

10 TIPS

FOR SAFE,
ENJOYABLE
SKIING



WINTER
SAFETY



For more information, visit
www.preventionhiver.sports.gouv.fr

EQUIPMENT

Make sure that your helmet and straps are securely fastened and checked by a professional.

WEATHER

Check the weather reports, snow levels and avalanche risk for that day.

PREPARATION

Warm up before setting out on your first run.

ABILITIES

Choose your slope and speed to suit your fitness level.

SIGNS

Follow the signs on the slopes and ski lifts.

PATHS

When you join a slope, don't wander into the paths of other skiers.

PRIORITY

Skiers on lower ground have priority.

RESPECT

Your speed and route should never bother other skiers.

STOPPING

Don't stop in the middle of a slope, in a narrow passage or in areas with restricted visibility.

RESCUE

Call the emergency services and provide assistance if you witness an accident.



In partnership with the Ministry of the Interior, Ministry of the Economy and Finance and:



These tips are inspired by the «10 FIS Rules for the Conduct of Skiers and Snowboarders» devised by the International Ski Federation (FIS).