

01

# SWIMMING

VERSION 2.0 - 2020



# TYPES OF SWIMMING

- Crawl
- chest
- frog
- crawl backwards
- dolphin
- jumps into the water





# RULES



- I WILL GO FOR ONE HOUR AFTER A LARGER MEAL.
- As a non-swimmer, I stay at the part of the pool that is intended for non-swimmers.
- BEFORE I JUMP INTO THE WATER (ON MY HEAD), I MAKE SURE IF THE WATER IS DEEP ENOUGH AND IF THERE IS ENOUGH SPACE AROUND.
- I PROTECT ME FROM THE STRONG SUN.
- AFTER COMING OUT OF THE WATER, I DRY AND PUT ON DRY CLOTHES.
- I DO NOT POLLUTE WATER AND ITS SURROUNDINGS.
- I FOLLOW HYGIENE RECOMMENDATIONS - SHOWER BEFORE AND AFTER LEAVING THE POOL, USING SWIMWEAR AND NOT SWIMMING PANTS.
- I CONSISTENTLY FOLLOW THE RESCUE INSTRUCTIONS AND MARKINGS IN THE POOL.

# SLOVENIAN SWIMMERS

- PETER MANKOČ,
- TJAŠA ODER,
- SARA ISAKOVIČ,
- ANJA KLINAR,
- TJAŠA VOZEL,
- MARTIN BAU,
- DAMIR DUGONJIČ,...



# SPANISH SWIMMERS

- Mireia Belmonte
- Jessica Vall
- Melani Costa
- Duane da Rocha
- Africa Zamorano
- Jimena Pérez Blanco
- Emma Carrasco
  
- Eduardo Solaeche
- Albert Puig
- José Antonio Chicoy
- Javier Hernández Aguiran
- David Royo
- Hugo González de Oliveira



