



# Healthy and safe swimming with your child

Swimming with your children is fun, good for bonding and builds their confidence in the water. Here are a few tips to make sure they stay safe and healthy - whether at the local pool or while on holidays:

## Constant responsible adult supervision

Stay within arm's reach *and* keep your eyes on your child at all times.

Children can drown in seconds and in silence in a very small amount of water.

## No horseplay!

Always obey the pool's rules. Teach your children never to run around the pool area *and*

never to push or jump on others in or around the swimming pool.

## Keep warm

Make sure the pool is warm enough.

If your child begins to shiver, take them out of the pool.

Keep a towel close by to wrap your child in. This *and* a cuddle will help warm them up quickly.

## Do not bring a sick child swimming

Wait until they are fully better before going swimming.

Always get advice from a health professional if you have any worries.



## Use good personal hygiene

Wash before and after using the pool.

Wash hands after using the toilet or changing a nappy.

Follow the pool's hygiene rules.

## Keep a child with diarrhoea out of the pool during the illness and for 2 weeks afterwards.

One child with diarrhoea could contaminate an entire pool, even if wearing a swim nappy.

## Use a swim nappy

Change it often.

Use the designated nappy changing area and never the poolside.

Dispose of nappies properly.

Tell staff if a nappy leaks in the pool.

## Take regular toilet breaks

Don't wait to hear "I have to go" - it may be too late!

If your child poos in the pool, or you see poo in the pool, tell a staff member immediately.

This is important to stop illness spreading.

If swimming outdoors, your child needs to wear appropriate sunscreen and protective clothing

Share this information with everyone who looks after your children

Visit [www.iws.ie](http://www.iws.ie) for lots of water safety advice and information

In an emergency, ring 999 or 112 for coast guard, ambulance, fire service or Gardaí.

Remember - watch your child at all times, as children do not understand danger.

Visit [mychild.ie](http://mychild.ie) for more information about child health and safety

