

For the sake of personal security in the mountains – from the perspective of innovative agonology

Zbigniew Piepiora ^{1ABCDE}, Kamil Pietrzak^{1ABC}, Justyna Bagińska ^{2BD},
Paweł Piepiora ^{2DE}

Authors' Contribution:

- A Study Design
- B Data Collection
- C Statistical Analysis
- D Manuscript Preparation
- E Funds Collection

¹Faculty of Environmental Engineering and Geodesy, Wrocław University of Environmental and Life Sciences, Wrocław, Poland

²Faculty of Physical Education and Sports, Wrocław University of Health and Sport Sciences, Wrocław, Poland

Received: 23 July 2022; **Accepted:** 25 August 2022; **Published online:** 05 September 2022

AoBID: 15539

Abstract

Background and Study Aim:

For years, in the Tatra Mountains, avalanches have been claiming human lives and property: in 1938 the snow avalanche from Marchwiczna Pass in the Rybiego Potoku Valley killed 1 person and affected another one and the avalanche's blast broke the windows and moved a stove in a mountain shelter; in 1956 the snow avalanche under the Kondratowy Wierch in the Goryczkowa Valley destroyed another mountain shelter and killed 5 people inside; in 2003 under the Rysy peak in the Rybiego Potoku Valley killed 8 people and affected 1 person. The aim of this study is knowledge about areas most prone to avalanche in Polish part of the Tatra Mountains from the perspective of their specificity and concern for personal safety of potential tourists visiting these places in the future.

Material and Methods:

The research was conducted using the Snow Avalanche Event Analysis. The Snow Avalanche Event Analysis consists of 6 steps: studying the avalanches, collecting the global data, gathering the local data, comparing the data, assessing the risk, computing the effects. To perform analysis, the authors obtained information from secondary sources on the number of tourists visiting Tatra National Park in 2021 and data on the occurrence of snow avalanches in the Tatra Mountains in the years 1855-2021. The authors applied the Snow Avalanche Event Analysis only in the Polish part of the mountain range, because the Slovak Tatranský Národný Park closes all hiking trails above the mountain shelters in the Slovak part of the Tatras every year from 1 November to 15 June.

Results:

The most avalanche-prone areas in the Polish part of the Tatra Mountains are (risk indicators in brackets): Rybiego Potoku Valley (0.020020%), Roztoki Valley and Pięciu Stawów Polskich Valley (0.006252%), Gąsienicowa Valley (0.004765%).

Conclusions:

Authors verified positively the formulated research hypothesis: 'The most avalanche-prone area in Polish part of the Tatra Mountains is the Rybiego Potoku Valley'. The authors successfully applied the SAEA (this time on the example of the Tatra Mountains), which entitles us to recommend this research tool as useful in fulfilling the scientific and social mission of innovative agonology.

Key words:

mountain rescue service • Snow Avalanche Event Analysis • Tatra Mountains • Tatra National Park • TOPR

Copyright:

© 2022, the Authors. Published by Archives of Budo

Conflict of interest:

Authors have declared that no competing interest exists

Ethical approval:

The research has been approved by the local Ethics Committee

Provenance & peer review:

Not commissioned; externally peer-reviewed

Source of support:

Departmental sources

Author's address:

Paweł Piepiora, Wrocław University of Health and Sport Sciences, I. J. Paderewskiego 35 street, P-2 room 247, 51-612 Wrocław, Poland; e-mail: pawel.piepiora@awf.wroc.pl

EM-DAT – in 1988, the **Centre for Research on the Epidemiology of Disasters (CRED)** launched the **Emergency Events Database (EM-DAT)**. EM-DAT was created with the initial support of the World Health Organisation and the Belgian Government. The main objective of the database is to serve the purposes of humanitarian action at national and international levels. The initiative aims to rationalise decision making for disaster preparedness, as well as provide an objective base for vulnerability assessment and priority setting. EMDAT contains essential core data on the occurrence and effects of over 22,000 mass disasters in the world from 1900 to the present day. The database is compiled from various sources, including UN agencies, nongovernmental organisations, insurance companies, research institutes and press agencies [9].

Tatra Mountains (Tatry) – the highest mountain range of the Carpathian located in the central-south of Poland and in the central-north of the Slovak Republic. The total area of the Tatra Mountains is 785 km². Bears, chamois and marmots are the most characteristic fauna of the Tatras [42-53].

Tatra Mountain Volunteer Search and Rescue (Tatrzaiskie Ochotnicze Pogotowie Ratunkowe, TOPR) – TOPR is a public benefit organization which main task is a rescue of human life in the Tatra Mountains in Poland. It was founded in 1909. TOPR uses an emblem and badge depicting a blue cross on a white field with a brown band. Under the cross is a mountain pine branch [65].

Tatra Mountain Service – Voluntary Corps (Tatranská horská služba – dobrovoľný zbor, THS-DZ) – THS-DZ is a civil association of volunteer mountain rescuers who perform rescue and preventive-educational activities in the territory of the High Tatras in Slovakia [63].

Mountain Rescue Service (Horská záchranná služba, HZS) – HZS is established by Act no. 544/2002 Coll. on the Mountain Rescue Service. It is a state budget organization managed by the Ministry of the Interior of the Slovak Republic. HZS has several various regional centers for mountain areas [64].

INTRODUCTION

Agonology, in a narrow sense, is a synonym for the general theory of struggle [1], while in a wide sense it is the science of struggle [2, 3]. Roman Maciej Kalina, the promoter of innovative agonology, in his biography in the journal *Current Alzheimer Research* defines “innovative agonology” as applied science, dedicated to evidence-based complementary cognitive-behavioural promotion, prevention and therapy of all dimensions of health, and ennoblement of activities enhancing the ability to survive. In his work dedicated to the prospect of an effective defence of peace and unrestricted freedom of scientists he underlined that people still cannot cope with the age-old problem – struggle with themselves, with their agonistic nature [4]. It is reasonable to assume that one important manifestation of man’s agonistic nature is precisely to undertake risky expeditions into dangerous mountain areas, and that the epidemiology of tragic events is not a deterrent. Thus, the perspective of innovative agonology is understood as the methodological possibility of explaining and grounding this phenomenon at the borderline with other sciences. The optimal guide is precisely the language of this new applied science [5]. The human struggle against the forces of nature is thus one of the cases where, according to Jarosław Rudniański [6], man legitimately uses the word ‘struggle’ or its synonyms. Since such words are legitimate, all the more so the science of struggle.

Events associated with natural forces are natural disasters, including avalanches [7]. An avalanche is defined by M. Jagiełło as ‘sliding down of snow masses’ [8]. The EM-DAT (see glossary) defines the avalanche more broadly as ‘a large mass of loosened earth material, snow, or ice that slides, flows or falls rapidly down a mountainside under the force of gravity’ [9]. Their definitions are similar to the notion of snow avalanche formulated by W. Niemiec [10] and V. Spusta et al. [11] but they precise that the rapid downslope movement concerns only snow (not snow and ice) and its distance is minimum 50 meters. Kociánová et al. [12] add that an avalanche can bury, injure or kill humans and European Avalanche Warning Services emphasize the volume of avalanche that exceeds 100 m³ [13].

Snow avalanches occur in very high mountains like the Himalayas where an avalanche occurred on Pumori peak killing 19 people on 25 April, 2015 [14, 15] or in high mountains like

the Apennines where the avalanche appeared on Gran Sasso d’Italia and caused 29 deaths on 18 Jan, 2017 [16]. Snow avalanches can also appear in mid-height mountains like Karkonosze or Bieszczady [17, 18].

In 1938 in the Tatra Mountains, the snow avalanche from Marchwiczna Przełęcz in the Rybiego Potoku Valley killed 1 person and affected another one. The avalanche’s blast broke the windows and moved the stove in a hostel. In 1956 the snow avalanche under the Kondratowy Wierch in the Goryczkowa Valley destroyed another hostel and killed 5 people inside. Another snow avalanche in 2003 under the Rysy peak in the Rybiego Potoku Valley killed 8 people and affected 1 person [8, 19].

For the sake of personal safety [20-22] of visitors the authors investigated the issue of avalanche-prone areas in the Polish part of the Tatra Mountains and verified whether the Rybiego Potoku Valley is the most avalanche-prone area. Authors applied the Snow Avalanche Event Analysis only in this part of Mountains because the Slovak Tatranský Národný Park (TANAP) closes all hiking trails above the shelters in the Slovak part of the Tatra Mountains every year from November 1 to June 15 [23].

The aim of this study is knowledge about areas most prone to avalanche in Polish part of the Tatra Mountains from the perspective of their specificity and concern for personal safety of potential tourists visiting these places in the future.

MATERIAL AND METHODS

We applied the snow avalanche event analysis. It is based on the method of proof that uses deductive reasoning that is appropriate to analytical activities. The SAE analysis consists of 6 steps [16].

Step 1 – study of the avalanches. We studied the area literature for the examined of the Tatra Mountains as well as field work [7, 24-27]. We used the definition of the snow avalanche event (SAE – see glossary) [16]. We searched the Scopus database with combinations of keywords: ‘snow avalanche’ and ‘mountain rescue service’ [28] and we obtained only 2 results. However they were excluded because they did not concern the avalanche hazard of the Tatra National Park [29, 30].

Step 2 – collecting the global data. We searched the well-established International Disaster Database (EM-DAT) run by School of Public Health at Université Catholique de Louvain in Belgium, with the keyword ‘avalanche’ to build the table with avalanche events that occurred from 1900 to 2021 throughout the world, in order to identify avalanche cases in Poland [9]. The search yielded no results concerning Poland.

Step 3 – collecting local data. We obtained information from secondary sources on the number of tourists visiting the Tatra National Park (TPN) in 2014-2021 period [31]. We used data on the occurrence of snow avalanches in the Tatra Mountains in the 1855-2021 period, recorded by chroniclers and rescuers of the Polish public benefit organization: the Tatra Mountain Volunteer Search and Rescue (Tatrzańskie Ochotnicze Pogotowie Ratunkowe – TOPR) [32, 33, 27, 8, 19, 34-37].

Step 4 – data comparison. We compared the occurrence of avalanches in the Tatra Mountains in the 1855-2021 period, with the SAE criterion to reject phenomena which do not fulfil the SAE definition or occurred beyond the research area. We also compared the EM-DAT data with the list of events recorded by local chroniclers and rescuers.

Step 5 – evaluating the risk. We used the risk assessment methodology, understood as the probability of occurrence of an adverse event with its effects in a given time [38, 39]. We determined the probability by calculating the frequency of occurrence (f_o), according to the formula: $f_o = (\text{number of SAE in avalanche prone area} / \text{examined time interval}) \times 100\%$ [16].

Step 6 – computing the effects. We calculated effects in the spreadsheet, summing up the total number of victims in a given avalanche prone area (deaths and affected), and dividing it by the sum of the monthly number of tourists visiting TPN for tested avalanche prone area in the examined period of time in the months when the snow avalanches occurred and can occur: January-June and September-December. We obtained a risk indicator for a given examined avalanche prone area, multiplying the probability each time by the effects of the occurrence of SAE in the examined avalanche prone area – the higher the risk, the more avalanche prone area is [16].

We edit this narrative review in the likeness of the original paper.

RESULTS

Snow avalanches

From 1900 to 2021 according to the EM-DAT 120 avalanches were recorded (Table 1). Only disasters that met at least one of the following criteria were entered: 10 or more human casualties; and/or 100 or more people affected/injured/homeless; and/or declaration of a state of emergency by a given country; and/or an appeal for international assistance. Sometimes secondary criteria such as significant damage are also taken into account. According to EM-DAT, snow avalanches killed more than 5.5 thousand people and affected more than 100 thousand people worldwide in the examined period and caused more than 1.5 billion damages in US \$ [9].

The most deadly were Marmolada avalanches that were observed in the Dolomites in Italy in 1916.

Tatra National Park, TPN (Tatrzański Park Narodowy)
– a national park located in the Polish part of the Tatra Mountains. It covers an area of 211.97 km² [54-57, 59].

Tatra National Park, TANAP (Tatranský národný park)
– a national park located in the Slovak part of the Tatra Mountains. It covers an area of 738 km² [58].

Snow avalanche – rapid downslope movement of a mix of snow and ice [7-13].

Snow avalanche event (SAE)
– the rapid movement of large masses of snow down the slope to a distance of at least 50 meters which causes death and/or suffering of people and animals [16].

Risk – probability of the occurrence of an adverse event and its effects in a given time [38, 39].

Table 1. Avalanches (snow and debris) registered by the EM-DAT in the years 1900-2021 according to the number of events [9].

Continent	Events	Deaths	Total affected	Damages (in thousand US \$)
Asia	71	3,882	92,969	72,806
Europe	41	1,442	14,947	1,442,206
North America	4	150	22	0
South America	4	83	154	0
Africa	0	0	0	0
Oceania	0	0	0	0
Total	120	5,557	108,092	1,515,012

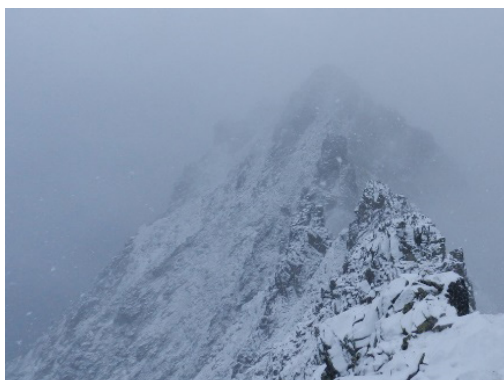


Figure 1. In the Tatra Mountains (photo by Zbigniew Piepiora).

They killed approx. 10000 people [40]. Strangely enough, Marmolada avalanches were not recognized by the EM-DAT database [9]. Moreover, avalanches in the database are not divided into types (snow and debris), and the database does not differentiate different types of avalanches according to their size [41].

Characteristics of the examined area

The Tatras (Figure 1) are the highest uplift in the Carpathian arc. They are located on the border between Poland and Slovakia. The entire area covered by the Tatras is 785 km², with only 175 km² on the Polish side. The span of the range is 55 km, the width is 20 km and the length of the main ridge, not including the ridge of the Bielskie Tatras, is 75 km.

Geographically, the Tatras are divided into the Bielskie Tatras, the High Tatras, the Western Tatras and the Siwy Wierch Massif. The High Tatras are the highest part of the studied mountain range, with alpine relief strongly transformed by glacial action. They are characterized by soaring peaks with steep slopes (slopes exceeding 45° occupy 13.1% of the Tatra area) and perpetual snows, which occur in basins, but on a small scale. The Western Tatras have milder relief due to the presence of a large number of rocks prone to erosion [42-46].

Glacial action, karst processes and river activity are noticeable in the relief. [47, 48]. The line of the Tatra Mountains runs in a zigzag pattern, forming several turns. From the ridge line, short arms ranging from 2 to 9 km in length diverge. This unique structure of the Tatra Mountains is related to the fact that its main ridge is very high and there are no major depressions or passes in the range. Both the main arms of the Tatras and the small ribs are separated from each other by valleys of different sizes [49, 50]. Many streams and brooks flow through the Tatra valleys. Their length does not usually exceed 15 km [51-53]. The massif is located in the zone of transitional warm temperate climate. A characteristic feature of the climate of the Tatras is the vertical variability that results in the formation of climatic floors. The Tatras, together with the northern chain of the Carpathian Mountains, form a border wall for

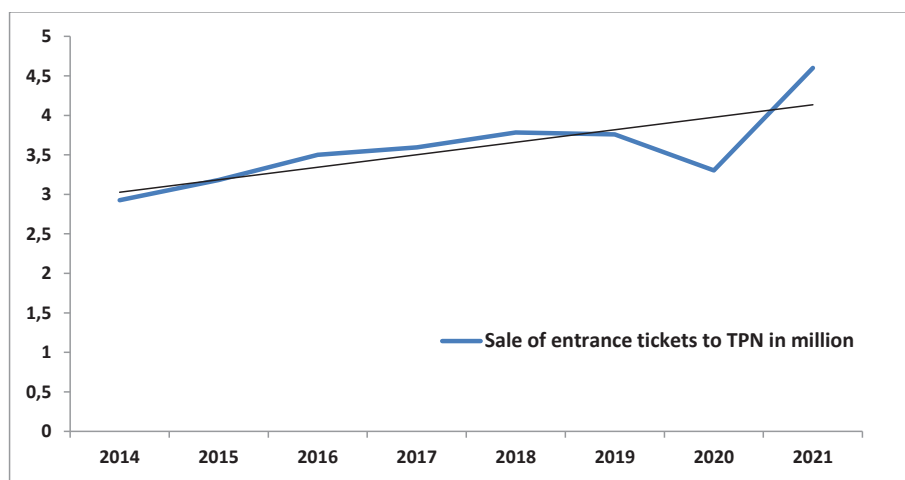


Figure 2. Yearly number of tourists visiting Tatra National Park in the years 2014-2021 (2020 effect of the COVID-19 pandemic). Source: [31].

the climatic relations of Europe. These ranges block the winds blowing from the Atlantic Ocean, causing water vapour to condense. The amount of precipitation decreases with increasing distance from the mountain range [49, 53]. There are two national parks in the Tatra Mountains: the Tatranský Národný Park (on the Slovak side) and the Tatra National Park (on the Polish side) [54-59]. A compensation in 2021 against 2019 is visible. The reduction in tourism was due to the COVID-19 pandemic [60, 61] (Figure 2).

TANAP closes all hiking trails above the mountain shelters in the Slovak part of the Tatras every year from 1 November to 15 June [23]. On the Polish side, the following sections of trails are closed for the winter period (from 1 December to 15 May) due to nature protection [62]: 1. Przełęcz w Grzybowcu - Wyżnia Przełęcz Kondracka: the red route (a fragment of the route Strążyska Valley - Giewont); 2. Tomanowa Valley - Chuda Przełęczka: the green route; 3. Dolina Pięciu Stawów Polskich - Świstówka Roztocka - Morskie Oko: the blue route.

On the Slovak side of the Tatra Mountains, life-saving activities are carried out by: Tatranská horská služba – dobrovoľný zbor, THS-DZ (the Tatra Mountain Service – Voluntary Corps), and Horská záchranná služba, HZS (the Mountain Rescue

Service) [63, 64]. In the area of the Polish part of the Tatra Mountains, these activities are carried out by Tatrzańskie Ochotnicze Pogotowie Ratunkowe (Tatra Mountain Volunteer Search and Rescue) [65], which celebrated its 110th anniversary in 2019 [36]. It operates on the basis of the Safety and Rescue in the Mountains and on Organized Ski Areas Act of 18 August 2011 [Journal of Laws 2011 no. 208 item 1241] and the Law on Associations [66, 67].

The Roztoki Valley and the Pięciu Stawów Valley are analysed together, because they are two scenically different floors of one and the same valley, starting below Świnica peak and flowing into the valleys of the Białka River. In the years 1855-2021, there were registered 162 snow avalanches (Table 2). They not occurred only in October, July, and August. The snow avalanches killed 121 people and affected 304 persons (physically and mentally). Most people died in avalanches in the Rybiego Potoku Valley (Figure 3 and 4) 35 persons. The largest number of people were affected also in the Rybiego Potoku Valley 118 people. We noted that none of snow avalanches recognized in Table 2 was registered in EM-DAT because they did not meet the EM-DAT criteria: 10 or more people dead; 100 or more people affected; the declaration of a state of emergency; a call for international assistance [9].

Table 2. Statistics of snow avalanche events registered in the Tatra Mountains in the years 1855-2021 according to the number of SAE's.

Snow avalanche prone area	Avalanches		SAE's		Deaths		Affected		Total deaths & affected	
	n	%*	n	**	n	***	n	****	n	%^
Dolina Rybiego Potoku	57	35.19	54	37.76	35	28.93	118	38.82	153	36
Dolina Roztoki and Dolina Pięciu Stawów Polskich	35	21.60	30	20.98	30	24.79	56	18.42	86	20.24
Dolina Gąsienicowa	22	13.58	19	13.29	17	14.05	32	10.53	49	11.53
Dolina Goryczkowa	13	8.02	11	7.69	10	8.26	31	10.20	41	9.65
Dolina Kościeliska	12	7.41	12	8.39	14	11.57	36	11.84	50	11.76
Dolina Chochołowska	12	7.41	6	4.20	4	3.31	14	4.61	18	4.24
Dolina Kondratowa	5	3.09	5	3.50	5	4.13	7	2.30	12	2.82
Dolina Małej Łąki	3	1.85	3	2.10	1	0.83	5	1.64	6	1.41
Dolina Olczyska	2	1.23	2	1.40	2	1.65	1	0.33	3	0.71
Dolina Pańszczyca	1	0.62	1	0.70	3	2.48	4	1.32	7	1.65
Total	162	100	143	100	121	100	304	100	425	100

*share of no. of avalanches in total no. of avalanches; **share of SAE's in sum of SAE's; ***share of deaths in sum of deaths; ****share of affected in sum of affected; ^share of total affected in sum of total affected.

Source: [32, 33, 27, 52, 8, 19, 34-37].



Figure 3. The Rybiego Potoku Valley – Czarny Staw pod Rysami and fragment of the Morskie Oko lake can be seen in the weather window (photo by Zbigniew Piepiora).

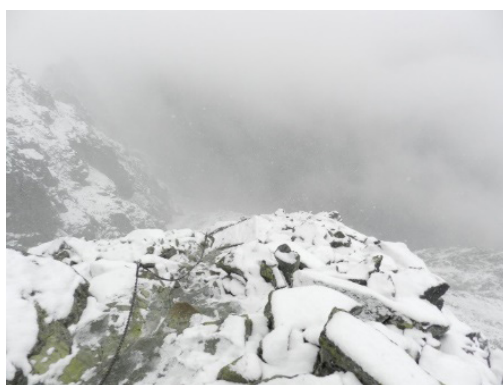


Figure 4. The red trail to Rysy in the Rybiego Potoku Valley (photo by Zbigniew Piepiora).

The most snow avalanche-prone areas are: Chochołowska Valley, Gąsienicowa Valley, Goryczkowa Valley, Kondratowa Valley, Kościeliska Valley, Małej Łąki Valley, Olczyska Valley, Pańszczycza Valley, Rożtoki Valley and Pięciu Stawów Polskich Valley, Rybiego Potoku Valley (Table 2).

Totaled 4.6 million tickets sold in 2021 [31]. The Olczyska Valley was associated the Jaworzynka entrance because the Siklawiczny Żleb (Żleb Roja)

descends to the Olczyska Valley and next to it there is the blue trail from the Jaworzonka, not from Olczyska entrance. We assumed that half of tourist traffic goes to the Rożtoki Valley and Pięciu Stawów Polskich Valley and the rest – to Rybiego Potoku Valley. We assumed that 33% of tourist traffic from the Kasprowy Wierch goes to the Goryczkowa Valley, and the other 33% to the Gąsienicowa Valley. The remaining areas prone to snow avalanche were ascribed to entrances that were closest to them (Table 3).

The higher the risk, the more prone the snow avalanche area. We calculated the following risk indicators for the examined snow avalanche areas: Chochołowska Valley (0.000282%), Gąsienicowa Valley (0.004765%), Goryczkowa Valley (0.001687%), Kondratowa Valley (0.000354%), Kościeliska Valley (0.001118%), Małej Łąki Valley (0.000238%), Olczyska Valley (0.000021%), Pańszczycza Valley (0.000142%), Rożtoki Valley and Pięciu Stawów Polskich Valley (0.006252%), Rybiego Potoku Valley (0.020020%). The highest risk of a snow avalanche event occurred in the Rybiego Potoku Valley, which is the most snow avalanche prone area in the Polish part of the entire Tatra Mountains (Table 4).

Table 3. Tourist traffic in the Tatra National Park and the snow avalanche prone areas according to the number of persons (in the months I-VI and XI-XII in 2021).

Ticket sales points (entrances)	The total tourist traffic in 2021		Snow avalanche prone area
	%	Persons	
Łysa Polana (Palenica Białczańska)	10.81	497,205	50% Dolina Roztoki and Dolina Pięciu Stawów Polskich, 50% Dolina Rybiego Potoku
Kościeliska	7.03	323,317	Dolina Kościeliska
Kasprowy Wierch	6.38	293,548	33% Dolina Goryczkowa, 33% Dolina Gąsienicowa
Dolina Chochołowska	5.01	230,514	Dolina Chochołowska
Jaworzynka	3.67	168,816	Dolina Olczyńska
Dolina Strążyska	3.51	161,403	
Kalatówki	2.22	102,063	Dolina Kondratowa
Wierch Poroniec	1.68	77,406	
Dolina Białego	1.57	72,230	
Goryczkowa	1.39	64,161	Dolina Goryczkowa
Mała Łąka	0.99	45,470	Dolina Małej Łąki
Nosal	0.69	31,632	
Zazadnia	0.64	29,615	Dolina Pańszczyca
Sucha Woda	0.45	20,836	Dolina Gąsienicowa
Cyrhla	0.31	14,172	
Olczyńska	0.28	12,784	
Dolina Lejowa	0.08	3,659	
Total according to TPN*	100	4,600,025	

*Including also: e-tickets, 7-days tickets, 7-days; 6 days tickets, citizens, exempted, ski tourers, the Big Family Card
Source: [31].

Table 4. Risk assessment in avalanche prone areas according to the risk indicator.

Snow avalanche prone area	Number of events:				Tourists n	Indicator		
	SAE's	deaths	affected	total		probability [%]	effects**	risk indicator [%]
Dolina Rybiego Potoku	54	35	118	153	248,603	32.530	0.000615	0.020
Dolina Roztoki and Dolina Pięciu Stawów Polskich	30	30	56	86	248,602	18.072	0.000346	0.006
Dolina Gąsienicowa	19	17	32	49	117,707	11.446	0.000416	0.005
Dolina Kościeliska	12	14	36	50	323,317	7.229	0.000155	0.001
Dolina Goryczkowa	11	10	31	41	161,032	6.626	0.000255	0.002
Dolina Kondratowa	5	5	7	12	102,063	3.012	0.000118	0.0003
Dolina Chochołowska	6	4	14	18	230,514	3.614	0.000078	0.0003
Dolina Małej Łąki	3	1	5	6	45,470	1.807	0.000132	0.0002
Dolina Pańszczyca	1	3	4	7	29,615	0.602	0.000236	0.0001
Dolina Olczyńska	2	2	1	3	168,816	1.205	0.000018	0.00002
Total	143	121	304	425	1,675,739			

*SAE/166 × 100%; **total/n of tourists ***probability X effects

DISCUSSION

A factor that increases the risk index is inadequate preparation for mountaineering in winter conditions, such as inadequate clothing and equipment, failure to check the weather forecast, or inadequate route planning. Furthermore, bravado or risky behaviour, such as mountaineering during risk of avalanche or walking off the trail, increases the risk index (Figure 5). Sometimes this happens unintentionally by unthinkingly following trails that someone may have marked off the trail. When in the mountains, you should always obey the rules and regulations in place. The mountains should be treated with humility, as you never know what may happen along the trail: suddenly, your stay in the mountains may turn into an unexpected battle with the elements and your own weaknesses [8, 36].



Figure 5. Risky behaviours in the Tatra Mountains – a man in shorts and a person outside the trail (photo by Zbigniew Piepiora).

Snow avalanches are caused by the heavy snowfalls on steep slopes that result from gravity pull [68]. The effects of snow avalanches, especially injuries and damages, are related to the expansion of human settlement, land use, and infrastructure into areas which are at risk from snow mass instability. The rising popularity of winter sports constitutes a particular problem for emergency services as to how to maintain public safety without placing unnecessary restrictions on access to mountainous regions [69]. Anyone who leaves the designated route, enters an area

that is not protected from avalanche danger. This means that outside trails and high-altitude areas an avalanche can descend anytime [70, 18].

The increasing scale of interest in mountaineering shown in this review, alongside with the risks (numbers documenting deaths and negative health effects), lead to the conclusion that the prevention standards in place are inadequate. The attention paid to innovative agonology in this work has a methodological justification. The basic method of this new applied science (which has only been promoted in the global science space since 2016 [71]) is a complementary approach. Moreover, agonology in its broadest sense is, after all, a science of struggle [1, 6, 2-5]. At the same time, the controlled environment rule formulated by Jarosław Rudniański [6] is universally applicable. This rule is particularly meaningful in the struggle against dangerous nature and one's own weaknesses of those who, due to lack of adequate preparation and disregard for high mountain conditions, take unjustified risks.

CONCLUSIONS

The most dangerous places in the Polish part of the entire Tatra Mountains are the following: Rybiego Potoku Valley, Roztoki Valley and Pięciu Stawów Polskich Valley, Gąsienicowa Valley. We verified positively the hypothesis formulated at the beginning: 'The most prone avalanche area in Polish part of the Tatra Mountains is Rybiego Potoku Valley'. Furthermore, we applied positively the Snow Avalanche Event Analysis in the Tatra Mountains as the method of research of innovative agonology.

In the future, the research should focus on estimating the risk indicators for the years 1855-2021 for specific locations in the Rybiego Potoku Valley, e.g., Rysy, Mięguszowieckie Szczyty, Żleb Żandarmerii; and in other Tatra valleys. To verify that Rybiego Potoku Valley is one of the most avalanche-prone and dangerous areas in Polish mountains, further research is needed on the occurrence of snow avalanches in the Polish mountains and the tourist movement in the vicinity of snow avalanche-prone areas.

REFERENCES

1. Kotarbiński T. Z zagadnień ogólnej teorii walki. In: Wybór pism. Part 1. Warszawa: PWN; 1957: 549 [in Polish]
2. Kalina RM. Agonology as a deeply esoteric science – an introduction to martial arts therapy on a global scale. *Proc Manuf* 2015; 3: 1195-1202
3. Kalina RM. Agonology – the unknown science. *Arch Budo* 2016; 12: 231-237
4. Kalina RM. Agonology – the prospect of an effective defence of peace and unrestricted freedom of scientists. *Arch Budo* 2016; 12: 1-13
5. Kalina RM. Language and methods of innovative agonology as a guide in interdisciplinary research on interpersonal relationships and people with the environment – from micro to macro scale *Arch Budo* 2020; 16: 271-280
6. Rudniański J. Kompromis i walka. Sprawność i etyka kooperacji pozytywnej i negatywnej w gęstym otoczeniu społecznym. Warszawa: Instytut Wydawniczy PAX; 1989 [in Polish]
7. Piepiora Z. Ekonomiczne aspekty lokalnej polityki przeciwdziałania skutkom katastrof naturalnych. Kowary: Zbigniew Piepiora; 2012 [in Polish]
8. Jagiełło M. Wołanie w górach. Wypadki i akcje ratunkowe w Tatrach. Warszawa: Iskry; 2019 [in Polish]
9. Centre for Research on the Epidemiology of Disasters (CRED). Emergency Events Database (EM-DAT), The International Disaster Database. Brussels: UCLouvain; 2022 [accessed 2022 Jul 03]. Available from: <https://www.emdat.be>
10. Spusta V, Brzeziński A, Kořízek V et al. Laviny v Karkonoších. Vrchlabí: Správa KRNP; 2006 [in Slovak]
11. Niemiec W. Lawiny – poradnik [accessed 2022 Jul 03]. Available from: <https://wspanianie.pl/2004/12/lawiny-poradnik-cz-1/> [in Polish]
12. Kociánová M, Kořízek V, Spusta V et al. Laviny v Karkonoších. Příroda, Katastr, Historie, Prevence, Záchrana. Vrchlabí: Správa KRNP; 2013 [in Slovak]
13. European Avalanche Warning Services [accessed 2022 Jul 03]. Available from: http://www.avalanches.org/eaws/en/main_layer.php?layer=basics&id=3
14. Fujita K, Inoue H, Izumi et al. Anomalous winter-snow-amplified earthquake-induced disaster of the 2015 Langtang avalanche in Nepal. *Nat Hazards Earth Sys Sci* 2017; 17(5): 1-27
15. Piepiora P, Kwieciński A, Migasiewicz J. The impact of the level of focus on a change in the level of fear of falling during leading in competition climbing. *J Educ Health Sport* 2019; 9 (5): 516-533
16. Piepiora Z, Piepiora P. The snow avalanche event analysis – a proposal of the new method in the example of the Giant Mountains. *Arch Budo Sci Martial Arts Extreme Sports* 2020; 16: 91-104
17. Piepiora ZN, Kachniarz M, Babczuk A et al. Counteracting the natural disasters effects in Subcarpathian Voivodeship. In: Jedlička P, editor. International Conference Hradec Economic Days 2015: Economic Development and Management of Regions. Hradec Králové; 2015 Feb 3-4, Hradec Králové, Czech. Hradec Králové: Gaudeamus; 2015: 110-115
18. Piepiora ZN, Sikora KM. Biały Jar – The most snow avalanche prone area in the Polish part of the Giant Mountains. Proceedings of the 6th International Conference on Science & Engineering in Mathematics, Chemistry and Physics (ScieTech18): The Nature Math - The Science; 2018 Jan 20-21; Jakarta, Indonesia. AIP Conference Proceedings. New York: AIP Publishing; 2018; 2043(1): 020008
19. Marasek A. TOPR w liczbach. 110 lat TOPR. *Newsweek Extra* 2019. 4: 56-57 [in Polish]
20. Piepiora ZN, Kachniarz M, Piepiora P. The Idea of the crisis cluster in the municipality in the face of the natural disasters. In: Čechurová L, Jiřincová M, editors. *Trendy v podnikání 2014*. Recenzovaný sborník příspěvků mezinárodní vědecké konference. Vydala: Západočeská Univerzita v Plzni; 2014 [in Slovak]
21. Piepiora Z, Morawski M, Kachniarz M. Financing emergency management as a factor of quality of life in the face of natural disasters – the case study of Poland. *Eur J Bus Res* 2017; 17(1): 57-62
22. Piepiora Z, Kujawa M. The value of public safety in Jelenia Góra, Poland. In: Jedlička P, editor. Proceedings of the International Scientific Conference Hradec Economic Days; 2018 Jan 30-31; Hradec Králové, Czech. Hradec Králové: Gaudeamus; 2018: 144-156
23. TANAP. Rules for visitors. The closure of tourist and educational tracks in the National Park from 1 November until 15 June 2022 [accessed 2022 Jul 03]. Available from: <https://www.tanap.org/national-park-rules/>
24. Piepiora ZN, Godlewska ME. Ekonomiczna wartość bezpieczeństwa na szlakach turystycznych na Rysy, Giewont i na Orlej Perci. In: Flejterski S, editor. *Europa Regionum* 2016; 28: 257-266 [in Polish]
25. Piepiora ZN, Godlewska ME. Rekreacyjna wartość Tatrzańskiego Parku Narodowego [Recreational value of the Tatra National Park]. In: Flejterski S, editor. *Europa Regionum* 2016; 28: 267-277 [in Polish]
26. Piepiora ZN, Godlewska ME. Określenie rekreacyjnej wartości Tatrzańskiego Parku Narodowego metodą wyceny warunkowej i metodą kosztów podróży. In: Słowińska-Lisowska M, editor. Proceedings of the Ogólnopolska Konferencja dla Młodych Naukowców Wieczór Naukowca 2017: wokół człowieka; 2017 May 10-11; Wrocław, Poland. Wrocław: Akademia Wychowania Fizycznego; 2017: 62-63 [in Polish]
27. Pietrzak K. Przeciwdziałanie skutkom lawin śnieżnych na obszarze polskiej części Tatr [BEng thesis]. Wrocław: Uniwersytet Przyrodniczy we Wrocławiu; 2018 [in Polish]
28. <https://www.scopus.com/home.uri> (accessed 2022 Jul 03)
29. Brugger H, Paal P, Boyd J. Prehospital resuscitation of the buried avalanche victim. *High Alt Med Biol* 2011; 12(3): 199-205
30. Strapazzon G, Brugger H. On-site treatment of snow avalanche victims: From bench to mountainside. *High Alt Med Biol* 2018; 19(4): 307-315
31. Tatrzański Park Narodowy. Statystyka. Online: <https://tpn.pl/zwiedzaj/turystyka/statystyka>, Access date: 15.12.2022 [in Polish]
32. Marasek A. Lawiny pod lupą. *Tatry* 2008; 2(24) wiosna [in Polish]
33. Marasek A. Statystyka wypadków lawinowych w latach 1996-2007. Online: <https://www.fundacja.topr.pl/site/54/statystyka-wypadkow-lawinowych-1996-2007.html>, Access date: 14.10.2017 [in Polish]
34. Marasek A. Wypadki śmiertelne na terenie działania TOPR w latach 1909-2009. *TOPR* 2021 [in Polish]
35. Marasek A. Wypadki śmiertelne na terenie działania TOPR w latach 2010-2019. *TOPR* 2021 [in Polish]
36. Marasek A. Kronika TOPR. Available from: <https://www.topr.pl/> (accessed 2022 Jul 03) [in Polish]
37. Tatrzańskie Ochotnicze Pogotowie Ratunkowe – TOPR. Available from: <https://pl-pl.facebook.com/1909.topr/> (accessed 2022 Jul 03) [in Polish]
38. Haller M. Sicherheit durch Versicherung? Schriftenreihe Risikopolitik. Vol I. Sankt Gallen: Institut für Versicherungs-wirtschaft; 1995 [in German]
39. Lecudowska D. Ocena ryzyka na potrzeby zarządzania kryzysowego. Raport o zagrożeniach bezpieczeństwa narodowego. Warszawa: Rządowe Centrum Bezpieczeństwa; 2013
40. Ancey Ch. Snow Avalanches. In: Graubard A, editor. *Oxford Research Encyclopedia*. Kettering: Oxford University Press; 2016
41. Lagmay AMFA. Science guides search and rescue after the 2006 Philippine landslide. *Disasters* 2008; 32(3): 416-433
42. Szafer W. Tatrzański Park Narodowy. Kraków: Zakład Ochrony Przyrody PAN; 1962 [in Polish]
43. Radwański K, Szymczak M, editors. *Atlas Gór Polski*. Warszawa: ExpressMap Polska Ltd.; 2010 [in Polish]
44. Balon J, Jodłowski M, Książ P. Typy środowiska Tatr w skali przeglądowej. In: Chrobak A, Kotarba A, editor. *Nauka Tatrom*. Vol I. Zakopane: Tatrzański Park Narodowy; 2015: 21-26 [in Polish]
45. Kulczyk-Dynowska A. Parki narodowe a funkcje turystyczne i gospodarcze gmin terytorialnie powiązanych. Wrocław: Uniwersytet Przyrodniczy we Wrocławiu; 2018 [in Polish]

46. Kledecki M. Tatry polskie. Available from: <http://www.tatry.gulip.pl> (accessed 2022 Jul 03) [in Polish]
47. Kraż E, Balon J. Wpływ Warunków naturalnych na występowanie wypadków w polskich Tatrach. Kraków: Instytut Geografii i Gospodarki Przestrzennej Uniwersytetu Jagiellońskiego; 2012
48. Skiba S, Drewnik M. Gleby Tatrzańskiego Parku Narodowego. Available from: <http://tpn.pl/poznaj/wody/gleby> (accessed 2022 Jul 03) [in Polish]
49. Rehman A. Tatry pod względem fizyczno-geograficznym. Lwów: Drukarnia Ludowa; 1895 [in Polish]
50. Radwańska-Paryska Z, Paryski WH. Wielka Encyklopedia Tatrzańska. Available from https://z-ne.pl/s,menu,1243,encyklopedia_tatr.html (accessed 2022 Jul 03) [in Polish]
51. Nyka J. Tatry Słowackie. Przewodnik. Latchorzew: Trawers; 2017 [in Polish]
52. Nyka J. Tatry Polskie. Przewodnik. Latchorzew: Trawers; 2018 [in Polish]
53. Barczyk G. Potoki tatrzańskie. Available from: <http://tpn.pl/poznaj/wody/potoki-tatrzaskie> (accessed 2022 Jul 03) [in Polish]
54. Kulczyk-Dynowska A. Turystyka w gminach tatrzańskich ze szczególnym uwzględnieniem roli Tatrzańskiego Parku Narodowego. Wrocław: Pr Nauk Uniw Ekon Wroc 2014; 332: 81-90 [in Polish]
55. Babczuk A, Kachniarz M. System finansowania parków narodowych w Polsce. Stan obecny i kierunki pożądaných zmian. Raport wykonany na zlecenie i sfinansowany ze środków Związku Pracodawców Polskich Parków Narodowych. Jelenia Góra: Wydawnictwo Poligrafia AD REM; 2015 [in Polish]
56. Kazak J, van Hoof J, Szewrański S. Challenges in the wind turbines location process in Central Europe – The use of spatial decision support systems. *Renew Sust Energ Rev* 2017; 76: 425-433
57. Hibner J. Struktura ruchu turystycznego w polskich górskich parkach narodowych należących do sieci „Człowiek i Biosfera”. *Współcz Probl Kierunki Bad Geogr* 2013; 73-88 [in Polish]
58. Tatra National Park – Basic Information. Available from: <http://spravatanap.sk/web/index.php/en/2012-08-24-09-58-42/tatranational-park-basic-information> (accessed 2022 Jul 03) [in Polish]
59. Tatrzański Park Narodowy. Available from: <https://tpn.pl/poznaj> (accessed 2022 Jul 03) [in Polish]
60. Fedyk W, Sołtysik M, Bagińska J et al. Changes in DMO's Orientation and Tools to Support Organizations in the Era of the COVID-19 Pandemic. *Sustainability* 2022; 14: 11611
61. Fedyk W, Sołtysik M, Bagińska J et al. How Did the COVID-19 Pandemic Affect Functional Relationships in Activities between Members in a Tourism Organization? A Case Study of Regional Tourism Organizations in Poland. *Sustainability* 2022; 14: 12671
62. Tatrzański Park Narodowy. Sezonowe zamknięcia szlaków. Available from: <https://tpn.pl/nowosci/sezonowe-zamkniecie-szlakow> (accessed 2022 Jul 03) [in Polish]
63. Tatranská horská služba. Available from: <https://ths-dz.sk/> (accessed 2022 Jul 03) [in Slovak]
64. Horská záchranná služba. Legislatíva a štatút. Available from: <https://hzs.sk/legislativa-a-statut/> (accessed 2022 Jul 03) [in Slovak]
65. Statut TOPR zatwierdzony przez Walne Zebranie, 28 października 2017 roku). Available from: https://www.topr.pl/images/dokumenty/STATUT_TOPR_2017.pdf (accessed 2022 Jul 03) [in Polish]
66. Ustawa z dnia 7 kwietnia 1989 r. Prawo o stowarzyszeniach, Dz. U. 1989 Nr 20 poz. 104. Available from: <https://isap.sejm.gov.pl/isap.nsf/download.xsp/WDU19890200104/U/D19890104Lj.pdf> (accessed 2022 Jul 03) [in Polish]
67. Ustawa z dnia 18 sierpnia 2011 r. o bezpieczeństwie i ratownictwie w górach i na zorganizowanych terenach narciarskich, Dz. U. z 2011 r. Nr 208, poz. 1241. Available from: <https://isap.sejm.gov.pl/isap.nsf/download.xsp/WDU20112081241/U/D20111241Lj.pdf> (accessed 2022 Jul 03) [in Polish]
68. Abbott PL. Natural disasters. San Diego: San Diego State University; 2009
69. Alexander D. Natural disasters. Berlin: Springer Science & Business; 1993
70. Kurzeder T, Feist H. Powder Guide. Lawinen: Risiko-Check für Freerider. Innsbruck: Verlagsanstalt Tyrolia; 2012 [in German]
71. Kalina RM. Innovative agonology as a synonym for prophylactic and therapeutic agonology – the final impulse. *Arch Budo* 2016; 12: 329-344

Cite this article as: Piepiora Z, Pietrzak K, Bagińska J et al. For the sake of personal security in the mountains – from the perspective of innovative agonology. *Arch Budo* 2022; 18: 259-268