

A group of children and adults in a swimming pool. The children are wearing swim caps and goggles, and some are in swimwear. An adult is crouching down, possibly demonstrating a swimming technique. The background shows a brick wall and a sign with text in Dutch.

Introducing the Dutch learn to swim program

passie voor water

Introduction

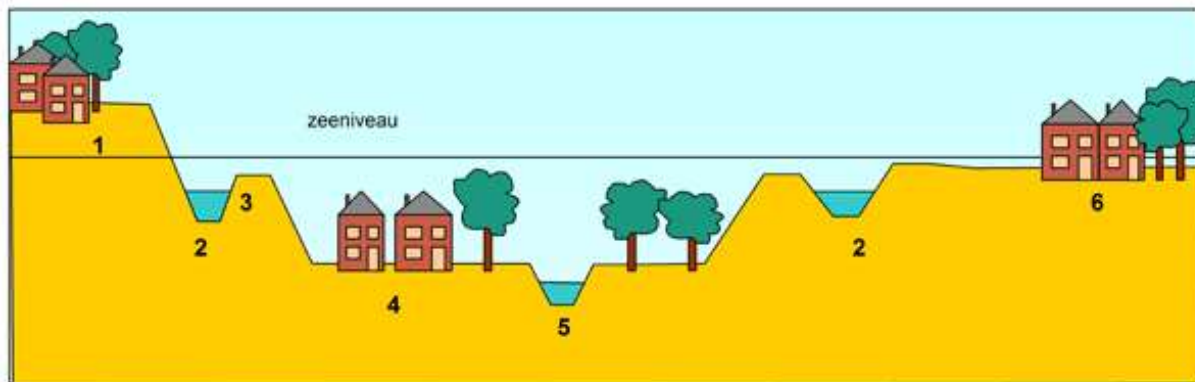


Robin Reverda

**Accommodation Advisor
Royal Dutch Swimming Federation**



The Netherlands and water



Germany vs The Netherlands



Population Germany:

+/- 81.000.000

Water % 2.3

Population The Netherlands:

+/- 17.500.000

Water % 18.41

86 drowning victims in 2017

22 persons who don't live in the Netherlands (7 persons from Germany)



Overview



- Royal Dutch Swimming Federation
- Explanation of the Dutch system
- Exam programs and movies
- The development of SuperSpetters
- Content of SuperSpetters



Dutch Swimming Federation: statistics



- 120.000 KNZB members
- 400 swimming clubs
- 15 talent centres
- 2 elite sport centres
- 1 federation office
- 68 employees

Swimming for Life department



- Learn to swim program, support swimming clubs, swimming pools and questions parents
- Zwem4daagse
- School Championships 6-12 years
- Front crawl courses for adults
- Exploring the swimming disciplines
- Courses for swimming teachers

Education for Swimming teachers



Several organisations who can school swimming teachers

We have courses at 3 levels

- Level 1: Assistant
For parents, just to know the swimmingclub and the 4 different strokes
- Level 2: Swimming teacher but not allowed to do the exams
8 meetings, 2 hours theory and 2 hours practical + home study
- Level 3: Swimming teacher
10 meetings of 6 hours each, theory and practical

Facts and figures about swimming lessons in the Netherlands



- Approximately 96-98% of all children learn to swim which means 400.000 diplomas each year.
- 25.000 swimming teachers are working in the Netherlands

The Netherlands: statistics



- 15.000.000 (age 4+)
- 9.500.000 beach visits a year
- 80.000.000 pool visitors a year
- 1593 pools
- 650 open water swimming locations
- 51,1% swims once a year
 - 65,8% 1 – 12 = 5.043.570
 - 21% 12 – 40 = 1.606.500
 - 13,2% 40 more = 1.009.800

History of swimming lessons in the Netherlands



- Swimming used to be a part of the education. It was a regular school activity. It was the role of the (local) government.
- Royal Dutch Swimming Federation is the founding father of the Swimming Diploma Swim ABC.
- Currently NRZ is the organisation who manages the Swim ABC.
- Swim ABC is not the only diploma in the Netherlands. There are several other diplomas.
- The Royal Dutch Swimming Federation started in April 2014 with an own diploma; the KNZB diploma which is linked to SuperSpetters.

Basics



- Children start at the age of 4 or 5 year with swimming lessons
- Swimming schools, swimming pools and clubs
- Parents pay for the swimming lessons (costs 600 to 1000 euro)
- Swimming lessons are once or twice a week for +/- 45 minutes
- In a few cities there are swimming lessons during school time payed by the goverment.



Swimming ABC



- 98% reached diploma A
- 84% reached diploma B
- 35% reached diploma C
- We consider diploma C as swimsafe

Goals diploma A



Standard examination programme Swimming diploma A

A1 test Survival

Jumping forward into the water feet-first from some height, followed by (after emerging)
treading water for 15 seconds, followed by
12,5 meters of swimming, complete the test by
climbing out of the water without help

A2 test Underwater orientation

Jumping into the water (preferably with a dive), followed by (without emerging)
swimming underwater through a hole in a vertically hanging canvas, positioned at 3 meters from the edge of the pool

A3 test Swimming endurance

25 meters breaststroke, followed by
25 meters simple backstroke, followed by
25 meters breaststroke, at some time lowering yourself towards the bottom of the pool feet-first, followed by
25 meters simple backstroke

A4 test Front crawl and back crawl

5 meters front crawl
5 meters back crawl

A5 test Feeling confident in the water

Doing a couple of swimming strokes on your stomach, followed by
floating on your stomach for 5 seconds, followed by doing a couple of swimming strokes, followed by
making a half turn onto your back, followed by
floating on your back for 10 seconds

A6 test Orienting and navigating above water

Entering the water with a jump of choice, followed by
treading water for 60 seconds, with the use of arms and legs. Making a whole turn around the long axis twice while doing so



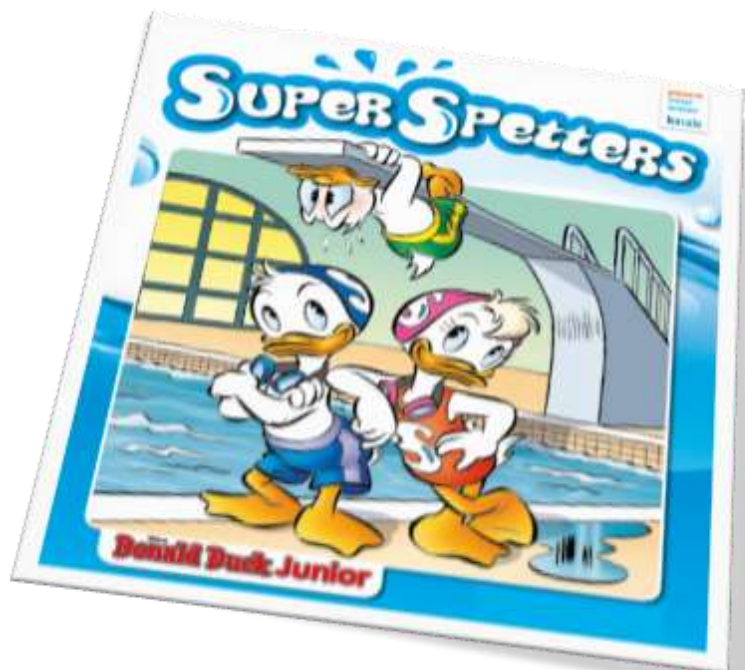
SuperSpetters



- Communication is very important
- Only certificated teachers
- Always the same teachers for the group
- Max 8 children per teacher
- Personal swimming book
- Reward system
- One diploma until level swim safe



Swimming Book





[Terug naar SuperSpetters.nl](#)



Jouw stickers:



knzb ~  Roan
partner SuperSpetters

Hoe lang is het
grootste zwembad in
de wereld?

Het grootste zwembad ter wereld
is 1013 meter lang en ligt in Chili.
Het zwembad is gevuld met zout
water.



Materials: Cap-Goggles-Fins-Floating



- Better position in the water
- More attention for technique
- Nice straight legs
- Fun
- Practical & perception
- Hygienic
- Survival skills without goggles



Order of teaching skills



- Feeling comfortable in the water
- Floating
- Survival skills
- Freestyle and backstroke
- Lifesaving backstroke (without arms)
- Breaststroke



KNZB diploma



- Make the kids feel like they are at a pool party!
 - Survival
 - With clothes
 - Technical
 - 25 meter of every stroke
 - Fun
 - Swimming pool can choose what to do



SUPER SPETTERS

SPECIAL

- For children with a disability
 - Swimming book
 - Reward system (36 stickers)
 - Medal



Thank you!

