

Swimming

Swimming is an individual or team [racing sport](#) that requires the use of one's entire body to move through water. The sport takes place in [pools](#) or open water (e.g., in a sea or lake). Competitive swimming is one of the most popular [Olympic sports](#),^[1] with varied distance events in [butterfly](#), [backstroke](#), [breaststroke](#), [freestyle](#), and [individual medley](#). In addition to these individual events, four swimmers can take part in either a freestyle or medley [relay](#). A medley relay consists of four swimmers who will each swim a different stroke, ordered as backstroke, breaststroke, butterfly and freestyle.^[2]

Swimming each stroke requires a set of specific techniques; in competition, there are distinct regulations concerning the acceptable form for each individual stroke.^[3] There are also regulations on what types of [swimsuits](#), caps, jewelry and injury tape that are allowed at competitions.^[4] Although it is possible for competitive swimmers to incur several injuries from the sport, such as [tendinitis](#) in the shoulders or knees, there are also multiple health benefits associated with the sport.