

# To Backcountry Users

## Important Rules

1

Research the terrains and the route you are planning to go in, and Evaluate your party' skill level properly.

2

Check the weather, snow conditions, and avalanche advisory.

3

Carry appropriate equipment for avalanche Measures goods, Food, Water, Map, Mobile phone etc



写真協力:「日本スキー教程安全編」(公財)全日本スキー連盟

4

Submit a “Climbing Plan Report” to a local mountain police office. “Climbing Plan Report” can play an important role for search and rescue in a case you have an emergency situation.

Please check the details for “Japan Backcountry rules” here

Japanese



English



**Japan Association for Skiing Safety**



## 《Glossary》

### “Backcountry”

…Skiing/snowboarding in an uncontrolled and unpatrolled natural snow mountain area beyond the ski area boundaries.

### “(Controlled) Ski area”

…Ski courses, ski slopes, and other areas maintained and controlled for skiing and snowboarding by a ski resort company. It is also referred just as “ski area” in this leaflet. The area beyond the ski area is called “uncontrolled area” . Skiers/snowboarders should follow the instructions by ski patrol and the rules defined by the resort.

### “Off-limits areas”

…Areas banned for skiers/snowboarders from entering. The area is usually marked with special ropes and signs. Off-limits areas are prohibited due to collision risks, risk to cause avalanches, dangerous terrains and other reasons.

## 【 Supported by 】

Nagano Prefecture

Ski Association of Japan

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