

SWIMMING

Etiquette Tips

Wear appropriate swimwear



Wear protective eyeglasses and a swim cap



Avoid splashing in the pool



Trim your toenails



Do not dip your legs in the pool with your shoes on



Use swim diapers for babies & toddlers and change them frequently



Pee before entering the pool



Take children on frequent bathroom breaks



Do not enter the pool if you have diarrhea



Do not push fellow swimmers

Stay in your lane and follow the lane direction



Do not stop in the middle of the lane



Do not enter the pool with an open or unhealed wound or rash

Shower before entering the pool

