

# Mountain Climbing & Extreme Sports

1. Are there any high mountain ranges in your home country?
2. Have you visited any high mountain ranges in Canada or the USA?
3. Have you or your family or friends ever climbed a mountain? Which one?
4. Do you prefer mountain climbing, hill walking or visiting the beach?
5. Can you explain what the following pieces of mountain climbing are?

Rope	Crampons	Mountain boots	Ice axe
Climbing harness	Helmet	Pulleys	Carabiner

6. Why do you think people climb mountains?
7. Define "Extreme Sports."
8. Do you know what the following extreme sports are? Which ones have you tried? Which ones would you like to try?

Skydiving	Bungee jumping	Water rafting	Mountain biking	Snowboarding
Hang gliding	Ski Jumping	Rallying	Scuba Diving	Iron Man Triathlon

9. Which of the extreme sports listed above do you think the most and least dangerous?
10. Would you go scuba diving with sharks if someone paid you \$10,000?
11. What do you think would be the biggest danger when water rafting?
12. What could go wrong if you went hang-gliding?
13. What kind of injuries might you get if you went mountain biking?
14. How do you think your family would react if you told them that you were going skydiving?
15. What other extreme sports do you know about?
16. Would you ever open an extreme sports business? Which one? Why?
17. What other things can you do that will give you an adrenaline rush?
18. Should some extreme sports be banned? Which ones?
19. Are all extreme sports expensive? Which ones are affordable?
20. Would you try to stop a family member from doing extreme sports? How?