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Extreme sport

Oral English presentation



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1. Introduction

Extreme sports are activities that are perceived as high risk. These activities often include speed, altitude, advanced exercise, and highly specialized equipment.

The inconsistency in the term "extreme sports" suggests that those wishing to study the field often use non-scientific methods to determine whether the definition of extreme sports includes advanced sports.

Meaning that you are forced to create your own criteria as a starting point. Whether there is risk of injury, risk of death, or additional considerations such as lifestyle and relationship to the natural environment.

Drawing a long line in powder snow, climbing an icefall, climbing mountains, flying over valleys in a paraglider are activities that are becoming more and more democratized thanks to the videos broadcast by professional athletes on the internet.

The ultra-spectacular nature of these disciplines makes them extremely viral, with thousands of shares on social networks, and therefore millions of additional potential views.

The question of what an extreme sport is and whether the term "extreme sport" should be used to label particular sports can be viewed from a variety of angles.

"Extreme sport" appears to be used interchangeably with "high risk sport" in much of the literature.

Both "high risk" and "extreme sport" are defined as any "sport where one has to accept a possibility of severe injury or death as an inherent part of the activity".

In the same manner, classification of extreme or high risk could partly be due to peak static and dynamic components achieved during competition, which may result in bodily changes such as high blood pressure.

A further classification would consider physical risk as a defining feature of any "extreme or high-risk sport".

However, the implication that those who engage in extreme sport are exclusively high-risk taking participants is an oversimplification which requires careful consideration.

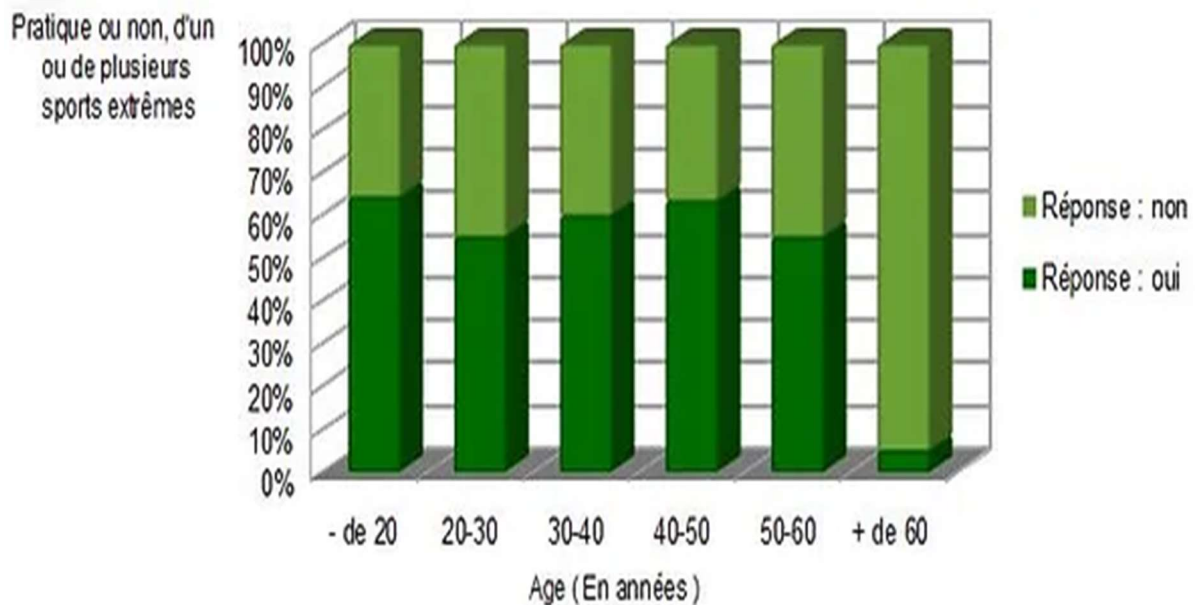
Part of the difficulty in being able to define extreme sport is. There are so many contradictory factors aside from risk.

It is suggested here that there are spatial, emotional, individualistic and transgressive dimensions to consider in these sports.

Terms such as “alternative,” “action,” “adventure,” and “lifestyle” are also used to describe extreme sport, however, none of these terms categorically encompass what extreme sport actually entails.

And the extreme tourism overlaps with extreme sports. The two share the same key allure – the 'adrenaline rush' brought on by the element of risk – and differ mainly in their level of commitment and professionalism.

1.1 Did you do extreme sport?



This is a bar chart, it shows on the horizontal axis the age groups and on the vertical axis the % of people.

In light green people who do not practice extreme sports and in dark green people who practice an extreme sport.

What we can observe is a certain balance between people from 20 to 60. Generally, a little more than 60% of people do an extreme sport in their life.

For people around 60 and over 90% do not practice it, we can understand this figure because extreme sports very often require strength and provide a lot of sensation it is therefore normal that at a certain age the body no longer supports it.

What we can conclude from having this graph is that :

- Overall extreme sports are open to all regardless of their age as long as our physical condition supports it
- Extreme sports are very present in our lives without necessarily realizing it

2. History

The term "extreme sports" dates to the 1950s and comes from the words of American author Ernest Hemingway.

However, it turns out that extreme sports are much older. In fact, very strenuous sports have been practiced since ancient times, such as Pancrace, which means "all" and "strength" in ancient Greek.

Martial arts were performed naked, and all blows were allowed except eye biting or gouging. But sports such as chariot racing where Diocles, the most famous athlete in history, one of the most famous charioteers (charioteers) of antiquity, won prize money worth 10 billion euros thanks to his 1462 victories is also the same.

In the 1970s, the sport was considered an extreme sport where any mistake could lead to fatal accidents.

Since the 2000s, definitions have become more flexible. So-called 'extreme sports' are, for example, sports that allow a strong adrenaline rush or safer sports that are performed in more difficult and dangerous conditions.

Today we see equipment evolving like extreme sports. For example, the ancestor of the surfboard weighed about 65 kg and was up to 5 m long, whereas today it weighs only 3-4 kg and is about 2 m long.

3. Why extreme sport

3.1. Why do people practice extreme sports?

There are several reasons why people like practicing extreme sports. However, it will be too long to list all of them. So, we took the most relevant ones.

3.1.1. Gain the ability to stay focus

It's one of the main advantages that can provide you extreme sports.

Actually, when you're in stressful and scary situations you can be overwhelmed by the situation.

Thanks to high-risk sports, you can stay calm and stay focused on what you're doing. In day-to-day life it can really help you.

3.1.2. Gain the ability to stay focus

By living extreme situations, you can prepare yourself to die.

You carefully pay attention to the rules because if you make one mistake, it's very dangerous for your life.

Also, you can be aware of the fact that you want to enjoy life as much as possible.

During the training session, you realise that you are going to overcome obstacles, both physically and mentally.

3.1.3. Boost your self-confidence

When you see that you can complete hard challenges, it's satisfying to know that you can do unbelievable things.

So, you acquire more self-confidence both in sport and in everyday life.

3.1.4. High caloric burn

A risk-taking sport provides you adrenaline rush and allows you to burn more calories than a conventional sport.

Let's compare riding bicycle with biking BMX.

If you ride a bike for one hour, you burn about 400 calories while if you ride a BMX, you lose between 500 and 730 calories per hour.

3.2. What do extreme sports provide psychologically?

3.2.1. Modify the brain chemistry

Most of the people's brain contains a higher level of dopamine and serotonin than risk takers' brain does.

Dopamine, most known as "pleasure hormone", provides a good feeling. It takes part of reward circuit.

This neurological phenomenon is activated when you do something you like. Dopamine, which provides you some pleasure, is released.

Then you want to do that pleasant thing again.

3.2.2. Be addicted

Risk takers are looking for thrill all the time because they like challenges.

Sometimes it can go further so that they want to take up bigger and bigger challenges.

Those people also like becoming known through the world. The best way to do it is creating a buzz.

So extreme sports become addictive for them. This can be explained. In fact, their brain claims more dopamine in order to have a good feeling again and again.

It is the same process with drugs, sugar, etc.

3.2.3. Interact with the environment

In day-to-day life, when you walk on the street you have many signs of how you have to go from a point A to a point B with risk-taking sports, you can choose the way of doing it as you want.

Consequently, extreme sports allow people to develop their creativity and change their point of view of the world.

Moreover, people who live in cities or urban areas are out of phase with nature, but they can become closer to the environment by practising extreme sports.

3.2.4. Psychological profile

Risk-takers are people who want to control their emotions above all.

It has been found that extrovert people are more likely to practice extreme sports. That's why most of the community members of extreme sports are extrovert people.

Unlike what everybody could think, those people are not taking irresponsible risks. In fact, there are two types of risk-takers:

- The ones who put aside their security in order to feel more and more thrill;
- The ones who are more cautious at the cost of sensations.

Both of the two types know the ins-and-outs.

3.2.5. Training

It is not that simple to practice this kind of sports.

From the day you decide to practice it, you have to know that it is mandatory to attend some theoretical lessons in order to be well prepared for the D-day.

3.3. Conclusion

Athletes are aware of several risks they take every time they practice extreme sports, but their brain drives them to do it because of the reward circuit.

They are always looking forward to going off in search of adventure.

4. Competition in extreme sports

4.1. Introduction

We have seen previously that sport affect all types of people and it represent for many sportsmen a surpassing of oneself.

Sports highlight the strength of an individual through an individual achievement or through a collective achievement.

It is obvious that when we talk about sport, we often talk about competition for example football.

We rarely talk about a friendly match made in the only way but to satisfy your sporting thirst but rather about a match between several teams, so we talk about the competition.

4.2. How to rate extreme sports

We do not note the types of sport in the same way because this type of sport is rather something individualistic and often dangerous.

As a result, we are not going to judge the collective performance of one group against another or directly put 2 people in opposition in a fight for victory.

Instead we are going to judge an individual's best performance at a given moment.

For example, in Formula 1 each driver is scored according to their personal score.

At the end of the race the best individual score wins drivers don't not sabotage each other for the win.

The same for sports where style, speed of execution and other criteria come into play to know which of the participants is the best.

Such as skateboarding competition, kite Surfing or snowboarding...

For the most dangerous sports there is often no competition but rather achievements or world records in various categories in specific sports.

Such as the highest jump in base jump or the person who holds their breath the longest in water ice.

Sometimes we also pay homage to somewhat wacky exploits such as the world record for the most extreme dog.

4.3. Brand and team

As any type of sport where there are competitions there are also money to be earned and who better to invest in high-level athletes who can break records than the brands.

Adidas, DC Shoes, Red Bull, are all big brands who have their own teams and sponsors in different disciplines.

The practice of these sports often generates a lot of cost either in terms of equipment for example just a kite costs around 1600€ or in terms of project implementation for example the GP Explorer had cost around 3 million euros.

It is essential for very high-level athletes to use the help of brands to be able to exercise their sport in the most optimal conditions and achieve ever greater feats.

4.4. Presentation of Red Bull

Red Bull is certainly the most present brand in extreme sports over the world.

The Austrian company sponsors athletes from all over the world and helps them to break world records or win major events.

Red Bull also organizes their own event in various disciplines here are some examples of the most appreciated by the public:

Red Bull simple session – skating

Skateboarders would compete for honors in one of the most prominent skateboard tournaments in the world. It features an enlarged contest course.

Red Bull Simple Session – BMX

BMX riders would contest for the biggest prize up for grabs.

Volcom Pipe Pro

Think you've got all it takes to be a hero? Then try to be on the list of surfers when the Volcom Pipe Pro takes centre stage.

Freeride world tour

The world most challenging peaks have been selected. Think you've got the flavor as a professional skater or skier to claim the top prize? Find your way there.

Red Bull roller coaster

Think you can navigate your way through the zig-zag layout? Or do you believe you are capable of some of the most challenging obstacles on these layouts?

4.5. Crew

Red Bull also have their own sports team here are some examples of the biggest.

FC Red Bull Salzburg (Football)

Red Bull Salzburg is an Austrian professional football club based in Salzburg that competes in the Austrian Football Bundesliga.

Red Bull Racing (Formula 1)

Red Bull Racing is a motorsport brand competing as Red Bull Racing Honda as one of the Formula One racing franchises. The team is based in the United Kingdom.

Team Peugeot-Hansen (Rallycross Racing – Red Bull sponsors)

It is a professional Rally Racing team.

EHC Red Bull Munchen (Ice Hockey)

EHC is a German professional Ice hockey team based in Munich that competes in the Deutsche Eishockey Liga.

4.6. Economic model

The brand has established a strong presence around the world and a relationship of trust with these partners which allows them to sponsor many events and to highlight the brand's products such as their energy drink.

4.7. Extreme competitions

It is difficult to highlight performances for an extreme sport because in most cases everything is done by word of mouth through social networks YouTube or events.

Indeed, the competition in this type of sport is not done by a system of league or tournament where the spectators can follow the competition from day to day.

To highlight these sportsmen created events recognized in all over the world like the X games or the FISE.

4.8. Presentation of the X Games

The X Games are an annual competition of several extreme sports that are organized and broadcast in the United States.

There are 2 seasons of X Games per year Winter X Games and Summer X Games.

For participants it is the perfect opportunity to draw attention to these sports performances attract the attention of brands and win a medal.

Each season of the X Games has its own sport always divided into at least 2 categories for Men and Women and accessible to all ages.

X Game Summer :

- BMX
- SKATEBOARD
- SURF
- SUPERBIKE

X Game Winter :

- SNOWBOARD
- MOTONEIGE
- SKI
- MOTOCROSS

4.9. Participate in the X Games

To be selected to participate in a season of the X Games you will have to show a lot of talents and above all results.

No registration list but invitations sent directly by the organizer of the event to the person who is among the highest placed in the AFP world ranking.

AFP is a general ranking of participants who have performed at other events. The sending of these invitations is done in 3 phases:

1st phase

The first 3 invitations go to the top 3 of the previous X Games for each discipline.

2nd phase

These invitations go to the participants of two other events organized by AFP the USSA Grand Prix and the DEW TOUR according to the general classification.

3rd phase

These invitations go to the public personality who in recent times has performed in their discipline.

4.10. X Games Winter 2022

For the record the X Game Winter 2022 edition had taken place from January 21 to 23 in Aspen in the United States only 2 weeks before the Olympic Winter Games in Beijing.

There was a total of 85 participants for 14 events mainly snowboarding and skiing.

4.11. The dangers of participating in X Games

Participating in X Games is a lot of glory but also a lot of risk.

The expectations on this kind of competitions are very high the participants must give the best of themselves and push their limit.

Falls and accidents are common during the competition but also during training.

This risk-taking can lead to a tragedy such as in 2020 Sky brown a professional skateboarder had an accident during her training resulting in few fractures to the body a broken arm and other superficial injuries.

Luckily, she quickly recovered from her injuries and won a bronze medal at the Tokyo Olympics in 2021 and became the youngest British girl to win a medal in the discipline of skateboarding.

4.12. Personal experience

I have been kitesurfing since I was 12 years old and I participated in the Spanish championship when I was 14 years old.

What can I say about competition is:

The challengers are in extreme conditions compared to where they usually are.

It is hard to give the best of you in a competition because you have a short range to express yourself and of course the pressure and the expectations are high.

Be able to manage a competition require days and days of training you need to be strong physically and mentally.

5. The dangers of extreme sports

5.1. The Most Dangerous Sports in the World

Extreme sports are no better in terms of safety. Participants are susceptible to life-altering injuries and death and should be educated about these risks before they choose to compete. Here are the deadliest sports in the world.

- **The highline**— The highline is a sports discipline, consisting of moving on a slackline stretched in height, generally assisted by safety equipment in the event of a fall. It is a booming sport, whose particularly high physical and mental intensity gives it the status of extreme sport, despite increasingly secure practice and the appearance of specific equipment.
- **Base jumping**— this sport involves jumping from great heights with the goal of landing on one tall object from an even taller one. Jumpers need to correctly time the deployment of their parachutes in order to land safely and there are many things that can go wrong during a jump. Needless to say, the outcome for many errors can prove tragic.
- **Skydiving**— The principle is to drop from an aircraft (plane, helicopter, hot air balloon, etc.) equipped with a parachute from a height of 1,000 to 6,000 meters. The slightest mistake in this sport and it's guaranteed death! But what fun. Accompanied by an instructor, after a short preparation, the experience is possible for those in good physical shape.
- **Free-solo climbing**— Free solo climbing, or free soloing, is a form of technical ice or rock climbing where the climbers (or free soloists) climb alone without ropes, harnesses or other protective equipment, forcing them to rely entirely on their own individual preparation, strength, and skill. Free soloing is the most dangerous form of climbing, and unlike bouldering, free soloists climb above safe heights, where a fall can very likely be fatal. Though many climbers have attempted free soloing, it is considered "a niche of a niche" reserved for the sport's elite which has led many practitioners to stardom within both the media and the sport of rock climbing.

- **Mountaineering or alpinism**— is a set of outdoor activities that involves ascending tall mountains. The ascent of the highest and most dangerous peaks involves not only mild weather conditions but above all a long preparation. To be avoided if you are not in optimal physical condition.
- **Extreme skiing**— is performed on long, steep (typically from 45 to 60+ degrees, or grades of 100 to 170 percent) slopes in mountainous terrain.
- **Climbing**— climbers expose themselves to numerous risks. Extreme heat or cold, falls from great heights, broken bones, injuries to the ankles and feet, torn tendons and ligaments and death are all possible while climbing.
- **Formula 1**—, commonly abbreviated as F1, is a motorsport discipline considered to be the premier category of this sport. It has taken on a global dimension over the years and is, along with the Olympic Games and the Football World Cup, one of the most publicized sporting events.
- **English boxing**—also called the noble art, is a combat sport in which two opponents, of the same weight category and same sex, meet in a ring, wearing padded gloves to limit the risk of cuts, and exchange punches, landed in the face and chest. The fight is divided into time intervals, the rounds, or times in French, separated by a minute of rest announced by a bell where the pugilist can be advised and treated if necessary.

5.2. The dangers of extreme sports

Extreme sports are recreational activities with a high level of inherent risk. Many popular extreme sports involve dangerous heights and/or speed. However, that doesn't mean that you are always to blame for injuries. These activities involve risks among which we can quote.

Broken Bones

There are few extreme athletes that don't have a story that involves a broken arm, leg, or tailbone. You can consider yourself lucky if you get a broken bone when missing a move in extreme sports, and for some athletes, it's all just part of the sport. The only way to avoid a broken bone is to start easy, know your limits, and to wear protective equipment.

Spinal Injuries

When moving at top speeds, it only takes one small mistake to end up with an extreme injury. Just ask BMX dirt bike rider Stephen Murray who was left with a severely damaged spinal cord when he landed on his head when losing control.

Brain Injuries

A brain injury could leave you with serious impairments — memory, vision, mental health, and coordination. You could have to relearn basic functions, like talking, walking, and writing. Olympic snowboarder, Kevin Peace, suffered a traumatic brain injury that left him with years of intensive rehabilitation just to walk and eat again.

Paralyzed

A number of popular athletes have been left paralyzed from an injury as well. Famous dirt biker, Stephen Murray, ended up in a wheelchair and paralyzed from the shoulders down in 2007.

Fatalities

Sadly, there are also many examples of fatalities in extreme sports. Pushing the limits has resulted in a number of young, talented athletes losing their life to the sport. Taking risks in any sport comes with a price, even when the games have rules and are regulated.

5.3. Why do people practice extreme sports despite the risks

We are more and more fond of thrills and for this we expose ourselves more easily to danger.

Flirting with danger is an opportunity to breathe, to break with one's habits, to express one's "true self", in the face of a daily life without surprises, considered banal, constant social pressure and a precariousness very present in our society.

Suffocated and constrained the individual seeks through the practice of extreme sports, to fight against boredom and routine. This practice becomes an outlet that allows him to overcome his fears, maintain self-control, control induced uncertainty and fight against boredom.

Far from being an impulsive and irrational act, engaging in extreme sports allows you to test your sense of responsibility, your physical and emotional skills.

5.4. CONCLUSION

Whether a person is exposed to danger on the job or while participating in a sport, it is important that every reasonable measure be taken to reduce the risk of injury or death.

If you are injured and believe that more could have been done to reduce the severity, you may be able to speak with an attorney about your legal options.

The same is true if you lost a loved one in a fatal accident and are looking to recover compensation for funeral expenses, lost income and pain and suffering.

6. Conclusion

Extreme or high-risk sports are one of the fastest growing sporting activities of this century. Due to its nature, it has attracted media attention around the world, but in the context of sports science, its definition should be conceptually clear, linguistically correct, and not influenced by terminology promoted by the media.

For our scientific efforts to be credible and valuable, the parameters we study must be consistent and well-defined.

Even as spectators, extreme athletes adopt alternative lifestyles, thereby appreciating their quality of life and values in the field of self-knowledge and self-development.

Especially the young, and for some time also the elderly, are keen on extreme sports, which shape their personality, identity, and a specific way of life in harmony with the natural environment. Where 30-40 years ago extreme sports were mostly pursued by young people with selfish vocations, the trend is now that people over 30 and even 70 - both men and women - are taking risks.

This indicates changes in attitude and frequency, and in increasingly unexpected circumstances.

The growing interest in participating and watching such sports has also increased the investment potential of industries in this sector (media, beverages, apparel, sports equipment, technology, tourism, etc.).

Participation in extreme sports also has negative consequences - excessive egocentrism, personality disorders, pushing boundaries to death, huge costs, highlighting social inequalities, deviance, violence, drug or alcohol abuse, etc.

However, a growing body of research focuses on emphasizing the positive aspects of each practitioner's personal development (happiness, self-improvement, emotional regulation, well-being), primarily in relation to their community/society of origin or the community/society in which they practice these aspects Sports or sporting events (lifestyle in harmony with nature, community prosperity, positive relationship with nature, etc.).

7. Question / answer

1) **Question:** The competition is only for high level athletes?

Answer: No, extreme sports are open for all people no matter their level or their age.

2) **Question:** What are the most dangerous sports?

Answer: it's mountaineering, base jumping and scuba diving.

3) **Question:** For you how many people died in France during the year 2017 while practicing a sport?

Answer: A total of 401 sports deaths were recorded in 2017.

4) **Question:** How to get into extreme sports?

Answer: First you need the right equipment and the most important is to take lessons with qualified people.

5) **Question:** Are extreme sports reserved for wealthy people?

Answer: No, it is true that the materials can be expensive, but it is expected to last years and you can easily find some in second hand at reasonable prices.

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