

SWIMMING - PADDLING

Task: To negotiate a water obstacle by swimming and paddling on a boat.

How to do it:

Contestants must wear all their clothes (T-shirt, trousers, shirt, socks, boots including their laces done up) and all their gear they carry.

After the start, contestants swim in the lake towards the inflatable boats. They get into one of the available boats; each of them must put on a life-jacket and then paddle across the lake to the finishing line.

Whilst swimming, all contestants must arrange their gear they carry (rucksacks) in such a way that it can float by itself, alternatively could serve as means of elevating the swimmer and prevent all items inside the rucksack from getting wet.

Assessment:

The discipline is finished when all team members cross the finishing line, again, all of them wearing all their clothes (T-shirt, trousers, shirt, socks, boots including their laces done up), carry all they gear and the boat. The finishing line is located on the opposite bank of the lake (see image).

