



RULES FOR SKIING

- 1. Respect for others:** A skier or snowboarder must behave in such a way that he does not endanger or prejudice others.
- 2. Control of speed and skiing or snowboard:** A skier or snowboarder must move in control. He must adapt his speed and manner of skiing or snowboarding to his personal ability and to the prevailing conditions of terrain, snow and weather as well as to the density of traffic/
- 3. Choice of rote:** A skier or snowboarder coming from behind must choose his route in such a way that he does not endanger skiers or snowboarders ahead.
- 4. Overtaking:** A skier or snowboarder may overtake another skier or snowboarder above or below and to the right or to the left provided that he leaves enough space for the overtaken skier or snowboarder to make any voluntary or involuntary movement.
- 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:** Unless absolutely necessary, a skier or snowboarder must avoid stopping on the piste in narrow places or where visibility is restricted. After a fall in such a place, a skier or snowboarder must move clear of the piste as soon as possible.
- 7. Climbing and descending on foot:** A skier or snowboarder either climbing or descending on foot must keep to yhe side of the piste.
- 8. Respect for signs and markings:** A skier or snowboarder must respect all signs and marking
- 9. Assistance:** At accidents, every skier or snowboarder is duty bound to assist.
- 10. Identification:** Every skier or snowboarder and witness, whether a responsible party or not, must exchange names and addresses following an accident.
- 11. Connection:** In the foggy and misty weather if you've lost your way or at any dangerous situation please call +99450 557 44 05 and +99451 557 44 05. Don't fall into panic and stay at a safe and the most accessible place to rich you. Don't leave your place, don't spare your energy, stay and wait for help.
- 12. Training:** When you choose the level of difficulty of the track take into consideration your skiing skills. Don't ski in unknown places or do it under the guidance of your ski trainer.