

Abstract

Title

History and current Situation of Winter swimming in Czechoslovakia and Bohemia

Goals

To Gather available informations on the historical development of hardening as swimming in our country. Using the literature related to winter swimming, completed by medical literature.

Method

A historical method is used to capture the history of hardening in Czechoslovakia and Bohemia in chronological order. The main goal of this method is displaying whole in its main features for better and clearer understanding of this topic.

Results

Complete fragmented history of the winter swimming in our country and provide a more detailed view of the meaning of the hardening.

Key words

Hardening, History, Swimming, Winter swimming