

# Safety And Fun On The Slopes

Skiing is really fun but it can also be dangerous. When you ski it is really important to be safe and to have fun. Almost all the people I know that ski want to reach a high level but it's not going to happen without practice. Being safe on the slopes can sometimes be forgotten but it should be the first thing you should remember and know. When you ski you should watch out for your surroundings and always look uphill before setting off. When you ski it is best to ski on snow and not on ice but sometimes you have no choice. You should always go on the slope with a helmet, it's a basic rule. All these tips about how to be safe on the slopes are quite good but the most important rules are the ten FIS rules and the ten FIS rules are:

1. Respect for others
2. Control of speed and skiing or snowboarding
3. Choice of route
4. Overtaking (Don't overtake)
5. Entering, starting and moving upwards
6. Stopping on the piste
7. Climbing and descending on foot (Climb from the side of the piste)
8. Respect for signs and markings
9. Assistance
10. Identification

