



Air Sports

Skydiving

Description:	Jumping from an aircraft and free-falling before deploying a parachute.
Essential Gear:	Parachute system (main and reserve), altimeter, helmet, jumpsuit.
Safety Tips:	Proper training, gear checks, awareness of weather conditions.
Risk Factors:	Equipment failure, misjudgment of altitude, collisions, landing injuries.
Training Required:	Yes, extensive training and certification are mandatory.

Base Jumping

Description:	Jumping from fixed objects (Buildings, Antennas, Spans, Earth).
Essential Gear:	Parachute system, helmet, specialized BASE jumping rig.
Safety Tips:	Experience in skydiving, thorough knowledge of aerodynamics, careful planning.
Risk Factors:	Low altitude jumps, unpredictable winds, object strikes, parachute malfunctions.
Training Required:	Extensive skydiving experience is highly recommended, but BASE jumping courses exist.

Wingsuit Flying

Description:	Flying through the air with a specialized jumpsuit that adds surface area, creating lift.
Essential Gear:	Wingsuit, parachute system, helmet, altimeter.
Safety Tips:	Significant skydiving experience, wingsuit-specific training, altitude awareness.
Risk Factors:	High speeds, proximity flying hazards, parachute deployment issues.
Training Required:	Yes, wingsuit-specific training after extensive skydiving experience.

Water Sports

Big Wave Surfing

Description:	Surfing waves that are at least 20 feet high.
Essential Gear:	Big wave surfboard, personal flotation device (PFD), wetsuit, leash.
Safety Tips:	Excellent swimming skills, knowledge of ocean conditions, tow-in surfing experience.
Risk Factors:	Drowning, wipeouts, impact injuries, strong currents.
Training Required:	Extensive surfing experience and specialized big wave training.

Whitewater Kayaking

Description:	Navigating a kayak through rapids and turbulent water.
Essential Gear:	Kayak, paddle, personal flotation device (PFD), helmet, spray skirt.
Safety Tips:	Proper training, knowledge of river features, ability to self-rescue.
Risk Factors:	Drowning, hypothermia, entrapment, collisions with rocks.
Training Required:	Yes, whitewater kayaking courses are essential.

Kite Surfing

Description:	Using a kite to harness the wind's power to glide across the water on a board.
Essential Gear:	Kite, board, harness, control bar, wetsuit/rashguard.
Safety Tips:	Proper kite control skills, knowledge of wind and weather conditions, awareness of surroundings.
Risk Factors:	Entanglement in kite lines, collisions with objects or other people, drowning.
Training Required:	Yes, kite surfing lessons are highly recommended.

Mountain Sports

Rock Climbing

Description:	Ascending rock formations using ropes, harnesses, and specialized equipment.
Essential Gear:	Climbing shoes, harness, rope, belay device, carabiners, helmet.
Safety Tips:	Proper belaying techniques, gear checks, communication with climbing partner.
Risk Factors:	Falls, equipment failure, rockfall, rope abrasion.
Training Required:	Yes, climbing courses and instruction are essential.

Mountain Biking

Description:	Riding bicycles on off-road trails, often involving steep inclines and technical terrain.
Essential Gear:	Mountain bike, helmet, gloves, protective gear (knee/elbow pads).
Safety Tips:	Proper bike maintenance, awareness of trail conditions, controlled speed.
Risk Factors:	Falls, collisions, mechanical failures, dehydration.
Training Required:	Basic cycling skills are required; advanced techniques are learned through experience.

Ice Climbing

Description:	Climbing ice formations such as frozen waterfalls or icefalls.
Essential Gear:	Ice axes, crampons, climbing boots, harness, rope, ice screws, helmet.
Safety Tips:	Knowledge of ice conditions, proper placement of ice screws, belaying techniques.
Risk Factors:	Falls, icefall, equipment failure, hypothermia.
Training Required:	Yes, ice climbing courses and mountaineering experience are essential.

Land Sports

BMX

Description:	Performing tricks and stunts on a BMX bike, usually in skateparks or on dirt tracks.
Essential Gear:	BMX bike, helmet, pads (knee, elbow, shin), gloves.
Safety Tips:	Wear protective gear, start with basic tricks, practice in designated areas.
Risk Factors:	Falls, fractures, concussions, sprains.
Training Required:	Practice and progression are key, but coaching can accelerate learning.

Skateboarding

Description:	Riding and performing tricks on a skateboard.
Essential Gear:	Skateboard, helmet, pads (knee, elbow), skate shoes.
Safety Tips:	Wear protective gear, start with basic maneuvers, practice in safe environments.
Risk Factors:	Falls, sprains, fractures, concussions.
Training Required:	Practice is essential, but lessons can help with fundamentals.

Parkour

Description:	Moving rapidly through an environment, overcoming obstacles using running, jumping, and climbing.
Essential Gear:	Athletic clothing, supportive shoes.
Safety Tips:	Start with basic movements, assess risks, train in safe environments.
Risk Factors:	Falls, sprains, fractures, impact injuries.
Training Required:	Training is crucial, focusing on strength, agility, and risk assessment.