

Code of Conduct in Grövelsjöfjällens Ski Tracks

As the number of skiers has increased in tracks and on trails in recent years, SSF (The Swedish Ski Association) has developed a special Code of Conduct for cross-country skiers. The rules are general and intended to fit all cross-country ski resorts. However, local deviations and additions may occur, it is always up to the individual to find out the Code of Conduct for the area in question. Remember that all skiing is always done at your own risk so choose ski tracks / routes fitting your own ability and experience.

Have a nice tour and enjoy your skiing!

*The Swedish Ski Association's section for Facility issues
and the section for Skiing all your life.*

This applies to the Grövelsjöfjällen track system:

1. A prepared cross-country ski trail is intended to practice cross-country skiing in. Walking or running in a prepared cross-country ski trail is not allowed during the winter. Other times of the year it is of course permissible to progress in the track in other ways than on skis.
2. Show respect for nature, don't leave your garbage and do not disturb wildlife.
3. Respect designated directions.
4. Show consideration for other riders. Make them aware that you want to pass. The one to come from behind is obliged to give way for skiers in front. Pay particular attention to where ski tracks / trails intersect or cross each other. It is not good practice to call someone out of track!
5. Always step aside when stopping in the tracks.
6. If you stay in the track, stay where you are visible to other skiers. Avoid places where visibility is limited, for example it is particularly unsuitable to stay behind crests, curves and steeper downhill slopes.

7. Adjust the speed. Make sure you can stop for unforeseen obstacles. Keep in mind that the properties of the substrate change in different weather conditions. For example, the speed becomes much higher in a downhill slope in icy conditions compared to fresh snow, and it is harder to slow down.
8. It is not allowed to skate so that the classic ski tracks are damaged.
9. If you need to use the Herring Bone technique uphill, please use the surfaces on the side of the classic track, for example the Skate bed. Using the Herring Bone technique in the classic ski track shortens the lifetime of the track considerably.
10. Sometimes there are only a single track, so consider the following:
 - There is no clear rule that decides who should get out of the way to enable a meeting. Show consideration and make sure the meeting is done in a safe and secure way. If you are a skilled and experienced skier, you are better equipped to step out of the track compared to beginners, children, the elderly, and so on.
 - Anyone who skies downhill has precedence over the those who travel uphill, that is, it is more dangerous for the downhill skier to step out of the track compared to the uphill skier.
11. Skiing with dogs is allowed (but only on the skate bed), but dogs must be kept on a leash.
12. The Grövelsjöfjällen Tourist Association requires a ski pass for skiing in the prepared tracks. The ski pass is personal and must not be transferred. Transfer may cause the card to be canceled.
13. Day and multi-day cards are valid for the date or dates stated on the ski pass. Season pass is valid for the beginning of the season to the end of the season. The user should be able to prove that he / she is the correct holder of the ski pass. Upon request, the ski pass must be able to

show up for manual checking. Lost or damaged ski passes is not replaced.

14. Competitions may not be conducted without permission of the Grövelsjöfjällen Tourist Association.
15. The resort's terrain / track vehicles and other vehicles can be located in the ski tracks / trails during all times.
16. During certain weather and snow conditions it is not advisable to prepare new ski tracks - it is better not to touch the snow. Therefore, you may encounter tracks that do not always seem optimal.
17. Report to the Grövelsjöfjällen Tourist Association if you discover any obstacle, danger or injury, at skidspar@grovlesjon.com
18. Help others who have suffered an accident or need help in any other way. **Always call 112 at serious incidents**

Further information

1. Visit www.livetracks.se and www.skidspar.se which provide information on suitable tracks and track status.
2. Check forecasts for temperatures and weather condition, for example at www.smhi.se or www.yr.no. Keep in mind the temperature can vary greatly on different parts of a loop, sometimes up to 15 degrees. For example, lower terrain and distances along watercourses often have significantly more negative degrees than higher terrain. Also keep in mind that the weather can change very quickly. Adapt the upholstery to these conditions and conditions.

The Grövelsjöfjällen Tourist Association wish you a enjoyable experience in the ski tracks.

