

BATHING HYGIENE AT SWIMMING FACILITIES

clean bathers = clean swimming pools
Share fun, entertainment, play ... not microbes. Make bathing safe!

Swimming pools are important for relaxation, recreation and health. But they can also be a source of intestinal and other infectious diseases. Bathers can help prevent this by taking hygienic precautions.

Protect ourselves, our families and friends from microbes in the water.

Microbes are tiny living organisms. Some cause diseases. They enter the water with people's bodies.

The bather can bring in and spread microbes in the water.

Let the chemicals use their power for microbes — not urine, faeces, sweat and dirt.

What about chlorine?

- Bathing water treatment chemicals kill most microbes within half a minute, but some survive for days.
- Chemicals degrade urine, faeces, sweat and other contaminants from bathers' bodies, but this uses up chemicals and leaves less for killing microbes.
- Do you smell chlorine? Actually, it's the smell of the compounds formed when chlorine mixes with contaminants. These compounds can cause irritation to the skin, eyes and respiratory tract.

Without our help, microbes can be transmitted even through properly maintained bathing water.

Microbes and contaminants that can be brought into a swimming pool by the average bather.

Hair
10 million microbes

Sputum
8 million microbes in 1 drop

Hands
5 million microbes

Faeces
140 billion microbes

Nose, mouth, skin
Billions of microbes

Skin products
Creams, gels, soaps ...

Sweat
1-2 cans

Child
10 g of faeces with 10 trillion microbes
1 cup of urine



Do not forget that you **share the water** — and the microbes in it — with all bathers.

Microbes in water can cause infections of the skin, ears, eyes, respiratory tract and gastrointestinal tract.

Now let's see how much of this same water a bather drinks during a 45-minute swim:

Adults

1 tablespoon



Children

2.5 tablespoons



This is more than enough to make us sick.

Hygiene measures — for the health of all bathers

Let's not put microbes in water or water in our mouth.

A 1-minute shower removes most of the dirt and other substances that consume water-treating chemicals.



Let's take a shower before going into the water.



Let's not pass urine or faeces into water.



Do not blow our nose, cough or rinse our mouth with water.



Let's use the toilet before bathing.



Let's not bathe if we have diarrhoea.



Let's not swallow water during bathing.

Let's supervise our children at all times.

- Small children should be in the pools for small children.
- Children under 3 years must use swim nappies/diapers or swimsuits.
- Let's change the child's swim nappies/diapers in the designated area as soon as necessary.
- Let's take our children to the toilet often.



Swim nappies and panties can only hold in firm stools for a few minutes. But they **don't** keep in microbes and liquid stool!

Going into the water when we have diarrhoea can infect other bathers.

Let's get out of the water every hour.

- Let's take a break from bathing at least every hour.
- In outdoor pools, let's make sure to protect ourselves from the sun.
- Let's drink enough fluids.



We follow bathing and hygiene rules, as well as bathing signs and instructions/warnings from lifeguards and safety personnel.

The pool is only as clean as we are.