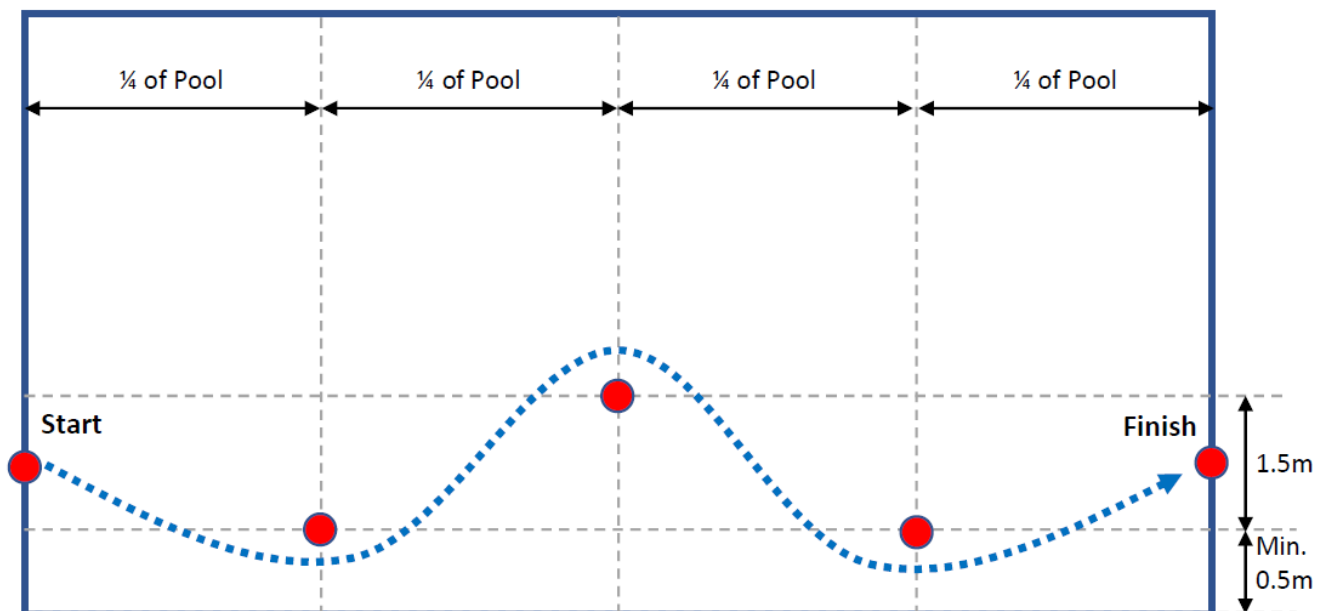


# Special Olympics Challenge

## Skill Aquatics 1 – FREESTYLE SLALOM

### Description:

To swim a slalom free style.



**Goal:** To train swimming speed, the ability to orient oneself and change direction .

**Evaluation:** The time it takes to go from start to finish is measured.

The clock stops when the swimmer touches the finish with at least one hand.

Make two attempts. The best time counts.

### Rules:

- The start is in the water, and the swimmer holds the edge of the pool with one hand.
- The start signal is given by the coach.
- The distance to be swum is one pool length.
- The length of the pool should be at least 15 m, but no more than 25 m.  
The exact length is not decisive. However, participants must always swim in the same pool.
- The style of swimming is free but must be maintained for the whole distance and throughout the challenge.
- It is possible to swim with assistance. In this case, the assistant must neither pull nor push the swimmer.



- Flotation devices may be used.  
However, the same flotation device must be used throughout the challenge.
- The start and finish are marked with a cone, coloured object or vertical line on the edge of the pool.
- If the swimmer touches the slalom points but passes them correctly (on the outside), the try is valid.
- If the swimmer skips a slalom point, the try is not valid and must be repeated.

**Equipment:**

Stopwatch / 3 easily visible points to mark the slalom / markings for start and finish / measuring tape.

**Indications:**

- To mark the slalom points, use floating objects (e.g. ball), tied with a cord to a heavy object. The heavy object must reach the bottom of the pool and the cord should be taut.  
It is important that the float should not be displaced when the swimmer passes it.
- To mark the start and finish lines, use a clearly visible object (e.g. cone, coloured adhesive tape on the wall of the pool or coloured object on the edge).
- If an area wider than one lane is available, it is recommended to move the slalom farther away from the side so that the swimmer should not be impeded when turning near the edge.
- Swimming goggles, masks or gloves may be used.
- Fins may not be used.

For further information on this skill, please contact us at: [challenge@specialolympics.ch](mailto:challenge@specialolympics.ch)