



Before you jump in make sure you've gone through the Healthy Swimmer's checklist:

HEALTH: Stay out of the water if you have diarrhoea and NO swimming for 14 days after having a Cryptosporidium infection.

POOL WATER: Don't swallow it!

SHOWER AND TOILET: Use them before you get in the pool.

WASH YOUR HANDS: Before you get in the pool, and especially after you've been to the toilet or changed a nappy.

BABIES AND SMALL CHILDREN: Tight fitting water proof pants or swimming nappies must be worn in the pool and changed regularly in the change room.