

APPROACHES TO THE ORGANIZATION OF SPORTS TOURISM ACTIVITIES

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Abstract:

This article provides methodological recommendations for conducting sports tourism activities, which are important for the formation and development of domestic tourism. The seasonal nature of the organization of sports tourism also raises issues that need to take into account the natural conditions of the place.

Keywords: domestic tourism, sports tourism, mountain tourism, water tourism, tourism, travel.

Introduction

In our republic, a number of reforms are being carried out to develop the tourism sector, expand tourist and satellite infrastructure in the regions, diversify tourist products and create new tourism facilities, and significant positive results are achieved. Annex 1 to the decree of the president of the Republic of Uzbekistan "on additional measures for the rapid development of tourism in the Republic of Uzbekistan" PF-5611 of January 5, 2019 "concept for the development of tourism in the Republic of Uzbekistan in 2019-2025" defines important tasks aimed at the development of tourism in the country. Whether it also defines the development of separate programs for the development of domestic tourism. Today, field practices and various sports tourism activities are organized for students of Geography, History, Physical Culture and tourism. Therefore, as one of the means of educating the younger generation as a physically fit and spiritually mature person, great attention is paid to the development of domestic tourism, in which elements of sports tourism are used.

As a result of the study, summarizing the literature, sports tourism training can be divided into the following types:

1. Cultural leisure walks, excursions. (To parks, historical monuments, monuments, cultural centers, manufacturing enterprises and experimental, research centers)
2. Trips, trips. Divided into one-day and multi-day trips. (Trips to the shores of rivers, rivers, lakes and seas, forests)
3. Mountain tourism is mountaineering. Cave tourism-speech. Trips of travelers with special training for mountaineering as well as cave exploration.
4. Water tourism, daywing. In special devices for water bodies, go on a boat, a yacht, a koryaki, a trip on the SOLs, explore the world of underwater plants and animals.
5. Autotourism-getting on trips using technical means.

Tourism classes held in educational institutions are in the form of trips with children to nature and walks to urban or rural cultural centers, museums and historical monuments, parks, bathing pools. At the beginning of the travel sessions, the route of the trip is determined. Written



notification of the duration of the trip, direction, duration, participants of the trip is given to the heads of local places of residence, internal affairs and Rescue Unit departments. The participants of the groups going on the trip are sorted. Groups can be 3-15 people. Travelers will consist of 2-5 groups. They are assigned leaders from teachers and mentors. The responsibility of travelers on the trip is determined. The trips involve a cook, a doctor, specialists in rescue work. Farm weapons, tents, overnight equipment, cooking equipment, rescue equipment are prepared. The following rules are observed when organizing travel groups and setting up tasks when conducting tourism activities and going on trips.

- The purpose and function of trips, the direction of trips are determined. This takes into account the age of children, their physical fitness.

- Travel routes are determined on the slopes, on the banks of the soybeans, rivers, lakes and seas, on forests. A topographic card is prepared.

- * Mountain tours-mountaineering and water bodies, trips to the seas and trips in technical means are allowed to travelers with special training.

- The duration of public tours is determined by the spring, summer and early autumn months.

- In winter and in the season when nature events occur a lot, trips are allowed to specially prepared groups.

- To take rescue measures in adverse events such as natural disasters, injuries that can occur during the trip, to prepare first responders.

- In travel groups, the distribution of the responsibility of travelers, the guide, the mover at the end of the line, the chef and the assistant doctor, responsible for the equipment of the farm, the organizers of public events are determined.

- Preparation of the necessary equipment for the trip: travel clothing, headdress and shoes are selected in accordance with the nature of the season and the direction of the trip.

- Bags are selected according to the age, physical fitness of travelers, should be waterproof, consisting of many pockets, convenient to open and close.

- Preparation of additional clothes, hygienic tools, washing equipment, towels, catering equipment, first aid kits, needles, thread, writing guns, camera, literature, binoculars, flashlights, etc.

- Preparation of travel tents, sleeping bags, obtaining farm weapons, food, equipment for public events.

- * Master the methods of preparation and use of communication tools. When attracting children to tourism training, it is necessary to conduct medical control of their organism.

It is possible to attract children of all ages to urban and rural cultural centers, museums and historical monuments, parks, walks to bathing pools. In general training sessions for trips, preparation of travel equipment, selection of clothes and shoes, preparation of nets, tents, formation of theoretical knowledge about tourism and Travel, Travel and travel destinations animal and plant world, National Heritage, watching movies and videos on the history of historical monuments, evenings on Homeland and its history, experienced travelers, meetings with mentor trainers, teaching young children to travel forms, moral qualities, friendship, , aspects such as Organization, justice, honesty are formed. Special training of travelers is the formation of qualifications and skills of physical action, the development and improvement of



physical qualities, that is, the formation of special theoretical and practical knowledge qualifications and skills in travelers. During trips and travel preparation sessions, travelers learn vital activities such as walking, running, jumping, crawling, overtaking, hanging, leaning, crawling, crawling, throwing, pushing, lifting, swimming, diving, waterboarding, sol and boating. Multi-day trips involve teenage children with physical and special training. Trips should be made after several preparatory classes. The route, duration and transfer time of the trip should be selected based on the general and special training of travelers, as well as weather and climatic conditions. It is not necessary to regularly go on a trip in the same direction. During the trip, it is necessary to organize the elimination of travelers at the beginning and end of each event. It is also necessary to take into account the edge of forest areas to overnight places, little areas of trees, the fact that the kirads are pana areas from the wind, far from cliffs, there is no risk of stone and soil migration, being at least 50 meters from water bodies, far from animal nest, car tracks, industrial enterprises, power plants. Overnight stays are cleared of dry Horn shabbs, stones and cutlery. It is limited to signs or flags. It adheres to the rules when choosing and preparing a place for the installation of one-person, two-person and multi-person tents, and when sewing tents. Tents are set up against the direction of the wind. Sitting in conversation, places of activating the bonfire are selected. It is necessary to follow the rules of technicality for preparing mass meals or when burning an independent campfire. In this case, the bonfire will not be inside the forest, the hearths will be surrounded by stone walls. For a campfire, it is advisable to use long-burning oilwoods. It is forbidden to cut trees, prepare arbitrary firewood. The campfire chimneys must be removed, the ashes buried. It is necessary not to bring children closer to the campfire, but to keep flammable substances away from the campfires, appoint a campfire burner, take precautions when warming up in the cold season. The use of fireless lighting at night Rest in tents. Sleeping bags should be used correctly, keeping them clean and dry all the time. Preparing shifts during overnight hours. The introduction of evening and morning elimination of travelers is carried out. To get on multi-day trips, a group of travelers must have special training.

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