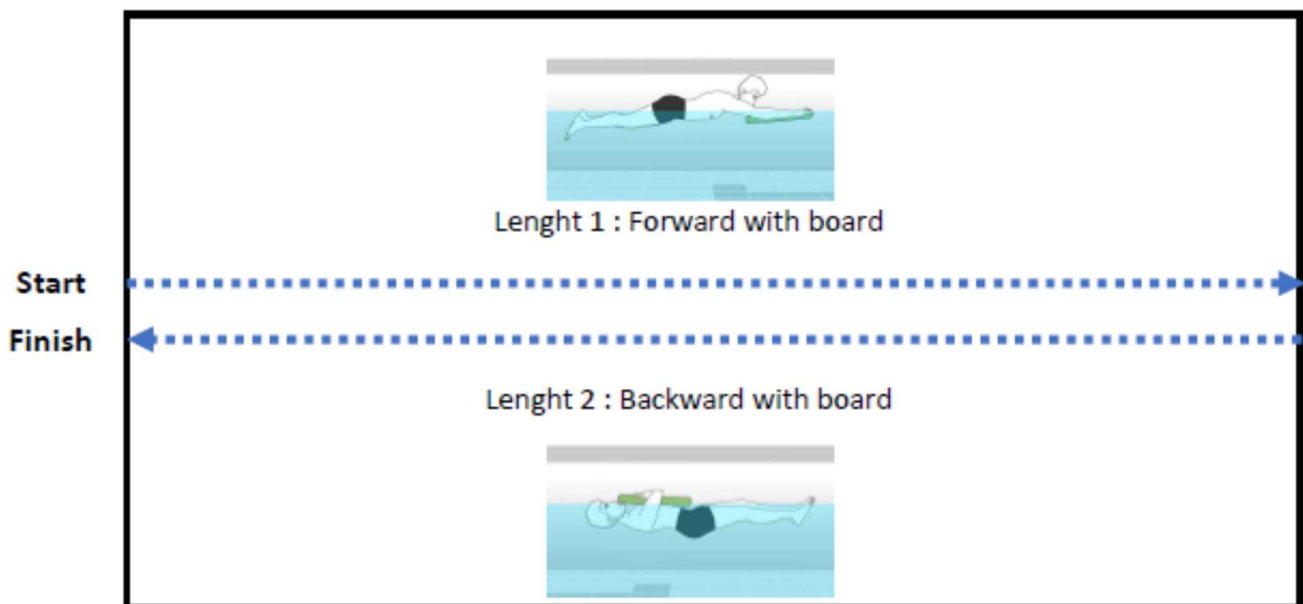


# Special Olympics Challenge

## Skill Swimming 3 – FLOATATION

### Description:

Swimming with a board over two pool lengths: the first length facing down, the second facing up.



**Goal:** To train work with the legs in the ventral and dorsal positions.

**Evaluation:** Measurement of the time from the start (in the water) to the finish (touching the edge of the pool with a part of the body). Make two attempts, the better 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 takes place in the water, at the command of the coach.
- Maintain the same style throughout the pool length. The style may be changed between the first and second pool length. Maintain the same styles throughout the Challenge.
- When facing down, the board is held in front of the head (see illustration).
- When facing up, the board may be held on the stomach (see illustration), behind the head or with the arms held above the head.

**Equipment:**

1 stopwatch / 1 board

**Indications:**

- Once the swimming styles and the position of the board have been determined, they must be maintained throughout the Challenge so that the lengths are always swum in the same style.
- Goggles or masks may be used.
- Fins and gloves may not be used.

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