

# HAKUBA VALLEY

## Safety Tips

### HAKUBA VALLEY Safety Tips Safety Precautions

～ To enjoy ski resorts and backcountry in HAKUBA VALLEY safely ～

This is important information for you to enjoy world-class ski resorts and backcountry in HAKUBA VALLEY. Although we are dedicated to providing high levels of service, being safety conscious is your own responsibility. Please acknowledge the following safety tips and enjoy your winter vacation safely.

#### 1. Ski resorts

##### 1-1 Pay attention to “boundary” and “closed area” signs.

The poles painted with yellow and black on the upper side are “boundary” signs while others painted with yellow are “closed area” signs of ski resort in HAKUBA VALLEY. Observance of signs, ropes, and boundaries are prescribed by “Safety Standards for Snow Sports” which is a rule common throughout all ski resorts in Japan. It is skiers and snowboarders’ obligation to check the map, grasp the boundaries and closed areas, and ski or snowboard only on permitted trails. If you are not sure about boundaries, please ask the ski patrol or ski resort staff.

##### 1-2 Control your speed while skiing or snowboarding.

Collisions usually happen because skiers or snowboarders are sliding too fast. The most important thing regarding safety is to control your speed and acknowledge the situation around you and to avoid risks. In addition, meeting points of trails, lift top and base areas are designated as "slow zones". Be sure to slow down sufficiently in these areas. To help prevent an accident, make sure to ski or snowboard at a speed that allows you to avoid or stop when necessary. Regarding the importance of speed control, please check and follow the “10 FIS Rules” and “Safety Standards for Snow Sports” for your own safety as well as others.

##### 1-3 Pay attention to your surroundings and check the situation.

Many collisions occur when you do not fully check your surroundings. Be aware of your surroundings when you are starting downhill and if you need to stop on the slope, move

aside and do not stop where you obstruct a trail, or are not visible from above. Also, if you notice children or families skiing, please slow down and allow them to go first.

**1-4 Leashes are mandatory for snowboards.**

Leashes prevent the board from accidentally sliding downhill and crashing into people or objects. The owner of the snowboard will be charged compensation damages for any incidents involving the runaway snowboards. Sitting on the snowboard and riding it like a sled or toboggan is also prohibited.

**1-5 Wearing a helmet is highly recommended.**

Wearing a helmet has been proven to reduce serious head injuries. The latest models have become more comfortable, lightweight, breathable, and customizable. It is highly recommended to wear a helmet especially for children as well as skiers and snowboarders enjoying the terrain park.

**1-6 Ski with friends in deep powder.**

Death caused by suffocation happens in areas of deep snow every year. As for tree runs with deep powder, there are also accidents caused by multiple reasons including tree collisions. Please bear in mind that it is safer to ski or snowboard with someone when you go for powder or tree runs. A rescue whistle can be useful in an emergency.

**1-7 Ski resorts are off limit outside operating hours.**

The slopes and courses are dangerous due to snow grooming and snow removal work after operating hours. Camping outside of the designated area is also prohibited.

**1-8 Violating rules at the ski resort will result in suspension of your lift ticket and you will be asked to leave the resort.**

Guests in the ski resort are obliged to present lift tickets if requested by ski patrol or lift staff. Any skiers or snowboarders who violate rules will immediately have their lift ticket suspended and be asked to leave the resort.

**1-9 Contact ski resort staff in an emergency.**

Please contact ski resort staff or ski patrol as soon as possible when an emergency occurs. There is an emergency telephone number in every ski resort. You can find the telephone number at the ticket office or on the website of each ski resort.

**1-10 Check the Rules and Regulations of ski resorts for further information.**

Guests at ski resorts are subject to the terms and conditions set by each ski resort. In

addition to safety matters, the terms and conditions also includes matters regarding your contractual relationship with ski resorts. Please read it through carefully. You can find this information at the ticket office or on the website of each ski resort.

## **2. Backcountry**

### **2-1 Use the designated gates when leaving a controlled ski area.**

There are gates set up at ABLE Hakuba Goryu, Happo-one, Tsugaike, Hakuba Norikura, and Cortina. It is an obligation for those who decides to go backcountry skiing or snowboarding to pass through the designated gates. Guests are not permitted to go off the trail as there are no gates at Jiigatake, Kashimayari, Sanosaka, Hakuba47, and Iwatake. Backcountry skiing and snowboarding is prohibited at these resorts.

### **2-2 Outside of the controlled area can be dangerous and even deadly.**

There are different kinds of dangers outside of the controlled ski area, such as hidden rocks, obstacles, cracks in snow surfaces and gullies. Even only 1metre outside of the boundary is not controlled by ski patrol and designated as “uncontrolled areas”. Since backcountry areas are classified as a national park, ski resorts in HAKUBA VALLEY accept no responsibility.

### **2-3 There are some closed areas adjacent to ski resorts.**

The resorts have some slopes closed. These areas are based on an agreement with local administrative and associated organizations that regulate the operation and management of lift companies.

### **2-4 Preparation and equipment are essential.**

Regardless of whether you are skiing backcountry with a guide or not, you will need not only avalanche safety kits (an avalanche beacon, a probe, and a shovel), but any essential items when venturing outside the ski area boundary. Pre-season training is also important. You are always welcome to the “Nagano Prefecture Comprehensive Mountaineering Center” where they conduct seminars or courses in trekking and outdoor activities for the public. Be sure to submit a Mountain-Climbing Registration Form at a designated ticket window in advance. Online submissions are also accepted. The Mountain-Climbing Registration Form must be submitted before purchasing tickets, therefore please print it out or keep a hard copy or download it to your device.

### **2-5 Check the Mountain information and Avalanche Information.**

The “Shinshu Mountain Information” is operated by Nagano Prefecture Association for the Prevention of Mountain Accidents, the “Mountain Information” is operated by Nagano Police, and the “Avalanche Information” is operated by Japan Avalanche Network, where the

official information of mountains and avalanche is updated daily. Knowing all types of avalanche risks and where the risks lie will help you to make a safe backcountry tour plan. Once the Avalanche Danger Scale rises to “Level 3”, inexperienced skiers or snowboarders are recommended to stay in the resort.

**2-6 Go backcountry with experienced skiers or snowboarders in a group.**

Never go backcountry alone. Go with experienced skiers or snowboarders in a group. It becomes more difficult to take the leadership and manage risks in a big group, therefore keep your team small and plan your tour route carefully.

**2-7 Inexperienced skiers or snowboarders are recommended to be accompanied by a guide.**

There is a century-old “Guide Organization” in HAKUBA VALLEY. For those who want to enjoy skiing or snowboarding safely, it is recommended to contact a professional guide who can manage risks in the backcountry. Although you can find different types of backcountry tour guide companies in HAKUBA VALLEY, please make sure that the guide is certified by a national guide organization joining the International Federation of Mountain Guides Association (IFMGA). In Japan, the “Japan Mountain Guides Association” is a member of IFMGA.

**2-8 Search and rescue teams may take time and be financially compensating.**

Helicopters which are owned by a public institution may not be dispatched due to weather conditions or be pre-occupied by other rescue operations at the time. In this case, a land rescue will be decided to begin the mission, which takes more time than air rescue. A rescue operation depends on the location and the conditions. If an unofficial rescue team operates the search and rescues, depending on the location of distress and rescue situation, the missing person will be responsible for all expenses. It is advisable for skiers and snowboarders to have the current travel insurance policies against accidents.

**2-9 Call the police (110) and the fire department (119) as soon as possible.**

If you cannot help yourself or there is nobody else that can assist, call the police and the fire department as soon as possible. Use the GPS on your smartphone or other devices to advise the police of your current location.

Snow Resort	Emergency Number
Jiigatake Snow Resort	0261-22-0551
Kashimayari Snow Resort	0261-23-1707
Hakuba Sanosaka Snow Resort	0261-75-2452
ABLE Hakuba Goryu Snow Resort	0261-75-2101
ABLE Hakuba Goryu Snow Resort IIMORI	0261-75-2636
Hakuba47 Winter Sports Park	0261-75-3533
Hakuba Happa-one Snow Resort	0261-72-3704
Hakuba Iwatake Snow Field	0261-72-2080
Tsugaike Kogen Snow Resort	0261-83-2427
Hakuba Norikura Onsen Snow Resort	0261-82-3923
Hakuba Cortina Snow Resort	0261-82-2650