

Important

- * Good technique minimises the risk of an accident – so go to ski school!
- * Ski schools can go to the front of the queue on certain lifts.
- * Waxed and polished skis make the sport easier and more enjoyable.
- * Use only approved bindings and test them regularly.
- * Use release bindings on snow blades.
- * Children, who is shorter than 1.50 metres, should not use snowblades made for adults.
- * Wear an approved helmet.
- * Avoid the risk of theft by marking or locking up your skis and snowboards, or splitting them up among your friends.
- * There is a greater risk of falling over in walking areas, car parks and other parts of the ski lift facilities which are not gritted frequently.
- * Beware of the danger of skis dropping from chairlifts.
- * It is easier to catch hold of the lift bar and keep it in position if you grasp it low down.
- * Wear warm clothing and make sure you warm up after a cold ascent on the lift.
- * Wind and speed increase the risk of frostbite.
- * Alcohol is as dangerous on the slopes as it is on the roads.
- * Take a break if you start feeling tired.
- * Tiredness increases the risk of accidents, so make sure you are in good physical shape before the season opens.
- * Take special care when there are children on the slopes. Children often move quickly and unpredictably.
- * Ski patrol members, wearing yellow and blue uniforms, are there to ensure your safety and enjoyment.
- * If you get separated from any of your companions in the lift area, please contact the staff, who will be happy to help you locate them.
- * We recommend you take out SLAO's insurance for downhill skiers.



Photo: Kläppen

Downhill skiing rules

- 1 **Show consideration:** do not endanger others.
- 2 **Stay in control:** adapt your speed and skiing technique to suit your ability, the terrain and the weather conditions.
- 3 **Remember the rule of the road:** when you're descending, always give way to skiers below you.
- 4 **Keep a safe distance:** leave plenty of space when overtaking other skiers.
- 5 **Take care when starting:** always look up and down to ensure that the slope is clear before you start your descent.
- 6 **Stop where you can be seen:** choose a spot where you are clearly visible and where others can ski past you. If you fall over, move to the edge of the piste as quickly as possible.
- 7 **Keep to the side of the piste when climbing up:** and take special care when visibility is poor.
- 8 **Obey all signs:** they are there for your safety!
- 9 **Assistance:** in the event of an accident please offer help and alert the rescue service.
- 10 **Provide identification:** everyone involved in an accident should exchange names and addresses.

Anyone in breach of these regulations can be held legally responsible!

[Friluftsfrämjandet](#) | [Swedish Lift Areas Organisation](#) | [Swedish Ski Association](#) | [Swedish National Association of Ski Instructors](#)

SLAO's ski insurance

- * The only insurance specially designed for downhill skiers*.
- * Valid on all lift systems affiliated to SLAO.
- * No excess.

Buy it where you buy your ski pass!

More information:

www.slao.se and www.folksam.se



Folksam



For visitors from non-EU countries, or countries with no reciprocal health care agreement with Sweden, the levels of refunds are restricted to the equivalent of those payable to Swedish citizens.



SLAO's yellow book

Facts about lifts and downhill skiing in Sweden



Folksam

Produced by the Swedish Lift Areas Organisation (SLAO) in co-operation with the Folksam insurance group in the interests of increased safety in lifts and when skiing. Valid from the 2006-07 winter season

Piste symbols

All pistes are given symbols and colour codes to reflect varying grades of difficulty of use:

Slopes/jumps

◆ difficult

■ moderately difficult

■ easy

● very easy

Ski trails

◆

■

■

●

Ski run markings:

Orange pole or green/red cylinder or similar.

snörapporten



Snow report.

Contains up-to-date information about snow depth, weather conditions, avalanche risk, open/closed runs and lifts etc. Information is also available on Swedish teletext:

SVT page 420
TV4 page 530

www.snorapporten.se

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Photo: Göran Assner/View



Terrain park tips:

- * Choose lines and obstacles suited to your ability.
- * Begin your first run slowly and check out the current condition of the park.
- * Take it easy if visibility is poor or landings are hard.
- * Wear a helmet!

Rules:

- * Check your speed – you ski or ride in the park at your own risk.
- * Drop in – start your run from the top of the park, making sure the landings are clear.
- * Keep going – don't stop in the landing areas or where you may not be clearly visible.
- * Keep your line – stick to your chosen route or line and avoid traversing.
- * Be observant – ski and ride with respect for your own safety and that of others.

Have fun!

Skiing with a child carrier

If you wish to carry a child in a carrier on your back, you must be a competent downhill skier. Be aware of the risk of the child getting frostbite and be extra careful when getting on and off draglifts. Chairlifts must not be used with a child carrier on your back. Remember that the child should wear a helmet too. Local restrictions may apply.

Skiing and piste regulations

For your own safety and enjoyment, and that of others, please familiarise yourself with these regulations.

Using the lift:

- * Travel in pairs on a double lift.
- * Do not wear flapping scarves, belts or other clothing which can get caught up in the lift machinery.
- * Ski poles should be held in the outer hand. Look over your inner shoulder towards the bar when getting on and take care not to injure the lift attendants with your ski poles.
- * Snowboard skiers must keep one foot free in the lift queue when getting onto a draglift or chairlift, and during the ascent.
- * Zigzagging is not permitted on the descent.
- * Do not ride side-saddle on the lift bar.
- * Get on and off the lift only at the authorised places.
- * In the event of a fall into the lift track, leave the area immediately and ski or walk carefully to the nearest marked piste, or walk/slide down to the side of the lift track.
- * Never release a T-bar in the vicinity of a stanchion.
- * Always release the T-bar directly under the tow line.
- * When you get off the lift, leave the alighting point immediately.
- * It is not permitted to pass deliberately across the area where skiers are alighting from the lift.
- * It is not permitted to remain in the area between the alighting point and the winding wheel.
- * Anyone who is shorter than 1.25 meters must not use a chairlift, unless accompanied by another person taller than 1.40 metres.
- * Do not rock the lift chairs.
- * Never jump from lift chairs.
- * Never drop litter from lifts or on slopes.
- * Skiers who appear to be intoxicated will not be allowed to use lifts.
- * A fine of SEK 1,500 will be imposed on anyone who is using lift facilities or is skiing without being in possession of a valid ski pass.
- * Unused validity on ski passes cannot be refunded.
- * Standard prices for ski passes may also apply during the early and late season, even though not all slopes and lifts are available for use, and certain lifts may be closed because of limited demand.

On the piste:

- * The term "downhill skiing" covers skiing with all types of skis and snowboards, including sit-skis and ski-carts for disabled skiers.
- * Careless skiing may result in claims for damages.
- * Lift operators are only liable under the safety regulations during the lift's normal operating hours.
- * After dark and/or during evening opening, downhill skiing is permitted only on floodlit and/or open slopes.
- * Black and yellow striped poles indicate danger and/or closed areas.
- * Downhill skiing is a sport which involves a certain degree of risk.
- * Crossed skis on a slope indicate an accident.
- * Please advise the staff if you find any obstacles, hazards or accidents on the slopes or lifts.
- * Sudden changes in snow and weather conditions can be dangerous, even on marked pistes.
- * Always control your speed so that you can avoid any type of obstacle.
- * All off-piste skiing is at the skier's own risk.
- * When skiing off-piste, please note that in addition to the normal obstacles and risks there may be further hidden objects left by the lift operator or others.
- * Never ski on your own off the marked piste.
- * Skiing is not permitted in areas that are closed or restricted.
- * Skiing is not permitted under lift lines or on surface lift tracks.
- * Downhill racing is not permitted.
- * Do not ski on recently sprayed artificial snow.
- * Do not ski too quickly over the brow of a hill.
- * Do not ski close to obstacles or equipment because of the risk of collision.
- * Very easy slopes and ski trails should be regarded as low-speed areas.
- * Gates, jumps, etc. may be set up and operated only with permission from authorised staff.
- * Competitions and competition training are not allowed without permission from authorised staff.
- * Competitions and competition training must take place away from slopes that are used by the public for general skiing.
- * It is not permitted to ski on a course, set up for competition or other specific activities, without permission.

General safety:

- * All types of skis and blades must be fitted with ski stoppers. Telemark skis, snowskates, snowsurfers etc. must be fitted with safety straps.
- * Snowboards must have brakes or safety straps, which are sufficiently long for the board to be carried with the strap attached to one leg.
- * Ski poles must have baskets.
- * Sliding, bonking and other similar activities are carried out at your own risk and are only permitted on designated devices.
- * Please inspect jumps, halfpipes, rails etc. before using them.
- * No compensation is payable for skis, snowboards or other equipment which are lost or damaged.
- * Walkers, dogs, and cyclists are not allowed in and around the ski lift facilities at any time during the winter season. The same applies to people using: plastic mini-skis, sledges, snow-scooters etc., and any other means of transport that are not owned by the lift operator.
- * Further information about means of transport that are unsafe to use in open lifts and runs can be found at www.slao.se. This information also includes safety recommendations about the use of personal transportation for disabled skiers in open lifts and runs.
- * Removal of protective safety coverings from pylons etc. will be reported to the police. The use of these or other equipment to descend the slopes is both dangerous and strictly forbidden.
- * Unauthorised persons are not allowed in the area of the ski lift facilities outside normal operating hours. During this time, the area should be regarded as a workplace for staff maintaining the lifts, slopes etc.
- * Snow-scooters, piste machines and other vehicles or equipment may also be present anywhere on the slopes during normal operating hours.
- * Keep at least 25 metres away from piste machines and other vehicles and equipment.
- * Watch out for resting and climbing skiers, as well as snow scooters, piste machines and other equipment which may be on the outer sides of the slopes.

General rules

For the use of ski lifts. These rules have been drawn up by SLAO* in co-operation with KO**.

* Swedish Lift Areas Organisation ** Konsumentverket (Swedish Consumers' Council)

These rules constitute an agreement between the users of the ski lift facilities and the management of lift operators affiliated to SLAO. The term "management" refers to the party or parties with legal and financial responsibility for lift operations. The term "ski lift facilities" covers both lifts and marked ski slopes

Ski pass validity:

1-14 days	Normal opening hours for the date/dates specified on the ski pass.
Half day	Normal opening hours for the part of day specified on the ski pass.
Weekly	Normal opening hours for 7 days until the date specified on the ski pass.
Season	Normal opening hours from the start of the winter season until the set closing date.
Full year	Normal opening hours for 12 months until the date specified on the ski pass.
Coupons/ punchpasses	No time limit unless specified.
Hourly	Normal opening hours for the number of hours specified on the ski pass

Use of ski pass:

All ski passes, except coupons and punch passes, are personal and non-transferable. Passes may be cancelled if they are transferred. Users must be prepared to prove their identity. Passes must be worn visibly and must always be shown to lift attendants. Lost ski passes cannot be replaced.

Interruption in lift service, illness etc:

If a lift is out of service and therefore causes inconvenience or extra cost, the user may be entitled to compensation. However, compensation is not payable for short-term interruption to service caused by urgent repairs or maintenance work, which must be carried out immediately in the interest of safety. Compensation will not be paid for interruptions in lift service which last for less than one-third of the ski pass validity, when interruptions are caused by events beyond the control of the management such as; power cuts, high wind, very low temperatures, lack of snow, mist and other similar unavoidable reasons which could not be foreseen at the time the ski pass was sold.

Compensation is payable to pass-holders who are unable to use their ski pass for at least one third of its period of validity, due to injury or illness. On request, pass-holders claiming compensation must produce original documents, e.g. a doctor's certificate. The documents will be returned as quickly as possible.

The level of compensation for interruptions in lift service, illness or injury will be equivalent to the value of the unused time period covered on the ski pass. Users have the right to waive compensation and, instead, to have the validity of their pass extended by the equivalent of the time period during which it could not be used. Alternatively, under certain circumstances, the pass can be exchanged for another ski pass that is valid for a different lift system.

Safety rules:

The management is responsible for ensuring:

- * that the lift facilities meet the appropriate safety requirements, which include inspection and approval by the accredited control authority.
- * that the facilities conform with the rules which apply to all SLAO operators.
- * that marked pistes meet reasonable safety standards and are maintained in the optimum condition permitted by the weather and the terrain

All users are obliged to follow the special instructions for the use of ski lift facilities. These instructions are issued by SLAO and local safety authorities. Any breaches of the safety rules, and/or other regulations, can result in the immediate termination of a ski pass's validity without compensation. Alternatively the user may be debarred from use of the lift facilities for a given period.

Information of ski pass sales:

All ski pass sales areas should display

- * The validity period of the ski pass, and the names or symbols of the lifts for which the pass is valid.
- * Normal operating times of lifts.
- * Any restrictions on the use of lifts at certain times.
- * Whenever possible, information about current restrictions on the use of lifts or slopes for which the ski pass is valid. Such restrictions may be caused by: service interruptions, competitions, reduced access to slopes because of maintenance work, obstacles or poor snow conditions, bad weather etc.
- * General and specific regulations and advice directly affecting the user.

These rules apply from the winter season 2006-07.
Swedish Consumers' Council and Swedish Lift Areas Organisation.

Welcome to our
lifts and ski slopes!

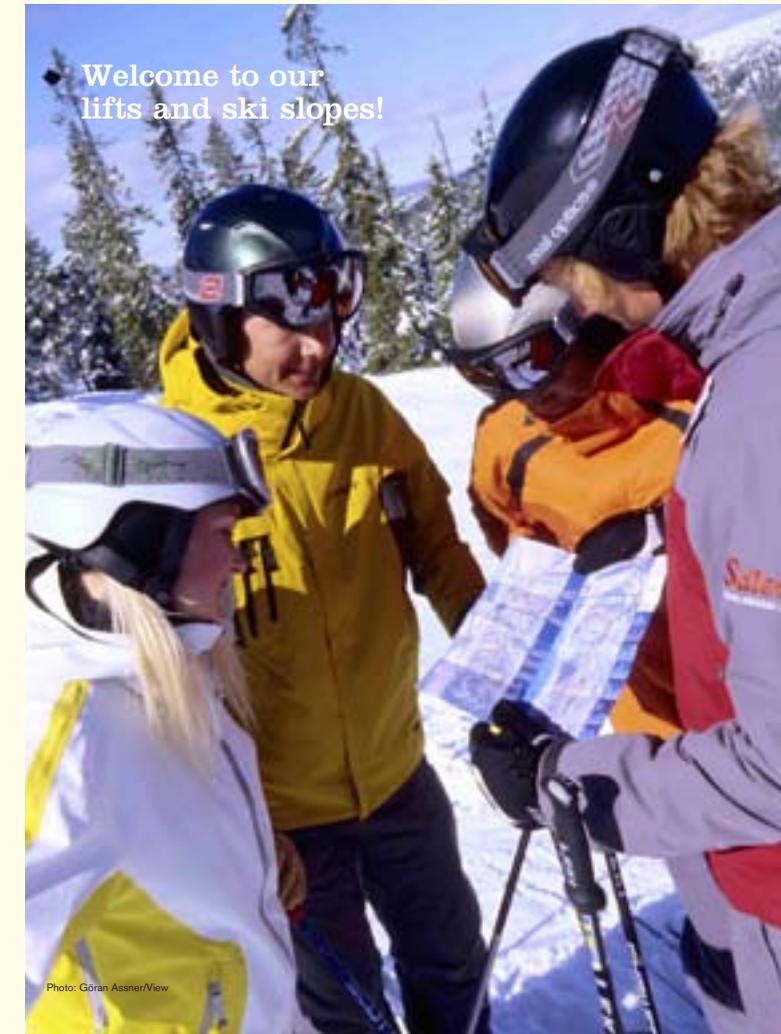


Photo: Göran Assner/View



SLAO members are continuously carrying out preventive measures at their ski resorts in order to offer a safe and secure service to their visitors according to the Product Safety Act (Produktsäkerhetslagen).

Photo: Göran Assner/View