

General guidelines for snowmobiling

Read and understand these guidelines before exploring snowmobiling by yourself
DRIVING ON A CAR ROAD IS STRICTLY FORBIDDEN ON LAW

 <p><u>SNOWMOBILE TRAILMARK</u></p> <p>Trail will go beside these kind of marks. Stay on trail, if you drive out of trails, you need landowners permit.</p>	 <p><u>SNOWMOBILE TRAIL</u></p> <p>These kind of marks you find from the beginning of trail</p>	 <p><u>SNOWMOBILE DRIVING FORBIDDEN</u></p>	 <p><u>SPEED LIMITS</u></p> <p>on terrain 60 km/h, on ice 80 km/h with sleigh 40 km/h.</p>
---	---	--	--

In case of getting lost:

- Find snowmobile trailmark, it will tell you you are on a proper trail.
- If trail is going over the road, there is signs which road it is. From map you find road names.
- If you can not locate yourself, call to our office for getting more information.

Instructions for accidents:

<p><u>1. Assess the situation</u></p> <p>-Stay calm, don't do anything rash -check the number of casualties and the severity of their injuries -give appropriate first-aid according to your abilities -if needed, call 112 and tell when, where (Kuusamo- Ruka), and what has happened, use the map for assistance, do not hang up, ask for more instructions</p>	<p><u>2. Warn others and prevent further accidents:</u></p> <p>-save first ones in danger -save the injured from further danger -look for other dangers, protect the casualty especially against the cold and damp, the risk for hypothermia exist already after just a few minutes</p>
<p><u>3. Check breathing and pulse:</u></p> <p>-check consciousness, put unconscious casualties into recovery position -check breathing, open airways if needed -if there is no pulse, start giving chest compressions: -one resuscitator: 30 compressions (x100/min) -Continue with 2 rescue breaths and then again 30 compressions etc. until the rescue team arrives</p>	<p><u>4. Control bleeding, minimise shock</u></p> <p>-lie a heavily bleeding casualty down -raise the bleeding limbs higher, apply direct pressure over the wound and secure with bandaging -protect casualty from cold and damp -lie a unconscious casualty suffering from shock down, raise his/her feet -do not give anything to drink to a casualty suffering from shock</p>
<p><u>5. Help the rescue team to find you:</u></p> <p>-go to crossings, to unclear partings of roads or to an agreed meeting point -give the rescue team a briefing on the situation and on possible changes -let the rescue team do their job while you look after the rest of the group</p>	
<p>Contact details: -Emergency number 112, -Stella Polaris Adventures +358 40 8433425, - Safety supervisor +358 400 304 991</p>	