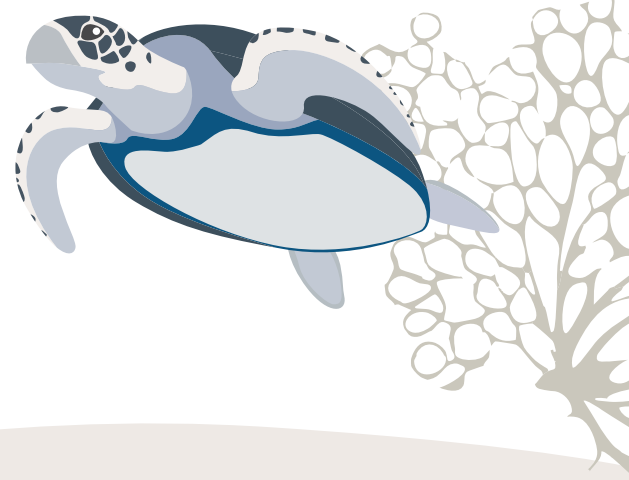


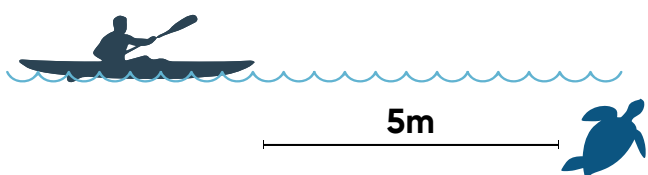
Wanem blong mekem sapos yu luk total taem yu stap padel, ski long solwota, o selsel

Ol rul ia oli blong ol bot we i no gat enjin (kayak, kenu, selbot,
padelbot, bot blong ski..):



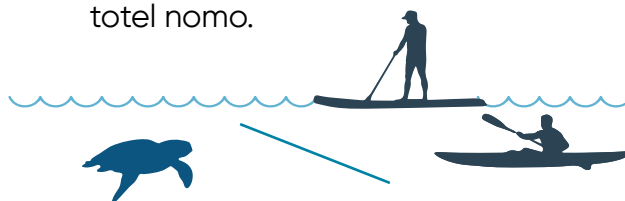
1 Stap 5 mita longwe long total

Sapos total i swim kam kolosap, stop
mo wet smoltaem blong total i pas finis.



2 Pas long saed blong total

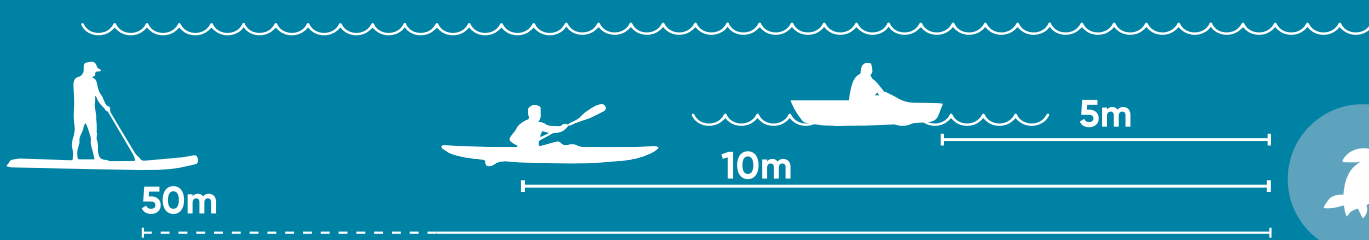
Sapos i gat wan bot o moa, olgeta
oli mas stap long wan saed blong
total nomo.



3 Stap wetem total blong 30 minit nomo



4 I no mas gat moa long 2 bot we i no gat enjin long 10 mita longwe long total Sapos i gat 2 bot finis long 10 mita, yu mas stap longwe long 50 mita.

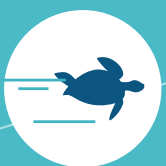


5 No stikim, kilim, o pusem total wetem eni bot, padel o flota

6 No pas antap long total, no tinktink se i dip



7 Sapos total i swim se hem i fraet, kamaot sloslo. Taem wan total hemi fraet bae hem i:



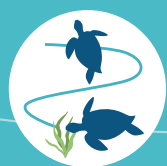
Swim hariap



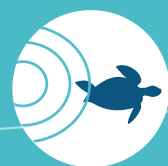
Daeva go daon
hariap



Jenjem rod



Swim hariap



Swim ronwe



Swim i go long
dip ples

8 No ronem total



9 No givim kakae long total o sakem samting long solwota we total i bae tingse hemi kakae



10 No distebem ol stret fasin blong total, olsem lukaotem kakae

Stap longwe long ol sanbij blong
nes blong total long naet long
taem blong ol total i stap putum ek
(Oktoba kasem Maj).

11 No mekem tumas noes mo no splashem solwota blong no distepem ol total



12 Lukaot gud blong no distepem ol ples we total oli stap mekem bebe



13 Lukaot taem yu padl o sil antap long ol grass blong solwota mo rif, mo taem yu sakem angka o pulum bot i kam long sor.

Ol ples ia oli impoten tumas blong total
mo yu save spolem ol ples blong silip
blong total.

14 No yusum laet long naet taem total i stap mekem bebe (Oktoba kasem Maj)



Folem ol rul blong ples
Luk ol rul ia long
QR kod ia.

