



MINISTÈRE
CHARGÉ DES SPORTS

*Liberté
Égalité
Fraternité*



SO THAT
**MOUNTAIN
SPORTS** REMAIN
A PLEASURE

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A photograph of three hikers on a mountain trail. A man in a black tank top and khaki pants is pointing towards a valley. A woman with red hair in a plaid shirt and a backpack is looking in the same direction. Another hiker is partially visible behind them. The background shows a vast mountain landscape under a cloudy sky.

TIPS

PREPARE FOR YOUR ACTIVITY!

To safely enjoy your activity and better prevent accidents, physically prepare for your activity sufficiently in advance (walking, jogging, cycling, etc.).

BEFORE LEAVING



CHOOSE AN ACTIVITY AND A ROUTE WHICH ARE SUITED TO YOUR EXPERIENCE

and the abilities of the weakest group member.

GET ADVICE FROM PROFESSIONALS

(instructors, guides, mountain leaders, rental companies, etc.), tourist offices, and nature sports federations...

ENSURE THAT YOU ARE INSURED WITH ACCIDENT, civil and individual liability.

SOME ACTIVITIES ARE REGULATED

(times, prohibitions, etc.): obtain information beforehand.

INFORM SOMEONE OF YOUR DAY'S SCHEDULE AND YOUR PROBABLE RETURN TIME AS WELL AS OF YOUR ITINERARY, AND AVOID GOING ALONE.

REGULARLY CHECK THE WEATHER FORECAST

(www.meteofrance.com) and plan for a back-up itinerary or do not hesitate to cancel the outing in the event of unfavourable conditions.

BOOK YOUR PLACE IN ADVANCE

if you are planning to spend the night in a mountain refuge. Remember to cancel if you change your plans.

LEARN TO RECOGNISE THE MARKING

that you may encounter on-site.



REMEMBER

TAKE WITH YOU

FOOD AND DRINK

SUITABLE CLOTHING

clothing for your chosen activity and the weather forecast, as the weather can change rapidly: protection from the sun (glasses, cap, sunscreen), from the wind (windbreaker), from the cold (jumper, trousers, hat, gloves) and from the rain.

ENSURE THAT CHILDREN HAVE SUITABLE EQUIPMENT FOR THEIR SIZE

A child is always more sensitive than an adult and warning signs can appear too late.

A MOBILE PHONE AND ANY USEFUL EMERGENCY NUMBERS (112).

A DETAILED MAP OF THE LOCATION AND A GPS

(or a compass and an altimeter). Do not rely solely on your mobile phone: it is not always possible to get a signal in the mountains.

A KNIFE, A WHISTLE AND A FLASHLIGHT OR HEAD TORCH IF PRACTISING DAY-LONG TREKKING AND TRAILING AT ALTITUDE

A FIRST-AID KIT

(compression bandage, tape, plaster, etc.), with a survival blanket.

PACK CAREFULLY

CHOOSE YOUR EQUIPMENT CAREFULLY

according to your route and the advice given by professionals, ensure that your equipment meets the certification standards required for your chosen activity and visually check for signs of wear.



TIPS

DO NOT OVERESTIMATE
YOUR CAPABILITIES,

PACE YOURSELF

DURING A TRIP: ADOPT GOOD HABITS

KNOW WHEN TO CALL IT A DAY, TURN BACK OR SHORTEN YOUR OUTING

if you are tired, if conditions worsen or if a member of your group is no longer able to keep pace with the group.

ALWAYS ENSURE YOU CAN BE LOCATED

(mobile phone, RECCO®-type reflector if you are heading into high altitudes, etc.).

WHATEVER YOUR ACTIVITY, REMAIN RESPECTFUL OF OTHER MOUNTAIN AND SITE USERS

PAY PARTICULAR ATTENTION TO CHILDREN

They tend to over-exert themselves, become dehydrated and tire rapidly.

ALSO PAY PARTICULAR ATTENTION TO VERY SMALL CHILDREN

when carrying them on your back (risk of sunstroke, dehydration, becoming cold, etc.).

IN FOREST ENVIRONMENTS, DO NOT SMOKE, DO NOT THROW AWAY CIGARETTE BUTTS, DO NOT LIGHT BARBECUES AND RESPECT THE SITE'S NO-ACCESS AREAS

STAY AWAY

from herds in mountain pastures and protection dogs (Patou). Remain calm and passive upon encountering them.



TIPS

MOUNTAIN BIKERS,
ADAPT YOUR **SPEED**
TO ALL
CIRCUMSTANCES

SAFE MOUNTAIN BIKE CYCLING

WEAR A HELMET,

that fits your head, adjust and close the straps properly. When cycling on public roads, remember that wearing a helmet is mandatory for children aged under 12.

BEFORE LEAVING FOR A RIDE, CHECK THE CONDITION OF YOUR BIKE:

tightening, tyre pressure, brakes, steering, battery level for electric mountain bikes.

REMEMBER TO USE AN AUDIBLE WARNING DEVICE

in order to make your presence known to other users of the mountain.

TAKE A REPAIR KIT WITH YOU

(pump, puncture repair patch, chain rivet, quick link, etc.).

WHEN APPROACHING A DANGEROUS OR DIFFICULT SECTION,

adapt your speed, and where necessary, do not hesitate to get off your bike.

AS REGARDS DESCENTS AND ENDURO MOUNTAIN BIKING,

do not start such practices without having first followed an introduction to these very specific activities, and use suitable equipment: full-face helmet, full-length gloves, elbow pads, knee pads, shin pads, back protection.

ALWAYS LOWER THE SADDLE BEFORE STARTING A DESCENT,

in order to reduce the risk of falls.

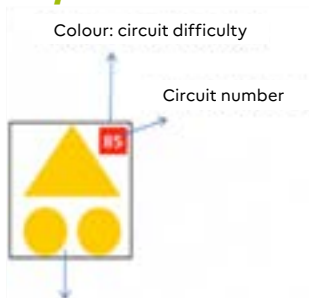
AS REGARDS ELECTRIC MOUNTAIN BIKING,

you must have a better technical command of the electric bike than for a traditional bike. Do not overestimate yourself and learn about the technical difficulty of your route.

ENGAGE IN YOUR ACTIVITY

LEARN TO RECOGNISE THE MARKING PRESENT ON THE ROUTES TAKEN AND TO READ A MAP

BIKE / MOUNTAIN BIKE



Mountain bike circuit symbols

Difficulty

-  Very easy
-  Easy
-  Difficult
-  Athletic



Straight ahead



Wrong direction



Turn left



Turn right



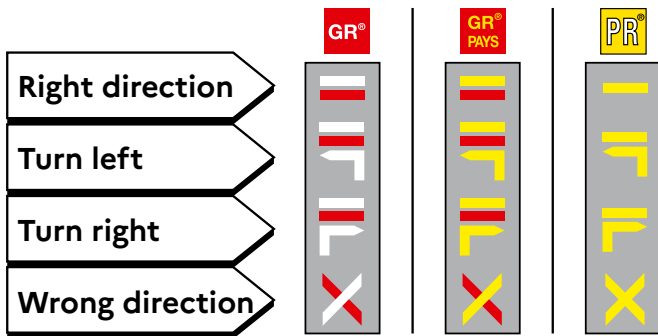
Link between circuits



SAFELY!

PREFER MARKED PATHS AND FOLLOW THE SIGNAGE IN PLACE

HIKING



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THE INDICATIVE DURATION OF A ROUTE ON FOOT

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 adjusted according to your fitness and level.

FOR HIKING, WEAR SHOES THAT ARE SUITED TO YOUR ITINERARY:

ankle boots for rocky paths and steep slopes.
Do not wear shoes that are too flexible.

A dynamic photograph of two people white-water rafting. They are wearing helmets and orange life jackets. A large splash of water is in the foreground, partially obscuring the view. The background shows a river and green hills under a blue sky.

TIPS

**NEVER APPROACH
ARTIFICIAL OR NATURAL DAMS
WHETHER FROM UPSTREAM
OR DOWNSTREAM:**

WHITE WATER SPORTS

GET INFORMATION ABOUT:

- The difficulties of the planned route depending on the flow rate of the river;
- The weather forecast on the day;
- Any potential municipal or prefectural orders which may regulate navigation times and 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 YOUR ACTIVITY

(lifejacket, helmet, shoes, neoprene jumpsuit, etc.).

ALWAYS BE VIGILANT

about the movements of water, 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.

A POTENTIALLY
LETHAL **WATER**
MOVEMENT
CAN TRAP YOU
UNDER THE WATERFALL.

VIA FERRATA

Practising and making progress independently implies 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.

FOR VIA FERRATA:

GET INFORMED

(panel, topographical plan, tourist office) and choose a via ferrata that 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 lanyard with two carabiners and a shock absorber;
- A pair of resistant gloves and light hiking shoes;
- A rope when children or beginners are present.

THROUGHOUT THE ROUTE, FOR YOUR SAFETY:

- Always keep the lanyard attached on the lifeline with at least one carabiner "clipped" when passing the anchors;
- Always remain attentive and vigilant.

CLIMBING

FOR CLIMBING:

GET INFORMED

(topographical plan) and choose climbing routes that 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.

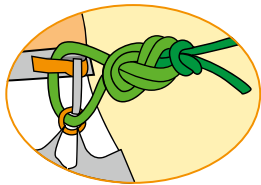
ALWAYS FOLLOW ALL THE SAFETY RULES

and check that each manoeuvre is properly carried out.

BE PARTICULARLY VIGILANT ABOUT THE FOLLOWING POINTS:

ROPE YOURSELF UP USING A FIGURE-OF-8 KNOT FOLLOWED BY A STOPPER KNOT:

never let your attention wander when tying your knot.



CHECK YOUR KNOT AND YOUR BELAYING SYSTEM

system with the help of your climbing partner before starting to climb.

ALWAYS TIE A KNOT AT THE END OF THE ROPE, or attach the rope.

ALWAYS BE ATTENTIVE TO YOUR CLIMBING PARTNER when you are belaying.

SENTINELLE, NE PARTEZ PAS SANS...

La nouvelle application SURICATE est disponible !
Avec ou sans réseau, enregistrez et signalez les
problèmes que vous rencontrez lors de vos loisirs et
activités sportives de nature.



TAKE PART IN THE QUALITY OF SITES

BECOME A SURICATE SCOUT



Suricate enables you to report any issues you encounter during your activity:

- marking errors,
- defective signs,
- pollution issues,
- security needs,
- conflicts with owners or other users...

Fill out a form on the "Suricate, Sports de nature" app or on the website <http://sentinelles.sportsdenature.fr/>

Your report will be processed by nature sports federations, *Départements* and State services in relation with the centre for national nature sports resources of the Ministry of Sport.

PROVIDE ASSISTANCE IN CASE OF ACCIDENT

DIAL 112

PROTECT THE VICTIM FROM ANY IMMINENT DANGER
(falling rocks, collisions, etc.), cover them up and reassure them.

ALERT THE EMERGENCY SERVICES, OR ASK ANOTHER PERSON TO ALERT THEM, EMERGENCY CALL NUMBER 112, GIVING THE FOLLOWING INFORMATION:

- The precise location and time of the accident (GPS coordinates, altitude, itinerary, etc.) as well as your name and call number;
- The nature of the accident and the number of victims, the seriousness of the accident (unconsciousness, visible injuries, etc.);
- The care given or the first-aid actions undertaken;
- A description of clothing (colour, etc.) if the route is a very popular one;

Mountain distress signals



Help
needed



Help not
needed

Symbols on topographical maps



isolated
telephone



emergency
station

- The local weather conditions (wind, visibility).

ADMINISTER THE APPROPRIATE FIRST-AID ACTIONS
if you know them.

USEFUL LINKS



Ministry of Sports:

www.preventionete.sports.gouv.fr

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.ffcam.fr

Syndicat national des guides de montagne:

www.sngm.com

**Syndicat national des accompagnateurs
en montagne:**

<https://snam.pro>

Moniteurs cyclistes français:

www.moniteurcycliste.com

Commission Canyon Interfédérale:

www.canyoning.com

Météo France:

www.meteofrance.com

FOR ALL EMERGENCIES, DIAL 112



SYNDICAT NATIONAL DES
GUIDES DE MONTAGNE

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