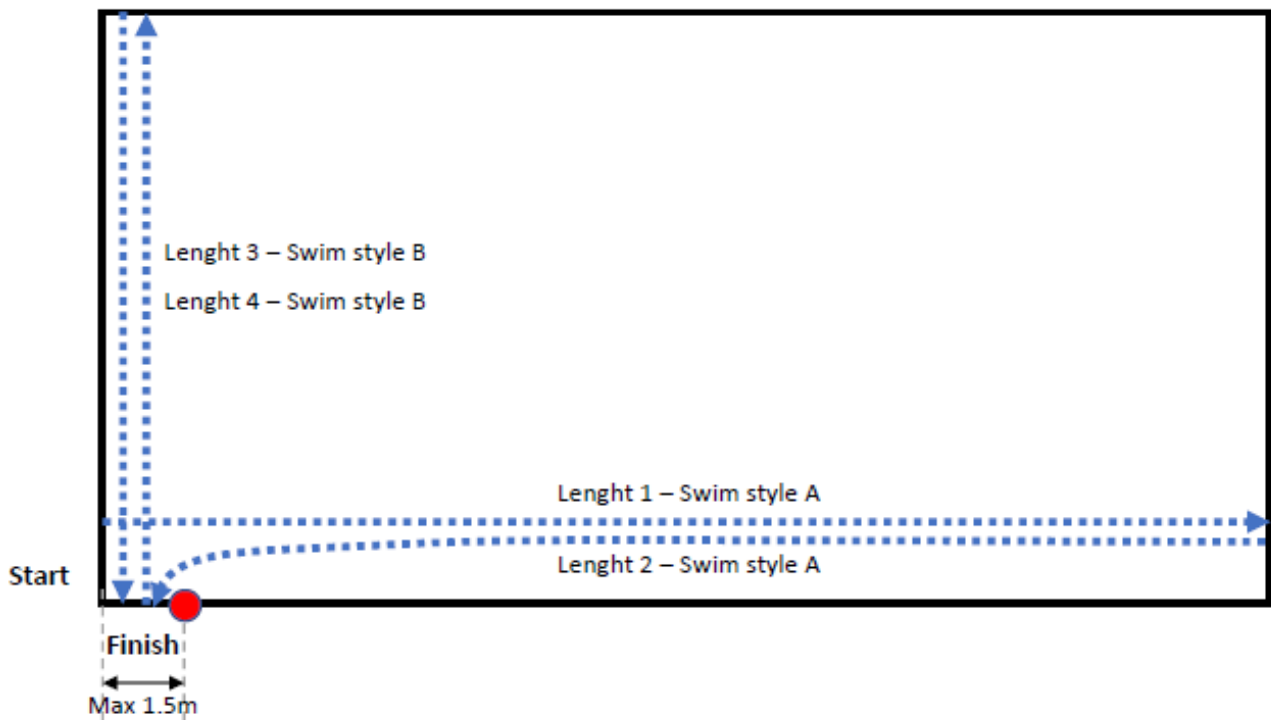


Special Olympics Challenge

Skill Aquatics 2 – 4x2 BI-DIRECTION

Description:

To swim 4 laps of the pool in two different styles: 2 lengths of the pool in one style and 2 widths of the pool in another.



Goal: To develop swimming speed in two different styles and improve the ability to orient, change direction and change style.

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 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 start may take place from the edge, from the starting block or in the water.
- The swimmer chooses a swimming style to be used for the length (two pool lengths) and another one for the width (two pool widths).
- The turn between the second and third leg is free and takes place on the long side of the pool, at most 1.5 m from the edge of the pool. The point is visibly marked on the edge of the pool.
- The try must be made without lanes.
- The coach gives the start signal and stops the clock at the end of the 4 laps of the pool.
- The finish and turns are free, but the swimmer must touch the edge of the pool.
- The start, the swim styles and the sequence of the styles must always be the same for the entire duration of the Challenge.

Equipment:

Stopwatch / demarcation of the second turn and finish / measuring tape.

Indications:

- To mark the finish point (and of the second turn), use a clearly visible object (e.g. coloured adhesive tape on the wall of the pool and/or coloured object on the edge).
- Swimming goggles, masks or gloves may be used.
- Fins may not be used.
- Those who cannot swim a style correctly may use a board.
In this case, the following rules also apply:
 - the board must be held with the hands or between the legs for all 4 laps of the pool.
 - if the board is held with the hands, the swimmer swims with the legs in 2 different styles.
 - if the board is held between the legs, the swimmer swims with the arms in 2 different styles.
- Once the styles of swimming are determined, they must be maintained for the entire duration of the Challenge to always to swim in the same manner.

For further information on this skill, please contact us at: challenge@specialolympics.ch