



## MOUNTAIN SAFETY GUIDELINES

The mountains are very beautiful, but they can also be very dangerous. Any group hiking in them must be prepared for possible danger. These safety guidelines are intended to help you in making sure that your group is prepared for taking part in activities in the Alps. They are not there to restrict your enjoyment; they are to help you to do activities safely and to protect the delicate mountain environment.

### 1. BE PREPARED:

Before your group sets off on an activity:

- Check with the Programme Staff for information about routes, weather and footpath conditions.
- Make sure all the group have the correct clothing and equipment and know how to use it.
- Plan your route carefully, taking into account the people in your group - be confident that they will be able to cope with the terrain.
- Make sure someone from your group has knowledge of First Aid and emergency procedures.
- Make sure you have booked any overnights in mountain huts. Camping is forbidden in the Alps, except at recognised campsites.
- Fill in a Route Card with all the details requested and have it checked by a member of staff.
- Hike with a maximum group size of 15 people, or 12 people on more challenging routes.
- Each group hiking will have a designated group leader with suitable hiking experience for the itinerary.
- Make sure you have enough food and money for normal use and emergencies.

### 2. BE SENSIBLE:

When on the hike:

- Stay on the route you have planned; if it changes or you will return late, inform KISC.
- Always be aware of the weather and trail conditions. Don't be afraid to turn back or change your plan if conditions are not as you had expected.
- If someone in your group has an accident, take the necessary action to solve the problem. Prevent the situation from worsening, treat the casualty and then summon help from the nearest location. Use the International Distress Signal if necessary - 6 quick signals (whistle, torch etc.) repeated at 1 minute intervals.
- Do not drink from mountain streams.

### 3. BE KIND TO THE ENVIRONMENT:

- Keep to the well marked footpaths as this helps to prevent erosion.
- Do not pick wild flowers or damage other plants. Alpine flowers are protected by law.
- Bring back all litter and dispose of it correctly.
- Do not pollute the water.
- Guard against wild fire by making sure any fires are in official BBQ/Picnic fireplaces and are fully extinguished before you leave them
- Do not prevent other people from enjoying this beautiful Alpine area.

### 4. BE INFORMATIVE:

- When you return from your hike, cancel your Route Card at Reception. If your Route Card has not been cancelled by the agreed time we will have to start the necessary rescue procedures.
- Inform the Programme Staff of any useful information about the route you completed - conditions, problems, points to note, etc.

**"Take nothing but photographs, leave nothing but footprints."**