), a survival blanket, a knife and a whistle.
- If practising day-long trekking and trailing at altitude, also take a pocket or forehead torch.
- When hiking wear good shoes suited to your route: ankle boots for rocky paths, and steep slopes. Do not wear shoes which are too flexible.

DURING A TRIP

- Do not overestimate yourself, and exert yourself in a way which you can maintain.
- Do not hesitate to renounce, to u-turn or to shorten your way out if you are tired, or if conditions deteriorate practice or if a member is no longer able to keep pace with the group.
- Stay always localizable (mobile phone, RECCO® reflector type if you go on high mountain etc...).
- Whatever your activity, always respect other users of the mountain.
- Do not rely solely on your mobile phone: it is not always possible to get a signal in the mountains.

NEVER GO INTO THE MOUNTAINS ON YOUR OWN.



Summer
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**ENSURE THAT CHILDREN HAVE
SUITABLE EQUIPMENT, AND MAKE
SURE YOU PROTECT THEM FROM THE
SUN, THE COLD AND THE WIND.**

*CHILDREN ARE ALWAYS MORE SENSITIVE
THAN ADULTS, AND ALARM SIGNALS MAY
ARRIVE TOO LATE.*

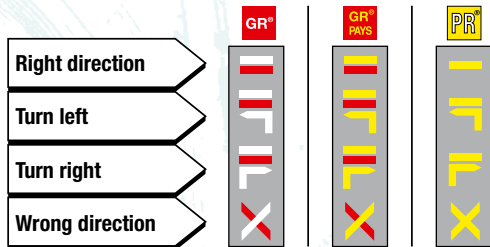
PRACTISE YOUR ACTIVITY

HIKING

- Learn to recognise the marking of the hiking paths and to read a map.
- Choose your route based on your physical condition and your experience. Modify it according to any difficulties experienced: steep slopes, terrain, weather forecast, etc.
- Check that all conditions are in place so that you can leave with complete confidence:
 - All participants are well-equipped, in good physical condition and are enthusiastic to go rambling;
 - The day forecast is favourable and the terrain can be crossed;
 - The route is suitable for the lowest level in the group;
 - If a problem occurs it is possible to turn back or to follow an easier or shorter route.
- Be particularly vigilant with children. They tend to exert themselves without pacing themselves, to become dehydrated and to tire fast.
- Also be vigilant with very small children when you carry them on your back (risks of sunstroke, dehydration, becoming cold, etc.).

SAFELY!

Preferably choose marked paths
and follow the signalling in place.

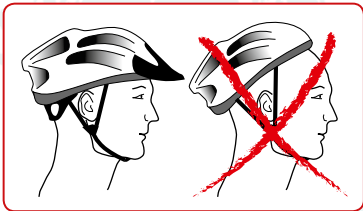


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- The indicative duration of a route can be calculated on a basis of approximately 3 to 4 km/h, for an average altitude difference of 300 metres per hour; these figures should be modified according to your fitness and your level.

RIDE WELL WHEN MOUNTAIN BIKING

- Wear a helmet which fits your head and close the straps correctly.
- Use a bike and protections suited to the way you ride, in particular for descents on mountain bikes (integral helmet, long gloves, elbow protectors, knee protectors, shin guards, back protection, etc.).
- Before leaving for a ride check the condition of your bike: tightening, tyre pressures, brakes, steering, level of charge of your battery if your bike has one.
- Always lower the saddle before starting on a descent, to reduce the risk of falling.
- Take a repair kit with you (pump, puncture repair patch, chain tool, quick link, etc.).
- Get off your bike when you approach a dangerous section or one which is too difficult.



Summer
preventive
guide

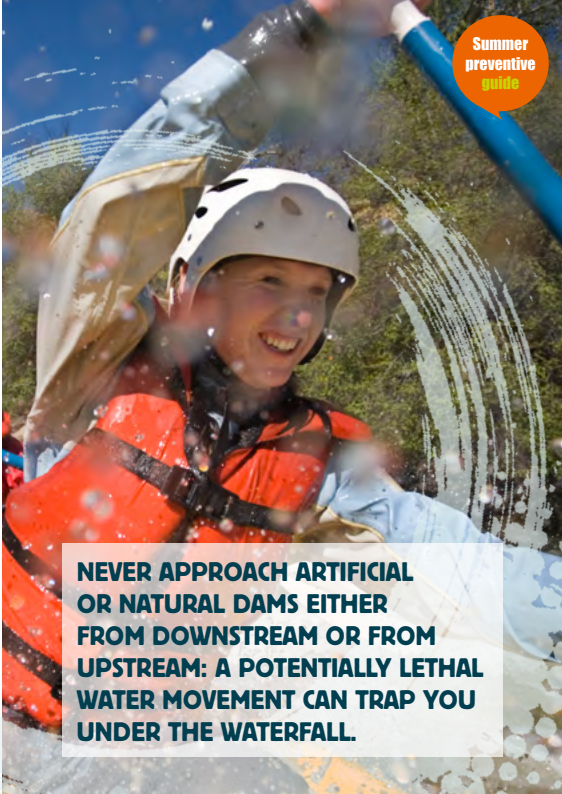


**MOUNTAIN BIKER,
CONTROL YOUR SPEED
IN ANY CIRCUMSTANCES.**

WHITE WATER SPORTS

- Get information about:
 - The difficulties of the planned route, depending on the flow rate of the river;
 - The weather forecast of the day;
 - Any municipal or prefectural orders which may regulate navigation times or routes;
 - The flow rate of the water, depending on rainfall, melting snow, or possible release of water from dams located upstream.
- During the trip wear safety equipment suited to the activity (lifejacket, helmet, shoes, neoprene jumpsuit, etc.).
- Always be vigilant about the movements of water, about branches, trees, and natural and artificial obstacles.
- Monitor changes in the weather and the flow rate of the water.
- Carefully identify, before getting on the boat, the end point of the trip in order not to miss it, and also, allowing for any difficulties, possibilities for stopping the trip at an intermediate point.

Summer
preventive
guide



NEVER APPROACH ARTIFICIAL OR NATURAL DAMS EITHER FROM DOWNSTREAM OR FROM UPSTREAM: A POTENTIALLY LETHAL WATER MOVEMENT CAN TRAP YOU UNDER THE WATERFALL.

VIA FERRATA AND CLIMBING

Only by practising and making progress can you gain knowledge of safety techniques: training is the best guarantee of safety. If you are a beginner contact a professional or a club for them to initiate you. Even if you are experienced do not forget the following precautions.

Via ferrata:

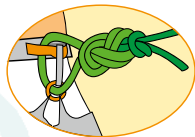
- Get informed (panel, topographical plan, tourist office) and choose a via ferrata it which is suited to your physical condition and that of your companions. A 200 metre altitude difference is the maximum for a non-sporting person.
- Your equipment must always include:
 - A helmet;
 - A climbing harness fitted with a via ferrata tether with 2 carabiners and a shock absorber;
 - A pair of resistant gloves and light hiking shoes.
- Throughout the route, for your safety:
 - Always keep the tether clipped on the lifeline with at least one carabiner clipped when passing the anchors;
 - Always remain attentive and vigilant.

Climbing:

- Get informed (topographical plan) and choose climbing routes which are suited to your level of expertise and that of your climbing companion.
- Wear a helmet.
- Use recent climbing equipment in good condition: check the manufacturer's instructions to understand the criteria for satisfactory use.
- Always follow all the safety rules and with each manoeuvre check that it has been undertaken correctly.

Be particularly vigilant about the following points:

- Rope yourself up using a figure 8 knot followed by a stopper knot: never let your attention wander while you are tying your knot.
- Check your knot with your climbing partner and the belaying system before starting to climb.
- Always tie a knot at the end of the rope or attach the rope.
- Always be attentive to your partner while you are belaying them.



ADMINISTER AID IN THE EVENT OF AN ACCIDENT

- 1 Protect the victim from another imminent danger (rock fall, collision, etc.), cover them up and comfort them.
- 2 Alert the emergency services or have them called (**emergency call number 112**) giving the following information:
 - The precise location and time of the accident (GPS coordinates, altitude, route, etc.) together with your name and your call number;
 - The nature of the accident and the number of victims, the seriousness (loss of consciousness, visible injuries, etc.);
 - The care given or the first aid actions undertaken;
 - A description based on clothes (colour, etc.) if the route is a very popular one;
 - The local weather conditions (wind, visibility).
- 3 Administer the appropriate first aid actions if you know them. Cover the victim up, keep them dry and comfort them.

Mountain distress signals



Help needed



Help not needed

Symbols on topographical maps



isolated telephone



emergency station

HELPFUL LINKS

Summer
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Ministry with responsibility for sport:

www.sports.gouv.fr/preventionete

Pôle ressources national sports de nature:

www.sportsdenature.gouv.fr

Fédération française de la randonnée pédestre:

www.ffrandonnee.fr

Fédération française de la montagne et de l'escalade:

www.ffme.fr

Fédération française des clubs alpins et de montagne:

www.fcam.fr

Syndicat national des accompagnateurs en montagne:

www.lesaem.org

Syndicat national des guides de montagne:

www.sngm.com

Moniteurs cyclistes français:

www.moniteurcycliste.com

Commission Canyon Interfédérale:

www.canyoning.com

Météo France:

www.meteofrance.com

FOR ALL EMERGENCIES DIAL 112

This guide has been produced by the ministry with responsibility for Sports in partnership with the members of the Higher Mountain Sports Council.



In partnership with:

- Ministère de l'Intérieur
- Ministère de l'Économie, de l'Industrie et du Numérique



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