

FREERIDE RULES

- ◆ Never go touring or freeriding alone
- ◆ Check the avalanche report and weather every day
- ◆ Never go freeriding without LVS equipment
 - ◆ LVS ◆ shovel ◆ probe
- ◆ Before you start and after every break check the battery ◆ LVS ◆ Handy
- ◆ In case of bad weather and flat light don't go freeriding ◆ most of the time you can't find a useful line
- ◆ Avalanche danger 3 - don't do slope's above 35°
Avalanche danger 4 - don't go freeriding
- ◆ Don't ski behind fresh snowcornise
- ◆ Ski steep slopes always one by one and watch for save places where you can wait together
- ◆ Ski safe, prudently, fast and without falling, don't make sprayturns and stops in steep terrain.



FREERIDE RULES

- ◆ Never bring others in danger!
Watch first what or who is above or below you.
- ◆ Accept closed areas!
- ◆ Get the location information, in the most areas the locals will help you.

AVALANCHE RESCUE

- ◆ Keep cool and try to escape to the side
- ◆ Is it too late to escape, try to release the ski's and poles
- ◆ Activate ABS, Avalancheball or avalung.
- ◆ Try using backstroke to remain at the surface
IMPORTANT: keep your head on the surface
- ◆ When the avalanche gets slower close your mouth and keep the hands in front of your face and create a breathing space
- ◆ When the avalanche stops try to stay cool to save oxygen and energy!

