

Alpine sports and the risks involved

Alpine sports can improve your health and quality of life.

Alpine sports are done almost exclusively in natural areas and are therefore not free from danger. Risks are a part of Alpine sports. People exploring natural areas can develop their skills independently and through experience, while taking into account the risks involved. It is in the interests of those taking part in Alpine sports to prepare carefully for any activities they embark on, to equip themselves appropriately and to act responsibly. In particular, this duty applies when others could be affected by their actions.

The mountains are not exempt from laws and regulations. The CAA and other Alpine associations are, however, convinced that the existing regulations are sufficient and that new laws and bans are neither helpful nor useful. The CAA and other Alpine organisations insist on education, training, and personal responsibility. Research on accidents confirms that this is the right course of action.

As a representative of Alpine sportspeople, the CAA insists on the following:

1. Free access to the mountains

In the future the Alpine region must remain accessible and free to all those who wish to benefit from its restorative qualities.

2. Caution when developing further regulations

The existing laws and regulations are sufficient and should be applied with sound judgement and relevant expertise. It is not necessary to make laws more stringent and is, in fact, counter-productive. Restrictions must be justified by evidence and facts, and the time periods and areas to which they apply must be defined.

3. Personal responsibility

Society as a whole benefits when its members learn to deal with risks independently and in a responsible way. Alpine sports provide the perfect conditions to do this.

4. Training creates competence

The more competent the mountain sportsperson, the safer alpine sports become. Training courses offered by Alpine associations teach the practical skills and theoretical knowledge required to accurately assess the dangers of alpine sports and to tackle them in a responsible way.

5. Preserve natural areas and recognise that they can be dangerous

Natural areas present dangers. Knowledge and experience make it possible to estimate the extent of these dangers, but they can never be fully overcome. There will always be certain risks involved in Alpine sports. Nevertheless, the opportunities afforded by Alpine sports for our health, new experiences and personal development are considerable and should be recognised and communicated to others.