

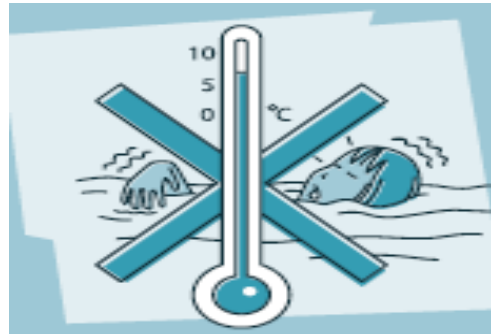
Swimming does not come naturally. Be aware of drowning risks !

The Netherlands has plenty of water. You can go for a relaxing swim during summer. Before you enter the water, it is important that you know how to swim. And even if you can swim, there are several risks:

The bottom is uneven and you may suddenly step down and no longer feel the bottom.



Cold water may cause muscle cramps



Strong currents may drag you out.

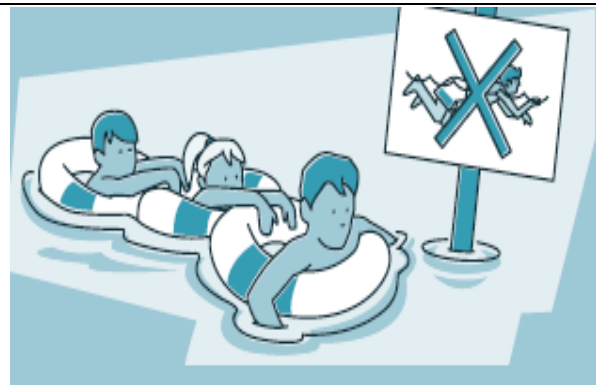


In the Netherlands, children learn to swim for years before they get their swimming diploma. However, experienced swimmers can get into trouble as well. You could drown. You should therefore always be alert during swimming:

Only go for a swim if you know how to swim.



Never swim alone and do not swim in places where swimming is forbidden



Always keep a close eye on your children.

