

# Seven Tips for Safer Swimming

Visiting a public pool or waterpark this summer?

Here are 7 things you can do before you get in the water.

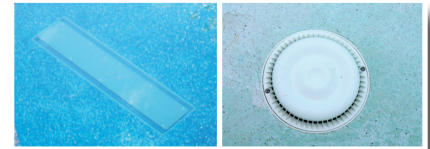
*If you see any problems, ask the pool manager to address them.*

1. Look at the pool water. Is it clean and clear? Can you see the bottom drain?
2. Test the water for proper chlorine and pH with test strips found at any swimming pool supply or home improvement store.



Dip the test strip in the water, following the directions on the package. Watch the color change and match it to the color chart that shows the proper colors for the pH of the water and what the disinfectant residual should be.

3. All main drain covers must comply to the VGB Act. Compliant covers have either a domed shape or are large grates. If a cover is damaged or missing do not get in the water and alert the facility manager. Teach your children to not play with or near drain covers.



4. Ask if the facility has a person on staff that is certified in pool operation. Certification shows someone has gone through training to maintain and operate the pool. Here is an example of a certificate:



5. Supervise your children. Don't assume a guard or others are watching your child. Always keep your child within an arm's length from you when in the water. Enroll children and adults in swim lessons as a life-long safety skill.
6. Use sunscreen to protect from sunburn and reapply sunscreen after swimming.
7. Follow the 6 PLEAs recommended by the CDC:

#### Three "PLEAs" for all Swimmers

- Please don't swim when you have diarrhea. You can spread germs in the water and make other people sick. This is especially important for kids in diapers. Even swim diapers leak.
- Please don't swallow the pool water. Avoid getting water in your mouth.
- Please practice good hygiene. Shower in warm water before swimming, wash hands after using the toilet or changing diapers. Germs on your body end up in the water.

#### Three "PLEAs" for Parents

- Please take your kids on regular bathroom breaks and also check diapers often. Waiting to hear "I have to go" may mean it's too late.
- Please change diapers in a bathroom or diaper-changing area, not at poolside. Germs can spread to surfaces and objects around the pool and cause illness.
- Please wash your child thoroughly (especially the rear end) with soap and warm water before entering the pool. Everyone has invisible amounts of fecal matter on their bottoms that ends up in the pool.