

Abstract:

Title: Objective and subjective dangers when moving in the Czech mountains during the winter season

Objectives: The primary goal of this work is to provide relevant and up-to-date information for the safe realization of outdoor activities in winter mountain environments. It aims to familiarize individuals with the objective and subjective dangers and risks posed by mountainous terrain during the winter season, when the Czech mountain ranges are covered with snow. The secondary goal is to compile a comprehensive set of recommendations on how to mitigate the objective and subjective dangers through proper procedures to ensure a safe level of engagement.

Methods: The chosen method for this study was a literature review. The sources were selected based on their relevance to the specific topic, the expertise of the content, and, in many cases, the practical and theoretical knowledge of the author. On the other hand, sources that were older than thirty years were not utilized in order to maintain the currency of the information, regardless of the author's practical and theoretical skills or knowledge. This decision was primarily driven by the goal of providing relevant and up-to-date information for the safe realization of outdoor activities in mountain environments. Considering safety, there is no room for outdated information.

Results: The outcome of this work is the creation of an overview of objective and subjective dangers that occur during the practice of sports activities in the Czech mountain ranges during the winter season. Furthermore, it provides information on safe behavior while engaging in sports activities in the mountains and familiarizes individuals with methods that reduce the risk of life-threatening situations during movement in these areas. As indicated by statistics from the Mountain Rescue Service of the Czech Republic, activities in the Czech mountains involve inherent risks, especially during the winter season when the terrain is covered with snow.

Keywords: mountain environment, mountain sports activities, injuries in the mountains, first aid in the mountains.