



COMMUNITY & RECREATION CENTER  
AT BOYCE MAYVIEW PARK

# *Tips for Safer Swimming*

*Follow the 6 PLEAs recommended by the centers for disease control and prevention:*



## 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 young children 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 children 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.

*For more safety information, visit National Swimming Pool Foundation at [www.nspf.org](http://www.nspf.org), or Centers for Disease Control and Prevention at [www.cdc.gov](http://www.cdc.gov).*