

## **ADVENTURE TRAINING**

**Q 1. What are the aims of adventure activities.**

**Ans:** (a) To develop courage.  
(b) To develop stamina.  
(c) To develop sense of adventure & team spirit  
(d) To develop leadership qualities

**Q.2 Name any two adventure activities in air, land and water each.**

**Ans:** Air : Parasailing, Sky diving, Slithering, Paragliding  
Land : Trekking, Rock climbing, mountaineering etc  
Water : Scuba Diving, white water rafting, surfing.

**Q 3. Write down five equipments required for Parasailing?**

**Ans.** Paraglide/Parasail, Harness, Helmet, Tow rope, a vehicle or boat.

**Q 4. Name the equipment required for Slithering.**

**Ans.** Rope (1.6 inch thick), Gloves, Boots, Helmet and Knee Pads.

**Q 5. Write the necessity of Slithering / Fast Roping training in the Military.**

**Ans.** Slithering / Fast roping is an insertion technique used by Special Forces in the military to deploy into a location rapidly in a hostile condition where landing of Helicopter is not possible / dangerous.

**Q 6. Explain Rock climbing activity.**

**Ans.** Rock climbing is an activity in which participants climb up, down or across natural rock formations or artificial rock walls. The goal is to reach the summit of a formation or the endpoint of a pre-defined route without falling.

**Q 7. Name any 05 equipment used during Rock climbing.**

**Ans.** Dynamic Ropes, Low elongation ropes, Carabiners, Quickdraws, Harness, Belay devices, Helmet, Climbing shoes, Gloves, Webbing, Rappel devices, Ascenders etc.

**Q 8. Write any 03 Safety Tips to keep safe when rock climbing.**

**Ans.** (a) Always check harnesses (b) Always check knots  
(c) Always wear a helmet (d) Always check the rope & devices  
(e) Always pay attention (f) Always use a long rope  
(g) Always bring enough gear (h) Always climb with the rope over your leg

**Q 9. Write any 05 Rock climbing techniques and explain any 02 of them.**

**Ans.** (a) Arm Bar, Elbow Bar (b) Chest Jam (c) Heel hook (d) Toe hook  
(e) Dyno (f) Knee Bar (g) Bridging (h) Crimping (i) Chimneying etc

(i) **Arm Bar, Elbow Bar.** Jamming an arm into a crack and locking it into place.

(ii) **Bridging or Stemming.** Climbing a corner with the legs apart, one against each face, with the feet relying on friction or very small holds.

(iii) **Chest Jam.** Jamming the torso into a wide crack, for resting.

(iv) **Chimneying**. Climbing between opposing rock faces, with the back and hands against one face, and the feet against the other face, or alternating between both.

(v) **Crimp or Crimping**. Grabbing on to a hold with the fingertips alone.

(vi) **Dyno**. The term is an abbreviation of dynamic maneuver. Using the momentum of a movement or jump to reach a hold beyond your reach. Ideally, gravity brings the movement to a stop at the "dead point", i.e., when the hands reach the hold. When using this technique, the climber often leaves all contact with the wall.

(vii) **Egyptian Bridging**. The same position as bridging, but with one leg in front and one behind the body.

(viii) **Heel Hook**. Using the back of the heel to apply pressure to a hold, for balance or leverage. this technique requires pulling with the heel of a foot by flexing the hamstring. This technique is notable since in most forms of climbing one uses the toes to push.

(ix) **Toe Hook**. A toe hook is securing the upper side of the toes on a hold. It helps pull the body inwards—towards the wall. The toe hook is often used on overhanging rock where it helps to keep the body from swinging away from the wall.