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Resumo:

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conteúdo:

w. com Nick Lachey dizendo aos concorrentes no episódio 1: "Quando tudo acabar e vocês ários irão decidir quais casal é o par perfeito!" O Casal que mais votos se tornará um vencedor na Temporada de Jogo Perfeito 1. O não tem perfect Match para Netflix? Regras icadas - Radio Times radiofime: entretenimento: reality- tv net ótimo;...

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Recreational outdoor activity

Rafting in Ladakh, India Rafting in Alaska

Rafting on the Tara river, Bosnia

Rafting and whitewater rafting are recreational outdoor activities which use an inflatable raft to navigate a river or other body of water.

This is often done on whitewater or different degrees of rough water.

Dealing with risk is often a part of the experience.[1]

This activity as an adventure sport has become popular since the 1950s, if not earlier, evolving from individuals paddling 10 feet (3.0 m) to 14 feet (4.

3 m) rafts with double-bladed paddles or oars to multi-person rafts propelled by single-bladed paddles and steered by a person at the stern, or by the use of oars.[2]

Rafting on certain sections of rivers is considered an extreme sport and can be fatal, while other sections are not so extreme or difficult.

Rafting is also a competitive sport practiced around the world which culminates in a world rafting championship event between the participating nations.

The International Rafting Federation, often referred to as the IRF, is the worldwide body which oversees all aspects of the sport.

[3]Equipment [edit]

Rafting equipment has continuously evolved and developed significantly from old rubber WW II era military surplus rafts.

Modern whitewater rafts are typically made with advanced nylon or Kevlar infused plastics like PVC or urethane; though many of the more entry-level low-cost manufacturers still use a glued rubber.

Plastic is generally more durable, longer-lasting, and just as easy to repair compared to older rubber rafts.[4]

Paddles and oars are the typical means of propulsion for rafts and come in many sizes and varieties with specific river conditions in mind.

Paddles [edit]

Paddles are a combination of layered wood, plastic, aluminium, carbon fiber, or other advanced composites.

There are many types and combinations of these materials with lower-end entry-level paddles being composed of cheap aluminum and plastic.

Higher-end models are constructed of high-end composites and mostly utilized by professional rafting guides, raft racers, and expedition paddlers.[5]

The basic paddle design for rafting consists of 3 parts:Single bladeShaftT-grip

Paddles are typically utilized by rafters in smaller and lower volume rivers where rocks and other hazards can damage larger oars.

Paddles are typically used by guests on commercial trips as well since it is seen as a more engaging way to enjoy the river trip.

When paddles are used in a raft it is referred to as "paddling" or "paddle guiding".[6]Oars [edit]

Oars are commonly made from the same materials as paddles.

Wood, plastic, aluminum, and carbon fiber.

Oars are designed for several different rivers with slightly different blade shapes built to handle varying river conditions.

Wooden oars are typically built as one solid piece to help retain strength and resilience of the oar while it is strained under a load.

Composite or metallic oars typically are made in three parts:BladeShaftGrip

All of these parts are interchangeable and can be upgraded and altered in many ways to make rowing more enjoyable.

[7] Oars are generally used on wider flatter rivers of higher volume to facilitate moving more efficiently across long slow-moving pools, though anglers will often use shorter oars on smaller rafts in low volume rivers to help them maintain an advantageous upstream position while anglers cast from the raft.

When a raft utilizes oars it is called "rowing" though many people typically incorrectly refer to this as "oaring" or "oar framing", however, these terms are incorrect and often suggest inexperience when used in conversation with members of the rafting community.

Oars typically use one of 2 systems to attach to the boat, but in either case, they interface with the boat through a large metallic frame strapped to the boat called an "oar frame".

Oars connect to the frame by either a pin and clip system or a system called oarlocks.

Either system connects to the frame via oar towers on either side of the frame.

Pins and clips [edit]

Pins are referred to as "thole pins" or "oar pins".

A large metal clip attaches to the oar and clips onto the pin.

The top of the pin has a rubber or plastic stopper that prevents the oar from slipping over the top of the pin.

The bottom of the pin connects to an oar tower designed to hold the pin in place.

This system is an older system though it is useful for certain types of river running namely big, dangerous Class 5 rivers that require your oars to stay in place as much as possible.

Oarlocks [edit]

Oarlocks or locks are a more common form of attachment for oars as they allow the rower to "feather" the oar back and forth as they row making it easier on the person using the oars to continue downstream.

Oarlocks look like a pin topped with a U-shaped metal flange.

The oars slide into the gap between the U-shaped metal pieces and can be held in place with a plastic stopper called an oarlock.

The oarlock allows the oar to maintain its position on the oar at a correct length for rowing.

History [edit]

Whitewater rafting can be traced back to 1811 when the first recorded attempt to navigate the Snake River in Wyoming was planned.

With no training, experience, or proper equipment, the river was found to be too difficult and dangerous.

Hence, it was given the nickname "Mad River".

On June 9, 1940, Clyde Smith led a successful trip through the Snake River Canyon.[8]

Classes of white water [edit]

Rafting on the Neitikoski Rapids in Lieksa, North Karelia, Finland

Otherwise known as the International Scale of River Difficulty, below are the six grades of difficulty in white water rafting.

They range from simple to very dangerous and potential death or serious injuries.

Class 1: Very small rough areas, might require slight maneuvering.

(Skill level: Very basic)

Class 2: Some rough water, maybe some rocks, might require some maneuvering.

(Skill level: Basic paddling skill)

Class 3: Small waves, maybe a small drop, but no considerable danger.

May require significant maneuvering.

(Skill level: Some experience in rafting)

Class 4: Whitewater, medium waves, maybe rocks, maybe a considerable drop, sharp maneuvers may be needed.

(Skill level: Exceptional rafting experience)

Class 5: Whitewater, large waves, large volume, possibility of large rocks and hazards, possibility of a large drop, requires precise maneuvering.

(Skill level: Full mastery of rafting)

Class 6: Class 6 rapids are considered to be so dangerous that they are effectively unnavigable on a reliably safe basis.

Rafters can expect to encounter substantial whitewater, huge waves, huge rocks and hazards, and/or substantial drops that will impart severe impacts beyond the structural capacities and impact ratings of almost all rafting equipment.

Traversing a Class 6 rapid has a dramatically increased likelihood of ending in serious injury or death compared to lesser classes.

(Skill level: Full mastery of rafting, and even then it may not be safe)[9]Safety [edit]

Wetsuits, additional personal flotation devices (aka lifejackets) and sport helmets are mandatory and often imposed by law at least on tours of commercial operators, due to the constant risk of falling off the boat

The overall risk level on a rafting trip using proper precautions is low.

[10] Thousands of people safely enjoy rafting trips every year.

Like most outdoor sports, rafting, in general, has become safer over the years.

Expertise in the sport has increased, and equipment has become more specialized and improved in quality.

As a result, the difficulty rating of most river runs has changed.

A classic example is the Colorado River in the Grand Canyon, which historically had a reputation far exceeding its actual safety statistics.

Today the Grand Canyon sees hundreds of safe rafting trips by both do it yourself rafters and commercial river concessionaires.[10]

Rafting companies generally require customers to sign waiver forms indicating understanding and acceptance of potential serious risks.

Both do-it-yourself and commercial rafting trips often begin with safety presentations to educate rafting participants about problems that may arise.

Depending on the area, safety regulations covering rafting, both for the general do-it-yourself public as well as commercial operators, may exist in legislation.

These range from the mandatory wearing of lifejackets, carrying certain equipment such as whistles and throwable flotation devices, to certification of commercial outfitters and their employees.

It is generally advisable to discuss safety measures with a commercial rafting operator before signing on for that type of trip.

The required equipment needed is essential information to be considered.

Risks in white water rafting stem from both environmental dangers and from improper behavior. Certain features on rivers are inherently unsafe and have remained consistently so.

These would include 'keeper hydraulics', 'strainers' (e.g.

fallen trees), dams (especially low-head dams, which tend to produce river-wide keeper

hydraulics), undercut rocks, and of course dangerously high waterfalls.

Even in safe areas, moving water can always present risks-such as when a swimmer attempts to stand up on a rocky riverbed in strong current, risking foot entrapment.

Irresponsible behavior related to rafting while intoxicated has also contributed to many accidents.[11]

Typical rafting injuries include trauma from striking an object, traumatic stress from the interaction of the paddler's positioning and equipment and the force of the water, overuse injuries, submersion/environmental injuries, and non-environmental injuries due to undisclosed medical conditions (such as heart problems).

[12] Studies have shown that injury rates in rafting are relatively low,[13] though they may be skewed due to a large number of unreported incidents.

[14] Fatalities are rare in both commercial and do-it-yourself rafting.

[12] Meta-analyses have calculated that fatalities ranged between 0.55[15] - 0.

86[16] per 100,000 user days.

Environmental issues [edit]

Rafting in Montenegro

Like all outdoor activities, rafting must balance its use of nature with the conservation of rivers as a natural resource and habitat.

Because of these issues, some rivers now have regulations restricting the annual seasons and daily operating times or numbers of rafters.

Conflicts have arisen when commercial rafting operators, often in co-operation with municipalities and tourism associations, alter the riverbed by dredging and/or blasting in order to eliminate safety hazards or create more interesting whitewater features in the river.

Environmentalists argue that this may have negative impacts to riparian and aquatic ecosystems, while proponents claim these measures are usually only temporary since a riverbed is naturally subject to permanent changes during large floods and other events.

Another conflict involves the distribution of scarce river permits to either the do-it-yourself public or commercial rafting companies.[17]

Rafting by do-it-yourself rafters and commercial rafting companies contributes to the economy of many regions which in turn may contribute to the protection of rivers from hydroelectric power generation, diversion for irrigation, and other development.

Additionally, white water rafting trips can promote environmentalism.

Multi-day rafting trips by do-it-yourself rafters and commercial rafting companies through the National Wild and Scenic Rivers System have the potential to develop environmental stewardship and general environmental behavior.

Studies suggest that environmental efficacy increases when there is an increase in the length of the trip, daily immersion, and the amount of resource education by trip participants.

[18]See also [edit]

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u perto. Os jogos a dinheiro não têm uma acabamentoo formal porque os jogadores podem pre recomprar se perderem de suas Fich), mas e participantes geralmente concordam com{ 0); concluir do jogar para ("K0)] determinado momento específico; Como resultado que enas das competições tem Uma conclusão distinta: O fimde num game De poker Para Jogos valor E torneios? capitol-casino : Apostações feitas por todos dos atletas no [ks1–20

O serviço de saúde oferece os pontos de partida para toda América do Sul, Europa e Ásia.

Em maio de 2017 2 surgiu a idéia de uma nova versão da operadora, no caso, o Skylink.

O Skylink é um Skybus que atende cidades 2 além da Europa.

A operadora não está construindo o novo Skybus, pois não possui recursos para oferecer cobertura aos usuários na 2 América do Sul.

O Skylink está também dando suporte à navegação por satélite por cabo

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Austrália terá que esperar outros quatro anos para uma chance de ganhar uma medalha de ouro olímpica bwin instalar boxe

Charlie Senior e Caitlin Parker ambos perderam as semifinais no Roland Garros na noite de quinta-feira. Mas as duas medalhas de bronze conquistadas nos Jogos de 2024 ainda representam o melhor retorno para uma equipe australiana, empatando com a colheita na edição de 1960 bwin instalar Roma.

Derrota de Charlie Senior

Senior perdeu para o campeão mundial de boxe da IBA Abdumalik Khalokov, do Uzbequistão, na divisão de peso-pena bwin instalar uma decisão unânime. O australiano de 22 anos pode considerar-se desafortunado, após o segundo round ser atribuído ao seu oponente por quatro dos cinco juízes.

Derrota de Caitlin Parker

A luta de Parker contra a lutadora chinesa Li Qian foi ainda mais próxima, e a australiana venceu o primeiro round de acordo com todos os cinco juízes. Mas a medalhista de prata olímpica de Tóquio saiu à frente no segundo round e recebeu a preferência dos juízes, definindo a rodada final que os juízes acabaram por atribuir à Li.

Como não há lutas de terceiro lugar no boxe olímpico, ambos os australianos deixam Paris com medalhas de bronze. A medalha de Parker é a primeira medalha de boxe por uma australiana. "Eu disse que ia à guerra, e fui", disse ela depois. "Deixei tudo lá fora, e o plano de jogo não deu certo como eu queria. Mas estou orgulhosa de mim por ter chegado até aqui, por ter feito história no boxe australiano."

Parker dominou o primeiro round e acertou alguns golpes no segundo, mas os juízes consideraram tudo empatado antes da terceira rodada. "Eu acho que estava acertando os golpes mais claros, e ficou um pouco chocante quando eles disseram que estava empatado antes da terceira e fiquei tipo, 'OK, vamos lá'."

Ela disse que caiu no estilo de luta de Li na terceira rodada, mas prestou crédito à bwin instalar oponente, que agora tem a chance de aumentar bwin instalar coleção de bronze no Rio e prata bwin instalar Tóquio na final contra a panamenha Atheyna Bylon, que derrotou Cindy Ngamba do time de refugiados bwin instalar uma decisão dividida.

Reação de Charlie Senior

Senior disse que estava satisfeito com a bwin instalar performance contra o rápido e controlado Khalokov. "Estar lá fora com os melhores e apresentar um desempenho assim, é incrível", disse. O australiano nascido na Inglaterra realizou uma cambalhota depois da luta, simultaneamente com o seu oponente. "Sair, apresentar um desempenho e depois terminar com uma explosão com Abdumalik, não posso reclamar. É desapontador, mas posso fazer um show, e isso me deixa feliz."

As duas derrotas põem fim à campanha de Paris da maior equipe de boxe da Austrália. Apesar de o medalhão de ouro elusivo não ter vindo à tona, Parker disse que a equipe está bwin instalar

progresso. "Harry [Garside] começou isso no último [em Tóquio com o bronze]. Esta vez voltamos com duas medalhas. Na próxima vez, voltaremos com mais e mais. Boxe australiano, vamos ser como a natação."

Devido a problemas de governança, existem temores de que o boxe seja eliminado do programa olímpico para LA 2028. Parker disse que não há "nenhuma maneira" de ser removido. "É um dos esportes olímpicos mais antigos, veja a multidão que está aqui", disse. "Apenas espero que as autoridades

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