Walking on winter roads

Useful information, such as the way to walk on winter roads and winter clothes for Sapporo, etc., are introduced here to make your trip to Sapporo more enjoyable!

Winter in Sapporo

Do you know that there are various types of winter road conditions in snowy Sapporo? Since some parts of winter roads are slippery, Sapporo residents are also careful not to slip on icy roads. This leaflet introduces how residents of Sapporo walk on winter roads, their winter clothes and tips on how to prevent slipping on snowy roads. Please use the information introduced here.

We hope it will be helpful to enjoy your winter stay in Sapporo more.

I was born and raised in Sapporo. I'll be letting you know how to keep your footing.

Winter Life Promotion Council

Walking Behavior Most Likely to Result in a Fall

1 Hurrying
Hurrying can cause you to be less vigilant about where you're stepping.

2 Walking with both hands full
Such a way of walking prevents you from reacting when you start slipping. Therefore you are in danger of falling and getting injured.

3 Wearing improper shoes for winter roads
Shoes that are not appropriate for winter roads easily slip on winter roads and greatly increase your chances of falling. Dressing too lightly can reduce your agility because you are too cold.

4 Putting your hands in your pockets
This reduces your ability to react, thus increasing your risk of injurious fall.

5 Walking inattentively
Letting your attention wander, such as by talking on your mobile phone, raises your risk of falling.

6 Walking drunk
Being drunk lowers agility and alertness and increases your likelihood of an injurious fall.

Suggested Winter Clothing

● Hat
Heavy woolen hat (When you fall, it protects your head from impact.)

● Scarf
Thick, long and wide scarves are recommended. (They are convenient for temperature adjustment.)

● Sweater
Using two layers of light clothing makes it easier to control your temperature and move freely than multiple layers of heavy clothing.

● Gloves
Choose a relatively thick material and make sure that it is long enough to cover the wrist completely.

● Underwear
Multiple layers to retain body heat (Long johns will even soften the impact if your backside hits the ground.)
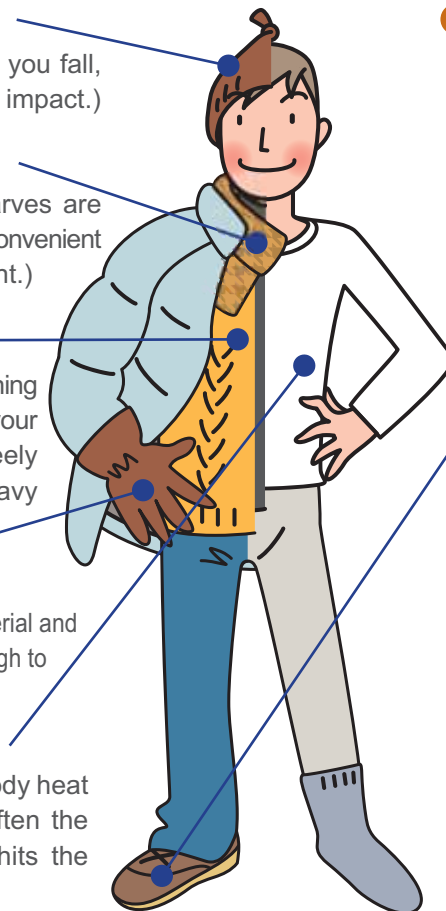
● Shoes for winter roads or non-slip shoe attachments
Shoes for winter roads are recommended. If such shoes are not available, use non-slip attachments that can easily be attached to the soles using elastic or Velcro.
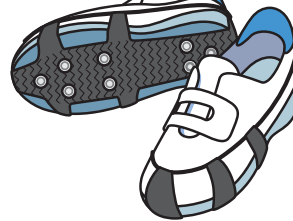
Non-slip attachments for the toes
Non-slip attachments that cover only the ball of the foot. They are suitable for women's shoes with narrow toes.

Non-slip attachments for the soles of the shoes
Non-slip attachments that cover the soles of the foot entirely. They are suitable for sneakers and men's shoes whose bottoms are flat and wide.

*These kinds of grippy shoes for winter roads are sold at department stores and shoe stores in downtown Sapporo. For more information, please ask at shoe stores. Non-slip attachments are also available at souvenir shops at New Chitose Airport, shoe stores and convenience stores in Sapporo.
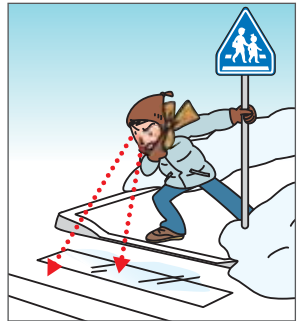

Ways of safe walking by residents of the snow country

1 Pay attention to the road surface condition
Even if a road looks dry, there may be a thin film of ice or fresh snow may hide the underlying ice.

Memo Watch your step, even if the road does not look slippery. **Be careful especially at night!**

2 Wait until your whole sole is in contact with the ground before putting your full weight on that foot.
On icy roads, walk with your center of gravity shifted forward, and put your full weight down only when the whole sole is in contact with the ground.

3 Take short steps
When the road looks icy or when it's covered with a thin layer of snow, take slow and short steps.

Memo This is particularly helpful at slippery intersections and crosswalks.

4 Take your time
No matter how much you know about walking on winter roads, you may forget it when you're pressed for time. The most basic precaution is to avoid rushing.

I'll leave an extra ten minutes of travel time.

Memo Keep both hands free by using a knapsack or shoulder bag instead of a handheld bag.

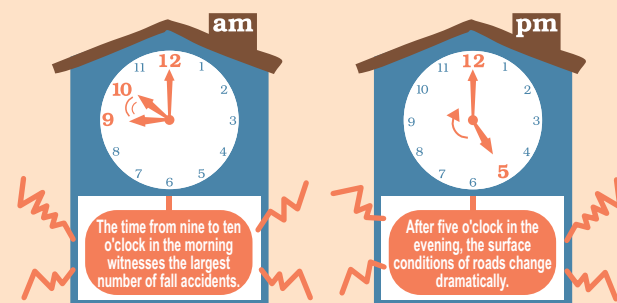**From Sapporo! Comprehensive information website to walk safely and comfortably on winter roads.**
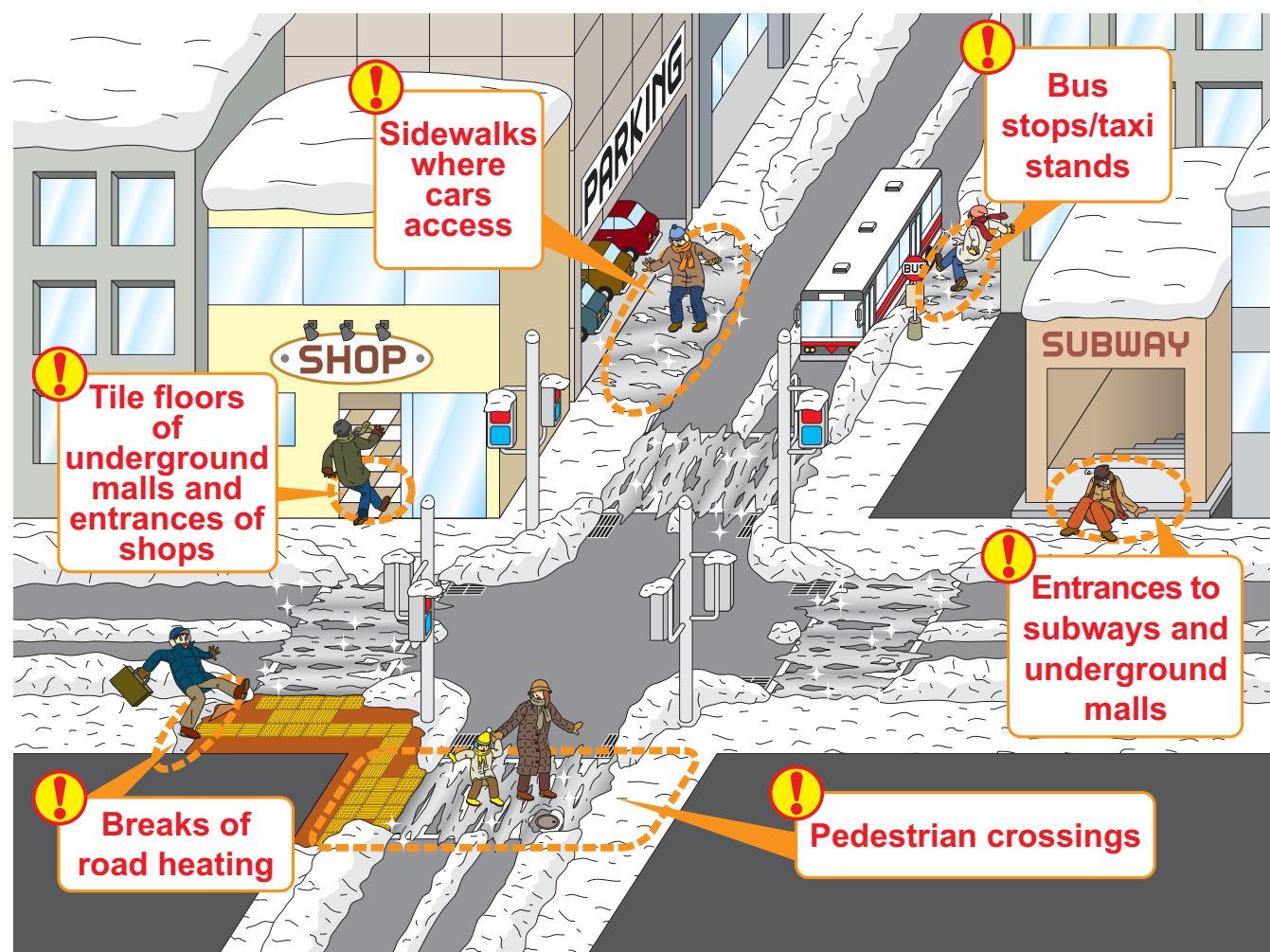
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tsurutsuru.jp

Learn which conditions cause icy roads.

- Icy roads tend to be formed at minus 2 degrees Celsius rather than under severely cold conditions.
- At crosswalks, the surface of snowy roads tends to be melted by heat exhausted by cars and becomes slippery because it is polished by vehicle tires.
- From nine to ten o'clock in the morning or after five o'clock in the evening, when it is very cold, many falling accidents occur.

am
The time from nine to ten o'clock in the morning witnesses the largest number of fall accidents.

pm
After five o'clock in the evening, the surface conditions of roads change dramatically.

We are also careful when walking on slippery areas.

- Sidewalks where cars access
- Bus stops/taxi stands
- Tile floors of underground malls and entrances of shops
- Entrances to subways and underground malls
- Breaks of road heating
- Pedestrian crossings

PARKING
SHOP
SUBWAY

Pedestrian crossings
The crossings are likely to be slippery where they meet the sidewalk, because of snow bumps and differences in level. A film of ice tends to form on the white lines at crosswalks.

Tile floors of underground malls and other buildings
When snow and ice get caught in the treads of non-slip shoes, it becomes hard to walk on the smooth tile floors of underground malls and other buildings.

Breaks of road heating
A height difference often occurs where a snow-free section with road heating meets a snow-covered section without road heating or at the entrance to an underground mall. This height difference makes it easy to fall.

Bus stops/taxi stands
These locations are slippery because the snow is compacted by passengers getting on and off.

A Surprising Number of Winter Fall Accidents on Winter Roads
– Situation of fall accidents in Sapporo –

Every winter in Sapporo, fall accidents occur frequently on winter roads, resulting in over 1,300 ambulance trips to emergency departments in FY 2012. There were days when the number of fall accidents raised sharply; for example, on December 21, 2014, 163 patients were transported to hospital, but only 84 the next day, December 22, 2014.

The photo introduces the road condition of the sidewalk on December 21. Not only the days of such road condition, but also every day, learn the way not to fall on winter roads and wear clothing which avoid you from being hurt when falling.

Use the gravel boxes.

You'll see these boxes in downtown Sapporo. They hold gravel for pedestrians to spread on the walking surface to avoid slipping on winter roads. They are installed at major intersections, and anybody can use it freely. Why don't you spread some gravel as one of your memories of your trip to Sapporo?

Plastic-bottle type

Gravel-bag type

★ Use the underground walkway when in a hurry.

Scatter the gravel over an area that appears to be slippery or dangerous.

How to use them.

1. Take out one of the gravel-filled bags.
   Here

2. Scatter the gravel.

3. Properly dispose of the empty bag in the gravel box.
   Here

JR Sapporo Sta.

Daimaru Dept. Store
Stellar Place
JR Tower
Sapporo Station Bus Terminal
ESTA
Century Royal Hotel
Sapporo National Gov. Bldg. No. 1
Alba
Al Bldg.
Hokuren Bldg.
Hotel Monterey Sapporo
Hotel Gracery Sapporo
Ito and Kato Bldg.
Sapporo Ekimae
Seiyu Bldg.
Tokyu Dept. Store
Asty 45
Sapporo Kokusai Bldg.
JA Hokuno Bldg.
Kyosai Hall
ANA Hotel Sapporo
Sapporo Dai-Ichi Seimei Bldg.
Hulic Sapporo Bldg.
Nittsu Sapporo Bldg.
Sun Memoria (Dai-Ichi Seimei Nittoh Nakayama Sapporo Kyodo Bldg.)
Hokkaido Govt.
Nihon Seimei Sapporo Bldg.
Daido Seimei Bldg.
Hotel New Otani Sapporo
Former Hokkaido Govt. Office Bldg.
Sapporo Mitsui JP Bldg. (Akarenga Terrace)
Hotel Monterey Edelhof Sapporo
Shikishima Bldg.
Hokkaido Bldg.
HBC
Sapporo Grand Hotel
Sapporo North Plaza
Clock Tower
Urban-net Bldg.
Sapporo Chuo Police Station
Wak Wak Holiday Hall (Sapporo Citizens Hall)
Route 12
Imon Sapporo Bldg.
Doshin Hall
Sapporo City Hall
NHK
Sapporo Chuo Bus
Hokuyo Odori Center
Sapporo Odori Nishi Bldg.
Odori
Hokkaido Electric Power
Odori Park
Sapporo TV Tower
Subway Tozai Line
Meiji Yasuda Seimei
Odori
Showa Bldg.
Shin Odori Bldg.
Dogin Bldg.
Sapporo Odori Bldg.
Hokuyo Bldg.
Mauri Imai Dept. Store Odori-kan
Le trois
Daini Yuraku Bldg.
Odori Bus Center Bldg. Ichigo-kan
Sapporo Ichigin Bldg.
Hinode Bldg.
Sapporo Mitsukoshi Dept. Store
IKEUCHI
Mauri Imai Dept. Store Ichijo-kan
Sapporo Chanter
Minami 1-jo-dori Avenue
Tokyu Hands
4-chome Plaza
PARCO
IKEUCHI
Kanariya
Mauri Imai Dept. Store Minami-kan
Pivot
Sapporo ZERO GATE
Minami 2-jo-dori Avenue
Sapporo nanairo
Hokuyo Sapporo Minami Bldg.
Don Quijote
Nijo Fish Market
Tanukikoji Shopping Arcade
Nishi 6-chome, Nishi 5-chome
Nishi 4-chome
Nishi 3-chome
Nishi 2-chome
Subway Nishi 3-chome
Arche
Minami 3-jo-dori Avenue
NORBESA
Winds Hall A
Keiai Bldg.
Streetcar
Route 36
Susukino Police Box
Lafiler
Susukino Bldg.
Mercure Sapporo
Subway Nanboku Line
Subway Toho Line

Legend
- Underground walkway
- Building connected to underground walkway etc.
- Elevator (ground ⇔ underground)
- JR (railway)
- Subway Nanboku Line
- Subway Tozai Line
- Subway Toho Line
- Streetcar