

TILAABOYINKA LOOGA HORTAGAYO FAAFINTA CUDURKA OO SALKULEH CARUURTA IYO DHALINYARTA DHAQDHAQAAQOODA

Miyaad xanuusanasaa, mise calaamadihii cudurka baad isku aragtay amba waxaad isku aragtay caabuqa hawo mareenka

WANAAJI DHIQIDA GACMAHAIYO ANSHAXA QUFACA

- kahor iyo kadib dhaqdhaqaaqa ciyaarta
- isticmaal kadib alaabta dadka kadhaxaysa oo gacmo badan soo maraysa
- Marka gacmahagu wasakh ka muuqda ay ku taalo
- Kadib markad musqusha gashid
- Kadib markadkad ku qufacdid amba ku hindhistid gacmaha
- Cuntada ka hor

YARE XIDHIIDHKA

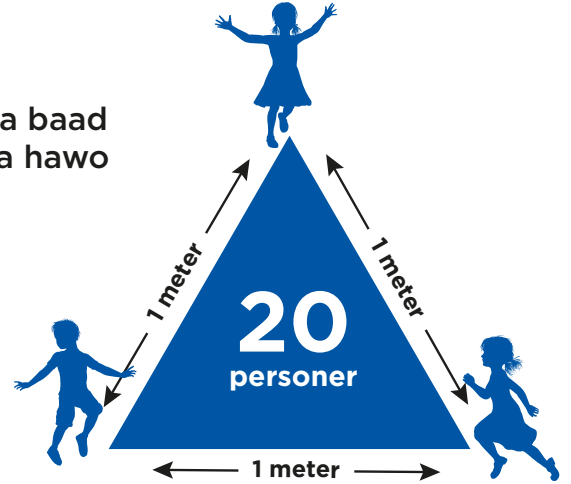
Hadda waxa la ogolaaday is dheex galka dhinaca jimicsiga iyo ciyaraaha

Masafaad 1 mitir ah aya wali waa Ila wadaya xiliyada biririfta iyo jimcisiga amab ciyaraaha ka hor

Cabirka kooxdu marka loo eego talooyinka qaranku waa ilaa 20 qof

Ha imaan kahor waxkhtiga la bilaabay, kana tag goobta tababarka marku tabbarku dhamaado.

Waxad tabar laa qadata kooxdada/ amab kuwaad sii joogta ah ula tababaratiid



ISTICMALKA QALABKA DADKA KA DHEXEYYA

Ila inta talooyinka nadafada la raaco oo kor ku qoran, waxa la isticmali kara kubadaha/qalabka waxa adeegsankara islamarkiiba dad kale.

Qalabka ushlan in wajiga iyo gacmahu taabtan, sida koofiyada iyo galoofiska waa in laa xadido oo laa bufiiyo isticmalka dadka ukala dhexeeya.

FIIRO GAAR AH: Ururada khaska ah sidoo kale waxay leyihin talooyin uu gaar ah oo ku saabsan sortiga, Waxad daka ku dhiri galinayna inay talooyinkan la socdan oo ay akhristan.

NORGES
IDRETTSFORBUND
Oslo Idrettskrets

