

TRAINING ROUTES EDUCATE EUROPEAN SOCIETY

Guidelines for a safe sport
activity in a naturalistic area



TREES

TRAINING ROUTES EDUCATE
EUROPEAN SOCIETY





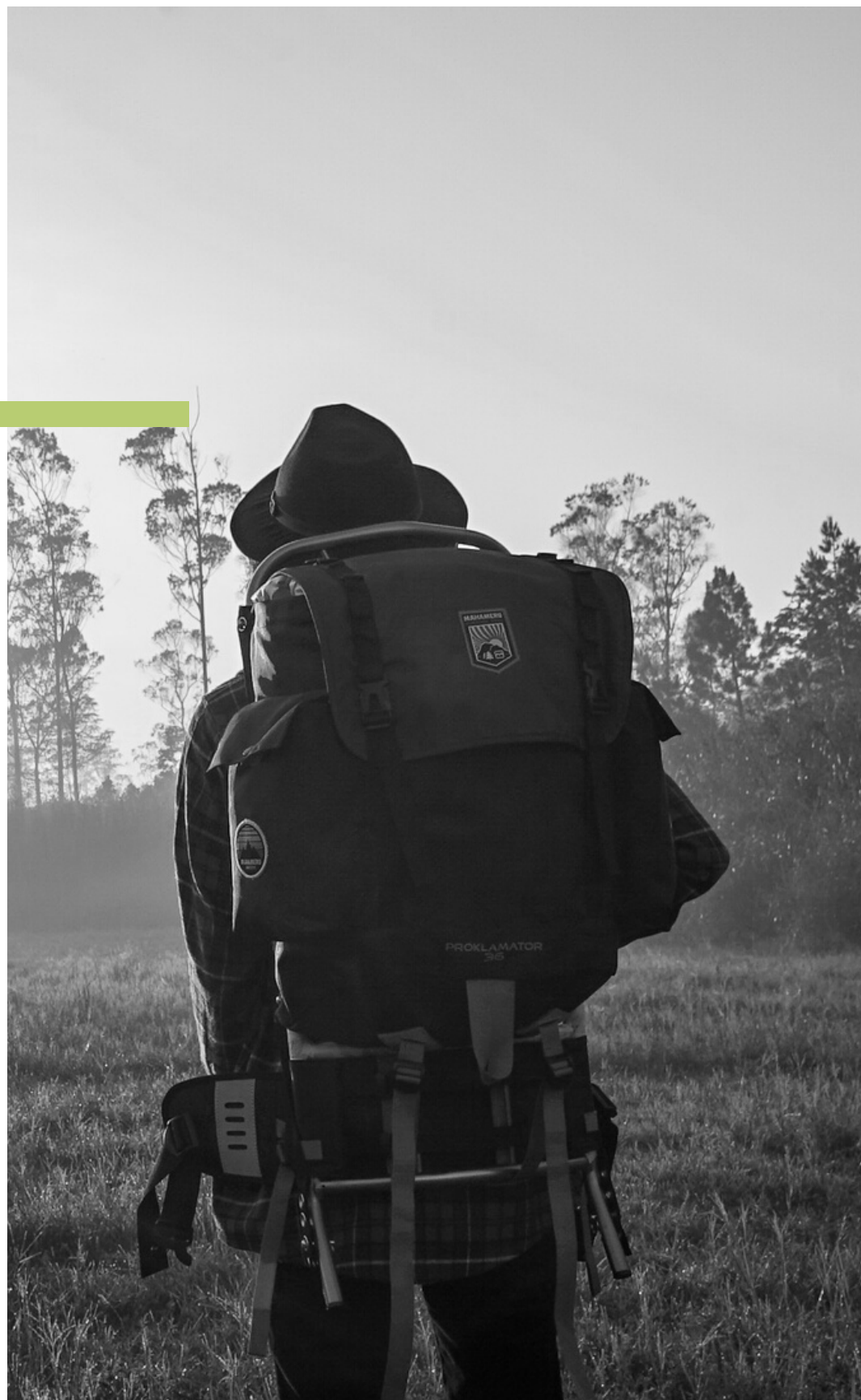
**Sports in nature are
accessible to all,
versatile and
healthy.**

IN MANY CASES PEOPLE USE A
TOUGHTLESS APPROACH WHEN DOING
SPORT ACTIVITIES IN NATURALISTIC
AREAS

IT IS IMPORTANT TO INFORM PEOPLE
ABOUT BASIC RULES TO FOLLOW WHEN
JOINING OPEN AIR SPORT ACTIVITIES.

01

Do a check-list



BRING WITH YOU THE ESSENTIALS

Create a list to make sure you have everything you need.

Whether the trek is three hours or three days, you certainly don't want to run into the "Ahi I forgot ..." right in the middle of the path.

The list may include: water, rain gear, compass, map, food, phone charger...

02

Don't forget the map



DO NOT RELY ONLY ON TECHNOLOGY

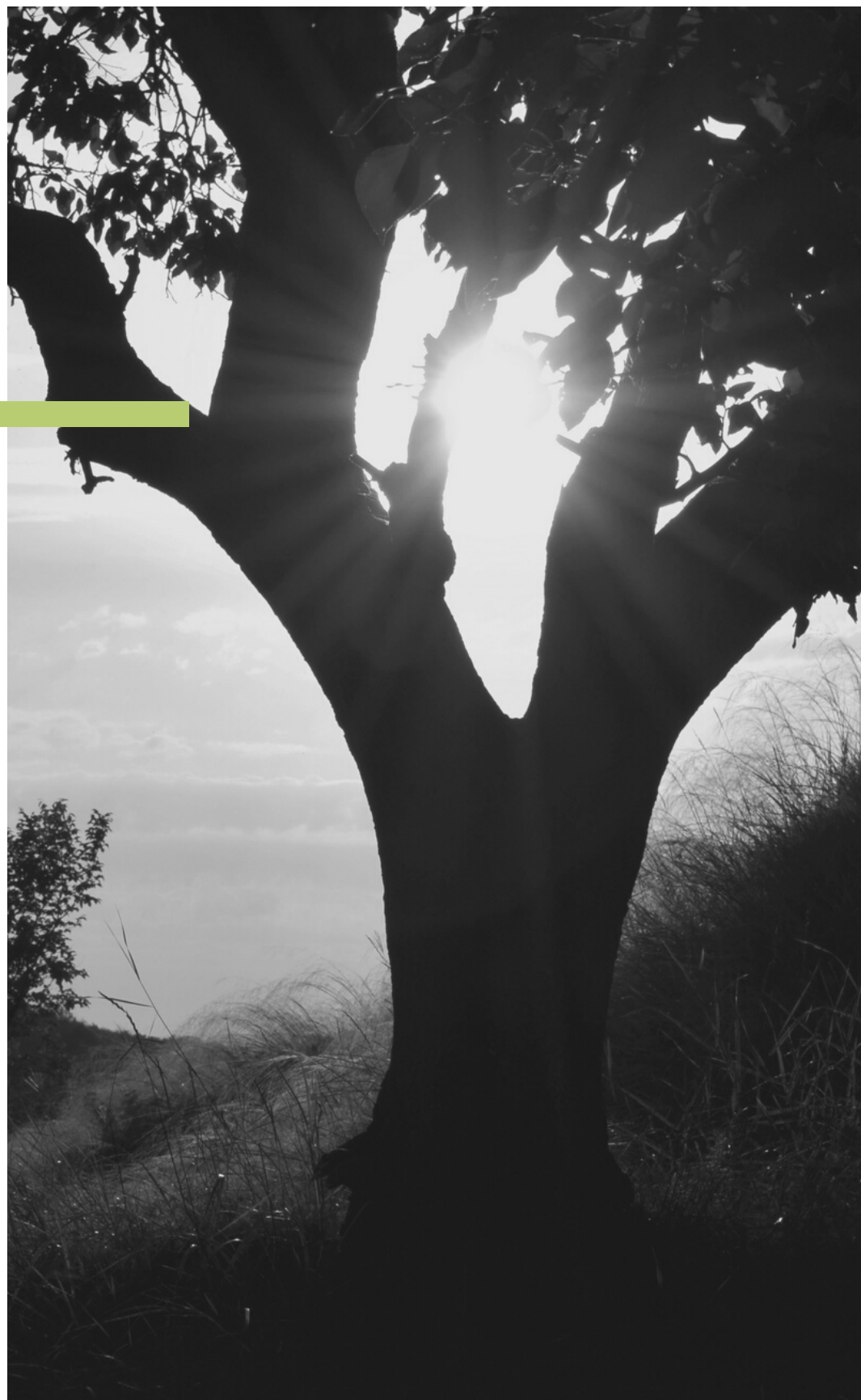
Among all the tips for hiking safety, bringing a map is one of the most important.

You should never rely solely on GPS technology, especially with limited service and a battery that can leave you without contact with the world in the middle of the path.

There are many apps that offer offline maps that are really usefull, but remember that those are always dependent on battery power

03

Pay attention to daylight



IT IS ALWAYS BETTER TO MAKE ACTIVITIES DURING THE DAY

Perhaps it would not even have occurred to you, but better to emphasize it: walking by day is much less dangerous than doing it in the dark.

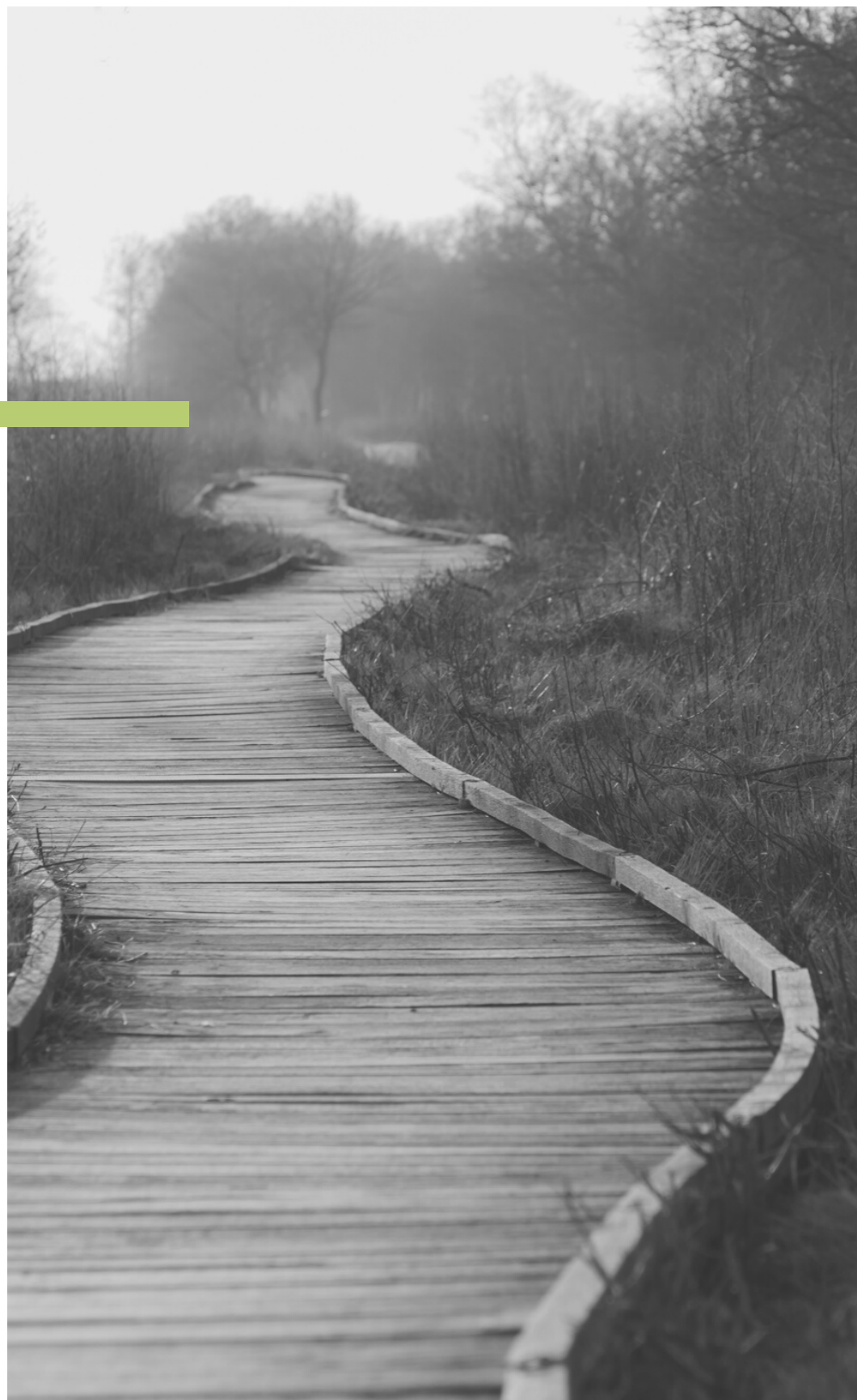
So, if you have a multi-day excursion planned, respect the stops when it gets dark.

If, on the other hand, it is a day trip, calculate the times in relation to the time scheduled for the sunset in that season.

Even if you don't reach the goal you set yourself, but you know you would risk going home in the dark, come back first.

04

Know the area



EXPLORING IS EXCITING BUT KNOWLEDGE IS BETTER

The verb to explore - even when referring to paths - is always exciting.

Unfortunately though, if you use it it also means that you don't know the territory.

Before you set out on a new path, take as much information as possible on some of these topics:

Local wild animals and what to do if you find one

Poisonous local plants

Local hunting areas / seasons

A good idea is to take a look on the site of the park or to refer to the associations of hikers who know the area.

Make sure the information is up to date.

05

Beware the weather



ALWAYS CHECK THE WEATHER FORECAST

Always check the weather until the time before you leave.

This is essential to determine which equipment and clothing should be worn, such as a rain jacket rather than sunscreen, extra water or more suitable clothing.

If there was rain in the previous days, make sure the path is still viable.

And remember, don't believe you're omnipotent. Nature must be respected, even at the cost of renouncing the excursion.

06

Tell someone



TELL SOMEONE WHERE YOU ARE GOING BEFORE YOU LEAVE

Walking alone on trails can be a wonderful experience, when you want to immerse yourself completely in nature.

The chronicles, however, are full of solo walkers who have accidents that would have caused less damage in case of timely rescue intervention

.

For this, go on your own solo trek, but don't just rely on your smartphone, because a fall could make you lose consciousness or make it impossible to have a phone.

There is a lot more that can be said...

Best practices sharing is a great way to know more tricks and suggestions on how to be safe in nature

This guideline is open for improvements:



A black and white photograph of a forest path. The path is a narrow, dirt trail that winds through a dense forest. The trees are tall and slender, with their trunks visible in the foreground and background. The foliage is thick, with many leaves and branches visible. The lighting is soft, creating a serene atmosphere. A semi-transparent dark rectangle is overlaid on the left side of the image, containing white text.

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