

The **quality of water** in swimming pools does not only depend on **chemicals**.

**YOU HAVE A ROLE TO PLAY, TOO!**

### The following measures will help you enjoy a healthy swim:

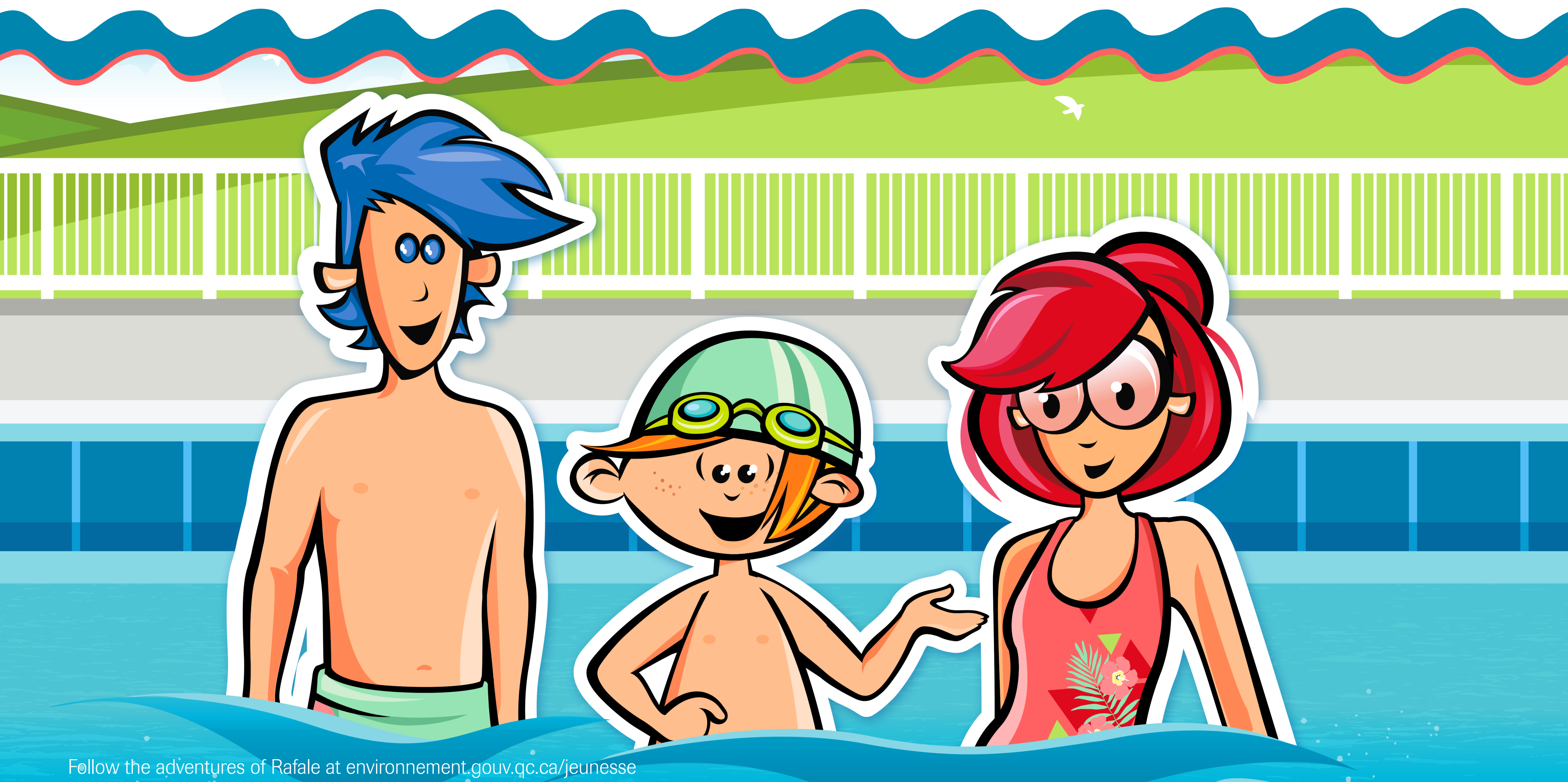
1. Avoid eating and drinking near the swimming pool
2. Avoid having a full stomach
3. Do not go into the water if you have diarrhea, a skin infection, are bleeding or feel nauseous
4. Do not drink the pool water
5. Inform pool staff of any incident or irregularity that could affect the quality of the water

### Do the following steps you go into the water:

1. Apply sunscreen 30 minutes before showering
2. Use the toilet before you swim and exit the pool if you feel the need to go
3. Take a no-soap shower lasting at least one minute. This will:
  - » cleanse your skin of bacteria and organic matter found in sweat and body secretions
  - » remove excess sunscreen without reducing protection against the sun's harmful rays

### Parents

Use special swim diapers for your baby and change them frequently. Take your young children to the toilet regularly.



Follow the adventures of Rafale at [environnement.gouv.qc.ca/jeunesse](http://environnement.gouv.qc.ca/jeunesse)