

# **Guideline For Water Skiing & Wake Boarding**

## **– Water Based Adventure Tourism Activities**

**For Registration with Sri Lanka Tourism Development Authority**

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### **1. INTRODUCTION**

#### **Water Skiing**

Water skiing and wake boarding is activity on the surface of water in which an individual or individuals are pulled behind an engine powered boat or towed by a cable ski installation over a water body,

An individual with Life-Jacket and a water-ski or two skies, floating on the water behind the boat, holding the tow rope by its handle is pulled up on to the surface by the power of the boat with the ability of the individual.

If the individual is using a cable-ski installation powered by electrical will be floating on the water similarly attired holding the handle of the 'ski cable' extending from the main running cable.

#### **Wake Boarding**

The main difference in Wake-Boarding is that the individual wears a 'Wake Board' instead of one or two skis. A Wake Board is normally much shorter and wider than a water-ski. Both feet's insert into the boots located on the same board and the angles of the boots can be adjusted to suit individual performances.

### **2. BASIC OPERATING PROCEDURE / GUIDELINE**

Water-skiing has evolved and changed over the years and at present many variations emerge under the term water-skiing.

- i. Mono Skiing (skiing with a single ski)
- ii. Double Skiing (skiing with two skis)
- iii. Barefoot Skiing (skiing on bare feet.
- iv. Wake Boarding
- v. Knee Boarding
- vi. Surf Board Skiing
- vii. Disc Skiing
- viii. Trick Skiing
- ix. Fly Boarding
- x. Ski jumping

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Most popular skiing is behind a power boat which is mobile and versatile than cable skiing.

Out of power boat skiing activities, most exciting and entertaining is "slalom skiing", where participant ski rounding six buoys in a zig zag course in short distance.

Barefoot skiing is a very demanding sport where correct techniques and physical fitness is important.

Wake boarding is also a spectacular ski activity where skier uses the wake (the wave created by the propelled water stream) of the boat to airborne and perform various tricks, namely jumps, summersaults, 'table top' etc.

Trick skiing, disc skiing and knee boarding are also very entertaining.

Ski jumping is a highly specialized sport which should done with all necessary precautions.

### **3. MANDATORY EQUIPMENT**

All equipment necessary for the sport should be available and be checked regularly. Water skis, wake Boards, Ski Ropes, Ski-Jackets, and the Ski Boat should be checked on a daily basis. Old and Worn-Out equipment and Life Jacket should be discarded.

### **4. SAFETY AND RISK MANAGEMENT**

- a) No skiing activity should be undertaken without wearing a lifejacket throughout the time spent on the water. The life jacket must have adequate buoyancy, should be fastened properly, and checked by the instructor prior to commencement of skiing and checked again above major rapids (grade III and above). The lifejacket must be of the appropriate size for the intended user.
- b) No skiing activity should be conducted without the presence of trained instructor or guides.
- c) Alcohol/drugs during the activity and at least six hours prior to the activity is strictly prohibited.
- d) Sign boards with operating rules, medical concerns, age limit, dress code and safety rules should be displayed at a prominent place.
- e) No skiing activity should be conducted in the dark.
- f) Age limit is 14 years on all sections of the water.
- g) Helmets must be worn by all participants including guides during skiing.

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### **4.1.SAFETY BRIEFING**

All instructors and guides should be able to give a detail safety briefing that covers all safety aspects and rescue instructions. This briefing must be clear, and probably with demonstration.

### **5.GENERAL INFORMATION**

It is imperative that personnel responsible for conducting skiing activities are skilled to a high level in skiing techniques, rescue, lifesaving, and First Aid / C.P.R. Ability to communicate clearly in any emergency is mandatory.

#### **5.1.GUIDES / INSTRUCTORS**

Lead guides for water sports activities should, hold the following minimum qualification

- a) A certificate from the operator that the individual "has experience of minimum 2 years in assisting in the particular activity and is independently capable of guiding and carrying out rescue operations".
- b) Minimum of First Aid and CPR (Cardio Pulmonary Resuscitation) valid certificate from a recognized National or International body.
- c) A proper First Aid kit must be available with the skiing operator.
- d) Evacuation routes must be identified and clearly briefed to participants, guides, and instructors.
- e) A detailed documented Emergency Action Plan must be available at the base of operation.

### **6.REQUIRED DOCUMENTS & APPROVALS**

The Water-Skiing activity should be carried out by a SLTDA approved water-sports center. The rules and regulations to be adhered to register a water-sports center are stipulated in the gazette notification.

In addition to the activity carried out by a registered water-sports center, preferably the Water-Skiing activity should be affiliated to an internationally recognized Water-Skiing authority. Such as International Water-Skiing and Wake Boarding Federation (IWWF) etc.