

Sports Tourism as a Sport and Form of Activity

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ABSTRACT

Sports tourism is considered not only as a sport, but also as a form of human activity in various life conditions - from outdoor activities to the professional sphere.

Sports tourism used to be considered as fashionable hobby of young people, then sports tourism was positioned on the market of health services as a sphere of active recreation for the population. Recently, sports tourism has become increasingly important in the professional arena.

Purpose: to consider sports tourism not only as a sport, but also as a form of human activity in various living conditions - from active leisure to the professional sphere.

Problem: lack of sufficient information and promotion of this sport. Need young people to engage in this sport is. We need a program with a clear mechanism for the implementation of this sport. Rookie Participation and professionals are completely different things. Those who wish to engage in this type of tourism do not know where to start and do not have a sufficient level of physical fitness, which is necessary for this sport.

Moreover, for a certain part of the population this sport should be positioned as a form of professional and active activity recreation.

Sports tourism is a sport based on competitions on routes that include overcoming obstacles categorized by difficulty in the natural environment (roads and trails).with various surfaces and off-road, crossings, passes, peaks, rapids, canyons, caves, etc.), at distances laid in the natural environment and on artificial terrain. The route is set route, with certain places.

This is the preparation and conduct of sports trips in order to overcome the long skiing wilderness areas (ski tourism), by means of rafting (water tourism) or on foot in the mountains (mountain tourism).

There are two types of sports tourism: active and passive. With an active form of tourism the basis is the need to engage in any kind of sport. When passive - this is interest to the sport, observation. Sports tourism is a traditional activity. New forms of sports tourism are significantly revived it recently.

This is a sport, the main meaning of which is the passage of a certain distance in a certain time with a certain set of obstacles. in natural conditions with a high degree of autonomy. Sports tourism includes the following types of tourism: hiking, mountain, cycling, water tourism, skiing, on horseback, autotourism, speleotourism.

Sports trips are divided into categories of difficulty: from the 1st - the simplest (you need to go 100 km in at least 6 days in hiking) to the 6th category - the most difficult. If 1st and 2nd categories of difficulty are suitable for people in normal physical shape, then for the 3rd and above you already need to be in excellent sports shape, have good endurance, knowledge and high moral qualities. Not everyone can stand daily hard physical labor at the limit their capabilities in a close team and when every drop of comfort comes with hard work, with while maintaining a positive attitude and in the first place turn thinking about a friend. In sports tourism sports categories are assigned up to the master of sports.

In sports tourism there are specialized professional titles related to law carrying out professional or teaching activities in the field of sports tourism: guide, instructor (senior instructor, international class instructor) sports tourism. As in other official sports, in sports tourism there is an organized and professional refereeing, whose activities are regulated by relevant regulatory documents.

By acquiring refereeing experience and undergoing the necessary professional training (schools, seminars), judges acquire the corresponding judicial titles up to the judge of the All-Russian category. At the same time, certain feature of refereeing in sports tourism is that the remuneration of sports judges is small or refereeing is carried out on a public basis. Many of the judges themselves are tourists - athletes with great experience and significant sporting achievements. Sports judges in sports tourism, without exaggeration, are respected, honorary representatives of the sports community.

It should be noted that many tourists also engage in related sports: orienteering and multisport, rock climbing, mountaineering, rafting, mountain biking, skiing, yachting and others outdoor activities and sports. Tourists are a reserve for the training of rescuers in the natural environment.

Sports tourism - primarily sports trips - is a team sport in which traditions of mutual assistance are strong. And mutual assistance, sports discipline, self-improvement and mutual transfer of knowledge and experience. Passion for sports tourism allows you to get acquainted with the culture and way of life various countries and peoples, with wonderful and often even unique corners of nature, interesting sights, enjoy communication, make reliable friends.

Participation in sports trips of the initial categories of complexity and in competitions at distances usually does not require significant financial costs, while at the same time allowing you to gain the necessary basic skills and enjoy participation in trips and competitions. Sports tourism as a complex sport carried out in a complex natural and social environment, of course, carries certain risks and requires the athlete to have versatile knowledge, skills, experience and good physical, technical and psychological training.

Those wishing to engage in sports tourism are getting bigger. And this desire does not depend on social status, age and occupation. Sports tourism is the most democratic sport that measures physical material needs.

Many people who want to join this sport do not know where to start in order to do no harm.

We recommend starting tourism from the most accessible type - hiking sports tourism It is

healthy, low-cost and does not require special training, as in other types of tourism.

Conclusion. It should be noted that some types of sports tourism are not only traumatic, but also dangerous for human life in general. Therefore, the occupation of such types of tourism should be carried out with specialists and in special equipment. Moreover, certain areas can be dealt with by professionals for performing vital tasks and improving professional skills.

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