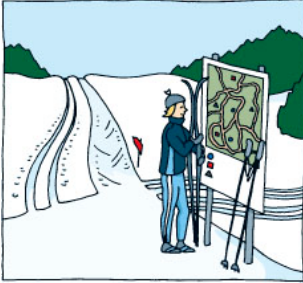


# Safety on skiing trails

## Please act as follows

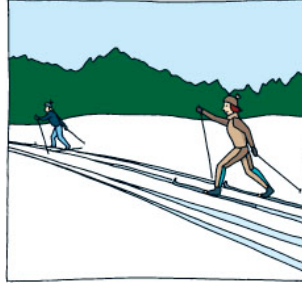


### Choose the correct trail

Stay on the marked and opened trails. Follow the signs and maps at intersections.

Keep a valid cross-country skiing map with you and a mobile phone.

Plan your route.



### Keep your distance

Do not ski right behind another skier. This is especially important when going downhill.



### Others also use the trail

The trails are for everyone, please be friendly to other skiers.



### When skiing downhill, please remember

Do not change lanes.

Do not ski downhill faster than you feel safe.

Be careful when lanes are icy.



### Follow the correct direction

Ski on the right, pass on the left.

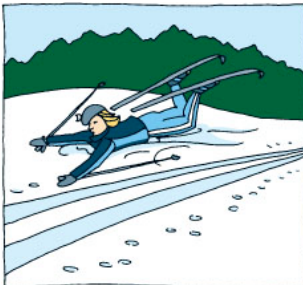
Follow the information signs.



### You are obligated to provide assistance

If you notice an accident, you must stop and help.

If the rescue services are required, please call the emergency number 112.



### Do not stop on the trail

If you take a break, please move off the trail.

If you fall, get up quickly and move off the trail.

Fix the trail in necessary.



### The cross-country skiing trail is for skiing only

Do not walk on the trail.

The track is not intended for dogs or snowmobiles etc.