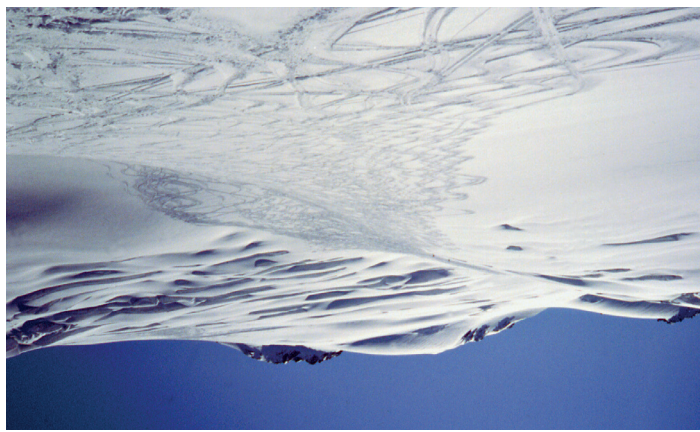


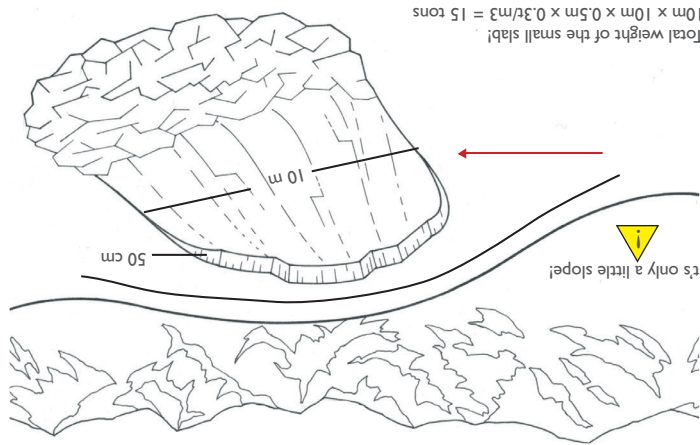
DEGREE OF HAZARD	SNOWPACK STABILITY	AVALANCHE PROBABILITY	IMPLICATIONS FOR SKIERS AND WINTER WALKERS
1 LOW	The snowpack is generally well bonded or with weak cohesion without stress.	Triggering is possible only with high additional loads on a few very steep extreme slopes. Only sluffs and small-sized natural avalanches are possible.	Generally safe conditions for skiing.
2 MODERATE	The snowpack is moderately bonded on some steep slopes, otherwise well bonded.	Triggering is possible, sometimes even with low additional loads, particularly on the steep slopes indicated. In certain conditions, medium and occasionally large natural avalanches may occur.	Favourable conditions for skiing, but due consideration should be given to locally dangerous areas.
3 CONSIDERABLE	The snowpack is moderately to poorly bonded on many steep slopes.	Triggering is possible, sometimes even with low additional loads, particularly on the steep slopes indicated. In certain conditions, medium and occasionally large natural avalanches may occur.	Limited possibilities for skiing. Experience in the assessment of local conditions is required.
4 HIGH	The snowpack is poorly bonded on most steep slopes.	Triggering is probable even with low additional loads on many steep slopes. In some conditions, frequent medium or large natural avalanches are likely.	Very limited possibilities for skiing. Experience in the assessment of local conditions is required.
5 VERY HIGH	The snowpack is poorly bonded and largely unstable in general.	Numerous large natural avalanches are likely, even on moderately steep terrain.	Skiing is not generally possible.

DEGREE OF HAZARD



• Ask local experts (mountain guides, CAI instructors, ski instructors, mountain refuge and ski lift personnel) about the feasibility of the trip.

• Correct risk assessment is complex, learn more by attending a school run by CAI, the Italian Alpine Club.



• Even a gentle slope can cause a potentially fatal avalanche. For example, an avalanche measuring 10 m x 10 m and 50 cm thick mobilises a mass of snow weighing 15 tons (the weight of a road train!).



• If you break the current rules, you may be prosecuted for causing an avalanche and risk a jail sentence of 1 to 5 years.

- Snow lying on a slope at an angle of >25° is an avalanche risk for all sports.
- The mountains are your friend, and mean recreation, fun, relaxation and satisfaction. But they can also be dangerous so it is essential you get to know them well.



IF YOU GO SKITOURING, OFF-PISTE SKIING OR SNOWSHOEING, BEAR THE FOLLOWING IN MIND

NINETY FIVE PER CENT OF AVAVALANCHE ACCIDENTS ARE CAUSED BY THE VICTIMS THEMSELVES

USEFUL TELEPHONE NUMBERS

MOUNTAIN RESCUE IN ITALY 118
MOUNTAIN RESCUE IN EUROPE 112
IN SWITZERLAND 144

Weather and avalanche bulletins:

ITALY - AINEVA	0461230030 www.aineva.it
FRIULI VENEZIA GIULIA	800860377 www.regione.fvg.it/valanghe.htm
VENETO	0436780007 www.arpa.veneto.it/csvdi
TRENTO	0461238939 www.meteotrentino.it
BOLZANO	0471270555 www.provinz.bz.it/lawinen
LOMBARDY	848837077 www.arpalombardia.it/meteo
VALLE D'AOSTA	0165776300 www.regione.vda.it
PIEDMONT	0113185555 www.arpa.piemonte.it
SLOVENIA	+38614784132
STYRIA (AUSTRIA)	+430800311588 www.lawine-steiermak.at
CARINTHIA (AUSTRIA)	+434635361588 www.ktn.gv.at
TYROLO (AUSTRIA)	+43800800503 www.lawine.at/tirol
VORARLBERG (AUSTRIA)	+43552211588 www.vorarlberg.at/lawine
SALZBURG (AUSTRIA)	+4306621588 www.lawine.salzburg.at
SWITZERLAND	+41848800187 www.slf.ch/lawineninfo
GERMANY	+498992141210 www.lawinenwarndienst.bayern.de
FRANCE	+33892681020 www.meteofrance.com

PRESENTATION

MontagnAmica is an ambitious project organised by CAI, the Italian Alpine Club with all the associations involved in training and/or prevention of mountain accidents.

Ninety five per cent of avalanche accidents are caused by the victims themselves.

To learn more about snow and mountain safety, KEEP THIS LEAFLET. It contains all the key information you need for safe outings.



SUMMARY

HOW CAN YOU PREVENT AN ACCIDENT?
Make suitable preparations at home
Assess the situation on the ground
On the slope, you can further reduce the risk

IF AN ACCIDENT OCCURS
Call 118
At the same time, implement the emergency rescue procedure
If the helicopter arrives

NINETY FIVE PER CENT OF AVAVALANCHE ACCIDENTS ARE CAUSED BY THE VICTIMS THEMSELVES

DEGREE OF HAZARD

USEFUL TELEPHONE NUMBERS

MONTAGNAMICA E SICURA IS MADE POSSIBLE BY:



CLUB ALPINO ITALIANO

REGIONE DEL VENETO

REGIONE AUTONOMA FRIULI VENEZIA GIULIA

Accident prevention and safety on the snow

Ninety five per cent of avalanche accidents are caused by the victims themselves.
Second level information and training



MONTAGNAMICA e SICURA
PROGETTO PREVENZIONE E SICUREZZA
CAI - SOCCORSO ALPINO - GUIDE

1 - MAKE SUITABLE PREPARATIONS AT HOME



Read and interpret the Avalanche Bulletin. With grade 4 and 5 risk, cancel the trip. With grade 2 and 3 risk, take great care. Grade 3 is critical!

Do not go skiing or hiking when bad weather conditions limit visibility or make risk assessment impossible.

Consult guidebooks, study the route on a 1:25,000 topographical map and identify potentially steep slopes (a special ruler can be used to define the gradient).



Remember that one of the main causes of mountain accidents is disorientation. So practise constantly with maps, compass and altimeter.

Think about the participants' expertise and knowledge of emergency rescue procedures. The demands of the trip must be within everyone's capabilities.

Prepare an easier alternative route in case of bad weather, poor visibility, fatigue or excessive delays.



Make sure that every participant is equipped with avalanche transceiver, probe and shovel and is adequately trained to implement emergency rescue procedures correctly.



2 - ASSESS THE SITUATION ON THE GROUND

REMEMBER THE NATURAL FACTORS WHICH CONTRIBUTE TO TRIGGERING AN AVALANCHE

- Fresh snowfalls with or without wind.
- Windy days.
- Sudden heating of the snowpack caused by sun, clouds or rain.
- Presence of weak layers in the snowpack.

REMEMBER THE HUMAN FACTORS WHICH CONTRIBUTE TO TRIGGERING AN AVALANCHE

- Failure to respect bans for off-piste activities.
- Large poorly disciplined groups.
- Failure to respect safety distances, falls.

CARRY OUT PRELIMINARY CHECKS

- Before starting out, make sure all participants have their avalanche transceivers tightly fastened and in the transmission position.
- If the group is large, split into smaller groups of 4-5 people.

AVOID STEEP SLOPES

- Be wary of slopes with an angle of $>30^\circ$. Remember that the steeper the slope, the greater the risk.

IN GENERAL, WOODS OFFER PROTECTION, BUT...

- If dense and evergreen, they are a safety factor; if sparsely wooded, they are more dangerous.

WHEN CHOOSING THE ROUTE

- Choose familiar routes.
- If you need to plot a route, remember that brows and crests are safer than valleys.



3 - ON THE SLOPE, YOU CAN FURTHER REDUCE THE RISK

IDENTIFY TERRAIN AT RISK FROM AVALANCHES

- You can estimate the angle of a slope using two ski poles. If the horizontal pole intersects the vertical pole above halfway, this means the slope is greater than 25° .
- Assess each potentially dangerous slope and remember that when you cross it you will be exerting an overload.



BE AWARE OF NATURAL SIGNS

- Recent avalanches, the presence of slabs of wind-blown snow, noises indicating subsidence (woom sound) and sudden temperature changes are all danger signs.
- Temperature changes increase avalanche risk.
- Remember that weather and snow conditions on the slopes can differ depending on exposure and altitude.

BE ALERT

- Always be aware of what is happening around you, including on the slopes above you.
- Not all accumulations of wind-blown snow are unstable, but their presence can trigger avalanches and slab movements.
- Even soft, thin slabs transmit stress to the weaker layers which may be deeper down.

CONTROL YOUR GROUP

- When going uphill, but even more so when going downhill on steep slopes, keep a distance of at least 10 metres between one person and the next.
- Avoid stopping in places swept by avalanches.
- If you find yourself on a slope which shows signs of instability, identify the shortest safest escape route and cross one at a time.
- If in doubt, turn back.



IF AN ACCIDENT OCCURS

YOU HAVE 18 MINUTES TO RESCUE THE AVALANCHE VICTIM

For an avalanche victim, the survival phase (93% survival) lasts 18 minutes after the accident, then drops rapidly to 30% after 35 minutes.

CALL 118



Give the following information:

- your name and telephone number;
- type of accident;
- place where the accident occurred (location, exposure, altitude);
- when the accident occurred;
- number of people involved (buried, injured);

- if the buried victims were wearing a transceiver;
- weather conditions (visibility and wind).



AT THE SAME TIME, BEGIN THE EMERGENCY RESCUE PROCEDURE



- mark the place where the victim(s) disappeared;
- turn your avalanche transceiver to reception, assemble shovel and probe and begin searching for the victim using the transceiver, sight and hearing;
- locate the avalanche victim(s) and mark the exact place where they are buried with the probe;
- when you have located the victim, leave the probe in the snow there and start digging about 1 metre away downhill to the side;
- when you have reached the body, continue digging with your hands and free the head and chest first;
- note whether there is a cavity in front of the face and make sure the mouth and nose are free from snow and other foreign matter. If necessary, start resuscitation manoeuvres immediately;
- protect the victim's body from the cold (emergency thermal blanket, additional fleece jacket or anorak, hat and gloves), but do not move the victim without taking the necessary precautions and only in an extreme emergency.



IF THE HELICOPTER ARRIVES



- mark out an obstacle-free landing area (using skis, backpacks, anoraks, etc);
- make your presence known and signal that rescue is needed (arms raised in a Y);
- watch for instructions given by the crew;

- be ready to help the emergency rescue team.

