

Extreme Tourism for Keeping Fit

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Анотація

В статті розглядаються екстремальні види спорту, аналізуються переваги і ризики рафтингу і сплаву по бурхливій річці.

Ключові слова: рафтинг, засоби безпеки, травматичний стрес, екстремальний туризм, відпочинок.

Abstract

The article considers extreme kinds of sport, analyzes the advantages and risks of rafting and white water rafting.

Keywords: rafting, safety precautions, traumatic stress, extreme tourism, injury, leisure sport.

Extreme tourism, is travel that is strongly characterized by a sense of adventure or even physical danger. The “extreme” aspect of this type of tourism may derive from a destination itself or from one or more activities which are engaged in during one’s trip. Extreme tourism may be arranged by the traveler herself or may be coordinated by an adventure travel company.

Some travelers plan their own extreme tourism trips, while others work with an adventure travel agency. As extreme activities and destinations can pose a number of risks to the traveler, many travel experts advise booking one’s trip through an agency. Working with experienced extreme travel professionals can help ensure that the traveler is provided with accommodation and proper supplies during her trip and that she receives adequate medical attention if she is hurt. An extreme travel company may also be able to connect the traveler with local guides or translators when necessary.

Rafting and white water rafting are recreational outdoor activities which use an inflatable raft to navigate a river or other body of water. This is often done on whitewater or different degrees of rough water, and generally represents a new and challenging environment for participants. Dealing with risk and the need for teamwork is often a part of the experience. The development of this activity as a leisure sport has become popular since the mid-1970s, evolving from individuals paddling 10 feet (3.0 m) rafts with double-bladed paddles to multi-person rafts propelled by single-bladed paddles and steered by a tour guide at the stern [1,54]. It is considered an extreme sport.

White water rafting can be a dangerous sport, especially if basic safety precautions are not observed. Fatalities are rare in both commercial and private rafting. Studies have shown that injury rates in rafting are relatively low, however may be skewed due to a large number of unreported incidents. Typical rafting injuries include trauma from striking an object, traumatic stress from the interaction of the paddler’s positioning and equipment and the force of the water, overuse injuries, and submersion or environmental injuries, non environmental, undisclosed medical conditions (such as heart problems).

Depending on the area, safety regulations covering raft operators may exist in legislation. These range from certification of outfitters, rafts, and raft leaders, to more stringent regulations about equipment and procedures. It is generally advisable to discuss safety measures with a rafting operator before signing on for a trip. The equipment used and the qualifications of the company and raft guides are essential information to be considered.

Like most outdoor sports, rafting in general has become safer over the years. Expertise in the sport has increased, and equipment has become more specialized and improved in quality. As a result, the difficulty rating of most river runs has changed.

Risks in white water rafting stem from both environmental dangers and from improper behavior. Certain features on rivers are inherently unsafe and have remained consistently so despite the passage of time. These would include ‘keeper hydraulics’, ‘strainers’ (e.g. fallen trees), dams (especially low-head dams, which tend to produce river-wide keeper hydraulics), undercut rocks, and of course dangerously high waterfalls. Rafting with experienced guides is the safest way to avoid such features [2,38]. Even in safe areas, however, moving water can always present risks—such as when a swimmer attempts to stand up on a rocky riverbed in strong

current, risking foot entrapment. Irresponsible behavior related to rafting while intoxicated has also contributed to many accidents.

To combat the illusion that rafting is akin to an amusement park ride, and to underscore the personal responsibility each rafter faces on a trip, rafting outfitters generally require customers to sign waiver forms indicating understanding and acceptance of potential serious risks. Rafting trips often begin with safety presentations to educate customers about problems that may arise.

White water rafting is often played for the adrenaline rush and this can become a problem for participants' safety. White water rafting accidents have occurred but are not common.

Due to this, the overall risk level on a rafting trip with experienced guides using proper precautions is low. Thousands of people safely enjoy raft trips every year.

If you want to try this sport, you should refer to the special organization. For example, you can contact the Regional Centre of Tourism and Local Lore in Khmelnytsky, where you can find out the information about tourist trips not only in Ukraine but also abroad.

Khmelnytsky Regional Centre of Tourism and Local Lore is a center of local history, tourism and sport, patriotic, sightseeing, recreational and educational activity among youth.

Rafting Momentum offers you the ultimate white water rafting experience on the most beautiful rivers. It gives you an unforgettable experience that will have you come back year after year [3,12]! You will ride big waves and catch the fresh air. Plus, you will have a chance to swim through the rapids and do cliff jumping.

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