

# MOTOR SPORTS ACTIVITIES, ADAPTED PHYSICAL ACTIVITIES AND NATURAL DISASTERS

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## Introduction

The phenomenon of natural disasters are very complex and therefore can reveal different aspects. The World Health Organization (WHO) defines disaster: “...any occurrence that causes loss of human life, deterioration of health and health services on a scale sufficient to warrant an extraordinary response from outside the affected community...”.

During any type of disaster or natural disasters, there are different elements that influence how motor sports activities can be actuated. At the same time, however, it is important that motor sports activities are planned and organized to satisfy specific aims and to represent a psycho social gathering for the community.

## Aim

The aim of the research is to investigate on how motor sports activities and adapted physical activities influence in a post disaster intervention, in Italy and in the some part other part of the World.

## Method

The research consists in the collection and analysis of many international and national action protocols, that develop specific psychosocial activities that use motor sports activities and adapted physical activities as a tool of acceptance, support and integration.

## Results

The results clearly show that:

- it is necessary to create a training program for the social operators about the achievement of decisional, planning and communicational skills, especially through bodily communication.
- in a phase of post disaster intervention, motor sports activities and adapted physical activities must be more flexible to adjust to all people.

## Discussion and Conclusions

After natural disasters is necessary to evaluate people needs and simultaneously have a fundamental vision of the emergency; this to create an appropriate psychosocial program.

To become professional in motor sports activities and adapted physical activities programs, with psychosocial aims, to intervene on the behalf of a community, that has just suffered from a natural disaster, requires skills, desires and strong motivations, but also abilities to empathically understand emotions and behaviors of people, facilitating the verbal and non verbal communication. Motor sports activities represent a strong positive contribution for those suffer from a disaster and risk to lose their identify and stability.

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