

# **Extreme Sports Cheatsheet**

A quick reference guide to various extreme sports, covering essential gear, safety tips, and risk factors.



## **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.

Using a kite to harness the wind's power to glide across the water on a board.

Proper kite control skills, knowledge of wind and weather conditions, awareness

Entanglement in kite lines, collisions with objects or other people, drowning.

Yes, kite surfing lessons are highly

Kite, board, harness, control bar,

wetsuit/rashguard.

of surroundings.

recommended.

# Water Sports

## **Big Wave Surfing**

**Mountain Sports** 

**Rock Climbing** 

Description:

Essential

Safety Tips:

**Risk Factors:** 

Training Required:

Gear:

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.

Ascending rock formations using ropes, harnesses, and specialized equipment.

Climbing shoes, harness, rope, belay

Proper belaying techniques, gear checks, communication with climbing

Falls, equipment failure, rockfall, rope

Yes, climbing courses and instruction

device, carabiners, helmet.

partner.

abrasion.

are essential.

## 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.

#### 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

Kite Surfing

Description:

Essential

Safety Tips:

**Risk Factors:** 

Training

Required:

Gear:

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
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Description:

Essential

Safety Tips:

**Risk Factors:** 

Training

Required:

Gear:

tracks.

shin), gloves.

Performing tricks and stunts on a BMX bike, usually in skateparks or on dirt

BMX bike, helmet, pads (knee, elbow,

Wear protective gear, start with basic tricks, practice in designated areas.

Falls, fractures, concussions, sprains.

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.
<b>Risk Factors:</b>	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.
<b>Risk Factors:</b>	Falls, sprains, fractures, impact injuries.
Training Required:	Training is crucial, focusing on strength, agility, and risk assessment.