

I shouldn't go swimming if I have...

- A cold
- A throat infection
- An ear infection
- A poorly stomach
- An infectious skin condition or open wound



Now I can get in!

- I won't forget to get out and go to the toilet if I need to



a good routine to keep the pool clean

I go into the changing rooms and store my clothes safely



I don't forget to go to the toilet



I have a shower

- I wash my body and hair to make sure I don't make the pool water dirty



I go through the foot spray

- Or use the showers to make sure my feet don't carry dirt into the pool

