

Vsak smučar mora ravnati tako, da nikogar ne ogroza ali mu škoduje.

1

A skier must behave in such a way that he does not endanger or prejudice others.

Smučar mora smučati tako, da se lahko pravčasno ustavi. Svojo hitrost in način vožnje mora prilagoditi svojemu znanju, terenskim, snežnim in vremenskim razmeram ter gostoti prometa na smučišču.

2

A skier must move in control. He must adapt his speed and manner of skiing to his personal ability and to the prevailing conditions of terrain, snow and weather as well as to the density of traffic.

Smučar, ki želi zapeljati na smučišče ali se po ustavitvi po njem spet zapeljati ali se po njem vzpenjati, se mora prepričati navzgor in navzdol, da to lahko stori brez nevarnosti zase in za druge.

5

A skier entering a marked run, starting again after stopping or moving upwards on the slopes must look up and down the slopes that he can do so without endangering himself or others.

Smučar se mora izogibati ustavljanju na ozkih ali nepreglednih delih, če to ni nujno potrebno. Smučar, ki je tam padel, se mora čim hitreje umakniti oziroma opozoriti na svojo navzočnost.

6

Unless absolutely necessary, a skier must avoid stopping on the piste in narrow places or where visibility is restricted. After a fall in such a place, a skier must move clear of the piste as soon as possible.

Ob nezgodi je vsak smučar dolžan pomagati.

9

At accidents, every skier is duty bound to assist.

Vsak smučar, če je pričr ali udeleženeec, odgovoren ali ne, se mora v primeru nezgode legitimirati.

10

Every skier and witness, whether a responsible party or not, must exchange names and addresses following an accident.

MEDNARODNA VEDEDJSKA PRAVILA

INTERNATIONAL RULES FOR CONDUCT

10 FIS PRAVIL

10 FIS RULES

TEŽAVNOST SMUČARSKIH PROG
DEGREE OF DIFFICULTY

- lahka **easy**
- srednje težavna **intermediate**
- težavna **difficult**

Smučar je tudi deskar, telemark smučar, "fun carver", tekač na smučeh in drugi. Vsak izmed njih se mora zavedati razlik med njimi in smučati tako, da lahko pravčasno reagira glede na tip in značilnost smuči (alpske smuči, telemark smuči, snowboard, "fun carv" smuči ...).

A skier is also a snowboarder, a telemarker, a fun carver, a cross-country skier etc. So each and every skier should be aware and react accordingly to the trajectories of other skiers, taking into particular consideration their type of skis (alpine, snowboard, telemark, fun carving ...).

Smučar, ki prihaja od zadaj, mora smer svoje vožnje izbrati tako, da ne ogroza smučarjev pred seboj.

3

A skier coming from behind must choose his route in such a way that he does not endanger skiers ahead.

Prehitevanje je dovoljeno od zgoraj in spodaj, z desne in leve, vendar le, če je razdalja dovolj velika, da prehitevanemu smučarju omogoča dovolj prostora za vsa njegova gibanja.

4

A skier may overtake another skier above or below and to the right or to the left provided that he leaves enough space for the overtaken skier to make any voluntary or involuntary movement.

Smučar, ki se vzpenja ali spušča peš, mora to storiti na robu smučišča.

7

A skier either climbing or descending on foot must keep to the side of the piste.

Smučar mora upoštevati vse znake in signalizacijo.

8

A skier must respect all signs and markings.

UPOŠTEVAJ PRAVILA EKOLOGIJE!
RESPECT ENVIRONMENTAL RULES!

Smučar do 14. leta starosti mora uporabljati zaščitno smučarsko čelado.

Kids until 14 years old are obligated to wear a helmet.

DODATNA PRAVILA ZA SMUČARJE TEKAČE (HOJA IN TEK NA SMUČEH)

ADDITIONAL RULES OF CONDUCT FOR CROSS-COUNTRY SKIERS

Temeljna vedenska pravila FIS veljajo tudi za hojo in tek na smučeh, zaradi posebnosti te panoge pa veljajo še dodatna pravila.

- Signalizacija, smer teka in tehnika teka**
Na tekaških progah in smučinah je treba teči v določeni smeri in tehniki ter upoštevati oznake in signale (table z napotki).
Respect for signs, direction and running style
Trail marking signs must be respected on any trail marked with an indicated direction. A skier shall proceed only in that indicated direction and ski in the indicated running style.
- Izbira smučine in proge**
V primeru dveh ali več smučin je treba teči v skrajni desni smučini. Tekalci v skupinah morajo teči drug za drugim v desni smučini.
V prosti tehniki je treba teči v desni smučini tekaške proge.
Choice of trails and tracks
On cross-country trails with more than one packed track, a skier should choose the right-hand track. Skiers in groups must keep in the right track behind each other. With free running style, skiers shall keep to their right-hand-side of the trail.
- Prehitevanje**
Prehitevanje je dovoljeno po levi ali desni strani. Sprednjemu tekaču se ni treba umikati. Če pa to lahko stori brez nevarnosti, naj se umakne.
Overtaking
A skier is permitted to overtake and pass another skier to the left or right. A skier ahead is not obliged to give way to an overtaking skier, but should allow a faster skier to pass whenever this is possible.
- Nasprotni "promet"**
Pri srečanju se morata oba smučarja tekača umakniti v desno. Prednost ima tisti, ki se spušča.
Encounter
Cross-country skiers meeting while skiing opposite directions shall keep to their right. A descending skier has a priority.
- Izpraznitev smučine in proge**
Kdor se ustavi, mora izstropiti iz smučine/proge. Tudi tekač, ki je padel, se mora kar najhitreje umakniti iz smučine/proge.
Keeping trails and tracks clear
A skier who stops must leave the trail. In case of a fall, he shall clear the trail without delay.

3

5