



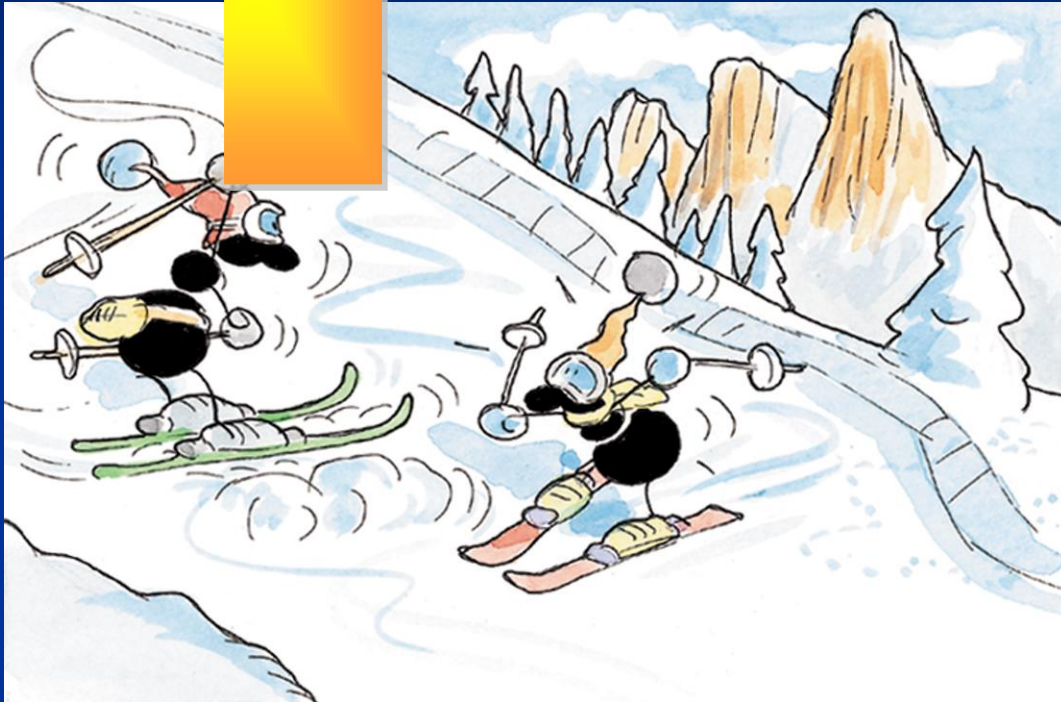
# Associazione Italiana Maestri di Sci

# The **12** rules of conduct on the sk slopes



# 1

## Respect the others



Every skier will do any effort in order to prevent any to other people or things



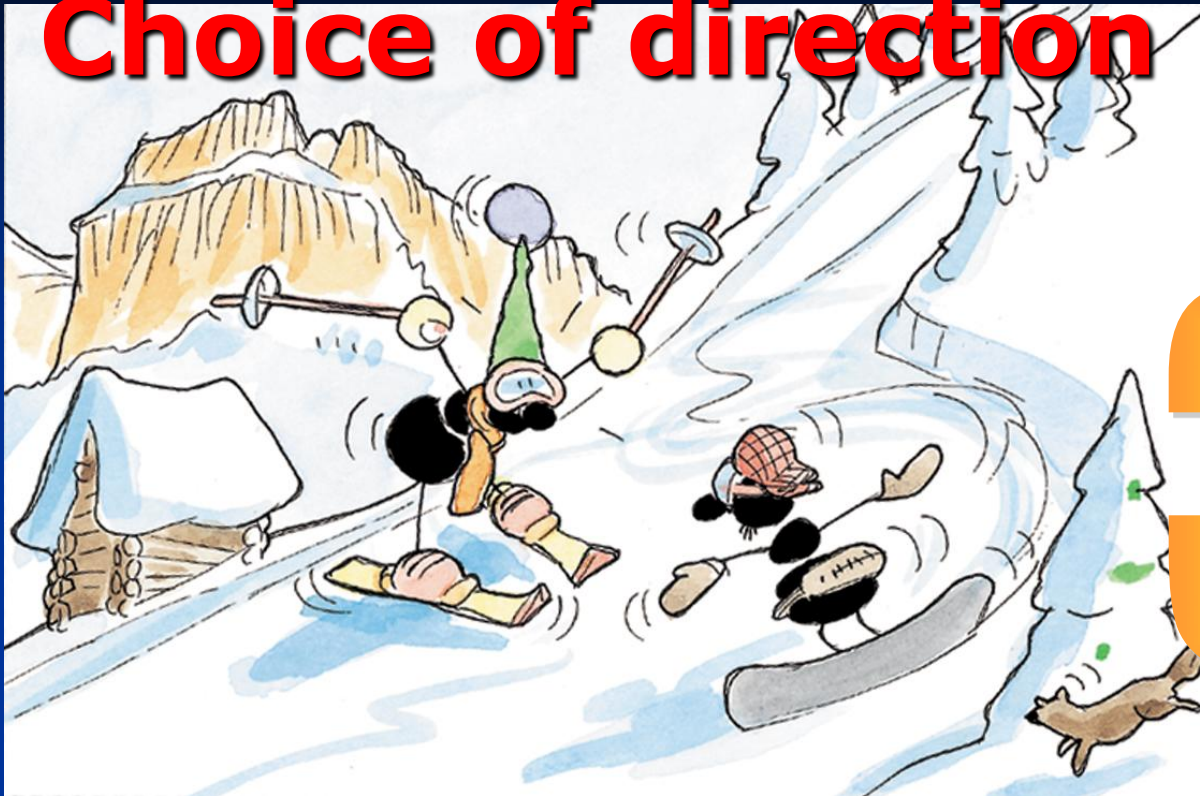
# Mastery of speed and behaviour

# 2

Every skier must behave according to his/her own skills and according to the weather conditions; he/she will consequently limit the speed



# Choice of direction



# 3

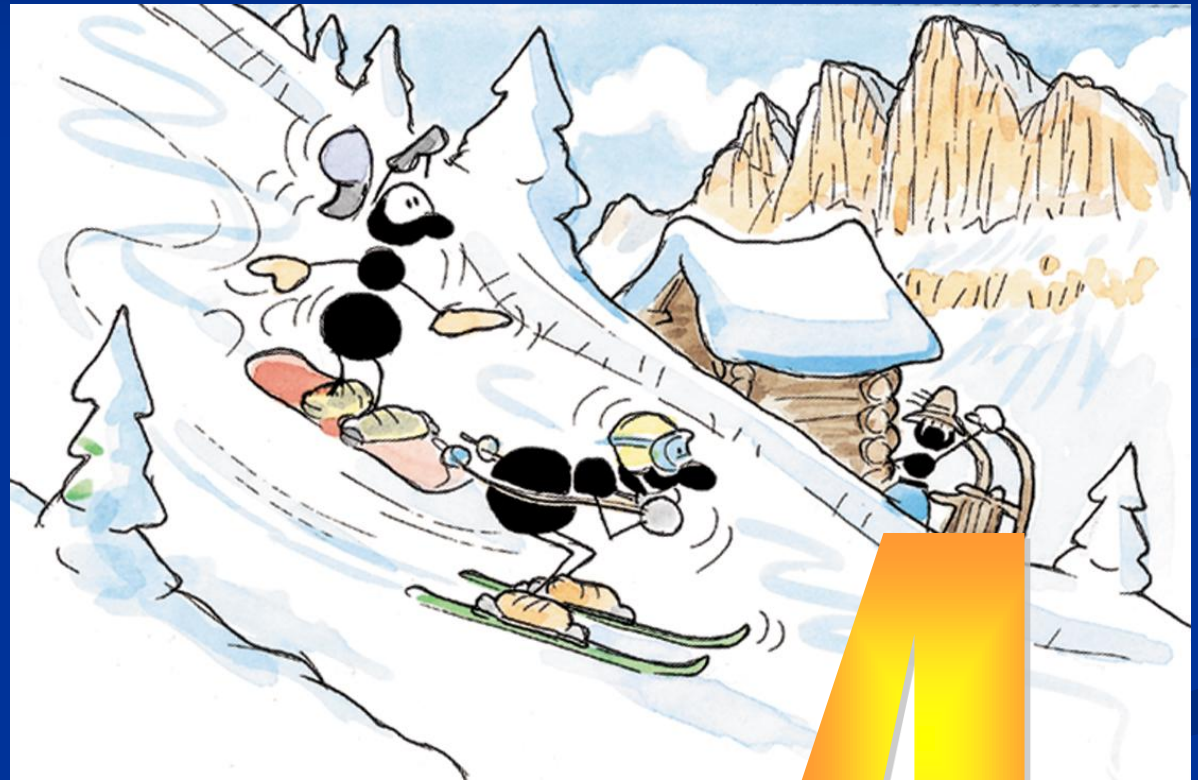
Uphill side skiers have the opportunity of evaluating and choosing their direction, thence they shall follow the safest direction in order not damage the downhill side skiers and prevent any risk of collision





# Overtaking

When overtaking, either uphill or downhill, on the right or on the left, skiers must always keep a distance such as to allow the skiers being overtaken to perform their evolutions



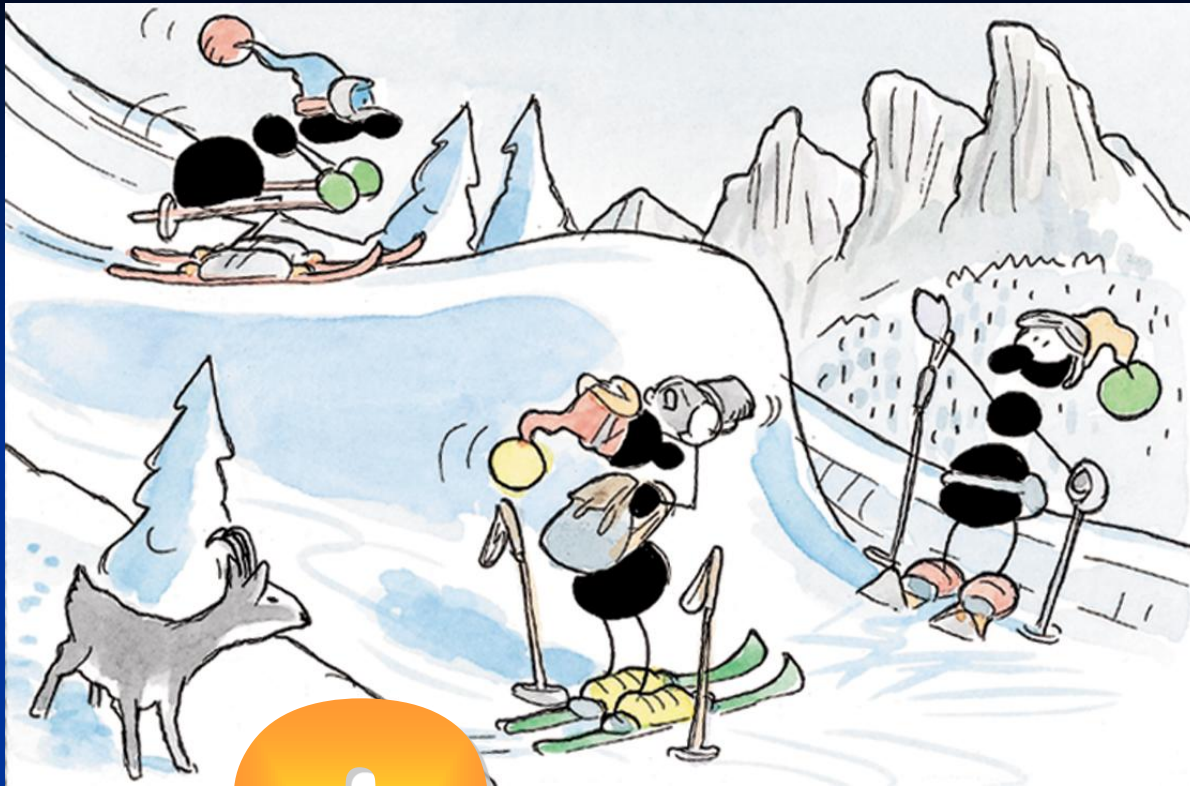
# Crossing



# 5

When entering or crossing a slope or a training court the skiers will make sure that they are not jeopardizing their own or others people safety, by carefully looking around uphill and downhill. They will do the same before stopping





# Halt

6

Skiers will not stop on slope or in proximity to obligatory way with poor visibility, unless there is absolute need for it. In the case of a skier falling, he/she will leave the ski slope as soon as he/she can



# Climbing

When climbing a ski slope skiers will keep at slope edge.; they will not climb in the case of poor visibility. They will do the same when descending a slope on foot



8



**Observance  
of slope  
signs**

Skiers will respect the signs  
on the slopes



# Accidents



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In the case of accidents, anybody  
will make himself/herself useful  
and come to aid





# Identification

Anyone involved in or witnessing an accident will give him/her name and address and personal particulars

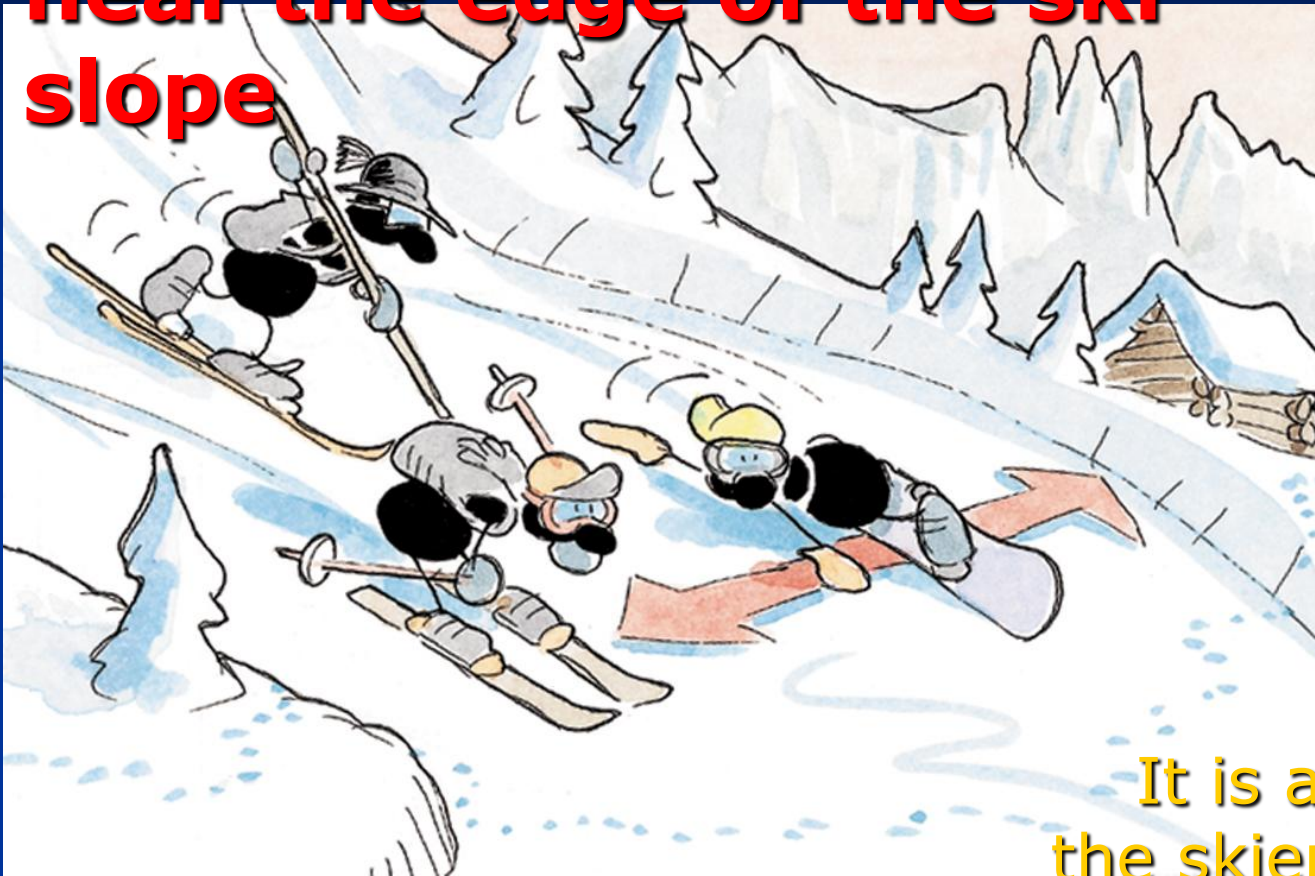
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# Minimum passing space near the edge of the ski slope

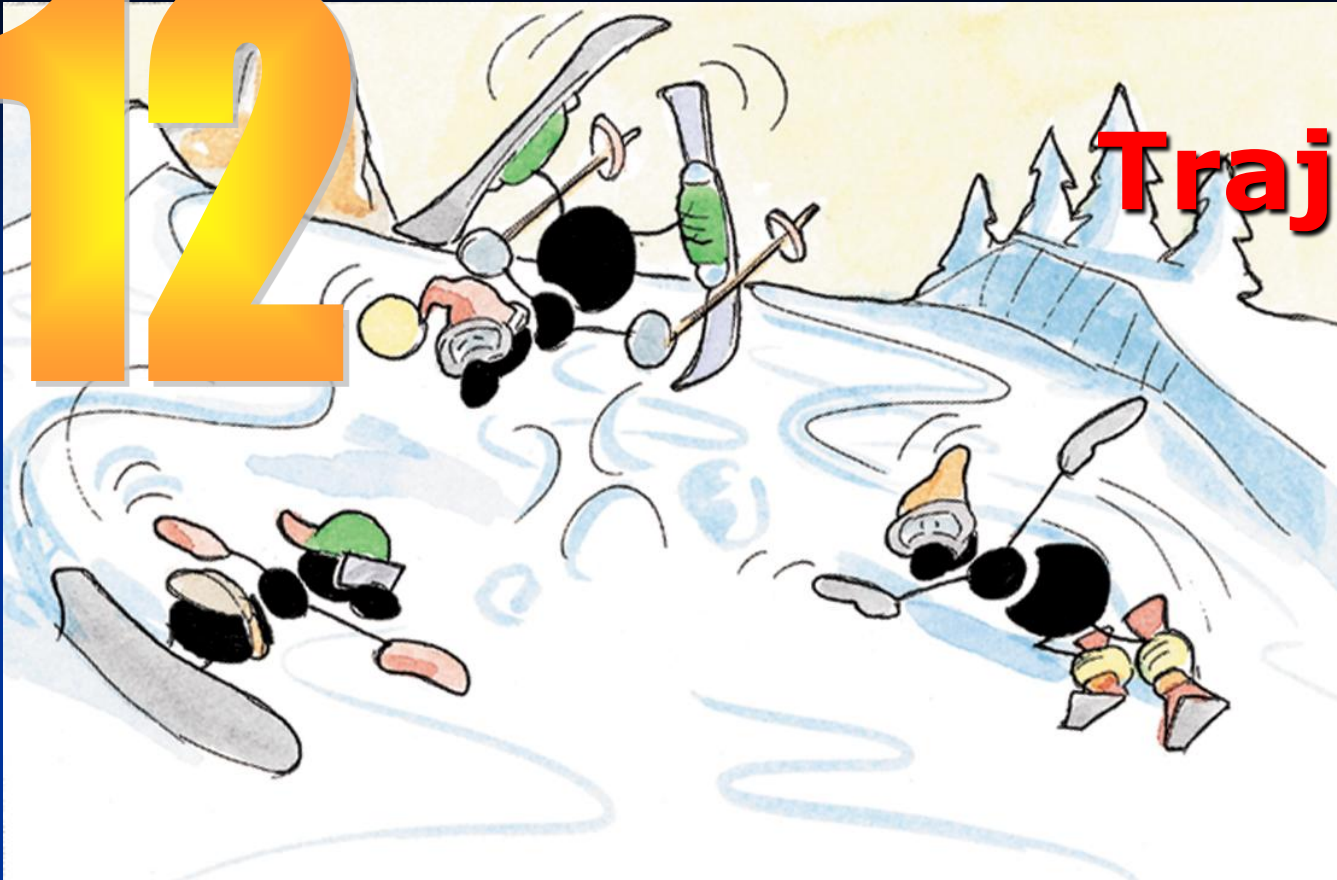
# 11



It is advisable that  
the skier steers away  
from the edge of the ski slope  
leaving enough room so that  
he/she can be passed both left and right

# 12

## Trajectories



One needs to be aware of other skiers' trajectories with particular regard to their type of skiing equipment (snowboard, telemark, fun carving, etc.)

# **The 11 rules of good behaviour for cross country skiers**



# 1



## Respect the other skiers

The nordic skiers must behave so as not to jeopardise the safety of other skiers, especially the less experienced ones





# Respect the signs

The nordic skier must stay within the borders of the track and respect the signs. When skiing on the track, they must follow the prescribed sense of direction





# 3

## The track to follow

If the prepared slope has several tracks, the skier must use the one furthest on the right. When in group, the skiers must always move on queue along the track on the right



# 4

## Overtaking

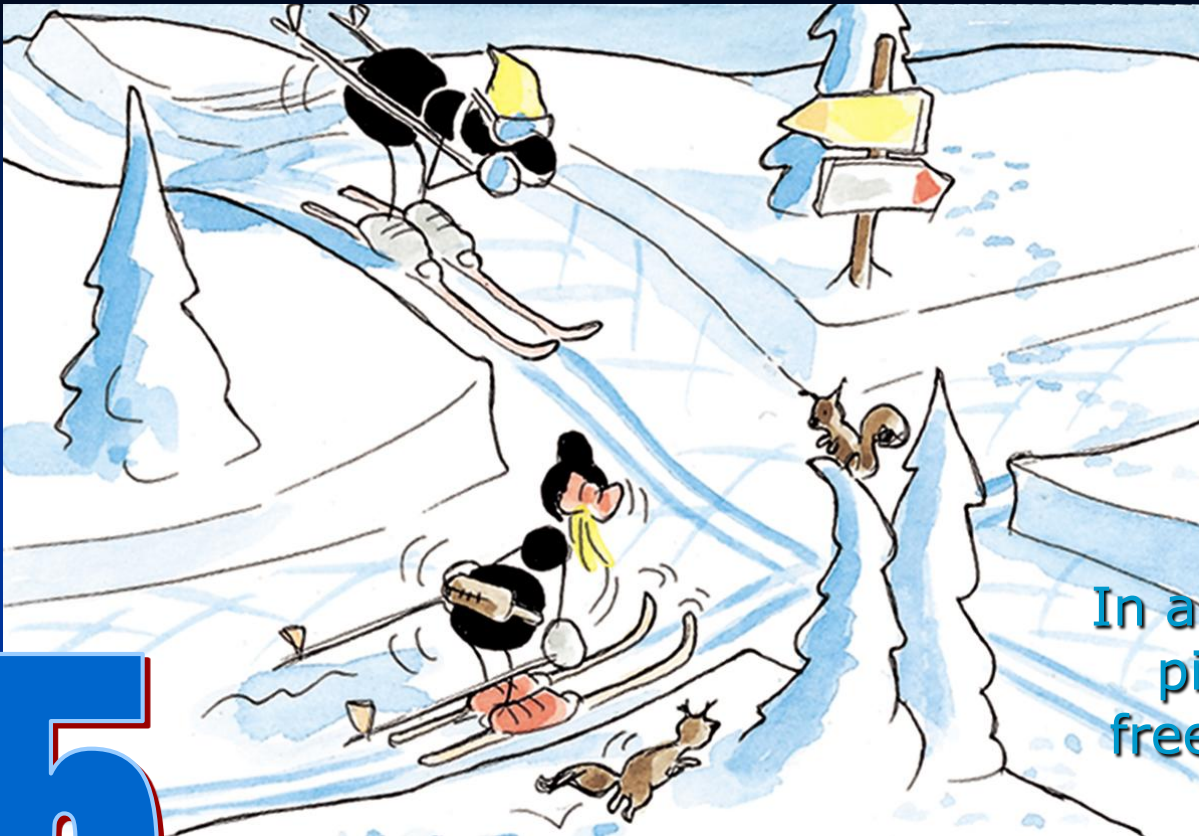


The skier in front is not obliged to give way. However, he should allow to overtaken whenever possible without any danger. It is possible to overtake both on the right and on the left on a free track or on fresh snow, always making the skier in front aware he's going to be overtaken and making sure of not causing any danger to other skiers





# Crossing



In a two way single-track piste, both skiers must free the track by moving to his/her right.

On slopes, the skier going down must be given way.

Always keep the sticks close to the body so as to avoid any problem during manoeuvring

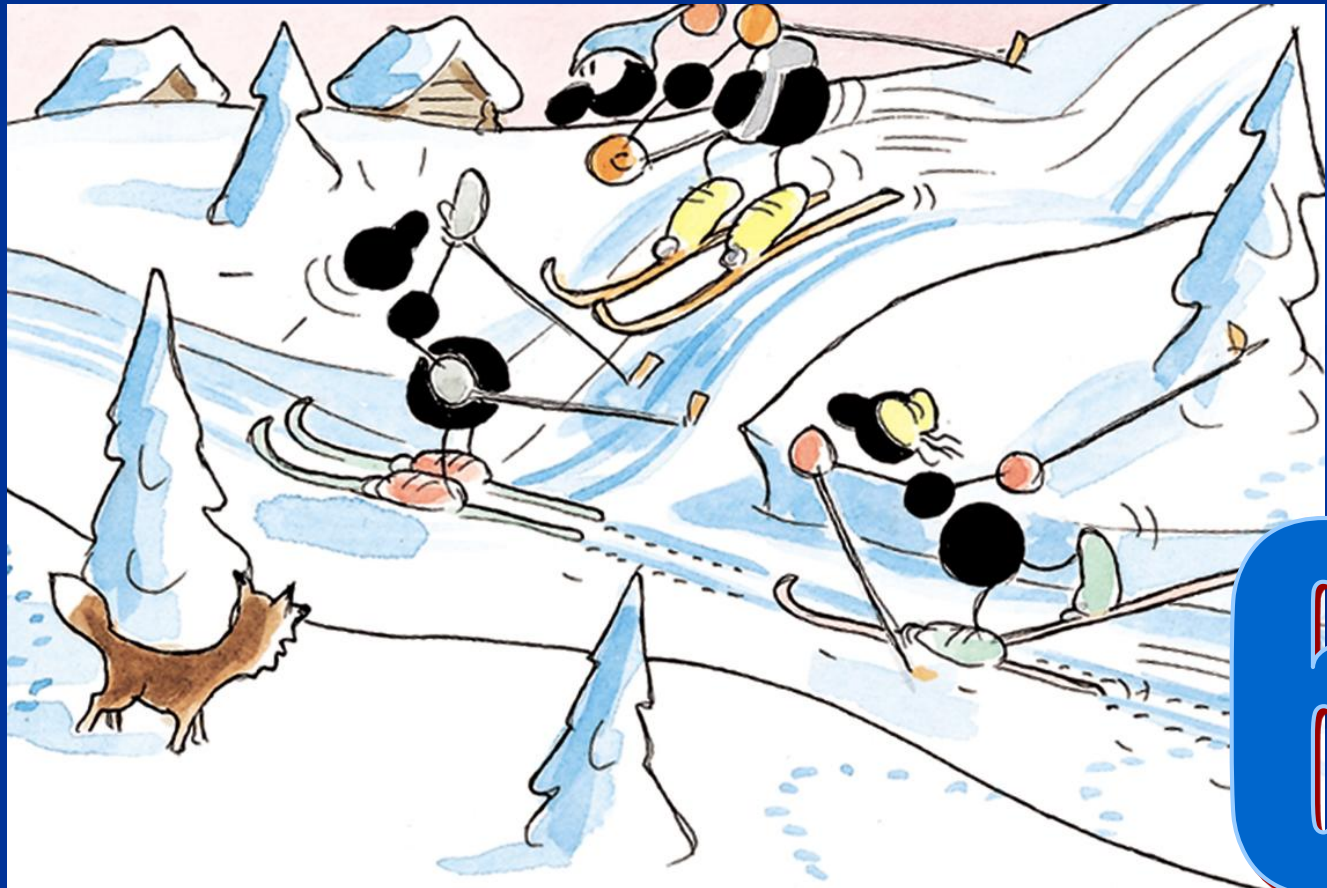
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# Control of speed and behaviour

Especially when going down a slope, the skiers must adjust their own speed and behaviour to their technical skills as well as to the snow conditions, the weather, the visibility and the number of skiers on the track. the skiers should always keep a certain safety distance with the skier in front of them



6

# Stop and fall-off



7

When stopping, the skiers should do that outside the tracks and the piste. After falling down, they must clear the track as soon as possible



# 8

## Rescue in case of accident on the track



In case of accident, all skiers should always rescue the victim of the accident





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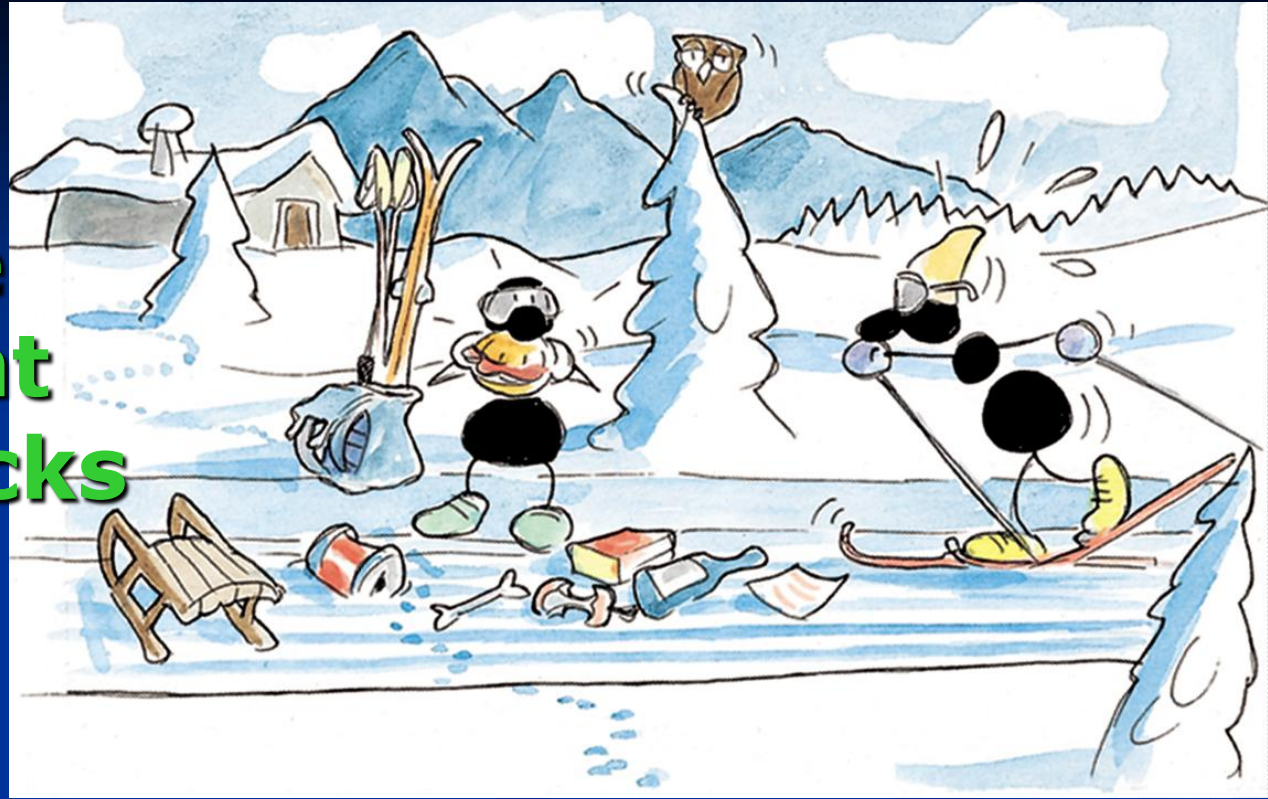
## Identification

Anyone involved in or witnessing an accident should provide his/her personal data





# Respect the environment and the tracks



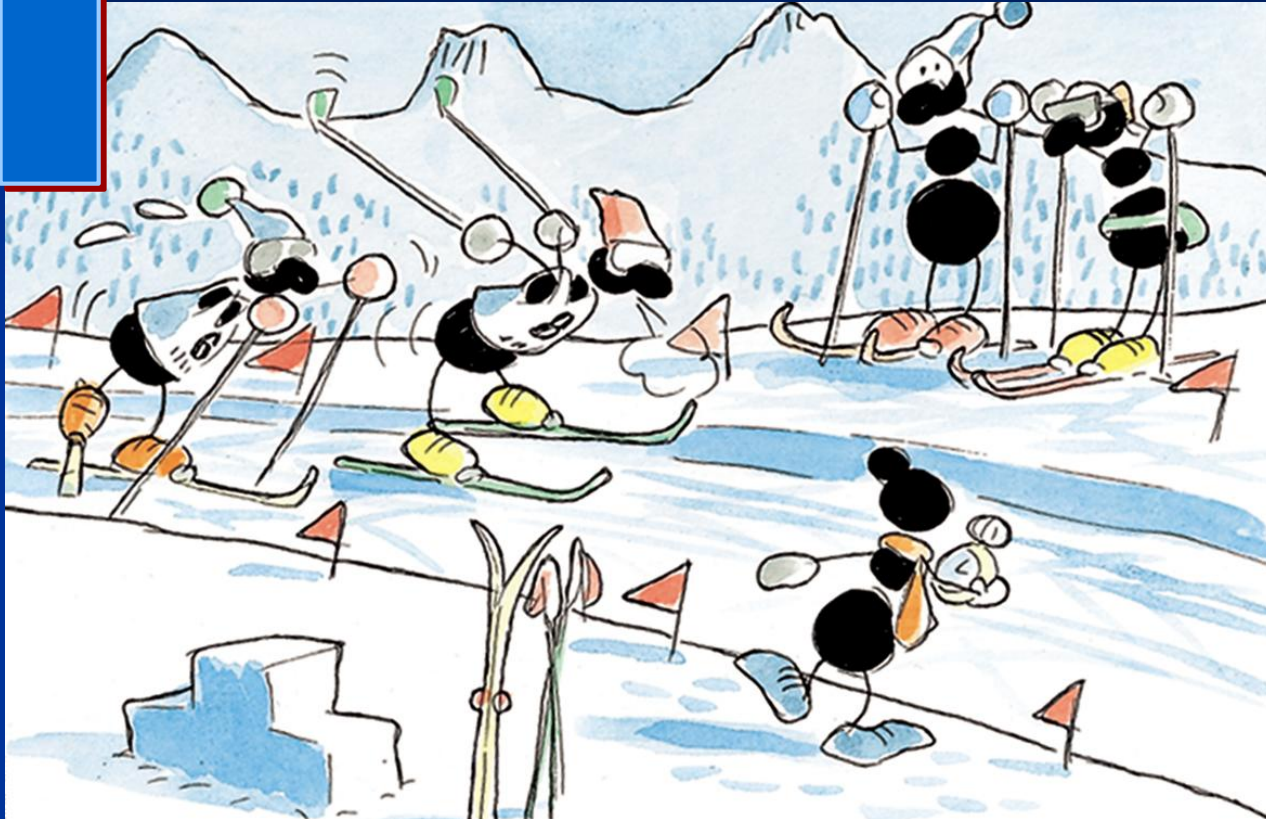
A well-behaved cross country skier never leaves litter on the track nor does damage the environment. The track must not be damaged either by walking without skiing on, or with downhill skis, sledges or anything else



# 10

# 11

## During the race



If an official race is taking place on the track, the other skiers should leave the track free until the end of the contest





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