

INDOOR POOL

FRIENDLY REMINDERS



USE DESIGNATED SHOWERS PRIOR TO ENTERING THE POOL



DID YOU KNOW?

A quick 1-minute shower before swimming can remove up to 90% of contaminants that would otherwise end up in the pool water. It's one of the simplest ways to be a responsible swimmer!

SHOWERING BEFORE SWIMMING HELPS WITH:

Reducing Contaminants in Pool Water: A pre-swim shower helps wash away many of the substances that react with chlorine, thus reducing the formation of chloramines.

Personal Hygiene and Public Health: Showering before swimming is a gesture of respect towards fellow swimmers, contributing to a cleaner and more hygienic pool environment.

Pre-Swim Shower: It is a courtesy to fellow swimmers - It's about being considerate to others who share the pool.

BENEFITS OF SHOWERING BEFORE SWIMMING

Enhancing Chlorine Effectiveness: By reducing the load of impurities, chlorine can work more effectively in keeping the pool clean.

Protecting Your Skin and Hair: A pre-swim shower can also minimize your hair and skin's exposure to chlorine, preventing potential damage.

BENEFITS OF SHOWERING AFTER SWIMMING

Removing Chlorine and Other Chemicals from Your Body: Post-swim showers help to rinse off chlorine and other pool chemicals, reducing their impact on your skin and hair.

Preventing Skin Irritation and Dryness: Regular post-swim showers can help in maintaining skin and hair health.

Hair Care Post-Swimming: Using a good shampoo and conditioner after swimming can prevent chlorine damage to your hair.

ILLNESS

Can anyone (adult or child) swim if suffering from a stomach bug or diarrhea?

ABSOLUTELY NOT. Swimming while experiencing diarrhea poses a significant risk to public health, as it can contaminate the water with harmful pathogens, potentially causing illness in other swimmers.

Can anyone (adult or child) swim if sick?

ABSOLUTELY NOT. Swimming with a fever, diarrhea, vomiting/stomach bug, ear infection, pink eye, open wounds, rashes, or skin infections is prohibited.

"IF YOU CAN'T HOLD YOUR STOOL, STAY OUT OF THE POOL!"

OPEN WOUNDS

Can anyone swim with exposed wounds?

- No swimming with fresh cuts, abrasions, or sores.
- Cover minor wounds with waterproof bandages before entering the water.
- Avoid using our pools if you have active infections like boils or impetigo.

