

Tilmaanta Labiska ee Xilliga Qaboobaha

Qoysaska waxaa lagu dhiirigelinayaa inay kormeeraan dharka ay carruurtoodu soo xiranayaan si ay u hubiyaan inay si haboon ugu labistaan hawada qabow. Ardayda aan haysanin dharka qaboobaha ku habboon ma awoodi doonaan inay ka qayb qaataan ciyaarta dibadda.

“Heerka la dareemayo qabowga” Heerkulka	Dharka ay tahay in la soo xidho
Ka hooseeya 15 digrii	Soo xiro dhar badan/culus <ul style="list-style-type: none"> • Gacma-dheere • Funaadaha dhaxanta • Jaakadaha dhaxanta • Iskaalshe/sharabaadyo adag • Galoofis (Gloves) • Koofiyada iyo qalabka dhagaha ee qabowga • Kabaha barafka
15-30 digrii	<ul style="list-style-type: none"> • Gacma-dheere • Funaadaha dhaxanta • Jaakadaha dhaxanta • Iskaalshe/sharabaadyo adag • Galoofis (Gloves) • Koofiyada iyo qalabka dhagaha ee qabowga • Kabaha barafka
30-40 digrii	<ul style="list-style-type: none"> • Gacma-dheere • Jaakadaha dhaxanta • Iskaalshe/sharabaadyo adag • Galoofis (Gloves) • Koofiyada iyo qalabka dhagaha ee qabowga • Kabo xidhan/daboolan
41-65 digrii	<ul style="list-style-type: none"> • Jaakad • Kabo xidhan/daboolan
Ka sareeya 65 digrii	<ul style="list-style-type: none"> • Dharka waalidka la qumanaada