

# The Ten Commandments to follow this winter so we can all enjoy the mountains

- 1 - Protect yourself: Before you leave on your trip, make sure you are covered by an up-to-date personal liability and accident insurance policy.
- 2 - Make sure you use high-quality, well-maintained equipment which has been checked over by a mountain professional and which is suitable for the sport(s) you plan on doing.
- 3 - Choose the activities you and your friends and/or family plan on doing based on your respective physical abilities (particularly where children are concerned). Consult a mountain professional when undertaking any activity/ies that you have not done before or have only done a few times.
- 4 - Don't go off on your own: Make sure you tell whoever you're with what you're up to throughout the day and what your schedule is. Make sure you finish your activities at the time you're supposed to – night falls fast in the mountains!
- 5 - Always fully charge your phone before you go out for the day, out and save any emergency numbers into it. The emergency number 112 can be used throughout France and the European Union.
- 6 - Look up the weather forecast for the snow cover and avalanche risk every day. If in doubt, consult a mountain professional for further advice and make sure you take into account the avalanche risk level and weather bulletins for the ski resort where you are staying.
- 7 - Do not go off-piste on your own; always consult a professional. Make sure you have all of the right equipment and that you know how to use an avalanche transceiver (détecteur de victime avalanche or DVA in French), a shovel and a probe if you do decide to go off-piste.
- 8 - Obey the signage in and around the mountains: Only undertake activities which are permitted and which take place on marked pistes, unless you are accompanied by a mountain professional. If in doubt, consult the information services for the ski resort where you are staying for further advice.
- 9 - Stop any activity you are doing if you get tired or if the weather takes a turn for the worse.
- 10 - Call the emergency number 112 and request assistance if you witness any accidents.

**Together let's adopt good practices  
and make the mountains a safer place**