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 when in or near water. 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.

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

Visit mychild.ie for more information about child health and safety.

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