

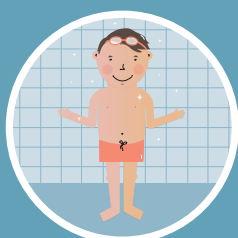
one

Remove all of your clothes.



two

Wash your body with soap
and your hair with shampoo.



three

Put on a clean swimsuit.
Do not put underwear on
under your swimsuit.

Now you're...
Ready to use the pool!

Why is it important to shower thoroughly before using the pool?

Your body and hair have traces of bacteria, skin cream, deodorant, makeup and urine. If you shower thoroughly before using the pool, you will remove these traces and help to keep the water in the pool fresh.

Do I have to use both soap and shampoo when I shower?

Yes, always. A quick rinse is not enough as this will leave dirt on your body. It is just as important to wash your hair with shampoo as it is to wash your body with soap.

Why must I shower without a swimsuit?

If you put on your swimsuit before showering, dirt will fasten in it which you will then take with you into the pool.

Why does the swimming baths put chlorine in the water?

Chlorine is used to clean the water in the pool. The more dirt is in the pool, the more chlorine is required.

Why do I sometimes smell of chlorine after using the pool?

This is because you weren't clean enough before using the pool. Chlorine is attracted to dirt. So, if you want to avoid the smell of chlorine – wash thoroughly before using the pool.