

Steps to

# Healthy Swimming

**X DON'T**  
swim if you have had diarrhoea in the past two weeks

**✓ DO**  
shower and wash thoroughly before entering the pool

**X DON'T**  
swallow the pool water as it may contain germs

## Further information

Contact your local council or public health unit (1300 066 055) for additional information on the health requirements for public swimming pools

NSW Health information:  
[www.health.nsw.gov.au/healthy-swimming](http://www.health.nsw.gov.au/healthy-swimming)



# A guide to Clean Pools for Healthy Swimming



## DID YOU KNOW?

Infants who are not toilet-trained are most likely to spread germs in the pool.

To avoid this happening:

1. Make sure they use the toilet before entering the pool and **wear tight-fitting waterproof pants or swimming nappies at all times.**
2. Change nappies regularly – not beside the pool but in the change rooms.
3. After changing the nappy, throw out all the waste and wash your hands thoroughly with soap.

To enjoy the pool we need your cooperation

**IF YOU HAVE EXPERIENCED DIARRHOEA IN THE PAST TWO WEEKS THEN PLEASE DON'T GO IN THE POOL**

If you do, your germs can make other swimmers sick.

## What germ are we talking about?

Its name is Cryptosporidium or 'Crypto' for short.

Crypto causes diarrhoea and vomiting and is resistant to chlorine.

People who have experienced diarrhoea or vomiting in the past two weeks can spread Crypto by swimming in communal pools.

## How exactly does Crypto spread?

If a person with Crypto swims in a pool, the water may become contaminated with the germ.

Once the water is contaminated, other swimmers can catch the germ by swallowing the pool water.

## Can Crypto only be spread in pools?

No. It can also be spread by touching infected animals, drinking untreated water from rivers and dams and through physical contact.

Children who have Crypto and aren't toilet-trained can spread the germ fairly easily – particularly if they are in a setting such as a childcare centre.

Public swimming pools include spa pools, water splash parks, water play areas, water slides and other similar recreational aquatic structures.

## Won't chlorine kill all germs?

Chlorine does kill most germs but it struggles to kill Crypto.

**And remember:** To help chlorine do its job, the pool must be kept clean – which means you must be clean when you go into the pool.

In other words – the less dirt, grime, oil and urine that gets into the pool, the better.

## TIP

Clean swimmers help pools stay clean and healthy!

