

GUIDELINES FOR SAFETY AND RESCUE IN ADVENTURE SPORTS

INTRODUCTION:

GENERAL GUIDELINES FOR ALL ADVENTURE SPORTS

2.1 Every group of persons taking part in adventure sports must be accompanied by a person designated as a “guide”.

2.2 The guide must possess appropriate qualification and skills required for safety purpose.

2.3 Every person joining a group engaged in adventure sports must receive an introductory training and guides should be satisfied that they have acquired the skills necessary to participate.

2.4 Guides should have a first aid certification and must be competent to impart first aid training in the use of stretchers.

2.5 Guides should be familiar with search procedures and should brief all group members in these procedures.

2.6 All group members must be familiar with the tour and also basic safety procedures.

2.7 Guides should be familiar with all rescue operations and procedures.

2.8 Guides should be proficient in the use of maps and compasses in any weather by day or night.

2.9 Guides should be satisfied that all members are medically fit to take part in the adventure sports.

2.10 Guides should satisfy themselves that equipment to be used meets all the safety norms for each adventure sport; all inspections have been carried out as recommended by the manufacturer and are fit for use.

2.11 Under no circumstances should the capacity rated by the manufacturer of adventure sports equipment be exceeded, any unauthorized modifications except as additional safety measures be carried out or sub standard material used.

2.12 Information regarding nature of activity, area of operation, period of activity, possible hazards, persons to be contacted in an emergency and list of members should be given to the concerned safety and rescue committees.

2.13 A qualified Doctor should be available on call whenever required.

Legal Restrictions:

Completion of a waiver/release form is required. Relatives other than the actual parents or legal guardians cannot sign the waiver for a minor by law.

GUIDELINES FOR WATER SPORTS

3.1 All leaders or guides must possess a valid certificate or license from a recognized institution or association. They should have an adequate experience in the concerned sport. They should possess basic First Aid kits with them at all times along with adequate supply of good life jackets.

3.2 All guides must be good swimmers and should be well trained in water rescue techniques, first-aid & CPR (Cardio pulmonary resuscitation).

3.3 All participants should wear suitable buoyancy aids and where necessary protective headgear. Helmets are a must for river sports.

3.4 In water sports, where there is a possibility of being thrown in the water, all participants should be swimmers.

3.5 All equipment should be inspected by a competent person or the manufacturer once every season or six months, whichever is less. An inspection register should be maintained which can be verified by competent authority.

3.6 A log book should be maintained for each craft, which should be a record of usage, inspection, repairs and modifications. A river logbook must be maintained for river rafting operations.

3.7 All crafts which are away from the base of operations should carry a first-aid kit, emergency equipment and repair kit. They should, where appropriate, carry navigational equipment.

3.8 All craft should display the list of minimum equipment and accessories as recommended by the manufacturer.

3.9 The capacity rating of the craft should be prominently displayed as to be visible to the users along with a warning of potential hazards.

3.10 No person should be allowed to participate under the influence of illicit drugs or alcohol.

3.11 Incidents and accidents should be immediately reported to the concerned authorities.

3.12 Medical concerns: Those suffering from any serious medical conditions such as a weak heart, epilepsy, back / spinal problems (such as slip disc) & expecting mothers should not be allowed to participate in river sports/adventure sports such as scuba diving etc.

3.13 Age limit: The age limit for water sports should be prominently displayed in all literature and also base of operations. For river sports, the age limit is: 16 years & above for all sections, 10 years and above on float trips (grade II). Based on the river section/conditions, this can be relaxed by 1 or 2 years by the trip leader based on conditions, weather, rapids, and also wisdom and experience of the troupe leader or guide.

3.14 A liability waiver should be signed by the client prior to the river trip. This should clearly mention the inherent risks involved in the sport.

3.15 For river sports, life jackets must be on at all times while on the river. The life-jackets must be fastened properly and have a minimum buoyancy of 8-9 kgs. Appropriate life-jackets should be used. Inflatable life-jackets should not be used on the river.

3.16 For all leisure boating purposes (Pedal boats, paddle boats, motorized boats, etc), life jackets are a must and also strict adherence to safety rules and procedures of operators.

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GUIDELINES FOR AERO SPORTS

4.1 All aero sports must be carried out under an instructor or guide holding a valid license or certificate from a recognized institution, club or association.

4.2 All pilots and parachutists must be medically examined and certified fit to participate in aero sports.

4.3 Passengers should be medically fit and briefed on emergency procedures.

4.4 All aero sports should be undertaken only in day light hours.

4.5 Clearance in powered flying, such as micro light and powered hang gliders should be obtained from the concerned air traffic control while flying in controlled airspace. In uncontrolled areas, a responsible person should be available on ground to give take-off and landing clearances.

4.6 For un - powered flying, such as hang gliding and paragliding a launch master should be present at the take off site and a landing area safety officer at the landing zone.

4.7 First aid equipment along with suitable trained person should be available at all times.

4.8 All pilots, passengers and parachutists must wear protective helmets.

4.9 All aero sports activity must be undertaken when sky is clear of clouds; the surface is in sight and with visibility at least one nautical mile.

4.10 No person should be allowed to participate in aero sports under the influence of drugs and alcohol.

4.11 Rules for avoiding collision:

(For these rules micro light, powered hang gliders etc. may be read as aircraft)

1. No aircraft shall be flown in such a way as to create a danger of collision.
2. Formation flying is not recommended.
3. All aircraft must avoid passing under, over or in front of another aircraft unless well clear of it.
4. The lower aircraft always have right of way, except for aircraft in any emergency.
5. When two aircraft approach each other head on, they should turn on their right.
6. Overtaking is not allowed under any circumstances.

4.12 All aircraft, parachutes and airborne equipment must be inspected and certified fit by a competent person on a daily basis.

4.13 Log books should be maintained for all aircraft, parachutes and airborne equipment which would record its usage, inspections, modifications and repairs.

4.14 Repairs and modifications of airborne aero sports equipment must be carried out with the approval of the manufacturer.

4.15 All clubs, associations, government and other bodies offering aero sports facilities must maintain a manual of operation which should be available at the site of the aero sports activity and a copy should be sent to the concerned authority for review. This manual should contain standard operating procedures, list of mandatory checks of equipment, details and specifications of equipment and emergency procedures.

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GUIDELINES FOR MOUNTAINEERING AND TREKKING

5.1 All members of trekking/mountaineering expeditions should be adequately qualified for taking part in the sport. Basic course certificate issued by National Mountaineering Institutes should be considered adequate for this purpose.

5.2 Guides of trekking expeditions should possess adequate qualifications

5.3 Members of trekking groups should be physically fit.

5.4 Equipment used for trekking should be certified or approved by competent authority.

5.5 Rescue equipment, such as ropes, harnesses, pulley systems and portable stretchers must be maintained as a separate kit in a suitable package marked boldly with the words "Rescue equipment".

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GUIDELINES FOR ZIP-LINING:

6.1 Zipline cables are inspected each day before tours begin

6.2 Extensive course inspections are completed regularly to ensure customer safety. Course inspection to be monitored and verified by concerned authority.

6.3 All participants, including guides, wear safety equipment provided by the concerned tour operator.

6.4 Absolutely no personal equipment is allowed on the course

6.5 Visitors are connected to the cables with safety lines at all times while on elevated platforms

6.6 Each rider is connected to the cable with two points of contact with safety lines, carabineers and pulleys

6.7 Safe riding and braking instruction is provided before the tour begins

6.8 Visitors are required to strictly adhere to all ziplining rules and to listen to their guides to ensure safe ziplining.

6.9 All minors must be accompanied by a parent or guardian

6.10 Weight Restrictions: 95kg weight limit

6.11 Children aged 3 and up are allowed to ride by themselves, but may need to ride tandem with a trained zipline guide if they are scared. Children are not allowed to ride tandem with a parent.

6.12 All riders must be willing participants.

Physical Restrictions:

6.13 This adventure is designed for persons in good physical condition. Pregnant women, guests with existing injuries and/or seizure disorders are prohibited. Guests with current or re-occurring medical conditions that may interfere with the participant's safety should not take this tour. When in doubt, speak with your doctor about any concerns.

Dress Code:

6.14 Closed-toe shoes are required. NO FLIP FLOPS!! Pants or long shorts are recommended; shorts should hit the mid thigh so the harness isn't on bare skin. Please tie back long hair and no loose jewelry.

Legal Restrictions:

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GUIDELINES FOR CAVING

7.1 The basic proper equipment is to be provided such as helmets, light sources and clothing for safe and comfortable caving.

7.2 A minimum group of 3 or 4 is required for caving small, yet big enough to allow flexibility in emergencies. If someone is injured, at least one person should stay with them while others go for help.

7.3 The tour operator should ensure someone knows where they are going and when they are expected to return. Allow some leeway on return times since trips often take longer than expected, but having someone ready to call for help if the group is overdue is a wise precaution. The tour operator/ Adventure Club/ Adventure Association/ etc, should brief the

participants about all the safety parameters required before venturing into the caving expedition.

7.4 Participants should move carefully in the cave or uneven ground, low ceilings and pits make running and jumping dangerous. Climbs, crawls and rough terrain can make even a sprain a big problem for getting out of the cave.

7.5 Be aware of the nature of the caves you are visiting. For example, caves with streams may be prone to flooding and a sharp eye may need to be kept on the weather. Other caves require climbing skills or vertical equipment that you or others in your party may not have, therefore assistance of trained guides is essential.

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FORMATION OF SAFETY AND RESCUE COMMITTEE

8.1 In addition to having an element of risk, adventure sports are usually undertaken in remote areas, often inaccessible by road. In order to minimize the risks it must be ensured that adequate safety measures are adopted by all agencies conducting adventure sports especially where tourists are involved. Rescue arrangements also have to be speedily put into operation to minimize loss of life and limb in the event of mishaps.

Legal Restrictions:

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Communication:

9.2 Participants must be able to understand and follow instructions in English and Hindi.