

The threat of injuries in mountains is ongoing and due to increasing numbers of tourists and sportsmen it is not going down rapidly despite improved preventive measures and highly prepared rescue teams. This paper shows Czech Republic's main skiing resorts and their injury numbers. I also talk about Mountain guides and possible preventive measures on part of the general population.

With a questionnaire based survey I tried to map the level of information about the options of preventing injuries in winter sports and while in mountains. My results show that the knowledge level is high and applied in practice, but not enough.

Comparison of the HS CR data and my survey data shows that preventive measures are widespread among general population, but they are not sufficient to lower injury rates.