

DECALOGUE

of safety behaviour rules when travelling in the mountains terrain




1. Always plan the tour itinerary carefully and the necessary equipment (remember the pharmaceuticals). Plan the tour accordingly to physical and mental condition of the weakest member of the group.
2. To get as much information as possible in advance about weather forecast and snow and avalanche situation.
3. To deliver information on the itinerary and time of arrival before departure. The pace to be accommodated according to the weakest member of the group.
4. To use map properly, to know kinds of touristic ways marking, specific for the concrete mountains.
5. To know the types of warning panels and their meaning.
6. Do not move outside the way marked.
7. Have the first-aid kit with you and be able to provide the first aid in case it is necessary.
8. To know contacts to Mountain Rescue Service or to medical emergency service. Have your mobile phone always charged and switched on.
9. To know the principles of conduct for cases of losing the way, avalanche fall or collapse in the exposed terrain.
10. Never underestimate mountains and never put oneself and other people at risk of danger.

REMEMBER

emergency phone numbers operating in the mountains areas

 **Emergency phone number
of Mountain Rescue Service in Poland:**
The mountains areas of Poland +48 985 or +48 601 100 300

 **Emergency phone number
of Mountain Rescue Service in Czech Republic:**
Krkonose Mountains +420 602 448 338
Jizerské Mountains +420 483 380 073

 **International emergency line:** 112



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SOS

150



FIREMEN

155



DOCTOR

158



POLICE



602 448 338



(+48) 985 or 601 100 300

MOUNTAIN RESCUE (CZ) / GOPR (PL)



SAFETY IN THE MOUNTAINS





IN CASE OF DANGER STAY CALM AND FOLLOW THE INSTRUCTIONS BELLOW MENTIONED:

In case you stray from the right path

try to go back to the place where you could see the path last. In winter follow your own footprints in snow. If it is not possible, go at the broader paths or along winter marking. In case of emergency find a characteristic point in the terrain (rock formation, signpost or border stone) and call for help. In case of the group do not allow it to disperse.



DEAR TOURISTS,

*If you plan a trip to the mountains,
always keep in mind that your safe return
depends on respecting the rules as follows:*

- Get acquainted with the travel plan on map or in a guide book. Plan your itinerary so that you are back in destination before it gets dark. Choose the itinerary suitable for the weakest member of your team. When planning the trip, consider also time for some unexpected events on the way.
- Leave information about the itinerary planned and time of your arrival. You or another member of your group should be available on the phone.
- Be prepared for quick change of the atmospheric conditions – pay attention to the adequate content of your bag (warm clothes, rain coat, gloves, cap, personal first-aid kit, mobile phone, map, forehead lamp, matches, something caloric for refreshment, thermos bottle).
- Start your tour early in the morning – weather change usually starts early in the afternoon. Have available a spare shorter alternative for case of adverse climate conditions.



In case of storm

see to leave the terrain endangered as soon as possible, never look for a shelter under the solitary trees. In case it is impossible to move away quickly from the area endangered, adopt a position with legs side-by-side to avoid hit by so called step voltage. The group of people must stay together.

During first signs of weather change,

do not hesitate to return in time from the tour planned. Never shorten the way by going out of the marked touris way. Try to ride out the adverse climatic conditisons at a safe place (touristic challet, shelter).

If a serious accident occurs,

provide a person injured with your help and stabilize him/her at a safe and visible place. Call for first-aid service.