



Climbing: Safe climbing

1. CLIMBING IN THE SAAS VALLEY

One look up at our 18 four-thousand-metre peaks makes it obvious: from trial climbing in the climbing park to climbing the highest Swiss mountain - the Dom (4545 m above sea level) - everything is possible in the Saas-Fee/Saastal region.

In addition to fun and adventure, safety must not be neglected when climbing. In this document, we inform you about personal responsibility, the exclusion of liability, and recommendations for safe climbing.

2. PERSONAL RESPONSIBILITY

We care about the safety of climbers. Nevertheless, factual errors or errors in content cannot be ruled out. Climbing involves certain risks, which can be minimised through self-responsible behaviour.

So be aware:

- Climbing involves risks: There is a risk of falling if you do not master the belay technique sufficiently.
- Get trained: You will acquire all the necessary skills in climbing courses and with qualified instructors.
- Address mistakes: Make other climbers aware of their mistakes.

3. LIABILITY DISCLAIMER

The information on the saas-fee.ch website is intended to provide information but is no substitute for prior tour planning and the necessary personal responsibility, such as experience in all outdoor sports with your climbing equipment.

Saastal Tourismus AG accepts no liability in this respect. All athletes climb exclusively at their own risk and are responsible for their safety: climbing is a sport that is always associated with a residual risk.

Climbing requires the correct handling of the climbing equipment and the various rope, belay and climbing techniques. If you are inattentive and make mistakes, you can still seriously injure yourself and others.

In all forms of climbing, you are also exposed to alpine dangers such as ice and rockfall, thunderstorms or weather-related falls. In particular, the danger of falling rocks in the Alps (stones of varying numbers and sizes) should not be underestimated. To ensure the safety of the individual, wearing a climbing helmet, for example, is compulsory as part of the climbing equipment.

4. RECOMMENDATIONS

These ten points are based on recommendations made by the CAA and have been completed by the SAC training and safety experts.

Fit and healthy

Climbing is an endurance sport. The effort it demands for the heart, circulation, muscles and articulations requires you to be in good health and able to assess your abilities. Avoid being pushed by time and adopt a pace suitable for all members of the group.

Careful planning

Information about distance, height differences, the level of difficulty and the conditions can be found on maps, in guidebooks, online or by asking experts. The weather forecast is particularly important as storms, snow, wind and cold weather can greatly increase the risk of accidents. Make sure that the itinerary is adapted to the level of the group and always plan alternative ones. Take note of the emergency mountain rescue phone numbers of the country (**REGA: 1414, European emergency number: 112**).

Appropriate equipment

Make sure that you have the right equipment and that your rucksack is not too heavy. A rope and a helmet will protect you from slipping and from rockfalls and good shoes will help give you a better grip. Don't forget sun cream. Make sure that you take a first aid kit, a survival blanket, a mobile phone and a head lamp with you – you'll be happy to have them on you in case of an emergency.

Check the conditions

Receding glaciers, melting snow and the rising limit of the freezing level increase the risk of rockfalls. You should set off early enough, keep checking the current weather and conditions and adapt your itinerary accordingly.

Check your partner's equipment before starting

Always check each other's equipment thoroughly. Check the knot, the rope, the carabiner, the belay device (check that it works properly), the harness and the belay loop. If you are learning how to climb, make sure there is a knot at the end of the rope.

Pay attention when belaying

When you belay your partner, take note of the following points; don't leave any slack, stay close to the wall (especially when learning), observe your partner, always keep one hand on the rope and under the belay device and communicate clearly.

Attach the carabiners to the bolts

The bolts are your life insurance, so it is essential to use them properly. Attach the carabiners in a stable position and make sure you don't fall while doing so. Make sure that the quickdraws are correctly attached. The rope must not be over any part of the body.

Top rope with proper anchors

Climbing schools often have different belays. The following rules must always be respected: no top roping with only one carabiner; on overhanging rocks, make sure you clip the bolts. Check that the rope has been put correctly into the belay device.

Check the anchors

On climbing courses, there are many different types of belay. Join the different bolts, complete the ones which don't appear to be viable with mobile anchors and don't belay yourself or your partner on the chains.

Respect nature

High mountains are a precious area for discovering the uniqueness of nature. Appreciate this freedom and respect the fragile environment. Obey any restrictions, take your rubbish away with you and make sure you are respectful towards other climbers.

Sources:

www.sac-cas.ch/en/training-and-safety/safety/safety-when-climbing/