

steps to **healthy** **SWIMMING**

1 **DON'T**
swim if you
have had
diarrhoea in the past
two
weeks

2 **DO**
shower and wash
thoroughly with
soap
before entering the
pool

3 **DON'T**
swallow pool water
as it may
contain
germs

DID YOU KNOW?

Infants who are not toilet-trained are most likely to spread germs in the pool.
TO AVOID THIS HAPPENING

1. Make sure they use the toilet before entering the pool and wear tight-fitting waterproof pants or swimming nappies at all times.
2. Change nappies regularly - not beside the pool but in the change rooms.
3. After changing the nappy, throw out the waste and wash your hands thoroughly with soap.