

HELP TO KEEP GERMS OUT OF THE POOL

Attention all swimmers:

- ✗ Do not swim if you have had diarrhoea within the past **2 weeks** as you may still be carrying germs which can make others sick
- ✓ Take a shower before swimming
- ✓ Wash your hands with soap and water after using the toilet
- ✓ Avoid swallowing pool water



Attention parents and guardians:

- ✗ Do not take your child swimming if they have had diarrhoea within the past **2 weeks**, as germs could still be present and make others sick
- ✓ Make sure children/babies thoroughly wash before swimming
- ✓ Make sure children use the toilet before entering the pool and take your children on regular toilet breaks
- ✓ Babies must wear secure water-proof nappies when in the pool
- ✓ Change soiled nappies only in the designated changing areas. Make sure babies are thoroughly washed before returning to the pool and ensure you thoroughly wash your hands
- ✓ Report to a member of staff immediately if there is a faecal accident in or around the pool

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Advice for pupils:

- ✓ Tell your teacher if you have had diarrhoea in the last **2 weeks** or if you feel unwell
- ✓ Shower / wash your entire body before you go into the pool
- ✓ Avoid swallowing pool water
- ✓ If you need to use the toilet, tell the teacher/instructor then get out of the pool immediately
- ✓ Wash your hands with soap and water after using the toilet
- ✗ Do not urinate or pass faeces in the pool



Advice for teachers and parents:

- ✗ Pupils should not swim if they have had diarrhoea within the past **2 weeks** as they may still be carrying germs which can make others sick
- ✓ All swimmers should wash thoroughly with soap before swimming
- ✓ Remind swimmers to wash their hands with soap and water after visiting the toilet
- ✓ Remind them not to urinate or defecate in the swimming pool. If they have a faecal accident, remind them to tell the teacher/instructor
- ✓ Babies must wear secure water-proof nappies when in the pool
- ✓ Change soiled nappies only in the designated changing areas. Make sure babies are thoroughly washed before returning to the pool and ensure you thoroughly wash your hands