

Swimming Hygiene Healthy and Safety

Swim Nappies Babies must wear appropriate swim nappies. These are available for purchase at Reception. Babies not wearing appropriate swim nappies will not be permitted to enter the swimming pool.

Diarrhoea If you or your child has had diarrhoea in the last 14 days, please do not use the swimming pool.

Sickness If you or your child has vomited in the last 24 hours, has a tummy upset or is suffering with a cold or virus, then please do not use the swimming pool.

Showering Please shower (using shower gel/soap) before entering the swimming pool and encourage your child to do the same. This will maintain our water quality and help prevent unnecessary closures.

Verrucas If you become aware that you or your child has a verruca, please obtain treatment available from a pharmacist, try to keep it covered and avoid walking barefoot in the shower or changing room areas.

Medical Conditions Inform a lifeguard if you have any medical conditions we should know about. Do not swim if you are feeling unwell.

Eating & Drinking It is not advisable to swim on a full stomach. It is recommended to wait at least one hour before swimming. Do not swim if you have consumed alcohol.

Use of the Toilet Please use the toilet before entering the swimming pool and encourage your child to do the same.

Thank you for your co-operation

 For the latest info visit...
www.eastbourneleisure.co.uk