


Simple steps for HEALTHY SWIMMING



Pool water is carefully treated to keep you healthy. But even the best-kept pool needs your help, so as not to introduce dirt and spread germs. If you're clean when you go in, less disinfectant is needed – and the water is nicer as well as safer

PLEASE TAKE THESE SIMPLE STEPS TO HELP POOL HYGIENE




DON'T SWIM IF YOU'RE ILL
You can spread germs in the water – especially if you have diarrhoea, or are recovering from it



CLEAN YOURSELF
Shower with soap before you swim. Wash your hands after the loo




DON'T PEE IN THE POOL
It's bad for the pool water. Use the loo first




DON'T SWALLOW
Pool water should be clean, but it's not for drinking – that's you or any children

AND PARENTS...



STRAIGHT TO THE LOO
Take children to the loo before they swim (and watch out while in the pool). Wash your child – especially the rear end – before they go in



NAPPIES ALERT
No nappies in the pool – proper swim nappies instead. Change nappies in the changing area – not poolside

For more information
visit www.pwtag.org

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