

# CLEAN SWIMMERS FOR A CLEAN POOL

## BEFORE THE BATH

1

I take my shoes off  
I remove my makeup  
I wear a clean swimsuit

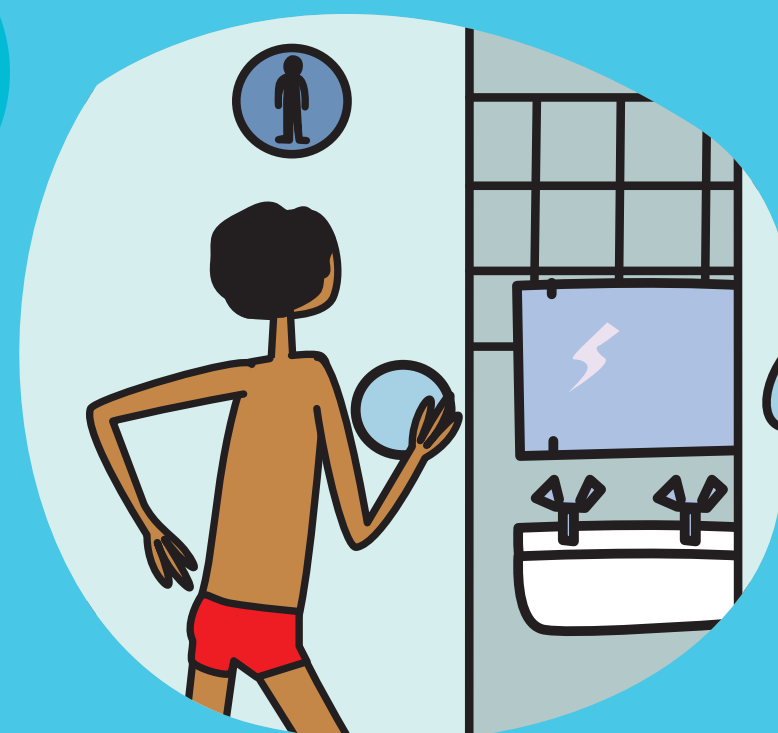
CLOAKROOM



2

TOILETS

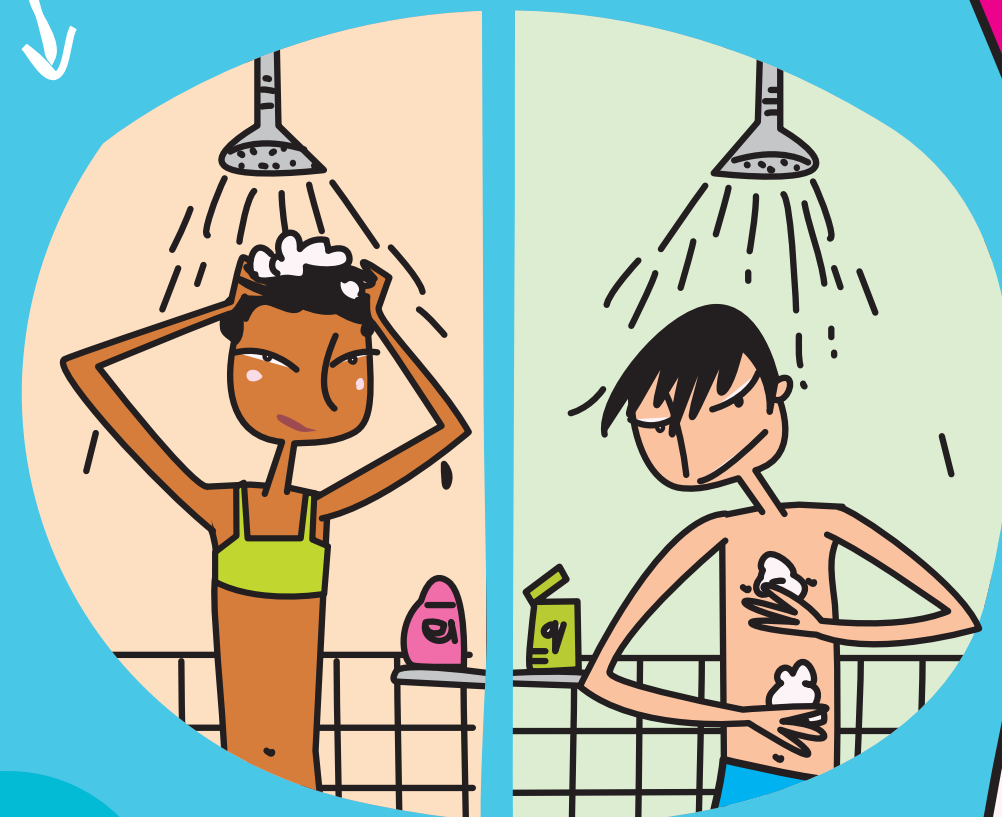
I don't forget to go to the toilet



3

SHOWERS

I wash myself with soap in the shower and I wash my hair



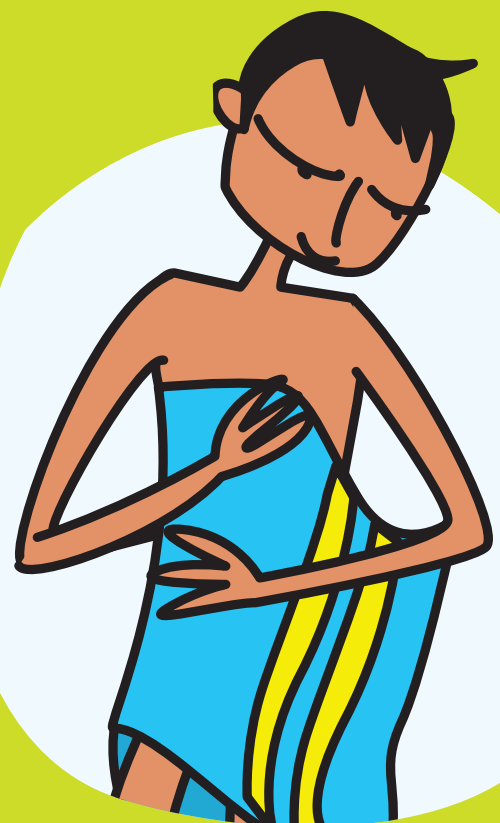
FOOT BATH

4

I rinse both feet in the foot bath



AFTER THE BATH



I take a shower  
I dry myself well to avoid skin problems

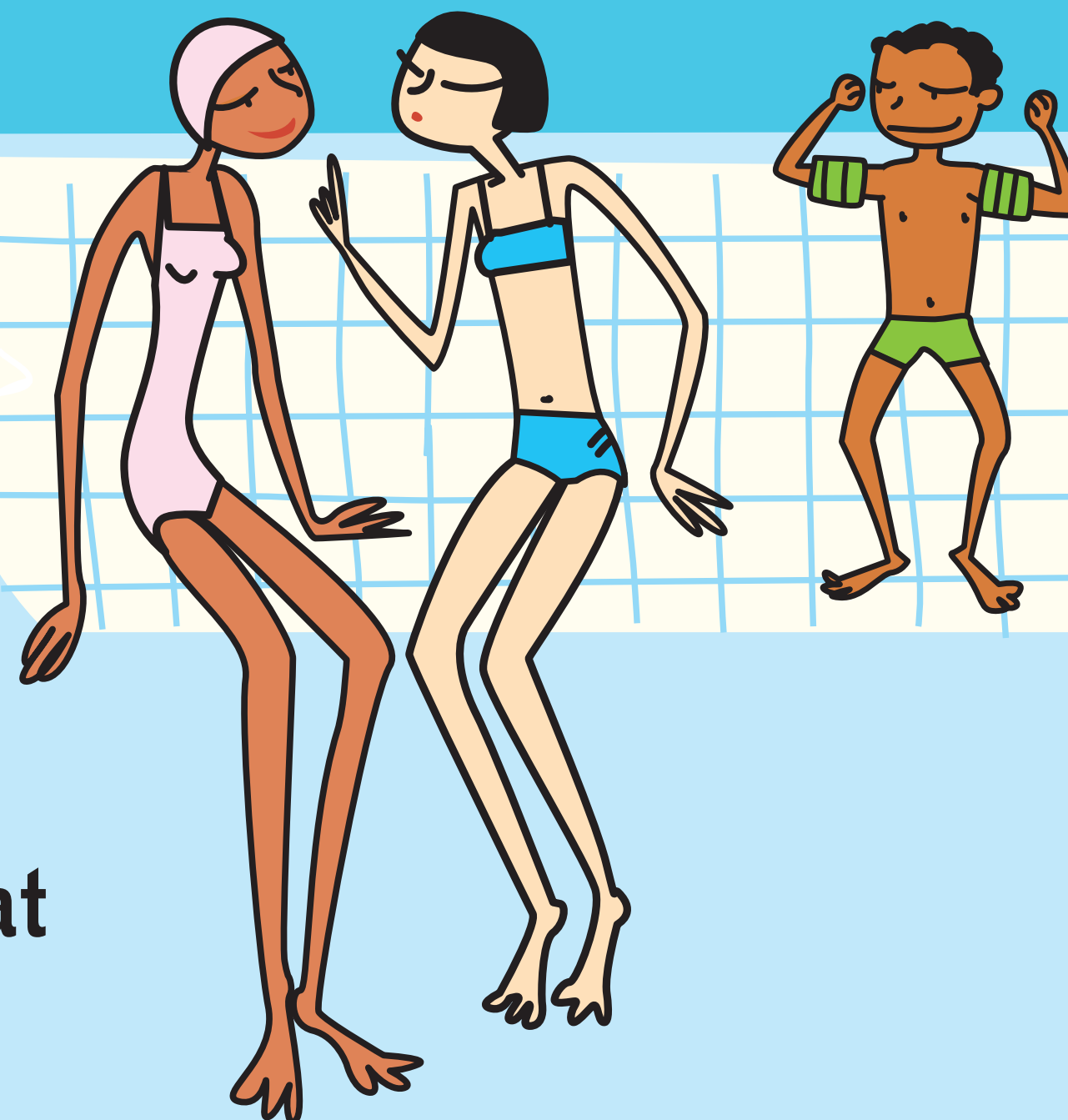
AROUND THE POOL



I don't smoke



I don't eat



In case of skin infection (fungus, verrucas), ear infections, throat infection, colds or intestinal disorders (gastroenteritis, diarrhea) I don't swim.