

Abstract:

Title: Safety of movement in the mountains.

Objectives: The aim of this work is to point out the risks of movement in the mountain environment, to introduce objective and subjective dangers and to provide recommendations on how to reduce their negative effects.

Methods: Literary research.

Results: Compilation of an overview of safe behavior when moving in mountains of lower and medium altitudes, created on the basis of a literary search of professional literature. These results serve to inform the general sports population about the principles of safe behavior and imminent danger when moving in the mountains.

Keywords: the dangers of the mountain environment, objective dangers, subjective dangers, avalanches, sports activities in the mountains.