

CLEAN WATER

HEALTHY SWIMMING

WE'RE ALL IN THIS TOGETHER



FREE swim diapers available!

Please see the front desk.

**Every hour —
everyone out!**

- Take kids on bathroom breaks
- Check diapers, and change them in a bathroom or a diaper changing area—not poolside—to keep germs away from the pool.
- Reapply sunscreen.
- Drink plenty of fluids.

Please follow these **easy steps** for a **clean** and **healthy pool**.

1

Stay out of the water if you have diarrhea.

2

Shower before you get in the water.

3

Don't go to the bathroom in the water.

4

Avoid swallowing the water.

Remember to wash your hands, especially after changing diapers and using the bathroom.



Children who are not toilet trained must wear waterproof swim diapers.



Edmonton

City of Edmonton
**Recreation
centres**

Learn more at: www.edmonton.ca