

# Healthy Swimming, Healthy Pool

## Before going swimming we ask you to:

- **Shower before swimming**—pre swim showers on poolside
- Please ensure everyone uses the toilet and wash hands
- All babies to have leak proof nappies—purchase swim nappies from reception

## I shouldn't go swimming if I have had an illness such as:

- Diarrhoea—If you or your children have had diarrhoea recently we recommend that you do not use the pool for 48 hours, 10 days for babies
- A cold
- A throat infection
- An ear infection an infectious skin condition or open wound

## Help keep the pool clean

