

## Swimming Hygiene Healthy and Safety

**Swim Nappies** - Babies must wear appropriate swim nappies. These are available for purchase at Reception. Babies not wearing appropriate swim nappies will not be permitted to enter the swimming pool.

**Diarrhoea** - If you or your child has had diarrhoea in the last 14 days, please do not use the swimming pool.

**Sickness** - If you or your child has vomited in the last 24 hours, has a tummy upset or is suffering with a cold or virus, then please do not use the swimming pool.

**Showering** - Please shower (using shower gel/soap) before entering the swimming pool and encourage your child to do the same. This will maintain our water quality and help prevent unnecessary closures.

**Verrucas** - If you become aware that you or your child has a verruca, please obtain treatment available from a pharmacist, try to keep it covered and avoid walking barefoot in the shower or changing room areas.

**Medical Conditions** - Inform a lifeguard if you have any medical conditions we should know about. Do not swim if you are feeling unwell.

**Eating & Drinking** - It is not advisable to swim on a full stomach. It is recommended to wait at least one hour before swimming. Do not swim if you have consumed alcohol.

**Use of the Toilet** - Please use the toilet before entering the swimming pool and encourage your child to do the same.

Thank you for your co-operation

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