

HELP US TO KEEP OUR SWIMMING FRESH!

Swimming is a great form of exercise and enjoyment to all, and the pools in Wandsworth have something for everyone. However, swimming pool contamination is the biggest contributor to unwelcome pool closures, causing inconvenience to many.

To avoid such closures and keep our swimming pools fresh, please follow our:

POOL HYGIENE SAFETY TIPS:

- **All swimmers should visit the toilet before swimming.**
- **Parents should encourage young children to make frequent visits to the toilet during their swim also.**
- **Wash and dry your hands thoroughly after using the toilet.**
- **Shower before entering the pool as showering before your swim will remove all the sweat and bacteria that would otherwise go into the pool.**
- **Please wear clean suitable swimwear.**
- **Young children still requiring nappies should wear tightly fitted plastic or rubber pants/nappies recommended for swimming by a recognised manufacturer. These are available from the reception.**
- **Do not chew gum.**
- **Do not swim if you feel unwell with a cold, throat, ear or skin infection.**
- **Do not swim if you have diarrhoea, or have had within the last 14 days.**
- **Wear a swimming hat.**
- **Do not wear shoes on the poolside areas, or in the communal shower areas.**
- **Do not take pushchairs onto the poolside areas for hygiene and safety reasons, and wherever possible avoid taking pushchairs into the changing room areas.**
- **Do not eat, drink or smoke on the poolside areas.**
- **Avoid getting the pool water in your mouth and then spitting it out, or swallowing it.**
- **Report any incidents involving contamination of the pool to the staff immediately.**

Our swimming pools are treated regularly and maintained to the highest standards, however, good personal hygiene practices can significantly reduce swimming pool pollution and help us all.

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