

SKI TRIP GOLDEN RULES



1. Always listen to and follow instructions carefully.
2. Have fun but do not mess about.
3. Look after one another.
4. Take care of your possessions and equipment.
5. Follow the FIS code when on the slopes.
6. Always have someone with you.

FIS (SKI FEDERATION SKIING CODE)

1. RESPECT FOR OTHERS: A skier must behave in such a way that he does not endanger others.
2. CONTROL OF SPEED AND SKIING OR SNOWBOARDING: A skier or snowboarder must ski under control, according to their personal ability and snow conditions.
3. CHOICE OF ROUTE: A skier or snowboarder coming from above must not endanger skiers ahead.
4. OVERTAKING: A skier or snowboarder can but must leave enough space for the overtaken skier
5. ENTERING, STARTING AND MOVING UPWARDS: A skier or snowboarder entering a marked run, starting again after stopping or moving upwards on the slopes must look up and down the slopes that he can do so without endangering himself or others.
6. STOPPING ON THE PISTE: Skiers must avoid stopping on the piste in narrow places or where visibility is restricted. After a fall a skier must move clear of the piste as soon as possible.
7. CLIMBING AND DESCENDING ON FOOT: Skiers who are climbing or descending on foot must keep to the side of the piste.
8. RESPECT FOR SIGNS AND MARKINGS: A skier or snowboarder must respect all signs and markings.