

Before you take to the water...



Swimming is healthy and fun, and swimming pools are safe and healthy environments. But there are bugs and infections in the community that can be brought into the water and spread.

It's important that you as a swimmer do your bit to stop these bugs and infections from getting into the pool.

Help yourself and others to stay healthy in and out of the water by following a few simple steps:

Before you swim in a pool



If you have had diarrhoea (upset tummy) in the last two weeks - don't go into the water.



If your child has had diarrhoea in the last two weeks - don't let them go into the water.



Take children to the toilet before they swim and wash hands after going to the toilet.



Where possible shower yourself and your children before you put togs on. Use soap and warm water (especially in the area around your bottom).



Your baby should wear approved swimming nappies because cloth and disposable nappies are not allowed at swimming pools. Pool staff can tell you if your nappies are approved. Remember to wash your hands after changing your baby.

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In the water



If you think someone has had an accident (you see poo in the pool) tell a lifeguard. They will tell you when you can get back in the water.

At home



Always wash hands after going to the toilet, changing nappies or handling pets.



Always wash your hands before touching food.

That way everyone can enjoy swimming and stay healthy



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