Inherent Risks of Activities - SOMOS AVENTURA

General Risks Common to All Activities

SOMOS AVENTURA activities involve certain inherent risks that all participants must be aware of. Below are the common general risks and the safety measures implemented to minimise them.

- **Physical exertion:** All activities require a basic level of physical fitness. Fatigue, overexertion, or mild muscle injuries may occur.
- **Weather conditions:** Changes in weather can affect the safety and development of activities. SOMOS AVENTURA adapts or suspends activities if conditions are not safe.
- **Falls and impacts:** Risk of bruising, sprains, or fractures from accidental falls or impacts during the activity.
- **Equipment use:** Although equipment is certified and regularly inspected, misuse or failure can cause accidents.
- **Health status:** Participating with incompatible medical conditions may increase risks. Participants are advised to inform the team and follow medical guidance.
- **Psychological risks:** Some activities may cause stress or anxiety, especially in individuals with specific phobias or fears.
- **Human intervention:** Professional supervision and safety protocols minimise risks, but reckless behaviour can increase the likelihood of incidents.

Safety Measures and Protocols

- SOMOS AVENTURA employs qualified and experienced professional guides.
- Certified equipment inspected on a regular basis.
- Participant-to-guide ratios adjusted for maximum safety.
- Emergency protocols and rapid access to medical assistance (medical centre 5 minutes away).
- Prior training and informative briefing for all participants.
- Registration in official records and quality certifications: SICTED, CVACTIVA, ANETA, Valencian tourism ethical code, registration TA-72-V.

Incident frequency: Serious accidents are extremely rare. Since 2008, with more than 5,000 participants per season, incidents are limited to mild bruising, sprains, or shoulder dislocations in cases with prior history. No drownings or serious accidents have been recorded.

Specific Risks by Category

Activities are divided into the following categories with specific risks:

- Rafting
- Water Canyoning
- Water Canyoning with Abseil
- Land Canyoning
- Mono-rafting
- Hydrospeed
- White Water Kayak
- Water Multi-Adventure
- Multi-Adventure Circuit (zip lines)
- Bungee Jumping
- Caving
- Trekking

Specific Risks – White Water on the Mijares River (Montanejos)

Activities included: Rafting, Water Canyoning, Mono-rafting, Hydrospeed, White Water Kayak.

Common risks:

- **Impacts and bruising:** During white-water navigation, participants may be struck by paddles, rocks, or equipment.
- **Falls and immersion:** Risk of falling into the water with possible immersion, though always with a life jacket and wetsuit ensuring buoyancy and thermal protection.
- **Physical exertion and cold:** Activities require moderate to high physical effort, and cold water can increase fatigue or risk of hypothermia if appropriate equipment is not used.
- **Currents and obstacles:** Natural currents and obstacles in the river can create imbalance or entrapment situations, though guides are trained to minimise these risks.
- **Psychological conditions:** Individuals with fear of water, claustrophobia, or phobias may experience anxiety that hinders the activity and group safety.

Specific requirements:

- Hydrospeed requires prior experience in similar activities and very good physical condition due to its high demands.
- Water canyoning with zip line requires comfort with heights; extra care is advised for those with ear problems, as jumping from height into water could cause damage to the ear canal.
- Minimum age and maximum weight vary by activity; consult individual activity pages.

Safety measures:

- Certified guides with ratios of 8–10 participants per guide.
- Certified equipment (life jackets, helmets, wetsuits).
- Detailed prior briefing and adaptation to river conditions.
- Vehicles and safety personnel accompanying the route.
- Medical centre 7 minutes away and telephone coverage guaranteed along almost the entire route.

Incident frequency: Minor incidents such as sprains or bruising are very infrequent (1–3 per 5,000 participants). No drownings or serious accidents have been recorded.

Specific Risks – Centenar Water Canyon

Description: Water canyon in Zucaina (Castellón), ideal for beginners learning abseil techniques safely, with jumps and descents using abseiling. In the classic version, the final 70 m abseil is not included; in the full version, this abseil is included and, due to its height, may not be suitable for all audiences. Requires being very comfortable with heights and water.

Common risks:

- **Heights and abseil:** The activity includes abseils and jumps from moderate heights, so familiarity and comfort with these situations is necessary.
- **Impacts and bruising:** Possibility of hitting rocks or hard surfaces during jumps or movement.
- **Immersion and water contact:** Risk of immersion in pools and currents, always with a life jacket and wetsuit for protection and buoyancy.
- **Physical exertion:** Requires endurance and coordination to overcome obstacles and perform abseils.
- **Psychological conditions:** Individuals with fear of heights or water may experience anxiety that hinders the activity.

Requirements: Minimum age 12 years, maximum weight as per regulations, no prior experience required but willingness to follow instructions is essential.

Safety measures:

- Qualified and experienced professional guides.
- Certified equipment (helmets, harnesses, life jackets, wetsuits).
- Detailed prior briefing and adaptation to canyon conditions.
- Emergency protocols and access to medical assistance.

Incident frequency: Minor incidents such as bruising or sprains are infrequent. No serious accidents are recorded thanks to supervision and strict protocols.

Specific Risks – Water Multi-Adventure and Reservoir Kayak

Description: Activities in calm waters (reservoir) combining non-motorised watercraft games, physical challenges, and recreational activities for groups, schools, and families from age 5.

Common risks:

- **Low physical exertion:** Activities require a basic level of fitness, with low risk of fatigue or overexertion.
- **Falls and impacts:** Risk of bruising or sprains from falls or trips on wet or slippery surfaces.
- **Water contact:** Possibility of getting wet or slipping, though in calm, controlled waters.
- **Weather conditions:** Weather changes can affect safety and comfort.

Requirements: Minimum age and maximum weight by activity; consult website.

Safety measures:

- Constant supervision by qualified monitors.
- Appropriate and inspected equipment.
- Prior informative briefing.
- Emergency protocols and rapid access to medical assistance.

Incident frequency: Very low, with occasional minor incidents related to falls or impacts.

Specific Risks – Multi-Adventure Circuit

Description: High-altitude activities including zip lines, hanging bridges, and balance challenges on adventure-designed structures.

Common risks:

- **Falls and impacts:** Risk of falls from height or impacts against structures, mitigated by harnesses and safety systems.
- **Physical exertion:** Requires balance, coordination, and moderate strength.
- **Psychological conditions:** Individuals with fear of heights may experience anxiety or stress that hinders the activity.
- **Equipment use:** Misuse or equipment failure can increase risks, though equipment is certified and regularly inspected.

Requirements: Minimum age and maximum weight as per circuit regulations and specifications.

Safety measures:

- Supervision by qualified monitors.
- Certified and regularly inspected equipment.
- Prior briefing and training.

- Emergency protocols and rapid access to medical assistance.

Incident frequency: Minor incidents very infrequent; no serious accidents on record.

Specific Risks – Bungee Jumping

Description: Activity involving a jump from height with an elastic rope, requiring technical control and appropriate physical condition.

Common risks:

- **Controlled falls:** The jump is controlled by a dual safety system to prevent accidental falls before everything is ready. Risk of injury from impact if the instructor's instructions are not followed.
- **Physical and psychological exertion:** No prior experience or special skill required; only a lack of fear of heights and adherence to instructions are needed.
- **Equipment use:** The integral harness, ropes (2 ropes each supporting over 1,200 kg) and helmets are certified and inspected, but failure or human error can increase risks.
- **Medical conditions:** Not recommended for individuals with heart problems, pregnant women, or those with prior injuries.

Requirements: Minimum age and maximum weight as per regulations.

Safety measures:

- Supervision by specialised technicians.
- Certified and inspected equipment.
- Briefing.
- Emergency protocols.

Incident frequency: Very low, with minimal records of minor incidents from self-impact or contact with equipment.

Specific Risks – Caving

Description: Exploration of natural caves and cavities requiring movement in confined spaces, with possible obstacles and changes in level.

Common risks:

- **Confined spaces:** Possible feeling of claustrophobia or anxiety in narrow or dimly lit areas.
- **Falls and impacts:** Risk of slipping, tripping, or striking rocks and irregular walls.
- **Physical exertion:** Requires endurance, agility, and good physical condition to overcome obstacles and level changes.
- **Environmental conditions:** Low temperatures, humidity, and the presence of water can increase the risk of hypothermia or slipping.

- **Equipment use:** Certified helmets and torches for protection and visibility; risk increases with incorrect use.

Requirements: Minimum age and maximum weight as per regulations. Not suitable for individuals with respiratory or cardiac problems.

Safety measures:

- Certified and experienced caving guides.
- Certified and inspected equipment.
- Prior briefing and physical condition assessment.
- Emergency protocols and rapid access to medical assistance.

Incident frequency: Minor incidents such as bruising or sprains are infrequent. No serious accidents recorded thanks to supervision and strict protocols.

Specific Risks – Land Canyoning (Barranco del Lobo)

Description: Dry canyon descent activity carried out entirely using abseiling techniques, in a natural environment with significant elevation changes and heights.

Common risks:

- **Heights and abseil:** The activity requires familiarity and comfort with heights, as it is carried out entirely with abseiling, involving vertical or inclined rope descents.
- **Falls and impacts:** Risk of falls or impacts against rocks during descent or movement over uneven terrain.
- **Physical exertion:** Requires strength, coordination, and endurance to perform abseils and navigate the terrain.
- **Environmental conditions:** Exposure to variable weather, with potentially slippery or unstable surfaces.
- **Equipment use:** Certified helmets, harnesses, and ropes; misuse or failure can increase risks.

Requirements: Minimum age and maximum weight as per regulations. Not suitable for individuals with fear of heights or without abseiling experience.

Safety measures:

- Qualified and experienced professional guides in land canyoning.
- Certified and regularly inspected equipment.
- Prior briefing and training on techniques and safety.
- Emergency protocols and rapid access to medical assistance.

Incident frequency: Minor incidents such as bruising or sprains are infrequent. Supervision and strict protocols minimise serious risks.

Specific Risks – Trekking

Description: Circular route of approximately 1 hour 30 minutes, suitable for all audiences from age 6, starting and finishing at the Montanejos thermal waters.

Common risks:

- **Physical exertion:** Although the route is accessible, it requires walking on uneven terrain with elevation changes, which may cause fatigue or overexertion, especially in those unaccustomed to walking.
- **Uneven terrain:** Possibility of trips, slips, or falls due to stones, roots, or irregular surfaces.
- **Weather conditions:** Weather changes can affect safety and comfort, especially on rainy or very hot days.
- **Sun exposure:** Risk of sunburn or heatstroke if adequate precautions are not taken.
- **Hydration and nutrition:** It is important to carry water and food to avoid dehydration or low blood sugar.
- **Medical conditions:** Individuals with cardiac, respiratory problems, or reduced mobility should consult before participating.
- **Appropriate footwear and clothing:** Essential to minimise risks of falls and discomfort.

Safety measures:

- Professional guides who supervise the group and adjust the pace.
- Prior information about the route and recommendations.
- Possibility of rapid assistance in case of emergency.
- Recommendations to bring appropriate equipment (footwear, water, sun protection).

Incident frequency: Minor incidents such as sprains or falls are infrequent and generally without serious consequences.

For more information, visit: https://somosaventura.com/en/activities_risks/