

# 四姑娘山户外活动安全须知

Safety Instructions for Outdoor Activities in Siguniang Mount

四姑娘山户外活动管理中心

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Siguniang Mount Outdoor Activity Management Center





四姑娘山景区幅员面积591平方公里，由双桥沟、长坪沟、海子沟组成，平均海拔3200米以上，距离省会城市成都175公里。

The Siguniang Mountain Scenic Area covers an area of 591 square kilometers and consists of Shuangqiao Valley, Changping Valley, and Haizi Valley. It has an average altitude of over 3200 meters and is located 175 kilometers away from the provincial capital city of Chengdu.





四姑娘山景区具有丰富的户外运动资源，能够适应初级、中级、高级等各类层次不同户外运动爱好者的需求，在国内外享有“东方圣山、户外天堂”的美誉。

Mount Siguniang Scenic Area has abundant outdoor sports resources and is known as the "Eastern Holy Mountain and Outdoor Paradise," which can meet the needs of outdoor sports enthusiasts at different levels, including beginners, intermediate, and advanced.





目前景区内已开发的户外运动项目有攀冰、攀岩、漂流、穿越、徒步露营等。

Currently, the developed outdoor sports projects in the scenic area include ice climbing, rock climbing, rafting, trekking, and camping.





根据户外活动高风险的特殊性，结合四姑娘山景区实际，现将户外活动的风险及注意事项告知如下：

According to the high-risk nature of outdoor activities, combined with the actual situation of Mount Siguniang Scenic Area, the risks and precautions of outdoor activities are as follows:



户外活动的风险包括：滑坠、落石、雪崩、山洪、装备遗损、操作失误、失温、冻伤、个人身体突发状况等，除此以外还存在无法预计到的各种风险。

The risks of outdoor activities include slipping and falling, falling rocks, avalanches, flash floods, equipment damage or loss, operational errors, hypothermia, frostbite, and unexpected personal physical conditions, as well as other unforeseeable risks.





一、初到高原，请您注意以下事项：

When you arrive at the plateau, please pay attention to the following:

1. 避免剧烈运动，可进行必要的适应性行走与活动。

Avoid strenuous exercise and engage in necessary adaptive walking and activities.





2. 饮食以清淡为主，尽量多吃新鲜蔬菜水果；随身携带热水壶，饮水要频繁、少量。

Eat light food, and try to eat fresh vegetables and fruits. Bring a thermos bottle with you, and drink water frequently in small amounts.





3. 保证充足的睡眠、良好的心态，既不过于紧张，也过于兴奋。

Ensure adequate sleep and a good mentality, neither overly nervous nor overly excited.





4. 高原天气早晚温差大、天气变化快，注意防晒保暖。

The temperature difference between morning and evening is significant, and the weather changes quickly on the plateau, so pay attention to sun protection and warmth.





二、在活动开始前，您需要注意以下事项。

Before starting the activity, please pay attention to the following:

1. 请根据自己的身体状况和个人技能，选择适合自己的户外活动项目，切勿盲目跟从。

Please choose an outdoor activity that suits your physical condition and personal skills, and do not blindly follow others.





2. 请与带队向导（协作）就活动项目、时间、路线、风险、户外装备等内容作充分沟通，做好相应准备，并制定突发事件处置预案。

Please fully communicate with the team leading guide (coordinator) on the activity project, time, route, risk, and outdoor equipment, etc, make corresponding preparations and develop an emergency response plan.





3. 出发前，要在带队向导（协作）的指导下进行基础适应性训练，并掌握基本的装备使用技术。

Before departure, receive basic adaptive training under the guidance of the team leading guide (coordinator) and master the basic equipment usage techniques.





4. 对天气、温度等潜在的自然风险提前做出判断，并做好应对措施。

Make judgments on potential natural risks such as weather and temperature in advance and make corresponding response measures.





三、在四姑娘山景区开展户外活动，必须办理以下手续：

The following procedures must be completed when carrying out outdoor activities in Siguniang Mount Scenic Area:

1. 所有开展户外活动的团队和个人，必须按规定聘请持证高山向导（协作）。

All teams and individuals carrying out outdoor activities must hire certified high-altitude guides(coordiators)





2. 开展攀冰、攀岩等活动的团队和个人，必须在户外活动管理中心如实申报活动时间、项目、路线，并登记备案。

Teams and individuals carrying out activities such as ice climbing and rock climbing must truthfully report the activity time, project, and route to the outdoor activity management center and register them.





3. 开展攀冰、穿越、露营、高山探险、科考等户外活动的团队或个人，必须遵守景区相关规定，科考人员需向景区提交相关科研成果。

Teams or individuals carrying out outdoor activities such as ice climbing, trekking, camping, mountain exploration, and scientific research must abide by the relevant regulations of the scenic area, and scientific researchers must submit relevant research results to the Scenic Area.





4. 所有开展户外活动的团队或个人，必须购买户外人身意外保险（每人保险额度为80万元以上）。

All teams or individuals carrying out outdoor activities must purchase personal accident insurance for outdoor activities (with a coverage of more than 800,000 yuan per person).



# 四姑娘山户外活动风险告知书

为加强四姑娘山地区户外活动的规范管理，有效保护景观资源和生态环境，保障户外活动者的合法权益和生命、财产安全，促进户外活动的有效、安全和健康发展。根据户外活动本身就具有风险的特殊性，结合景区实际，现将有关户外活动风险事宜告知如下：

5. 认真阅读《四姑娘山户外活动风险告知书》，并做好各项应对措施。

Carefully read the "Risk Notice for Outdoor Activities in Siguniang Mount" and take corresponding measures.









7. 未办理手续，擅自在景区开展户外活动的团队和个人，将根据相关法律法规进行处罚，并终身禁止在四姑娘山开展户外活动。

Teams and individuals who carry out outdoor activities in the scenic area without completing the necessary procedures will be punished according to relevant laws and regulations and will be banned from carrying out outdoor activities in Siguniang Mount for life.





#### 四、在开展户外活动过程中的注意事项：

Precautions during outdoor activities:

1. 开展活动过程中，必须听从带队向导（协作）的安排和指挥，以免发生意外。

During the activity, you must obey the arrangements and commands of the team leading guide(coordinator) to avoid accidents.





2. 必须严格按照申报的项目及其线路，安全、有序的开展活动，擅自更改项目和线路的，户外活动管理中心将取消其活动资格，并对带队向导（协作）进行处罚。

Activities must be carried out strictly according to the declared project and route, with safety and order. If there is any unauthorized change in the project or route, the outdoor activity management center will cancel the qualification of the activity and impose penalties on the team leading guide(coordinator).





3. 行进过程中，队员请勿脱离团队，带队向导（协作）和领队要随时清点人数，并照顾弱势队员，以免掉队造成危险。

During the journey, team members should not leave the group. The leading guide ( coordinator )should count the number of people at any time and take care of weak team members to avoid getting lost and causing danger.





4. 随时注意自己的身体状况，如有不良反应，应立即向带队向导（协作）报告并及时处理，有必要的立即下撤。  
Always pay attention to your physical condition. If there are any adverse reactions, you should immediately report to the leading guide (coordinator) for timely treatment and necessary evacuation.





5. 在气候条件恶劣，不适宜开展户外活动的情况下，带队向导（协作）有权终止活动开展，并在保证安全的前提下撤回。

In case of bad weather conditions that are not suitable for outdoor activities, the leading guide (coordinator) have the right to terminate the activity and withdraw on the premise of ensuring safety.





## 五、开展户外活动过程中需要注意的其它事项

Other issues to be aware of during outdoor activities:

1. 景区禁止吸烟，禁止野外用火，做好森林防火的各项措施。

Smoking is prohibited in the scenic area, and outdoor fires are prohibited. Forest fire prevention measures should be taken.





2. 注意保护环境及水源，将产生的所有垃圾收集整理，放于指定地点或随身带出景区。

Pay attention to protecting the environment and water sources. Collect and organize all the garbage generated and place them in designated areas or take them out of the scenic area.





六、突发紧急情况需要救援时，请参考以下处理方法：

Emergency rescue measures in case of sudden emergencies:

1. 全体队员应迅速脱离危险环境，到达安全场地后再向外求援。

All team members should quickly evacuate from the dangerous environment and seek help after reaching a safe location.





2. 请在第一时间拨打四姑娘山户外活动管理中心应急救援电话：0837—2791999；需要医疗救护的，请同时拨打四姑娘山镇急救中心电话：0837—2791120（景区内电信信号良好，移动信号较弱，联通几乎没有信号）。

Please call the emergency rescue phone number of Siguniang Mount Outdoor Activity Management Center: 0837-2791999, and if medical assistance is needed, also call the emergency center of Siguniangshan Town: 0837-2791120 ( In the scenic area,the signal of China Telecom is good, the signal of China Mobile is weaker, and almost no signals for China Unicom).





3. 若无通讯，请立刻派出向导（协作）或队友，迅速与户外活动管理中心救援队取得联系。

If there is no communication, immediately send a guide( coordinator )or teammate to contact the rescue team of the outdoor activity management center.





#### 4. 积极开展自救。

Actively engage in self-rescue.

(1) 高反类疾病，应尽快吸氧并运送患者至低海拔地区。

For altitude sickness, the patient should be given oxygen as soon as possible and transported to a lower altitude.

(2) 若队伍中有救护资质的队员，请立即对伤者进行应急处理，然后等待救援队到达。

If there are qualified first aid members in the team, they should immediately provide emergency treatment to the injured and wait for the rescue team to arrive.



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