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HISTORICAL AND SOCIAL ASPECTS OF THE DEVELOPMENT OF SWIMMING IN KHERSON REGION

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Abstract

The article analyzes the historical and social aspects of the development of swimming in Kherson region. The problem that is based on the analysis of material and technical support for the development of swimming has been identified. There is the absence of specialized swimming pools for swimming lessons. The following research methods were used to solve the problem: literature analysis; analysis of archival documents; a survey; a comprehensive analysis method of historical sources.

Practical value of swimming was researched and justified. It is noted that the inability to swim, limits the possibilities of a full life and active recreation. The classification of pools is given. The necessary number of swimming pools has been substantiated, depending on the number of inhabitants in cities and towns, recommended by the International Union of Architects.

The paper presents the results of the research on the mentioned problem in question, namely: the results of survey among parents of primary school children of secondary schools in Kherson. The survey analysis revealed the need to create conditions for the development of swimming in the city. Basic swimming training should take place in summer in open water bodies; this is promoted by natural conditions of Kherson region. In the course of the research, it was established that there are about 60 summer children's recreation facilities on the territory of Kherson region. Since summer health camps located near water bodies, it allows massive involvement of children and teenagers in swimming activities. The duration of staying in the summer health camp allows systematically to go swimming and get a positive result.

Key words: swimming, swimming pool, mass swimming.

Ольга Ображей. Историко-социальные аспекты развития плавания на Херсонщине. У статті досліджено історико-соціальні аспекти розвитку плавання на Херсонщині. На основі аналізу матеріально-технічного забезпечення розвитку плавання визначено проблему, яка ґрунтується на відсутності спеціалізованих басейнів для проведення занять із плавання. Для виконання поставлених завдань використано такі *методи дослідження*: аналіз літературних джерел; аналіз архівних документів; опитування; метод комплексного дослідження історичних джерел.

Досліджено та обґрунтовано прикладне значення плавання. Зазначено, що невміння плавати обмежує можливість повноцінного життя й активного відпочинку громадян. Наведено класифікацію басейнів. Обґрунтовано необхідну кількість плавальних басейнів залежно від кількості жителів у містах і населених пунктах, яка рекомендована Міжнародною спілкою архітекторів.

У роботі представлено результат дослідження з указаної проблеми, а саме: результати анкетування серед батьків дітей початкових класів загальноосвітніх шкіл міста Херсона. Під час аналізу анкет встановлено необхідність створення умов для розвитку плавання в місті. Зазначено, що основне навчання плавання повинно відбуватись у літній період на відкритих водоймах, цьому сприяли та сприяють природні умови Херсонської області. У ході дослідження встановлено що на території Херсонської області існує близько 60 літніх дитячих оздоровчих закладів. Оскільки, найчастіше, літні оздоровчі табори розміщені біля водойм, то це дає змогу масово залучити дітей та підлітків до занять плаванням. Тривалість перебування дітей у літньому оздоровчому таборі дає змогу систематично займатися плаванням та отримати позитивний результат.

Ключові слова: плавання, басейн, масове навчання плаванию.

Ольга Ображей. Историко-социальные аспекты развития плавания на Херсонщине. В статье исследованы историко-социальные аспекты развития плавания на Херсонщине. На основе анализа материально-технического обеспечения развития плавания, определена проблема, которая основывается на отсутствии специализированных бассейнов для проведения занятий по плаванию. Для решения поставленных задач использовались следующие методы исследования: анализ литературных источников; анализ архивных документов; опрос; метод комплексного исследования исторических источников.

Исследовано и обосновано прикладное значение плавания. Указано, что неумение плавать, ограничивает возможности полноценной жизни и активного отдыха граждан. Приведена классификация бассейнов. Обосновано необходимое количество плавательных бассейнов в зависимости от количества жителей в городах и населенных пунктах.

В работе представлен результат исследования указанной проблемы, а именно: данные анкетирования среди родителей детей начальных классов общеобразовательных школ города Херсона. Во время анализа анкет установлена необходимость создания условий для развития плавания в городе. Отмечается, что основное

обучение плаванию должно происходить в летний период на открытых водоемах, этому способствовали и способствуют природные условия Херсонской области. В ходе исследования установлено, что на территории Херсонской области существует около 60 летних детских оздоровительных учреждений. Поскольку, чаще всего, летние оздоровительные лагеря, расположенные около водоемов, то это дает возможность массово привлечь детей и подростков к занятиям плаванием. Длительность пребывания детей в летнем оздоровительном лагере дает возможность систематически заниматься плаванием и получить положительный результат.

Ключевые слова: плавание, бассейн, массовое обучение плаванию.

Topicality. A study of the historical and social aspects of the development of swimming in Kherson region is an important and urgent problem. The analysis of these issues allows outlining the peculiarities of the current sports and physical culture movement, trends, ways and prospects for its development. Political and socio-economic changes in Ukraine and the world require a substantial reform of physical education system that should provide real conditions for intellectual, spiritual and physical development for every citizen. A key problem is the lack of swimming pools and available material and technical base for population. In this issue Ukraine is considerably inferior to the developed countries in creating the necessary conditions for the formation of a vital skill of swimming in the population, especially in children and young people [4; 3].

The issue of the social maintenance of swimming is an aspect which is devoted to many publications in philosophy and sociological literature (M. Ponomarev; H. Ibrahim; A. Gutman; M. Vizitey; S. Brakin; G. Llushen; V. Stolyarov, L. Lubysheva; V. Ponomarchuk; M. Bulgakova). The level of research in the problems of modern swimming is not sufficient. The significant number of works on pedagogy of swimming have been published (N. Bulgakova; R. Rajewskiy, V. Petelkaki; G. Gorbunov). But actually there are no works in which methods of swimming training in deep open water were discussed [1].

Inability to swim limits significantly the opportunities of a full life and active recreation for the citizens. (V. A. Akin, I. A. Arshavs'kiy, M.G. Bulgakova, V. S. Vasilyev, V. V. Merzlyaiv) [4].

As a result, according to the Ministry of Ukraine for Family, Youth and Sports, less than 10 % of the population in the country can swim, and only three out of ten are recruiting boys. More than 80 % of pupils and students cannot pass national swimming tests. Only 0,12 % of citizens are engaged in swimming in recreation groups and sections. One of the most urgent tasks today is the mass training of children in swimming, the formation of vital experience, and the possibility to conduct all-year recreation classes within educational institutions: kindergartens, schools, high schools, and summer health camps [3].

Applied swimming plays an important role in human life. The skill of applied swimming is used in everyday life, in labor and military activity by a person. In summer, during vacations, a lot of people take a rest close to natural bodies of water bathing on health-improving, hygiene purpose. Professions of many people are connected with work on water (fishing, water transport, underwater work, etc.). All this indicates the great importance of the applied swimming. An important condition for all human activities on the water is the ability to swim and use this skill in critical situation. Inability to swim leads to unforeseen events. According to St. Miles, 140,000 people die from drowning in the world every year, according to G. N. Klytsevych – about 200,000, according to UNESCO – up to 350,000. 140–180 people are drowned annually in Kherson region (35–36 thousand in the former USSR, in Ukraine – 5–6 thousand). The mortality rate from drowning is the second only to deaths from road accidents [5].

The purpose of the study is to study the historical and social aspects and the current state of development of swimming in Kherson region.

To solve the set tasks the following research methods were used: literature analysis; document analysis; a survey; a comprehensive analysis method of historical sources.

The Results of the Study. The history of swimming has existed for many centuries. During this period its forms, methods and means were diversified, the role and significance of this type of human activity in society also changed. The study of historical, pedagogical, scientific, methodological literature on the theory and practice of physical education indicates that swimming is a significant factor in the comprehensive, harmonious development of a personality connected with his physical and intellectual improvement. Historical sources show that even our ancestors, who settled on the seashore near rivers and lakes, used swimming as an important applied skill [1; 2; 4].

The inscriptions on the drawings of the ancient Greeks show that their soldiers were able to swim well with a variety of auxiliary tools and without them. Many historical sources tell how swimming helps in everyday life and work: hunting, fishing, during the passage through reservoirs with cargo, etc. As a means of physical education swimming was first used by ancient Greeks. They believed people who could not swim

and read, were not allowed to do the service. From ancient times Slavic people were famous swimmers. There was an effective system of physical education in Zaporizhs'ka Sich. The top-priority place in the structure of physical training of Cossacks took improving skills at swimming, diving, and the ability to sail a boat [1].

The analysis of material and technical support for the development of swimming, allowed determining the lack of specialized pools for training in swimming. In former Soviet times, in 1975, on Ushakov Street 62, there was a children's swimming pool of the closed type «Zolota ribka» with the area of 534, 2 square meters. About 9 thousand young people learned the skills of swimming for 14 years of the existence of the pool. This building functioned as the swimming pool only until 1989.

The construction of a swimming pool on 40 rokiv Zhovtnya Street was planned on the basis of «Petrovets» complex in 1972 in order to improve the material and technical base. The total area is 1794,3 sq. m. Nowadays the building is in poor condition, it needs major repairing. There is a 50-meter Olympic swimming pool «Dynamo» with towers for jumping on Perekopskaya Street, 4. At the moment the pool does not work for technical reasons. There was a swimming pool in Kherson high school № 46. It was not used for many years because of the absence of financing. About 150 children from Shumenskiy and Zhytloselische districts could learn to swim there.

In the course of the study, non-standard equipped pools «Lyagushatniki» were discovered in Kherson. They conduct swimming lessons with children of 1–5 grades.

Youth school №6 has provided swimming lessons for students of 2–5 grades of secondary schools of Tavricheskiy district for more than 20 years. During this time, about 15 thousand young people learned these skills. Children with disabilities of musculo-skeletal system undergo rehabilitation in the swimming pool for many years. Elizabeth Mereshko is the student of this school, who in 2016 became the champion and winner of Summer Paralympic games in Rio de Janeiro.

To a certain extent, the problem of insufficient level of maintenance and unsatisfactory state of the existing material and technical base is based on non-standard equipped pools – fitness center «Alcor» (size of the pool 15x4,5 m), «Premier COMPAS» (the size of the pool 12x4 m), shopping center «Fabrica» (25x12,5 m).

The main purpose of private pools is to obtain maximum commercial benefit from their activities. But this orientation does not always correspond to social needs. First of all, this reflects in the pricing of services, which is far from the principle of a «fair price» and is focused on consumers with high and above average income levels. Thus, a large number of people are deprived of access to swimming pools due to their unacceptable service costs.

For a more detailed study of the problem we have studied the classification of swimming pools [1; 2; 5].

Swimming pool is a sports facility. The main part of it is water area. Pools for swimming, jumping into water, water polo are natural or artificial reservoirs that have suitable equipment and devices for swimming trainings and competitions.

Swimming pools are of two types: 25 m and 50 m in length, and the width 11 m, 16 m, 21 m and 25 m. The width of a track is 2,5 m, so the pools can be of 4, 5, 6 and 8 tracks.

The minimum depth of bath for swimming is 1,2 m and in the deep part is not less than 1,8 m. In the competitive basins, the depth is 1,8 m.

The depth of pool for jumping from the springboard depends on the height of the springboard: at the height of the springboard 1 – 3,5 m, 3 – 3,8–4 m, 5 – 3,8–4 m, 10 – 4,5–5 m.

Dimensions for playing water polo are 20x40 m, preferably for water polo use 50 m (8 track pools) with a depth of not less than 2 m.

By the purpose, swimming pools are divided into bathing, training and sports baths, mixed.

By place, swimming pools can be open and covered.

Swimming pools can be built as a separate, or in combination with other sports facilities (sport buildings, sports complexes). The pools can have open and closed baths. The smallest distance from a residential building should be 50 m.

Open pools are divided into the simplest, equipped with natural reservoirs and artificial ones with a specially built bath.

The simplest basins equipped with natural reservoirs include: children's pools (lyagushatniki), they are built in kindergartens, camps and rural schools. Simple swimming pools can be of 25 and 50 m (6–8 tracks). On the banks of the pool there must be special buildings: locker rooms, showers, toilets. Restraints and bypasses can be constructed on piles or on metal pontoons.

The current state of the material-technical base in Kherson does not meet the existing standards. Recommended ISA standards are given in table 1.

Table 1

Required Amount of Swimming Pools Depending on the Number of Inhabitants in Cities and Towns, Recommended by the International Union of Architects (ISA)

Population	Number of pools
30 000 people	1 (25x12,5 m)
50 000 people	2 (25x12,5 m)
100 000 people	4 (25x12,5 m)
250 000 people	10 (25x12,5 m) or 8 (25x15 m) or 3 (50x21 m)
500 000 people	26 (25x12,5 m) or 22 (25x15m) or 8 (50x21 m)
1 000 000 people	50 (25x12,5 m) or 41 (25x15 m) or 15 (50x21 m)

According to architectural norms there should be 0,03 sq. m of water surface per one inhabitant in a swimming pool [1].

In Kherson, with a population of less than 300,000 people, one of the pools should have stands for spectators with a capacity of up to 2000 people for competitions and holidays on the water. Square footage around the pool should exceed the area of water surface 10–12 times. Sports grounds and fitness equipment, entertainment facilities, catering, trees and shrubs should be provided on this territory.

A questionnaire survey among parents of primary school children in secondary schools was conducted to identify the need to create conditions for the development of swimming in Kherson, The results of the survey defined the following:

1. Only 22 % out of children aged 6 to 10 years have the skills of behavior on the water;
2. 37 % of parents believe that swimming skills are a vital skill, while 63 % regard swimming as a way of rehabilitation and improving the physical development of a child;
3. 90 % of parents consider the best age for children to study swimming under 10 years of age;
4. 76 % of parents consider swimming as a sport that is beneficial for the child;
5. 79 % of the respondents agree that the payment for school swimming should be partially paid at the expense of parental funds;
6. 100 % consider it is necessary to create conditions for the development of swimming and training in Kherson.
7. 97 % of the respondents are not satisfied with the state of the material and technical base in Kherson.

Such a state of the material-technical base in Kherson attracts the attention of public people and athletes. In order to improve the problem of teaching children swimming in Kherson, «Swimming school» was established with the support of Denis Silantsev. It worked for 3 years from 2015 to 2017 on a city beach in Hydropark. Swimming instructors trained children free of charge three times a week (Tuesday, Thursday, Saturday). Every child could join «Swimming school» with the consent of their parents, and who had a doctor's permission. From 2015 to 2017, more than 5,100 children attended «School of swimming».

The direct holding of «Swimming School» was carried out by the Youth and Sports Department of the Regional State Administration jointly with the Regional Center for Physical Health of the population «Sport for All». Students of the Faculty of Physical Education and Sports of Kherson State University were instructors of «Swimming School».

The conditions of the city lead to the fact that basic swimming training should take place in summer in open water, which is facilitated by excellent natural conditions. Kherson region is located in the south of Ukraine within the Black Sea Lowland, in the basin of the lower reaches of the Dnieper. It is washed by the waters of the Black and the Azov Seas in the south. The coastline is very indented. Sandy islands, braids, shallow bays, Dniprovsky estuary stretch along the seacoast. There is a large part of Kakhovs'ka reservoir on the territory of the region, which water enters the North Crimean canal and Kakhovs'ka irrigation system.

There are about 60 summer children's recreation facilities on the territory of the Kherson region.

Since most summer recreation camps are located near the reservoirs, it allows the adolescents to participate massively in swimming exercises [2].

The period of stay in the camp offers the opportunity to go swimming systematically and get a positive result.

Conclusions and Prospects for Further Research. The analysis of literary sources and documentary materials suggests that swimming is a vital and necessary skill for a person of any age. The current state of development of swimming in Kherson region is characterized by common problems: insufficient level of

available material and technical resources; inadequate funding and ineffective use of extra budgetary sources; low level of material incentives of coaching and teaching staff; insufficient funding of scientific research.

The prospect of further research is seen in the development of a technique for accelerated swimming training for children in open water reservoirs.

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