

# Steps for Healthy Swimming

## Protection Against Recreational Water Illnesses (RWIs)

RWIs are illnesses caused by germs that can contaminate water in pools. Practice the following steps to protect yourself and others from getting sick. For additional information, please contact the pool staff.

Steps YOU can take to help -

PLEASE don't swallow pool water. Blow bubbles instead.

PLEASE wait at least 45 minutes after eating before entering the pool.

PLEASE practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.

PLEASE don't bring children to class if they have been vomiting in the last 24 hours.

PLEASE take your kids on bathroom breaks or check diapers often. Waiting to hear "I have to go" may mean that it's too late.

PLEASE change diapers in a bathroom or a diaper-changing area and not at poolside. Germs can spread in and around the pool.

PLEASE wash your child thoroughly (especially the rear end) with soap and water before they go swimming. Invisible amounts of fecal matter can end up in the pool.

PLEASE don't swim when you have diarrhea. You can spread germs in the water and make other people sick.

Thank you for your assistance!

