

Instruction of Safety Techniques for the Trek

The participant must know and follow the rules related to safety on the trek

Before departing on the trek, the guide/translator will instruct the participants on safety techniques. The tourist should make notes in a notebook as necessary. All tourists must attentively study these rules, follow them for the duration of the trip, and carry out the instructions of the instructor. The following would constitute a violation of our safety protocol: -Large distance between group members (You should always remain within the range of visibility to other members of the group), -Consciously not carrying out the instructions of the guide/group
-Consumption of alcoholic drinks during the time to the trek, -Intentional desertion of the camp and resting places

General Safety Rules on the Trek

1. The pace must be determined by group rather than individual needs in order to provide mutual-assistance to one-another during the time of the trek. Participants must remain within range of visibility from one another, or, in a distance, established by the guide according to the pace of the group.
2. Neither dividing the group nor the breaking of group discipline is permitted. You must obtain the permission of the guide for any absence from the camp, crossings, or bases. Unless there are special circumstances, we do not allow members of the group to travel at an exceptionally fast pace.
3. It is necessary to support group discipline and a spirit of mutual-assistance and to fulfill the requests of the guide.
4. It is not permitted to shorten the planned route at the expense of safety.
5. On the trek it is necessary on the trek to follow all the recommendations of the guide regarding equipment and following measures to protect oneself from the sun and cold. You also need to protect your eyes and exposed parts of your body from the sun. In subzero temperatures it is necessary to protect your face, ears, chest, and other parts of the body from frostbite. In such conditions, we will take frequent breaks, but participants should constantly move their extremities to keep these vulnerable parts warm. It is necessary for all participants to monitor one another for signs of frostbite.
6. Consumption of alcoholic beverages during the time of the trek is not permitted.
7. It is necessary to keep up with all your things during the trek. Losing or forgetting them can present both you and the group problems.
8. Before passing through the difficult sections of the trail, participants should consult with the guide if they have any doubts or questions about their physical capability or confidence to complete these sections of trail successfully.
9. In the extreme case when it is necessary to help the guide give immediate assistance to an injured participant, you must attentively follow all of the guide's signals, warnings about the danger, and quickly and carefully carry out his corresponding commands.
10. In the case of a thunder storm you must carry out all the orders of the guide and climb down from exposed ridges; you should also fold up metal objects, maintain a distance of 10 meters from one another; do not stand under an isolated tree, pillars that mark the trail, or on the bank of a river, pond, or lake; do not run, or walk in a hurry; do not remain in an opening of the forest through which water flows; do not stand close to places where there are metal pipes; remember that any flash of lightning can be fatal and that the energetic intervention of the group can avert misfortune.
11. In the case of a necessary river crossing: it is necessary to distinctly and correctly carry out all the commands of the guide. Crossing fast-flowing rivers without providing for the necessary safety measures is not allowed.
12. In an emergency situation it is essential to maintain good moral, strong nerves, calm, confidence, and the ability to act quick and correctly without a sense of panic.
13. The backpack must be a good fit. You must make sure that tent poles, the ends of stakes, and other sharp objects do not protrude from the backpack.
14. Crossing obstacles on the trail without taking the appropriate safety measures is not allowed.
15. It is necessary to take the necessary measures to protect your legs from injury and exposure.
16. It is necessary to start the trek with shoes, clothes, socks, and mittens that are strong, dry, and generally in good condition. Personal equipment needs to be certified and undamaged.
17. Poisonous plants are found in mountain forests and in the forests in lower elevations: water hemlock, aconite hellebore, and Paris herb, from poisonous mushrooms: toadstool and fly agaric. The gathering of grasses and wild plants is only allowed under the observation of a guide. It is necessary to protect yourself from ticks (active from May to mid July)

Safety Rules and Procedures for Mountain Treks: The Participant must know and follow these additional safety rules on the trek

1. Swimming in some parts of rivers and some lakes is not allowed. Additionally, swimming is not allowed in weather conditions that could leave the participant susceptible to a cold.
2. It is necessary to be careful on mountain slopes, wet grass, trails, and mountain passes. When moving across rock fields, steep slopes, slippery surfaces, you must carefully plant your legs in front of you, and secure yourself when necessary. If you have the slightest doubt about your safety, you should use the harness with a short piece of rope for self belay.
3. To avoid injuries it is recommended that you not gather rocks on the mountain slopes.
4. It is necessary on ascents and descents of mountain peaks to be fully attentive when moving by the metal rails: there should not be more than one person between two hooks; vertical railings come with harnesses with a short piece of rope for self belay and with the help of middleman's knot and a matching knot, remaining at an elbow's length from the chest; do not hook the knot to the carabiner that is attached to the railing. It is essential to hold yourself in a comfortable, self-supporting position when moving along steep slopes of an ice axe.
5. When traveling by skis: cutting across slopes that are prone to avalanche is prohibited; crossing steep, ice-covered slopes is not recommended, nor is traveling at a fast speed; when descending the mountains on skis it is necessary to pay attention to the terrain so that you will not hit hidden or exposed rocks; sharp turns are not recommended, and jumps on ice-covered slopes should never be attempted.

I have familiarized myself with the safety rules and understand that I am obliged to follow them during the time of my trip.

Signature