

Adventure sports The main Aim of the Adventure Sports is to provide a carefully Planned stimulating environment which will help each individual and excellent foundation for creative learning and independence”

Aims and objectives

1. Thrill, excitement and fun
- 2 Exposure to nature
- 3 Self-assessment
- 4 Overcome fears and develop self-confidence
- 5 Enhancement of decision making power
- 6 Channalization of Energy
- 7 Stress booster
- 8 Information and knowledge enhancement
- 9 Development of balanced and positive attitude towards life
- 10 Build concentration
- 11 Encouragement to social relationship and team work
- 12 Develop motor and cognitive skills, creative learning
- 13 Inculcate the values among the children.

Meaning; Adventure sports or Extreme sports are activities perceived as involving a high degree of risk. These activities often involve speed, height, a high level of physical exertion, and highly specialized gear.

As Value; It is an essentially existential endeavor, a foray of the heart, mind and senses that calls into play every aspect of your existence. The term 'adventure' is in a sense value neutral. An adventure can be frightening, or it can be great. ... Successful lives grow out of successful adventures.

Outdoor adventure can essentially function like an extreme meditation cushion,
teaching not only concentration,
but also inquiry,
compassion,
right action,

planning

Essential tips for planning an adventure trip

1. Research your destination. ...
2. Know when to go and when to book. ...
3. Choose a reputable outfitter. ...
4. Choose the trip that's the best value for your money. ...
5. Know your limitations. ...
6. Consider travel insurance. ...
7. Pack light, but don't forget the essentials. ...
8. Don't forget your documents and money.

Materials

First Aid Box

- Rucksack Bag
- Tools for Adventure Sports according to the activity
- Sleeping bag
- Torch
- Foot wears as per activity

Clothes and personal care products according to the weather Food items

Insect repellent Knife

Rope

Windcheater

Map &

Compass

Sun cream

lotions

Types

Bungee Jumping. Parasailing. Caving

Skiing.

Dirt biking.

Scuba diving.

Zorbing.

Mountain biking.

Rock climbing.

Hang Gliding.

Paragliding

Sky diving

Zipline

Surfing

Water Rappelling

Heli Skiing

Snorkeling

Hiking

Range of adventure sports

This is outdoor activity

Water,

land,

desert,

sky,

mountain,

hill,

ice,

river,

sea,

dirt,

lake,

cave,

Mixed surface

Objective of adventure sports

The objectives of adventure sports are as follows:

- 1)It helps in improving the physical fitness of the body and increases metabolism.
- 2)It help an individual to take responsibilities and also help them in developing leadership qualities.
- 3)An individual should always carry basic requirements like food,water,torch, umbrella etc wherever they go.
- 4.This keeps us attached with nature.
5. This overcomes fear.
6. To enjoy.

facilities

Sfa, sfm

Planning ;

planning process utilizes our proven strategy models, market research, benchmarking against other existing sports facilities, to support the individual goals of our clients. This sports facility planning process often results in the identification of new revenue opportunities through special events, entertainment, corporate events, summer camps and other programs that improve ROI while reducing risk.

During the facility planning phase the initial facility program requirements are also reviewed and developed into detailed construction and start-up cost estimates. This allows our clients to understand how the design of the sport complex or recreation center impacts costs.

During our initial facility planning process we will also identify a number of potential funding strategies. These may include options for public-private partnerships, debt financing, private equity, and a review of the real estate investment plan.

planning process improves the likelihood that a project will achieve feasibility. That's because during the planning phase we scale the development project to the market demands and financing strategy, and we identify key business segments that can be analyzed to improve profitability.

Material requirements

Shelter:

Tent, ground cloth, poles, rope, stakes, axe or hammer.

Bedding:

Sleeping bag, sheets/blankets, pillow.

cooking:

Large water jug and water bucket, thermos, stove with fuel, matches/lighter, plates and bowls/paper plates and bowls/mugs, cooking oil/dry ration, containers for food storage.

Cooking utensils:

spatula, knife, spoon can opener/bottle opener, napkin.

Clothes:

Shoes, jeans/pant, belt, shorts, t-shirts, socks/extra socks, hat, sweatshirt/jacket, rain gear, swimsuit/towel.

Personal:

towel, soap, shampoo, toothbrush, toothpaste, Deodorant, combo/brush, mirror, razor, toilet paper, other personal items, personal medications.

Miscellaneous:

Sunscreen, Lantern with fuel, candles, charger, two way radios, walkie Talkies, bug repellent, whistle, water filters, camera, battery, sunglasses, flashlight, pocket knife, binoculars, rope, clothe line, duct tape, electrical tape, Notepad, pen, reservations info, confirmation, small shovel, safety pins, money, credit card, umbrella, fire extinguisher.

Basic first aid:

Roll bandages, adhesive tape, antiseptic wipes, sterile gauze pads, cotton swabs, scissors, sinus medications, sterile compresses, splinting materials, Misc. bandages, anti-acids, burn ointment, Snake bite kit, eye drops, thermometer, twine, first aid manual.

Evaluation, why and what to evaluate, making the records of all adventure sports done

Programes; which activity done, water, mountain, river etc

Facilities; per requirement at satisfactory level of types of adventure sports

Volunteers; quality participation of person involved either participants or managerial level

Organization; various facilities providing agencies, club, companies, ngo, govt agencies etc.

Leadership; meaning and responsibilities; A simple definition is that leadership is the art of motivating a group of people to act towards achieving a common goal. ... He or she is the person in the group that possesses the combination of personality and leadership skills that makes others want to follow his or her direction.

Qualities; Self-awareness: Knowledge of your own values, passions, skills, strengths and weaknesses, an ability to admit and learn from mistakes and to seek information to fill knowledge gaps.

Integrity: A strong sense of "what is right" and a demonstration of ethical practices

Courage: The strength to act in accordance with your own values and the greater good despite pressures pushing you in other directions.

Confidence: A belief in your ability to meet most challenges that come your way.

Vision: A strong sense of where you are going as a person and where you think society, your community and your organization .

Enthusiasm: A lively interest in the people, issues and events around you, a feeling of excitement about the possibilities, and the energy to guide them towards fruition.

Innovation: The ability to "think outside the box;" take risks and develop new and effective solutions to old and emerging problems.

Wisdom: Intelligence coupled with insight and empathy, as opposed to raw intelligence.

Adaptability: A willingness to be flexible and to respond quickly and effectively to changing circumstances, along with a commitment to continual learning – formal and informal – and the ability to put that learning into practice.

Strong inter-personal skills: An ability to interact and work harmoniously with others, while being prepared to take on individual responsibilities.

Effective communication: A willingness and ability to listen to and understand the thoughts, ideas and concerns of others

Leadershipperception.jpg

Belief in others: The desire to build the capabilities of others, praise them where appropriate, go into bat for them when appropriate, provide them with helpful feedback and motivate them to do their best.

Peer respect: An ability to inspire respect, allowing a person to capably lead discussions, maintain discipline and encourage the contribution of others.

Insight: The ability to see the big picture, a strong sense the stage attained by followers and intuits problems before they arise or before they become insurmountable.

Sense of humour: The ability to laugh at yourself and relieve tense or stressful situations with humour

Competence: Others are unlikely to follow the lead of a person who does not appear to know what s/he is doing.

Delegation skills: A willingness to trust others and cede some responsibility.

Spiritual sensitivity: Is the key to a better communication with others, but primarily towards a better understanding of privacy. It marks your positive attitude in life, determines you to seek and to focus on what it is right and not on what it is wrong. Also, it indicates that you are a wonderful person with a rich spiritual lif

Responsibilities;

Lead by Example. This is one of the most important leadership skills. ...

Ensure Long-Term Organizational Success. Focus on the long term. ...

Improve the Organization from Day 1. ...

Focus on the Big Picture. ...

Ask Tough Questions. ...

Have a Basic Understanding of the Job and Organization. ...

Be Committed. ...

Maintain Integrity.

Problem solving , and decision making and leadership; In the end," Llopis writes, "problem solving is about people working together to make the organization and the people it serves better." To accomplish that, it's essential to have open-minded and positive people in the office, and that's the leader's responsibility

an effective problem-solving process. And decision making

1. Identify the issues. Be clear about what the problem is. ...
2. Understand everyone's interests. ...
3. List the possible solutions (options) ...
4. Evaluate the options. ...
5. Select an option or options. ...
6. Document the agreement(s). ...
7. Agree on contingencies, monitoring, and evaluation.

Group norms; team building, sharing and caring, personality development

Group norms are a set of agreements about how [team] members will work with each other and how the group will work overall. These agreed-upon behaviors allow the team to increase its collective [team] performance through healthy debate and clarity of purpose and roles.”

Team building; Team building is not a one-time act. It is a step by step process which aims at bringing a desirable change in the organization. Teams are usually formed for a particular task or project and are mostly for the short term.

Steps;

Members

Task,

Interpersonal relations

Philosophy

Programs

Different roles

Aims and objectives

Strategy

Sharing and caring

Sharing and caring; Sharing is the act of kindness where you are having something which belongs to you but also offering it to someone else because you think they might need it too or it's too much to use just by yourself!

Caring is the emotion of sympathy (in some cases, empathy) which guides you to not only judge a person's character, but behaviour and possible solutions for any problems that person has.

A FEW HABITS/SUGGESTIONS TO ENCOURAGE SHARING:

Always encourage a child to offer whatever she is snacking on, to the others in the room.

If you have a pet, encourage the kids to share the chores. For families which don't have a pet, they could adopt a pet on a virtual pet game, and encourage kids to share the nurturing the pet.

Children must be encouraged to share things like books, toys, tablets or computers.

Children observe grownups around them – let the kids see you sharing.

Play games where turn-taking is inbuilt.

Point out the happiness the other person has on receiving whatever was shared, even as you give a pat or hug of appreciation.

Personality development; Playing sport helps much more than in the physical aspects. It builds character, teaches thinking – analytical and strategic, leadership skills, goal setting and much more. ... Getting children involved in sport will help them get more active and also develop a healthier personality.

Compatibility; Two individuals in a relationship must be compatible with each other. There should be no scope of conflicts and misunderstandings in a relationship. Communication
Communication ; plays a pivotal role in all types of relationships whether it is personal or professional. Feelings must be expressed and reciprocated in relationships. In professional relationships as well, colleagues must communicate well for a better bonding. Sit with your co workers and discuss issues face to face to reach to a mutually acceptable solution.

Honesty

Be honest in relationships. Do not lie or hide things from your partner. Remember every problem has a solution. Think before you speak. Transparency is important in relationships.

Stay calm

Do not overreact on petty things in relationships. Stay calm. Be a little more adjusting. Be the first one to say “Sorry”. It will solve half of your problems.

Forgiving

An individual needs to be a little more forgiving in relationships. Do not drag issues unnecessarily. Fighting over small issues is foolish and makes the situation all the more worse.

Smile

As they say “Smile is a curve that makes everything straight.” Flash your smile more often. It works. Take care of your facial expressions while interacting with the other person.

Time

Organization of sports as leadership, recreation, competition

leader in sport is defined as an individual who holds a formal or informal leadership role within a team and influences other group members in the pursuit of common objectives.

Responsibilities include

professional conduct,

health and safety,

insurance,

child protection,

legal obligations,

equality,

rules and regulations,

ethics and values.

Sports leadership for recreation

Recreational sports are competitive physical games such as basketball or baseball that are played for fun as opposed to professionally. They're activities where the primary purpose of the activity is participation, with the goals of improved physical fitness, fun, and social involvement.

Responsibilities; (steps)

To make the schedule of activity

Ensure the maximum participation

Equal opportunities to all sections (ages, gender)

On principal of cooperation and involvement

Community participation

To create the fund

Arrangement of facilities

Median with other agencies etc.

Leadership and competition; Playing sports will help your kid develop the ability to work with others productively by using techniques that will also apply in real-life situations. .

teaches them to cooperate,

to be less selfish,

to listen to other children.

a sense of belonging.

helps them make new friends

builds their social circle outside school.

To make children disciplined.

teach them all about team work.