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PARTICULARITIES OF THE COMPETITION ROUTES FOR THE PEDESTRIAN TOURISM TECHNIQUE DURING THE WINTER

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Keywords: *obstacle course, stages, artificial obstacles, technical procedures, control time, distance scheme.*
Abstract. *Competitions to the pedestrian tourism technique, which take place during the winter in enclosed rooms, represent the course of the competition with overcoming the artificial obstacles, performing the technical procedures, using the tourist equipment, performing the technical-tactical tasks. The competition route is usually divided into stages, for which a certain control time is determined. The route and the number of stages, the difficulty and the type of artificial obstacles, the nature of the tasks, the time of the route depends on the qualification of the participants, being in accordance with the regulations of the competitions.*

For the competitions of the pedestrian tourism technique in closed spaces during the winter season, various models of trails are used, which are organized by the organizers for the purpose of promoting sport tourism, improving the sporting skill of the participants, as well as preparing the athletes for the competition routes that will take place in open spaces (forests or rugged areas) during spring-summer-autumn. Their diversity and complexity depend on the creativity of the organizers, using various objects, which make up the technical steps.

Actuality. The competition route to the technique of pedestrian tourism in enclosed spaces represents a complex of stages between the start and finish line, equipped with special tourist equipment. The difficulty of the route of contest in turn, is determined by the technical complexity of certain stages, but which binding must be consistent with the training of the teams participating in the competitions [2, p.12].

The length of the route in such competitions is approximately up to 300m, being much less than the length of the route in open spaces, which ranges from 300m to 2000m [1, p.87]. The routes of contests, represent a training of the participants for the competitions that will follow or the tourist marches of different categories of complicity, as well as the maintenance of the sporting form of the participants during the winter, then when the climatic conditions do not allow the training in open spaces [3, 4, 5].

The purpose of research: the analysis of the particularities of the competition routes to the pedestrian tourism technique in enclosed spaces compared to the open ones.

The objectives of research:

The scientific-methodical study on the analysis of the particularities of the competition routes to the pedestrian tourism technique during the winter.

Highlighting the particularities of the technical stages used in the pedestrian tourism technique during the winter period in enclosed spaces with those in open spaces.

The methods of research. In order to achieve the goal and achieve the objectives, the following research methods were used: analysis of scientific-methodological literature of specialty; pedagogical observation.

Experimental basis: the gym of the "Mihai Grecu" Theoretical High School and the "Galata" Middle School from Chisinau city.

The results of research. The competition route in enclosed spaces to the pedestrian tourism technique is determined by the parameters of the hall where the competition will take place (height and length) and the angle of inclination of the suspended passes. Stage parameters shall correspond to the requirements, which are stated by

the organizers in the competition rules. The competition route shall be developed in such a way:

- to be ensured equal competition condition for all participants;
- at the inputs and exits of each stage there must be no present two-way sense of movement;
- the distance of the contest route is measured along the athlete's movement corridor, etc.

The route of contest in enclosed spaces during the winter period can comprise a series of stages, which are set by the organizers, among the most eloquent being: climb, descent, anthills, balance beam, pendulum, crossing, suspended crossing, parallel ropes etc. (Figure 1).

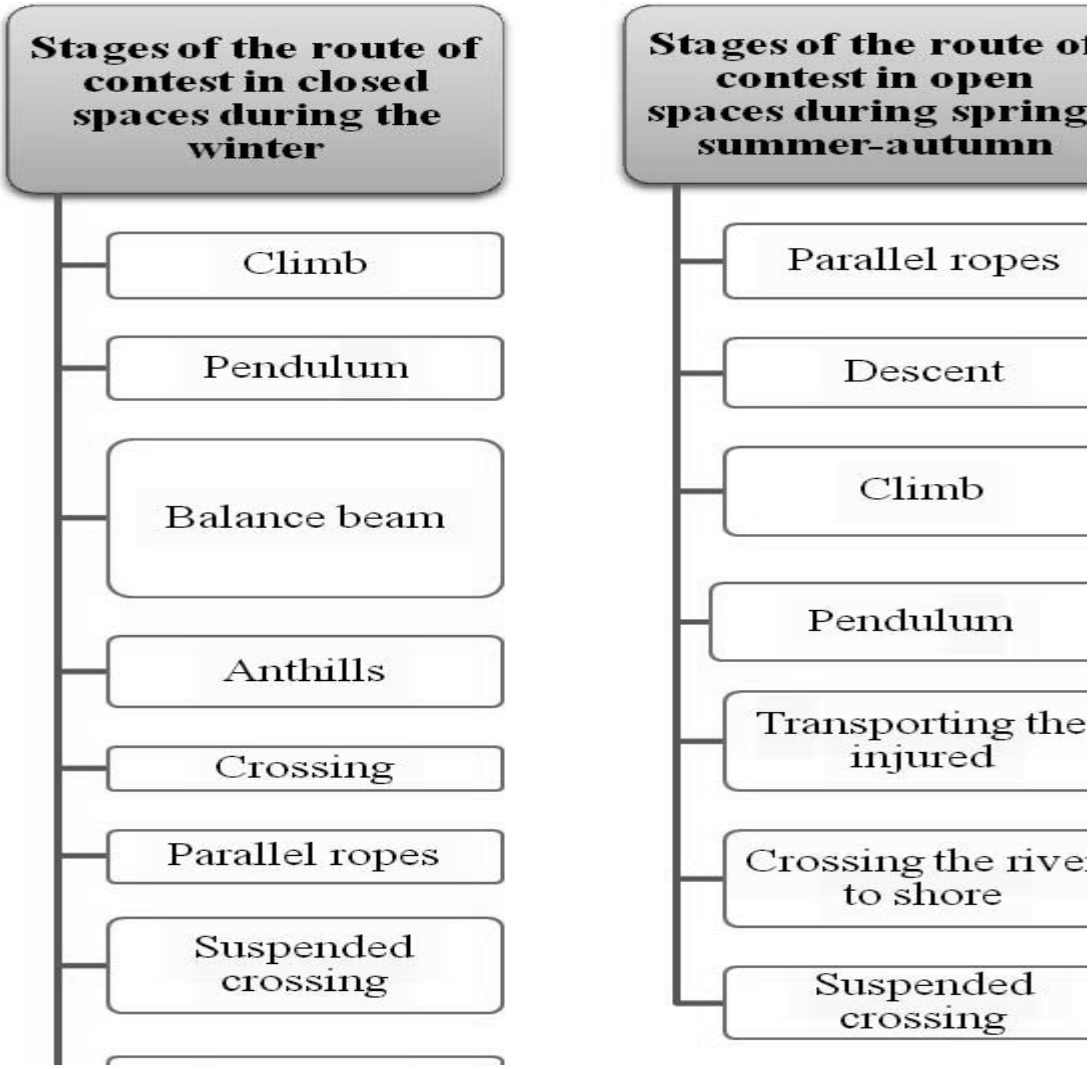


Fig. 1. Stages of the contest route in enclosed and open spaces at the pedestrian tourism techniques competitions

According to Figure 1, the technical stages of routes of the two competitions are very similar, but their difficulty is different, and the open spaces being more complicated, due to the fact that they include natural obstacles.

The regulation of the conduct of the competitions at pedestrian tourism in enclosed spaces provides certain parameters of the stages, which require to be respected in order to ensure the security of the participants.

According to the researches carried out in the last 5 years beginning from 2012 and until 2017 at the pedestrian tourism technique in the Republic of Moldova, several competitions were held both in open and enclosed spaces (Figure 1).

Table 1. Parameters and characteristics of the technical stages of the pedestrian tourism routes in enclosed spaces (winter period) [5, p. 15-16]

Name of stage	Distance of class					
	1	2	3	4	5	6
Climb	Railings for the referees. self-insurance -sporting way; -with a hammer. L=15-25 m α – 20-30°	Railings for the referees, self-insurance. L=25-35 m α – 25-35°	Railings for the referees, self-insurance. L=25-35 m α – 35-45°; Vertical sections up to 5m are allowed	Railings for the referees, self-insurance. L=35-45 m α – 35-45°; Vertical sections up to 10m are allowed	Railing establishment, self-insurance. L=25-35m, α- 45-55°; Vertical sections up to 15m are allowed	Railing establishment, self-insurance. L=35-45m, α -45-55°: Vertical sections up to 20m are allowed
Descent	Railings for referees. -self-insurance; -sporting way; -with a hammer. L=15-25 m α – 20-30°	Railings for referees, self-insurance. L=25-35 m, α – 25-35°	Railing establishment, self-insurance. L=15-18 m, α – 35-45° Vertical sections up to 5m are allowed	Railing establishment, self-insurance. L=18-28 m, α – 35-45° Vertical sections up to 10m are allowed	Railing establishment, self-insurance. L=28-38m, α – 45-55° Vertical sections up to 15m are allowed	Railing establishment, self-insurance. L=28-38m, α – 45-55° Vertical sections up to 20m are allowed
Crossing	Railing for referee, with a hammer. L=15-25 m α – 20-30	Railing of the referee, self-insurance L=20-30m α – 25-35°	Railing of the referee, self-insurance L=20-30m, α – 35-45°	Railing of the referee, self-insurance L=30-40m, α – 35-45°	Railing of the referee, self-insurance L=30-40m, α – 45-60°	Railing of the referee, self-insurance L=40-50m, α – 45-60°
Suspended crossing	-	Railing of the referee, self-insurance. L=14-20 m	Railing of the referee, self-insurance L=20-30 m	Restoration of the railing, self-insurance L=14-20 m	Railing establishment, self-insurance. L=20-28 m	Railing establishment, self-insurance. L=28-35 m
Balance beam	Railing of the referee. -self-insurance; -with support on the railing L= 6-10 m	Railing of the referee, self-insurance. L=10-15 m	Railing establishment, self-insurance. L= 8-12 m	Railing establishment, self-insurance. L=10-15 m	Railing establishment, self-insurance. L=12-18 m	Railing establishment, self-insurance. L=15-25 m

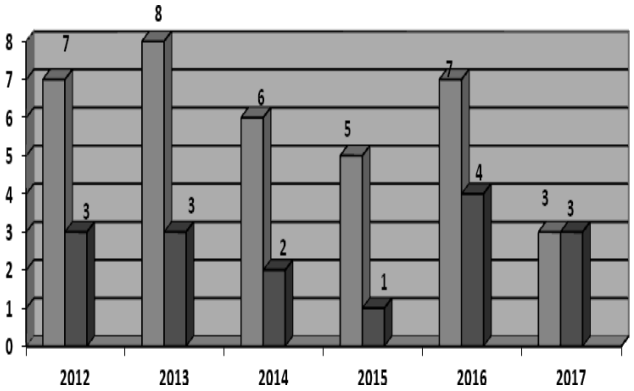
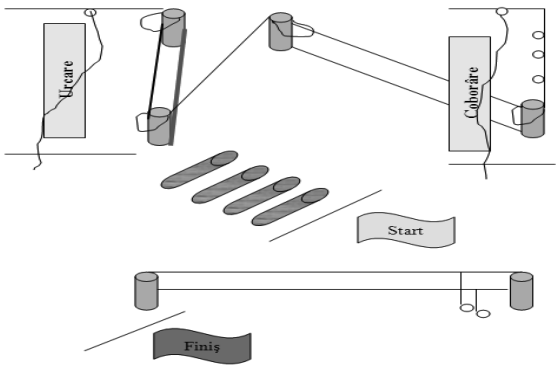


Fig. 1. The number of competitions conducted on the pedestrian tourism technique in open and enclosed spaces in period 2012 - 2017

Taking into account Figure 1, may be mentioned the fact that in the period 2012-2017 (August) there were deployed 52 competitions in total at the pedestrian tourism technique, out of which 36 in open spaces in various areas of the Republic of Moldova and 16 competitions in enclosed spaces.

Multiple routes have been established for their deployment, which included complex stages that have been modified from one competition to another. Thus, during the period 2012-2017, the routes of competition overall covered the some and same stages, but their positioning and difficulty increased from one competition to the next, with new stages (ex.: ski, etc.) being introduced in the last 2 years (Figure 2).



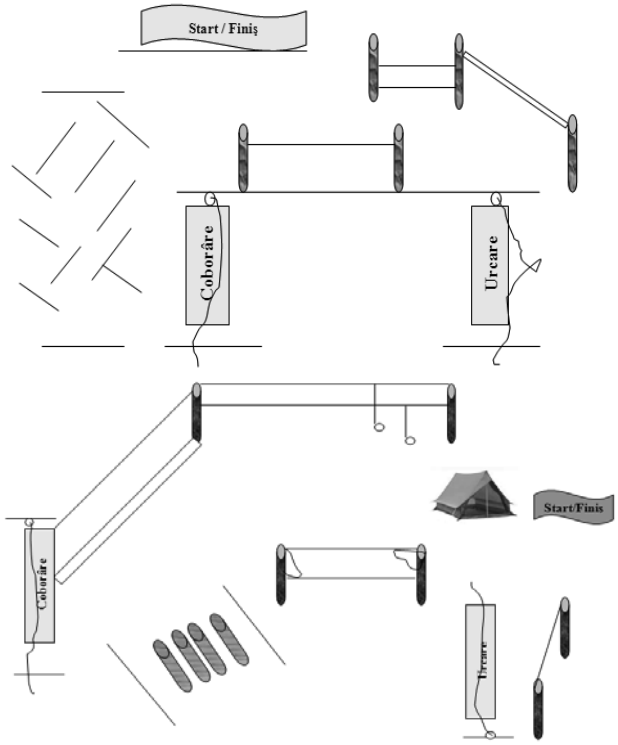


Fig.2. The patterns of routes for pedestrian tourism technique in enclosed spaces used during the winter

From Figure 2, we can see that organizers of competitions modify the routes from one competition to another, and in some cases include new stages, of greater complexity but which also are captivating for those who participate in such competitions. Thus, they include 7-10 stages, which do not exceed the length of 20 m, but which can ensure the participants with sufficient training for the spring-summer-autumn period when competitions are held in open spaces.

Conclusions. Following the theoretical analysis and the generalization of the scientific-methodological data on the particularities of the competition routes to the pedestrian tourism technique during the winter period, the majority of the authors mention that these competitions in the last years are continually being developed, attracting from year to year all the more and more applicants willing to go through stages of the most difficult and varied, but which at the same time also a good opportunity to prepare and keep

fit for the spring-summer-autumn period.

The analysis of the competitions conducted during the years 2012-2017 revealed the fact that out of the total of 52 competitions at the pedestrian tourism techniques 16 have been in enclosed spaces. The routes analyzed by us in the result of conducted researches, point out the fact that they comprise a series of technical stages similar to those of the competitions in open spaces, but they are shorter in length and are arranged using artificial objects.

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