

# 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 rules 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.

## **1. BE PREPARED:**

Before your group sets off on an activity:

- Use the Programme Office for information about routes, weather, conditions. Ask for a Centre guide to go with you if one is available.
- 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.
- Make sure some of your group have 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 campites.
- Check the weather forecast and route conditions just before leaving.
- Fill in a Route Card with all the details requested and hand to a member of staff.
- Make sure you have food and money, for normal use and emergency.

## **2. BE SENSIBLE:**

When on the hike:

- Stay on the route you have planned; if it changes, inform the Scout Centre.
- Always be aware of the weather - watch it very carefully and don't be afraid to turn back.
- If someone in your group has an accident, take the necessary action to solve the problem. Prevent the situation worsening; treat the casualty and summon help from the nearest place, particularly mountain huts. Use the International Distress Signal if necessary - 6 quick signals (whistle, torch etc.) repeated at minute intervals.
- Do not drink from mountain streams.
- Enjoy yourselves - safely.

## **3. BE KIND TO THE ENVIRONMENT:**

- Keep to the well marked paths. This helps prevent erosion.
- Do not pick flowers or damage other plants. Alpine flowers are protected by law.
- Bring back all litter and dispose of it correctly in the Recycling Centres at the Scout Centre.
- Do not pollute water and guard against fire.
- Do not prevent other people from enjoying this beautiful Alpine area.

## **4. BE INFORMATIVE:**

- When you return from your hike, please come to the Programme Office or Staff room to let us know, so that we can cancel your Route Card. If your route card is not cancelled, we will have to start the necessary rescue procedures.
- Inform the Programme Office staff of any useful information about the route you completed - conditions, problems, points to note etc.

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

