

Characteristics of Distances of Competitions in Sports Tourism

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Abstract:

In the article it is carried out the analysis and applied the method of generalization of legislative documents, scientific-research and scientific-methodological literature, presented points of view of specialists on organization of the process of preparation and building distances of sports tourism competitions. While planning distances it is necessary to take into account aims and tasks which are set before a specific competition. At the mass level – it is, first of all, propaganda of tourism and education, change of experience, and at the highest level – testing of preparedness and revealing the strongest participants and teams. In tourist competitions, during many years, there were established traditions, defined a set of stages and methodology of their undergoing, moreover, the question of participants' safety should be put on the first place. While planning a distance it is necessary to take into account its complexity and accordance with readiness of participants to goals and tasks which are set by organizers of competitions. If less than half of the teams pass technically and tactically complicated distance, this means that efficiency of such competitions is insignificant. Here an important role is played by a competition inspector who should estimate accordance of the class of a distance with the level of preparedness of participant, and if necessary, recommend to chiefs of a distance to simplify it and abase its class. This is reached, first of all, not by change of a distance scheme, its length, but simplifying of technically complicated stages. Requirements for distances and stages – dynamism and spectacular component. While planning a distance for competitions it is necessary to take into account such factors as season, natural peculiarities of a region, natural conditions which should be taken into account depending of a kind of tourism. The most important thing while planning a distance is saving of lives and health of participants. The objective of our study is to analyze peculiarities of competition distances and technical stages in hiking. Accumulated knowledge, correctly organized competitions and planned distances would allow to define the strongest competitors, highlight the effectiveness of the training process, improve the results of performances at competitions.

Key words:

obstacle course, cross-hiking, rescue works, competition distance, technical stages, sports tourism.

Introduction. Sports tourism is an integral component of physical culture and sport in Ukraine, patriotic and spiritual education of youth, health promotion, development of physical, moral, intellectual and volitional qualities of personality by means of participation in sports tourism treks and competitions.

The main factor in sports tourism is to overcome the obstacles of natural relief: rocks, snow, ice, water obstacles and various types and forms of macro- and micro-relief. There is a diverse system of obstacles and conditions: climatic, meteorological, highlands, etc. [2], that requires of participants a maximum concentration on the route, situation assessment and rapid decision-making.

During competitions various techniques and tactics, transport facilities and safety measures are used [7]. Overcoming obstacles requires different in time and intensity work of athletes who are engaged in sports tourism.

The objective of the research is to analyze competition distances in hiking according to competition rules and other normative legal documents.

Results of the research. Competitions in sports tourism techniques are conducted to improve technical and tactical skills of participants, the security of sports tourism treks and events, and to identify the strongest teams and participants. According to the Rules of sports tourism competitions, there are some peculiarities in the distances, obstacles, and tasks depending on the type of tourism. Competitions in hiking are held on the following distances: «Obstacle course», «Cross-hiking» and «Rescue works»; as well as using special tasks [1; 6].

«Obstacle course» is a short distance, full of technical stages that are installed on natural or artificial obstacles (ravines, slopes, rivers, swamps, barriers and shrubs), the amount of which is determined by the category of competition. It can include specific tasks. The distance is recommended to plan in an open or partially open area taking into account the spectacular component regarding spectators, coaches and other participants of the competition.

«Cross-hiking» is a long distance, that involves passing a certain route and overcoming stages and (or) accomplishment of specific tasks installed on natural or artificial obstacles. The route is passed using map orientation or is given otherwise (descriptions, azimuth, marking, etc.). Cross-hiking may take many days in sport trek conditions.

«Rescue works» is a short or long distance, that involves transporting the so-called victim by the team in certain areas of the distance or by steps and (or) special tasks. As an independent distance «Rescue works» are held at distances of III–V categories [6].

Distances can be passed in a given by judges order, by the choice of a team, in a relay race, etc., being defined by the terms and conditions of the competition. The order of competition is determined by the choice of appropriate guidelines [5; 6].

Distance in the hiking competitions is a route that goes through natural and artificial obstacles, planned in time, laid in the area, and passed under certain conditions defined by the board of judges of the competition [7]. The distance has a definite structure. It consists of certain elements, movement corridors, has start, finish, etc. There are following elements of the distance: stages, special tasks, techniques, checkpoints.

Checkpoints on the distance are route points on the distance compulsory for passing by the participants in determined by the jury order.

The distance may have linear, circular or relay race scheme. Teams can choose the order of passing the distance.

Competition in hiking techniques is a sport event, being held according to the rules and normative acts for sports tourism [4; 5; 6], certain regulations, on the distances for hiking with arbitration. Competitions can take one day or many days. One-day competitions are conducted within one day, or on one distance. Multi-day competitions are held during two or more days. The area for competitions is considered to be closed in 3 months before the event for national and regional level, in 1 month for district and city level.

Competitions may be team, personal-team, personal. The category of the distance is determined depending on the preparedness of participants and teams. There are five categories of distances. Parameters of different categories are given in Table 1 [6].

Table 1

Distance parameters

Category	Quantity of technical stages (from-to)	Length		Quantity of stages with homing (not less than)	Quantity of stages with the transportation of a victim on the distance «Rescue works» (not less than)	Assessment of the distance (scores)	
		Obstacle course (not more than), Rescue works	Cross-hiking (not less than)			Total score (not less than)	Total score for technical stages p.1–19 p.2.1.7 (not less than)
V	6-12	2,0	8,0	5	4	100	80
IV	6-10	1,5	7,0	4	3	70	50
III	4-10	1,0	5,0	3	2	50	30
II	4-8	1,0	4,0	2	-	35	25
I	2-6	0,5	3,0	0	-	20	15

Note:

1) The length of the distance «Rescue works» may be reduced if the transportation of the victim is not only through the stages, but also on the part of the distance route.

2) It is recommended to reduce distance length in cross-hiking to 1 km for every 200 m over the first 200 meters.

3) The higher is the distance category, the more there are complex stages [6].

Distance categories (I–V) are characterized by their complexity and specific for each type of tourism additional requirements [5; 6]. Competition rank is determined by the classification of teams (participants), which took the first six places in these competitions, and is counted in points, according to sports categories and titles. [10]

According to the rules of tourist events [6], in hiking competitions technical stages are included to the «Obstacle course» or «Cross-hiking».

Stage is a clearly defined on the ground area, located near natural or artificial territory, that has a certain structure and terms of overcoming.

Special method is a technical action that involves the use of equipment or demonstration of the general tourism training skills for staying in the field, solving problems related to topography, providing first aid, etc.

The list of stages and special methods:

Technical stages: mounted passage across the river; mounted passage across the ravine (rock); steeply inclined passage; rock or slope climbing; climbing on vertical rails; rock or hill areas traverse; slope traverse; vertical descent on the railing; slope down the hill; crossing the river on a log; crossing of a ravine on the deck; crossing with a cord; ford crossing the river using railings; ford crossing the river; crossing in boats; transportation of a «victim»; overcoming obstacles using suspended ropes (pendulum); movement on the poles; movement over bumps.

Special methods: orientation; knotting; providing first aid; credit in topography and / or geodesy; determining the distance and / or height; pitching a tent; setting fire; packing a backpack; equipment production.

Checkpoints on the distance are route points on the distance compulsory for passing by the participants in determined by the jury order.

Special task is a defined purpose or measure participants have to reach while passing a route with accomplishment of certain conditions stated by the jury.

The documents regulating the competitions in sports tourism, in addition to the Rules of competitions on sports tourism are: Instructions on organization and conducting of tourist sports events with pupils and student youth [3], Qualification standards and requirements of the United sports classification of Ukraine on non-Olympic kinds of sport [4], Instructions on conducting hiking competitions [5].

Regulation on competitions in tourism, as in other kinds of sports is an essential document. Regulation is drawn up in advance and is sent to the participants within 3 months before the international and national competitions and within 1 month before other competitions. Organizers also develop the Terms of competitions, where procedures of passing distances; stages of a distance; scheme of a distance; the number and characteristics of the allowed equipment, requirements for the safety of others are explained.

Organization of competitions in tourism begins with the creation of the organizational committee on preparation and conducting of competitions, that provides the following kinds of work: judging, informational support, transportation, medical care, food and accommodation for participants and judges.

An important and responsible thing is to choose the place for competitions and equipment for the distances.

A place that has been selected for competitions must meet various requirements [9], be agreed with local authorities, forestry, sanitation centers, be located near water bodies (or provided with drinking water), be properly prepared.

While scheduling competitions, it is obligatory be sure to consider the time of year, weather conditions, especially in the region. While planning competitions, it is necessary to take into account such factors as season, natural conditions, peculiarities of a region. In winter competitions can be held indoors.

If there is any threat to the security of participants or conditions under which the competitions are not possible, they should be postponed or interrupted.

Conclusions and prospects of further research. Competition in sport tourism is passing the distance, that contains natural and artificial obstacles, performing special tasks using equipment that facilitates and accelerates the movement, ensures safety and performance of technical and tactical tasks.

In sports tourism, there are special requirements for technical means and equipment, but there are also common requirements for all types. Security, compliance and performance of them by the organizers of the competition, jury, representatives and coaches of teams are necessary for saving health of participants (especially of children).

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Received 16.02.2016