



Presentation Learn to Swim: The Netherlands
By Nicole Hoogwerf





Presentation Overview

1. Short Introduction
2. Imbedding of learn to swim in the Netherlands
3. Explanation about the Dutch system 'learn to swim'
4. Substantive explanation of Swim ABC[®] (certificates or diplomas)
5. Future of learn to swim and how to keep high quality
6. Questions

Short Introduction

My name is Nicole Hoogwerf

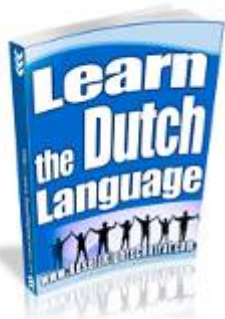
Graduated schoolteacher in 1999 at the University of Sport

Graduated in 2002 at the University of Tilburg in Leisure Studies

Working at the Royal Dutch Swimming Association since 2002

Manager of two departments: Education and Lifetime Swimming

Teacher of learn to swim, specially children and islamic woman



KNZB - Koninklijke Nederlandse Zwembond
Royal Dutch Swimming Association





KONINKLIJKE
NEDERLANDSE
ZWEMBOND

Cultural imbedding of learn to swim in the Netherlands



1. We live below the sea-level



2. We love to swim



3. Largest sport (bigger than soccer)



4. Successful swimming nation



Facts and figures about of learn to swim in the Netherlands



- Approximately 96-98% of all children learn to swim witch means 500.000 diplomas each year. The 10.000.000th diploma was given out in 2005.
- There are 1200 organizations who teach children to swim.
- 25.000 swimming teachers are working in the Netherlands and 350 officials for quality control (volunteers).
- There are about 1200 swimming pools (800 local government). Each year there are about 130 million visitors in all Dutch Swimming Pools.
- 2 drowning average in guarded swimming pools.

History of learn to swim in the Netherlands

- Swimming used to be a part of the education. It was used to be a regular school activity. It was the role (local) government
- Royal Dutch Swimming Associations is the founding father of the National Swimming Diploma (technical). Until mid '80 it was responsibility of minister of education.
- Founding of National Board of Swimming Diplomas in 1984 (later on named: National Associations of Swimming Pools (NPZ) Together with VSG and Recron KNZB is governing board of NPZ
- Start of the Swim ABC® : a new method for lifetime swimming in 1998
- Swim ABC® is not the only diploma in the Netherlands. There are a couple of different diplomas. Market share of Swim ABC® is more than 90%. That's why it is called the National Diploma of swimming.



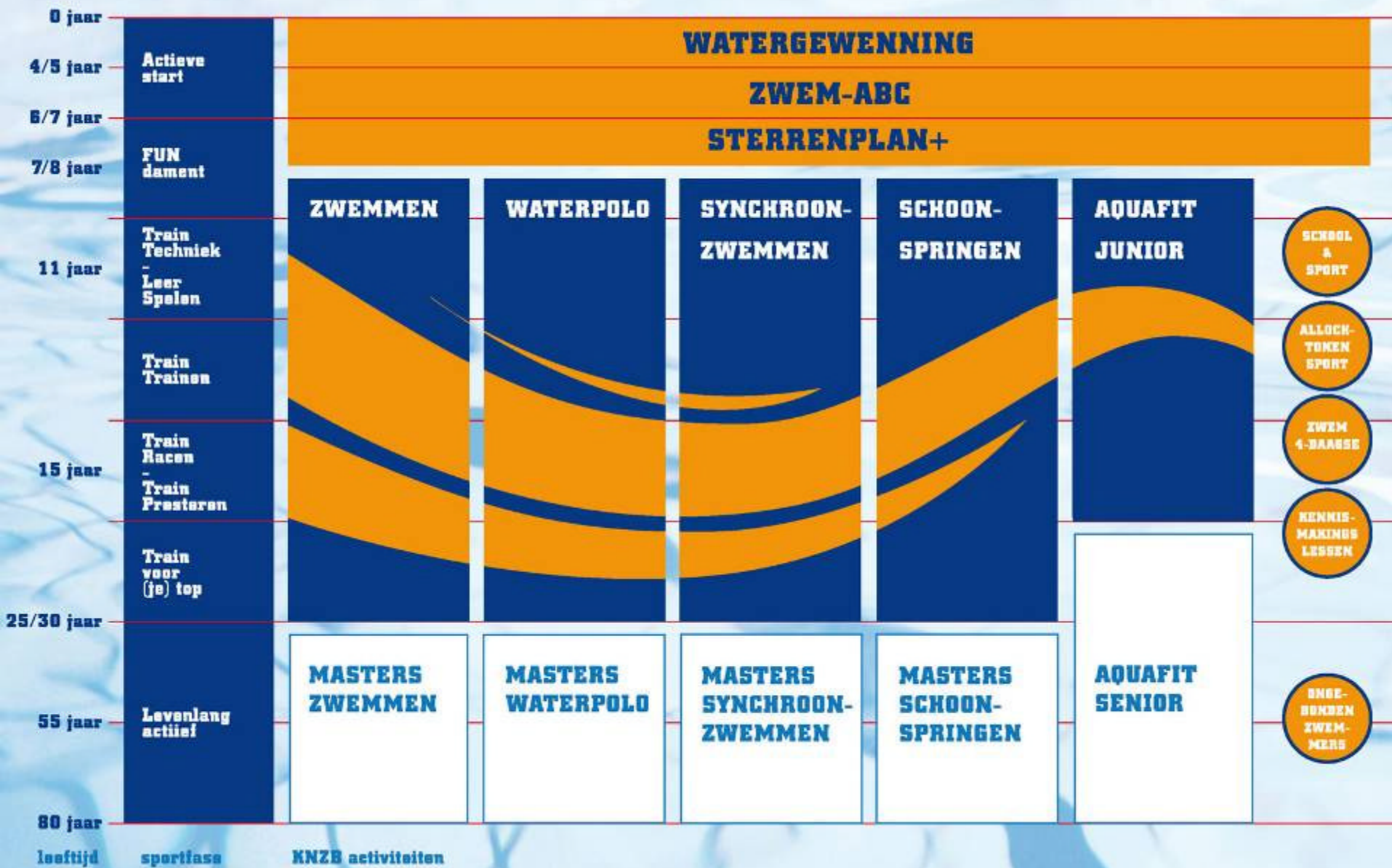
Vision of Royal Dutch Swimming Association on 'learn to swim'



- Term **Swim ABC®** (together 3 diplomas to learn to swim)
- Main goals of Swim ABC® are:
 - safety
 - passport function for a lifetime swimming (as well recreation and (top) sport)
- Learn to swim must be FUN
- Learn to swim is part of the Active Start and FUNdamentals in Long Term Athlete Development (LTAD)
- From Active Start to FUNdamentals (choose which sport)
- Official requirements for A, B and C diploma (they are available)
- To support organisations in teaching: Ready, to start!?! (product of Royal Dutch Swimming Association)



KNZB SPORTAANBOD



Vision of Royal Dutch Swimming Association on 'learn to swim'



Age: start at 5



Average **time** to complete the Swim ABC®:

- 75 lessons for A-diploma
- 50 lessons for B-diploma and
- 25 lessons for C diploma (average)



Sequence: Twice a week

We advise lessons of 35 – 45 minutes
(concentration and cooling)



NO floating materials

Explanation about the Dutch 'Swim ABC®'

The **basic elements of the Swim ABC®** are:

- To get used to the water (don't be afraid)
- To go in to the water (jump and dive)
- To move in the water (breaststroke, simple backstroke, frontcrawl, back crawl)
- To float in the water
- To turn in the water
- To be under water
- To survive in water (with and without clothing)



We advise the follow **learning process**

- Get used to the water and learn to breath
- Learn to float
- Frontcrawl and back crawl (legs only)
- Swim under water and start to learn to dive
- Frontcrawl and backcrawl (total movement)
- Breaststroke (first legs only)



Explanation about the Dutch 'Swim ABC®'

Requirements Diploma A

Dressed: jumping into the water feet-first, 15 seconds treading water,

12.5 meters breaststroke, diving under a line, 180° on the longitudinal axis, 12.5 meters simple backstroke, climbing out of the water.

Swimwear: jumping into the water, orientation under water, swimming 3 meters under water through a hole in canvas,

50 meters breaststroke, 50 meters simple backstroke, floating on belly, floating on back, 5 meters front crawl, 5 meters back crawl, 60 seconds treading water including 2 x 360° on the longitudinal axis



Explanation about the Dutch 'Swim ABC®'

Requirements Diploma B

Dressed: plunging into the water feet-first, 180° on longitudinal axis, 15 seconds treading water,

25 meters breast stroke, swimming under a raft, 360° on longitudinal axis, 25 meters simple backstroke, climbing out of the water.

Swimwear: jumping into the water head-first, orientation under water, swimming 6 meters under water through a hole in canvas,

75 meters breast stroke including 1x sinking to the bottom feetfirst, floating on belly, floating on back,

10 meters front crawl, 10 meters back crawl, 30 seconds treading water using arms and legs and 30 seconds using the legs only.



Explanation about the Dutch 'Swim ABC®'

Requirements Diploma C

Dressed: forward roll into the water, 15 seconds treading water and 30 seconds floating,

50 meters breast stroke under raft and climbing over raft, 50 meters simple backstroke, climbing out of the water.

Swimwear: jumping into the water head-first, orientation under water, swimming 9 meters under water through a hole in canvas,

100 meters breast stroke including 1x forward roll and 1x sinking to the bottom head-first, floating on belly, floating on back, 5 meters moving on back using arms only,

15 meters front crawl, 15 meters back crawl, 30 seconds treading water with arms and legs while moving, and 30 seconds vertical floating with use of arms only.



Explanation about the Dutch 'Swim ABC®'

Differences A, B and C diploma

Dressed:

Jumping feet-first → diving → forward roll

Swimming longer distances (12.5 → 25 → 50 meters)

Swimwear:

Swimming longer under water (3 → 6 → 9 meters)

Swimming longer breaststroke, simpel backstroke (50 → 75 → 100 meters)

Swimming longer and technical better frontcrawl, backcrawl (5 → 10 → 15 meters)

Longer floating on belly and back (more seconds)

More survival parts (under water orientation, sinking, turning)



Quality of the system

- Worried about the quality
- Development of a quality system
- Other focus on quality
- Discussion is just started



Thanks for your attention!

Questions?



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