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(a)	<p style="text-align: center;"><u>LESSON PLAN</u></p> <p style="text-align: center;"><u>LESSON PLAN : ADV 1</u></p> <p style="text-align: center;"><u>PARASAILING</u></p> <p>Period - Four Type - Lecture/Demo -1/ Prac - 3 Code - ADV1 Term - II (SD / SW)</p> <hr/> <p><u>Training Aids</u> 1. Computer Slides, Pointer, Charts, Black board & Chalk.</p> <p><u>Time Plan</u> 2. (a) Introduction - 05 Min (b) Parasailing Gear - 10 Min (c) Types of Parasailing - 10 Min (d) Parasailing Safety Tips - 10 Min (e) Conclusion - 05 Min</p> <p><u>INTRODUCTION</u> 3. Parasailing is also known as Parascending or Parakiting. It is a recreational kiting activity where a person is towed behind a vehicle or a boat while attached to a specially designed canopy wing that reminds one of a parachute, known as parasail wing. On land or over water the manned kite's moving anchor may be a car, truck or a boat. Parasailing just by kiting in heavy winds should be discouraged. The vehicle pulling the parasail should have enough pulling power. The parascender has little or no control over the parachute. 4. There are six parts of a parasail. The harness attaches the person to the parasail, which is connected to the vehicle through the tow rope. The sport should not be confused with paragliding. The first international competitions were held in the mid 80's and continue to run today.</p> <p><u>AIM</u> 6. To acquaint the cadets about Parasailing as a part of adventure activity.</p> <p><u>PREVIEW</u> 7. The lecture will be conducted in following parts :- (a) Part I - Parasailing Gear. (b) Part II - Types of Parasailing & Parasailing Safety Tips.</p> <p><u>PART I : PARASAILING GEAR</u> 8. One of the most popular recreational activities today is parasailing If you have researched parasailing and you have decided that this is something that you would like to pursue there are</p>

many things that you should know prior to making your first launch One of the most important things that you should consider is the appropriate gear that is involved to perform in parasailing activities. It is also important to have the will and nerve to take your first launch in parasailing. However, if you have the appropriate parasailing gear, parasailing can be easy for anyone who wishes to pursue it. Parasailing gear that will be required to perform this activity is as follows :-

(a) One of the most important things to parasailing is the clothes that you choose to wear while performing this activity. While you have the freedom to wear whatever you want to wear, it is very important that you select clothing that will be comfortable and easy for you to maneuver in. You can actually buy jumpsuits and clothing that are appropriate for parasailing. While many people see this as an added expense, there are many people who see this as an added bonus.

(b) Another important piece of parasailing gear is the actual paraglide. Basically this is a parachute that has the added features of a bar that you can use to help you fly effectively in parasailing.

(c) When you perform in parasailing activities, you should have a harness that you strap that will attach you to the paraglide. This way, if you slip or lose contact with your hands. The harness will help hold you in place.

(b) You may want to purchase a pair of gloves to hold the paraglide with to ensure that your hands are protected while you are flying in parasailing.

(e) Many people choose to have a helmet when they participate in parasailing activities. Many accidents can occur while you are parasailing and it is extremely important that you protected. The head is one area that should be properly protected when you are engaging in parasailing.

(f) You should ensure that the boat that is pulling you along in the air has a experienced driver and the correct amount of fuel. It is important that the boat that pulls you while you are parasailing is sturdy and dependable, You do not want to be up in the air and have your harness fall from the boat In the same respect you do not want to be parasailing and the boat run out of fuel.

(g) When you decide to go parasailing it is important that you make sure that you have all the proper gear in order to do so. Ensuring that you are prepared and you are safe is the single most important aspect of parasailing gear.

(h) The **Parasailing Equipment** mainly consist of a **Glider**, which in its inflated firm offers resistance to the wind and the air, Then there is a **harness** which is attached to the paraglide and the pilot for safety purpose. **A helmet and a extra parachute** is there for the safety and the emergency landing of the pilot **VARIOMETER** is the main instrument for gauging the ascent and the descent of the pilot.

(b)

PART II : TYPES OF PARASAILING & PARASAILING SAFETY TIPS

9. In India, mainly three type of Parasailing are the most popular ones:-

(a) **Winch Boat Parasailing.** In this sort of Parasailing the ascent and descent of the parasail or

takes place from the boat itself The boat in the sea is well equipped with parasailing equipments It has a parasail inflation system and hydraulic winch powered by the main drive engine, These two help in launching and retrieving the parasail or from the flight deck.

(b) **Beach Parasailing.** As the name suggests the beach is the main ground for the ascent and descent of the parasail or It is much more complicated than the Which boat Parasailing , Even the most experienced par sailors are not approved for this without prior permission.

(c) **Platform Parasailing.** In this sort of Parasailing one flies under the winds which are below 5 to 15 mph, away from rough ocean and poor weather conditions and other things close to proximity.

11. **Safety.** Safety tips advised by the Parasail Safety Council are as follows:-

(a) **Licensing.** Make sure you parasail with a fully licensed (state & local) company operating from a well established location insured by a licensed insurance company. Don't pay for your ride on the boat This operator may not have a licensed or be insured.

(b) **Established Operators.** Only parasail with established business operators. Don't be afraid to ask how long they ve been in business if there business permits are current with the City and if the operator onboard is a US Coast Guard Licensed Captain.

(c) **High Winds.** You should avoid parasailing in high wind conditions (over 15 knots at sea level) due to an increased difficulty and complications during emergency water landings updates 09/201.

(d) **Visibility.** Never go up in rain fog or an approaching storm.

(e) **Passenger Age And Weight Restrictions.** Parasailing is not recommend for individuals under the age of 16 or who's exceeds 300 lbs.

(f) **Types of Equipment.** Make certain that you get adequate safety briefing prior to your flight This safety briefing should include, a) a description of the activity itself, b) safety procedures in the event of an unexpected emergencies, C)the porper use signals while landing fire or capsizing e) precluding any participant who appears to be afraid or intimidated prior to their aerial excursion.

(g) **Altitude** Parasailing at an altitude of more than 600 feet is discouraged especially in close proximity to the shoreline or other objects The recommended altitude for using hand signals and recovery during water landings over Open Ocean is 600 and 300 feet over small lakes bays or sounds (figures based on ideal wind and sea conditions with limited traffic).

(h) **Ask Questons.** Ask all the right questions How long have you been in business? Do you have Insurance by a licensed Agent in this State? is good flying weather today?

(j) **Release From.** Read the release form carefully before you sign it. Parasailing does have physical requirements, especially in the event of a water landing.

CONCLUSION

10. A special parachute with wing like extensions that lifts a rider in its harness up and through the air when towed by an automobile or motorboat gives an absolutely thrilling experience It also instills adventurous spirit and develops courage to face the challenges.