

# SEVEN 7 STEPS TO AVALANCHE SAFETY



In order to have a safe and fun time in the backcountry, it is necessary to have the required knowledge, skill and experience. Back this up with good planning and teamwork and you'll make better decisions in the mountains. The "Seven Steps" to avalanche safety will help with the entire process.

[MORE INFO](#)
[www.nadare.jp](http://www.nadare.jp)

## STEP

# 1

## Backcountry and Ski Resorts

**There are various unmanaged hazards in the mountains.**

- Go out with a suitably experienced person.
- Use a certificated mountain guide.<sup>i</sup>

**Obey ski resort rules.<sup>ii</sup>**

- Only use backcountry gates.
- Do not enter the prohibited adjoining slopes.



## STEP

# 2

## Get the Gear

**Carry an avalanche transceiver, probe, and shovel.**

- The gear does not guarantee your safety.

**Get the mountain gear and training regularly.**



## STEP

# 3

## Get the Training

**Learn about Avalanches.**

- Know the different types of Avalanche Problems.
- Terrain choice and changing weather determine your safety.
- Make smart decision as a group.
- Search and Rescue.

**Develop Mountain Skills.**

- Skills and knowledge for ensuring yourself against danger.
- Physical fitness.
- Strong riding skills under difficult snow conditions.

**Training First Aid.**



## STEP

# 4

## Make a Plan

**Research the terrain and gather the information about your route.**

- Set objectives and restrictions based on groups capability.

**Submit your mountain itinerary and plans.**

**Check the weather forecast and avalanche bulletin.**



## STEP

# 5

## Keep Aware of the Situation

**Changing snowpack and weather conditions?**

- Differences between the avalanche bulletin and actual snowpack.
- Direct evidence of snowpack instability.
- Changing wind, snowfall, and temperature.
- Recent wind loaded snow.

**Terrain character and potential avalanche hazard.**

- Slope angle.
- Complex terrain or simple terrain.
- Terrain size and islands of safety.
- Terrain traps.

**Communication with your group members.**

- All members in their comfort zone.
- Frankly discussing about concerns.

**Severity of consequence.**



## STEP

# 6

## Reduce your Risk

**The best suitable safety tactics against Avalanche Problem.**

- Be good using lower angle of slope.

**Manage your exposure to avalanche hazard.**

- Only one person on the slope at a time.
- Do not take rests or stay in avalanche terrain.
- Space out, and cross avalanche terrain quickly.
- Stay in contact with the group visually or by voice.
- Identify safer terrain, and use it smartly.

**Relationship with other groups.**

- Is there a group above you or below you?
- Never intentionally trigger an avalanche unless you are sure the area is clear.



## STEP

# 7

## Conduct Search and Rescue

**Time is essential. Do the rescue yourselves.**

- Get to the victim and clear their airway within 10 minutes.
- Work as a team<sup>iii</sup> to save a life.

**Limit the extent of damage.**

**Call 110 as soon as possible in difficult situations.**

