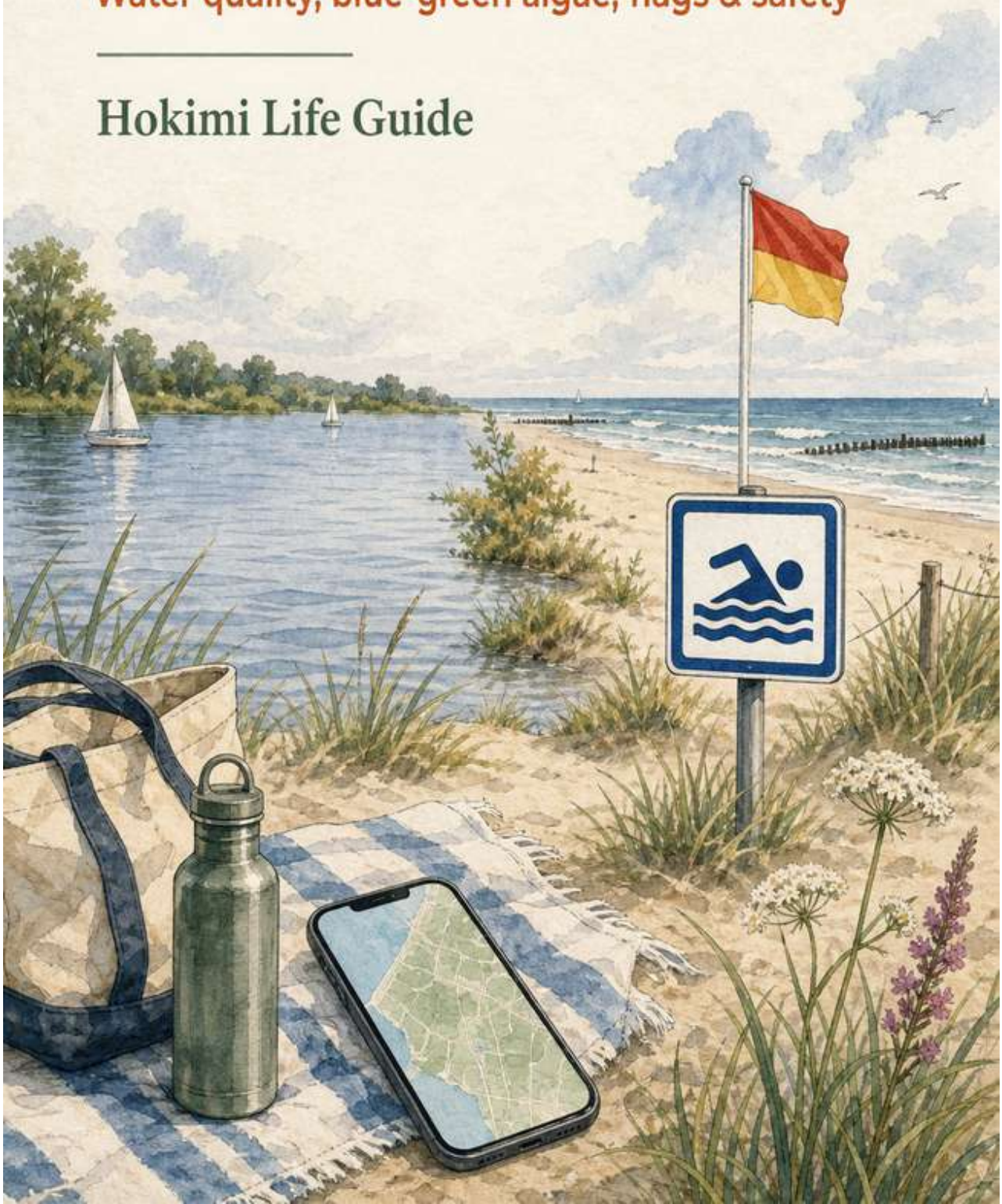


OPEN-WATER SWIMMING IN THE NETHERLANDS

Water quality, blue-green algae, flags & safety

Hokimi Life Guide



USE OFFICIAL SWIMMING LOCATIONS



-  Check zwemwater.nl before leaving
-  Read the signs and flags on arrival
-  Recheck every official location
-  No warning does not mean zero risk



CHECK 4 THINGS BEFORE YOU SWIM



CHECK TODAY'S STATUS



WARNING *waarschuwing*

Higher risk — choose another location



NEGATIVE SWIMMING ADVICE *negatief zwemadvies*

Do not enter the water



SWIMMING BAN *zwemverbod*

Entry into the water is prohibited



Stars show a four-year average, not today's result

hokimi.com



DO NOT SWIM HERE



Canals and river shipping lanes



Near bridges,
locks and harbours



Vessel traffic and
hidden currents



Unknown depth
or no safe exit



At prohibited
locations



At prohibited locations,
the 2026 fine may be **EUR 170**

BLUE-GREEN ALGAE? CHOOSE ANOTHER PLACE



Blue-green or reddish-brown surface scum



Bad smell, cloudy water or dead fish



Stay out — keep children and dogs away



Already exposed? Rinse off promptly



KNOW THE BEACH FLAGS



RED OVER YELLOW — Lifeguards on duty



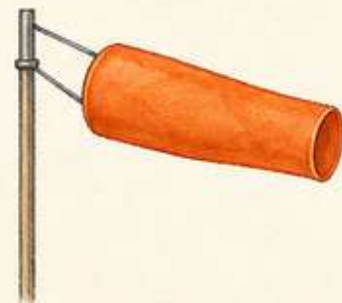
YELLOW — Dangerous; swimming discouraged



RED — Very dangerous; do not swim



DOUBLE RED — Swimming prohibited



ORANGE WINDSOCK — No inflatable equipment

WHO IS WATCHING YOU?



Swim with a buddy — never alone



Someone on shore should keep watching

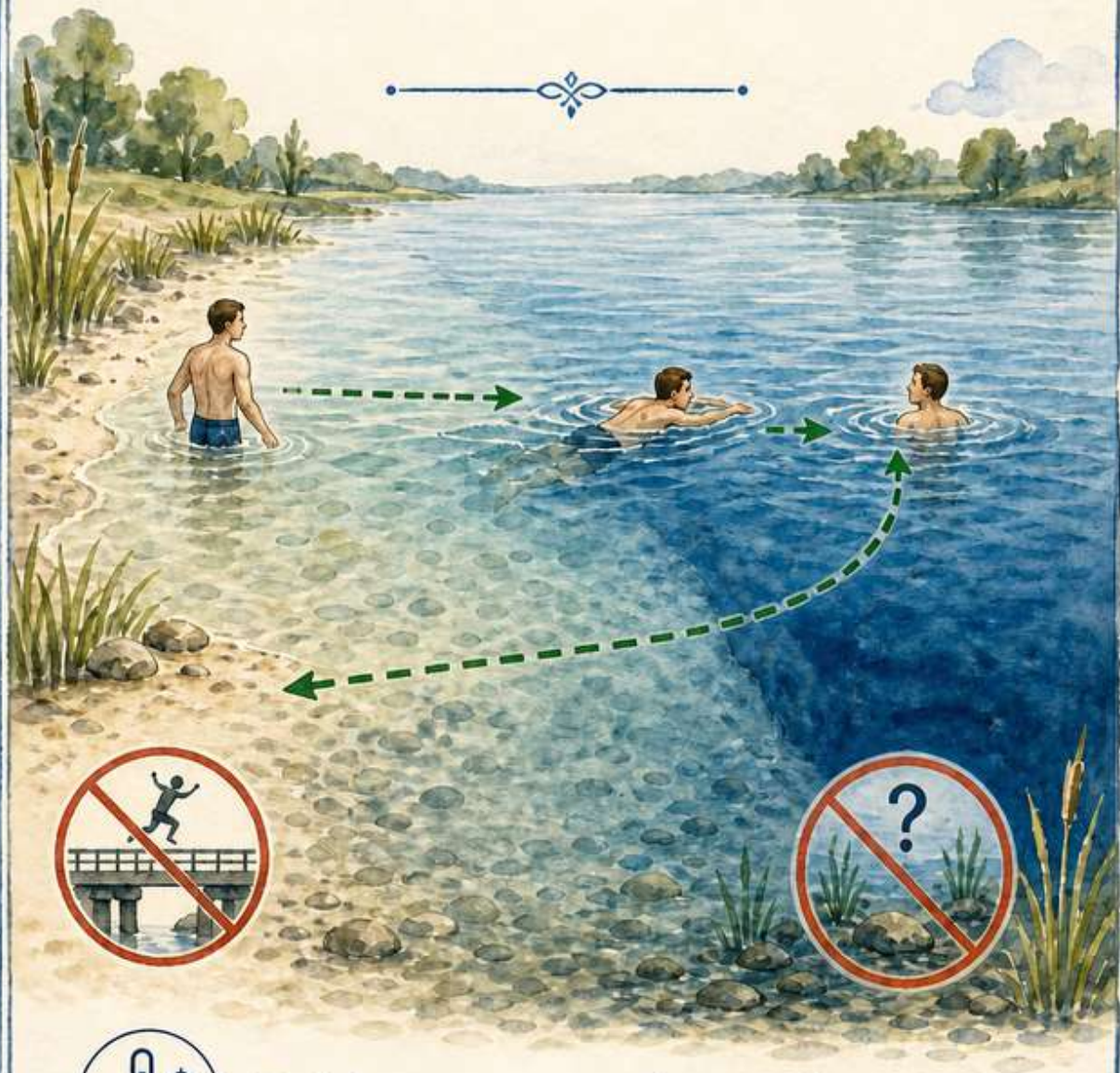


Identify your entry and exit points



No alcohol, no overconfidence,
no chasing distance

START IN SHALLOW WATER



Feel the temperature and current first



Never jump into water with an unseen bottom



Stay within a range you can control



Tired, cold or panicked? Get out immediately

GEAR HELPS — IT DOES NOT GUARANTEE SAFETY



- ☒ Bright cap or high-visibility swimwear
- ☒ Suitable water shoes / thermal protection
- ☒ Towel, drinking water, sunscreen and phone
- ☒ Inflatable toys do not replace a life jacket



CHILDREN NEED A DEDICATED WATCHER



Assign one adult to watch the water



Keep children within arm's reach



No phone distraction and no gaps in supervision



Floats and rings do not replace an adult

BEFORE AND AFTER YOUR SWIM



Do not swim
with an open wound



Do not swallow
lake or sea water



Rinse, dry off
and change promptly



Persistent symptoms
or a worsening wound?
See a doctor

CALL FIRST — DO NOT JUMP IN



1 Shout for help and call 112



2 Keep watching the person's location



3 Throw a life ring or floating object



4 If untrained, do not enter the water



Follow the 112 operator's instructions

BEFORE-YOU-GO CHECKLIST



Today's status on zwemwater.nl



On-site signs and flags



Wind, weather, water temperature and current



Buddy, watcher and exit point



Towel, water, sunscreen and phone



No alcohol, no solo swim, no overconfidence



SWIM SAFELY. COME HOME SAFELY.



Use official
swimming locations



Check again
before every visit



Choose another place
if there is a warning



Follow Hokimi for more
Netherlands life guides



Website : hokimi.com



Instagram : [@hokimi_nl](https://www.instagram.com/hokimi_nl)



Facebook : [hokimi.nl](https://www.facebook.com/hokimi.nl)

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General information only; not medical, legal or professional water-safety
advice. Water quality, bans, weather and local conditions can change.

Follow [zwemwater.nl](https://www.zwemwater.nl), on-site signs, lifeguards and current Dutch
official information. In an emergency, call **112**.