

# EXTREME SPORTS AND THEIR IMPACT ON LIFE ACTIVITY SAFETY

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## Abstract

This article explores the impact of extreme sports on human health, attitudes toward safety, and the overall safety of life activities. Today, extreme sports such as parachuting, mountaineering, diving, BMX, snowboarding, and other similar disciplines are becoming increasingly popular. While these sports offer numerous physical and psychological benefits, they also involve a high level of risk, requiring serious attention and control from the perspective of life safety. The article analyzes the main dangers faced by extreme athletes, their preparedness for emergency situations, the use of safety equipment, and training systems. The study also provides recommendations aimed at preserving athletes' health and ensuring their safe participation in life activities.

## Introduction

In recent years, new and extreme types of sports have increasingly become an integral part of human activity. Adrenaline seekers, advocates of a healthy lifestyle, and adventurous youth are turning to extreme sports. These activities not only offer positive benefits such as improved physical fitness, stress relief, self-challenge, and increased motivation, but they also present life-threatening risks. For this reason, it is crucial to scientifically study the impact of extreme sports on the safety of life activities.

Risk factors associated with extreme sports include height, speed, underwater pressure, natural environmental conditions, technical malfunctions, and human error—all of which pose direct threats to safety. Additionally, an individual's level of preparedness for emergencies and their psychological state play a significant role in ensuring safety in these sports. This article examines the types of dangers commonly encountered in extreme sports, mechanisms for preventing them, as well as the preparation and protective equipment used by athletes.

**1. Classification and Popularization of Extreme Sports.** Extreme sports are physical activities characterized by a high level of risk, requiring significant physical and psychological preparation from the athlete. Among the most common are mountaineering, base jumping, diving, BMX, sport parachuting, snowboarding, and rafting. Research shows that extreme sports increase adrenaline levels and help reduce stress [1]. However, the risks involved in practicing these sports can lead to serious consequences.

**2. Risk Factors and the Importance of Safety Measures** Athletes engaged in extreme sports often face the following risk factors:

- Natural environmental hazards (height, ice, snow, water currents)
- Technical equipment malfunctions
- Human factors (inattention, misjudgment)
- Physical fatigue and psychological pressure

To protect against these dangers, professional training, modern protective gear (helmet, wetsuit, parachute), safety drills, and preparedness for extreme situations are required [2]. Additionally, in the context of Uzbekistan, regulatory and legal frameworks as well as training systems for ensuring safety during extreme sports events are still underdeveloped [4].

**3. Methods to Ensure Safety in Extreme Sports.** The following measures are implemented to safeguard athletes' life activities:

- Development of specific safety guidelines for each sport
- Emergency preparedness training conducted by coaches and specialists
- Regular medical examinations and psychological monitoring
- Athlete insurance and risk analysis training [3]

The World Health Organization (WHO) has developed international recommendations to reduce risks in extreme sports, emphasizing health monitoring, risk assessment, and real-time safety surveillance as key components [5].

**1. Mountaineering (Mountain Sports) Description:** Mountaineering is a sport involving climbing high mountain peaks, requiring significant physical fitness, technical knowledge, and adaptation to climatic conditions.

**Risk Factors:** Avalanches, altitude sickness (hypoxia), ice slipping, frostbite, equipment failure. **Safety Measures:** Safety ropes, specialized clothing, GPS and signaling devices, training for movement in mountainous conditions. **Sources:** [2], [4]

**2. Base Jumping (Parachuting from Heights) Description:** Freefall parachuting from buildings, antennas, bridges, or cliffs. The acronym "BASE" stands for Building, Antenna, Span (bridge), Earth (cliff). **Risk Factors:** Low altitude jumps, parachute failure to deploy, wind or unstable weather conditions. **Safety Measures:** Thorough parachute preparation, reserve parachute, professional training, practicing only in authorized locations. **Sources:** [1], [5]

**3. Diving (Underwater Sport) Description:** Using scuba gear to dive deep underwater to explore marine life and perform sport elements. **Risk Factors:** Pressure changes (rapid ascent or descent), oxygen deficiency, underwater creatures, equipment malfunction. **Safety Measures:** Regular inspection of scuba and regulators, training under constant supervision, adherence to buddy diving rules. **Sources:** [2], [3]

**4. BMX (Extreme Cycling). Description:** BMX is a sport involving performing various complex tricks on small bicycles, usually on artificial obstacles or ramps. **Risk Factors:** Falls, head or spinal injuries, high-speed collisions. **Safety Measures:** Protective gear (helmet, knee and elbow pads), specially designed training grounds for athletes. **Sources:** [1], [4]

**5. Sport Parachuting Description:** A sport involving parachute jumps from airplanes or helicopters at altitudes of 3–4 km. **Risk Factors:** Parachute failure, incorrect landing, strong winds, loss of balance in the air. **Safety Measures:** Reserve parachute, pre-jump training, equipped with GPS and radio communication devices. **Sources:** [2], [5]

**6. Snowboarding (Sliding on Snow) Description:** Sliding down snow-covered mountain slopes on a special board called a snowboard. **Risk Factors:** Loss of control at high speeds, avalanches, slipping on icy surfaces. **Safety Measures:** Protective clothing, helmet, training on mountain safety. **Sources:** [1], [3], [4]

**7. Rafting (White-Water Rafting) Description:** Navigating a group in an inflatable boat along or against the flow of mountain rivers. **Risk Factors:** Capsizing in strong currents, underwater obstacles, cold water shock. **Safety Measures:** Life jackets, protective clothing, presence of registered captains and signaling systems among the team. **Sources:** [1], [3], [5]

## **The Role, Importance, and Safety Issues of Extreme Sports in Uzbekistan**

**1. Extreme Sports in the Sports System of Uzbekistan** In recent years, the government of the Republic of Uzbekistan has implemented extensive reforms aimed at promoting a healthy lifestyle and popularizing sports. As part of this process, the presence of extreme sports has been gradually increasing. Particularly, extreme sports that combine tourism and athletics are developing in the following areas:

- Mountaineering and hiking — popular in the Chotqol, Hisor, Zarafshan ranges, and Belisuv mountains.
- Parachuting — amateur competitions are held annually in the Fergana Valley and Tashkent region (Chirchiq, Bostanliq).
- Diving — practiced in the Charvak and Tudakul reservoirs.
- Snowboarding and skiing — active at the Amirsoy, Chimgan, and Beldersoy resorts.
- Rafting — organized through tourist agencies on the Oqsuv, Pskem, and Ugom rivers.
- BMX and other extreme cycling — training takes place at the "Extreme Park" in Tashkent city.

**2. Importance:** Extreme sports among youth contribute to:

- Enhancing physical and mental endurance,
- Building self-confidence,
- Increasing social activity,
- Promoting a healthy lifestyle.

By integrating tourism and sports, Uzbekistan's mountainous regions gain opportunities for tourism and economic development. This also requires expanding the country's sports-tourism infrastructure on a national scale.

**3. Ensuring Safety: Current Issues and Solutions.** In Uzbekistan, the following approaches are applied to ensure safety in extreme sports:

Field	Safety Measures	Challenges
Mountain sports (mountaineering)	Following established guidelines, accompanied by a guide	Shortage of qualified guides
Parachuting	Jumping through licensed schools	Outdated equipment
Snowboarding	Medical services at ski resorts, marked trails	Shortage of personnel, weak technical maintenance in some areas
Rafting	Protective clothing and guide assistance	Unstable river currents, insufficient emergency preparedness
BMX, Skate Parks	Mandatory helmets and protective gear	Limited number of facilities, inadequate technical maintenance

Additionally, to ensure safety, the Ministry of Emergency Situations, the Ministry of Tourism and Sports, and the "Federations of Extreme Sports" have been:

- Conducting trainings and briefings
- Developing safety guidelines
- Gradually implementing the practice of insuring athletes

#### 4. Recommendations and Conclusion

- It is necessary to strengthen the legal, technical, and psychological aspects of safety to develop extreme sports;
- Establish a certification system for athletes and coaches;
- Develop national safety standards for each type of extreme sport;
- Organize emergency medical and rescue stations in extreme sports areas;
- Promote a culture of safety through mass media.

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