

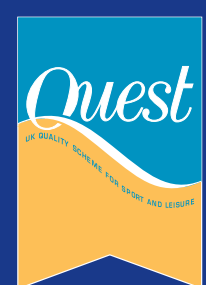
Help us to keep our Swimming Pool Fresh!

Swimming is a great form of exercise and enjoyment to all, and our pool here at the Wyre Forest Glades Leisure Centre has something for everyone. However, swimming pool contamination is the biggest contributor to unwelcome pool closures, causing inconvenience to many. To avoid such closures and keep our swimming pool fresh, please follow our:

Pool hygiene safety tips:

- All swimmers should visit the toilet before swimming.
- Parents should encourage young children to make frequent visits to the toilet during their swim also.
- Wash and dry your hands thoroughly after using the toilet.
- Shower before entering the pool, as showering before your swim will remove all the sweat and bacteria that would otherwise go into the pool.
- Please wear clean suitable swimwear.
- Young children still requiring nappies should wear tightly fitted plastic or rubber pants/nappies recommended for swimming by a recognised manufacturer. These are available from the reception.
- Do not chew gum.
- Do not swim if you have eaten less than 1 hour beforehand.
- Do not swim if you feel unwell with a cold, throat, ear or skin infection.
- Do not swim if you have diarrhoea, or have had in the last 72 hours.
- Wear a swimming hat, or secure long hair safely with a suitable band that will not come off during your swim.
- Do not wear contact lenses while swimming. Micro-organisms in the water can cause infections if they get between the lens and the eye.
- Do not wear shoes on the poolside areas, or in the communal shower areas.
- Do not take pushchairs onto the poolside areas for hygiene and safety reasons, and wherever possible avoid taking pushchairs into the changing room areas.
- Do not eat, drink or smoke on the poolside areas.
- Avoid getting the pool water in your mouth and then spitting it out, or swallowing it.
- Report any incidents involving contamination of the pool to the staff immediately.

Our swimming pool is treated regularly and maintained to the highest standards, however, good personal hygiene practices can significantly reduce swimming pool pollution and help us all.



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