

(註6)リフト利用時の注意(様式1)

## Precautions when using a chair lift

(Form 1)

Your actions are related to the safety of all users of the chair lift.

You have responsibilities and obligations when using a chair lift. Please observe the following.

### When getting on a chair lift

1. Please ask for help if you are concerned about using a chair lift.
2. Point your skis or snowboard correctly ahead at the boarding place and stand ready.
3. If you fail to get on a chair lift, quickly get away from it.
4. Skiers should be careful not to bother the persons next to them with ski poles
5. Place your backpack or belongings on your knees, and also be careful about strings attached to clothing and gear.
6. Snowboarders should attach flow stoppers to their snowboards and lean their high backs forward.

During a ride

1. Lower the safety bar and sit back on the chair.
2. Do not do the following while you are on the chair.
  - (1) Swinging the chair
  - (2) Jumping off the chair
  - (3) Fooling around or turning around on the chair
  - (4) Touching lift poles, etc. with ski poles
3. Do not jump off the chair if the lift stops.

When getting off a chair lift

1. Prepare yourself as you approach the place of arrival. After getting off the chair lift, proceed straight ahead.
2. If you fail to get it off , remain on the Chair.

Please follow instructions from staff . **SPRING VALLEY** Ski Resort

(註10)このスキー場でスキーをなさる方へ

For Users of SPRING VALLEY Ski Resort (notification formulated on October 1998)

Japan Funicular Transport Association, Ski Association of Japan, Ski Instructors

Association of Japan, National Ski Safety Measure Council, Japan Snowboarding

Association

This ski resort makes its best efforts to ensure your safety.

Please understand the following matters and observe the separately prescribed

Action Rules at Ski Resorts to prevent accidents

1. Please be aware that there are specific risks in skiing. Exercise caution to avoid the following risks.

(1) Risk due to weather conditions such as snow, wind and fog

(2) Risk due to terrain such as cliffs and irregularities

(3) Risk due to snow conditions such as frozen snow surfaces and avalanches

(4) Risk due to natural obstacles such as rocks and standing trees

(5) Risk due to artificial obstacles such as lift facilities, buildings and snow vehicles

(6) Risk due to contact with other skiers

(7) Risk due to your own negligence

2. Please do not leave controlled ski areas, and do not go beyond designated courses in the controlled areas.

3. Please do not let children act alone in a place where parents cannot keep an eye on them.

4. This ski resort is not responsible for accidents due to negligence or disregard of this notification and the Action Rules at Ski Resorts.

Those who cannot accept these matters are not permitted to ski at this ski resort.

(註 1 1) スキー場の行動規則

Action Rules at Ski Resorts (formulated in October 1998)

Japan Funicular Transport Association, Ski Association of Japan, Ski Instructors Association of Japan, National Ski Safety Measure Council, Japan Snowboarding Association

1. Do not hurt or threaten other people.
2. Control your speed according to circumstances, such as the terrain, weather, snow quality, skiing skills, physical condition and congestion, so you can easily stop anytime to avoid danger.
3. Take care not to interfere with people skiing in front of you
4. When overtaking other people, keep a sufficient distance from them.
5. When starting to ski, joining other people or crossing across a slope, carefully look upslope to ensure your safety.
6. Do not sit on a course. Refrain from stopping in a narrow area or an area with poor visibility. If you fall down, quickly clear space for other skiers.
7. When climbing, walking and stopping, use the edge of the course.
8. Attach flow stoppers to your skis or snowboard.
9. Observe precautions given by notices, signs and announcements, and follow

instructions from ski patrols and ski resort staff .

10. If an accident occurs, cooperate with relief operations reporting, and disclose your identity regardless of whether you are a person involved in the accident or a witness.

**SPRING VALLEY** Ski Resort