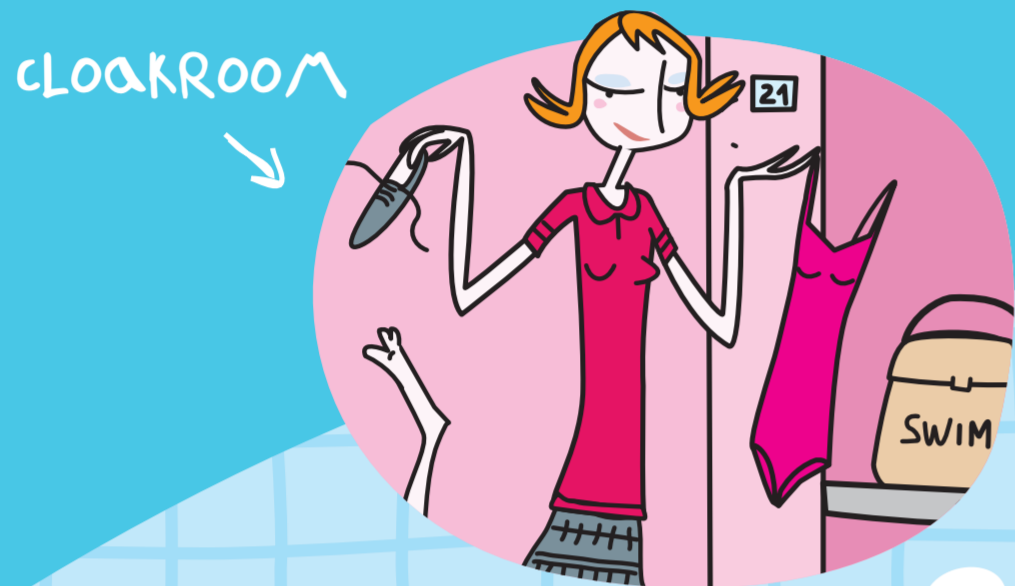


# CLEAN SWIMMERS, FOR A CLEAN POOL

## BEFORE THE BATH 1

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



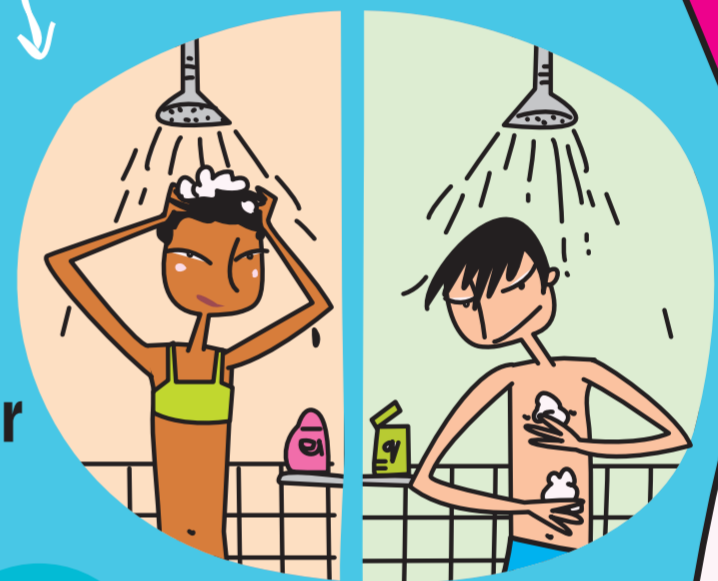
## 2 TOILETS ↓

I don't forget  
to go to  
the toilet



## 3 SHOWERS ↓

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



## FOOTBATH 4

I rinse both feet  
in the footbath



## AFTER THE BATH



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

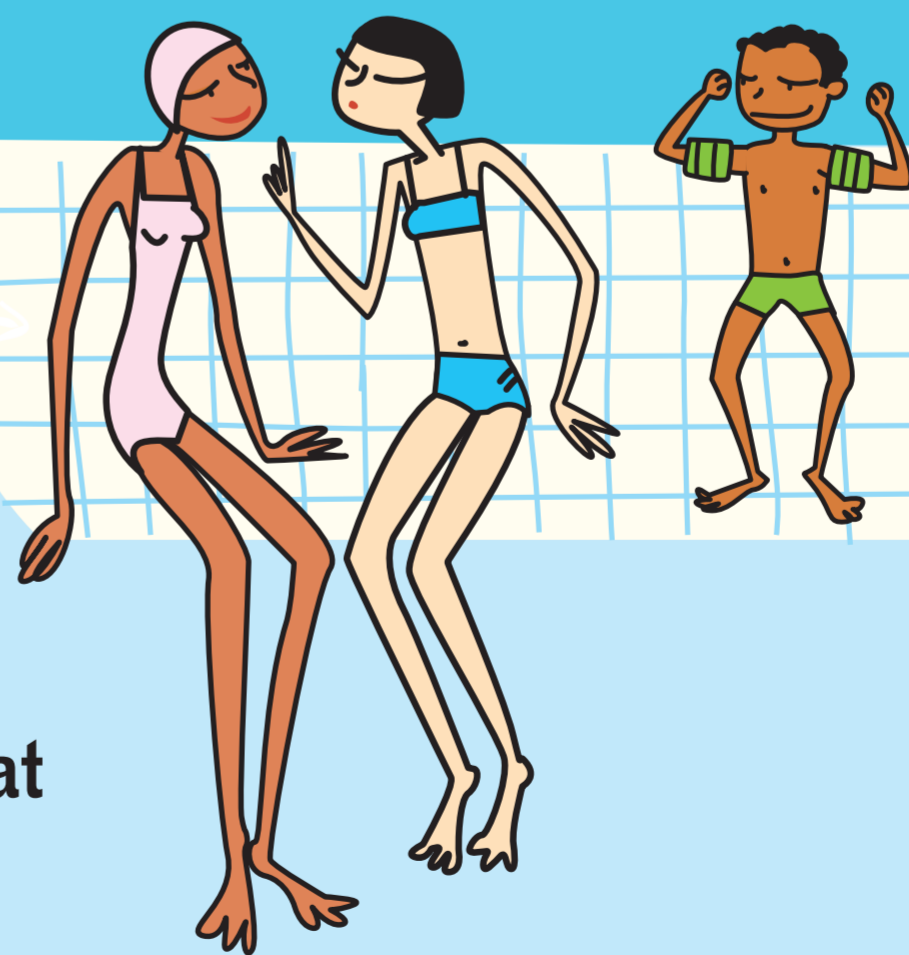
## AROUND THE POOL



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.