

Hi Yasmin , How are you?It is also forbidden to use propulsion devices, fins, or floating devices.They must adhere to a swimming suit made of woven fabric, and they must adhere to the path designated for each person.to do it you will need A swimsuit and a pair of waterproof goggles.There are several rules that you must abide by when practicing swimming which are: Competitors may not walk during the race.Your best , friend HaneenI hope you and your family are doing well .You asked me about Swimming ?.