THINK SHOWER FIRST

Here’s why:

Smell that “chlorine”? It’s not what you think.
As chlorine is used in pools to kill germs and microbes, byproducts may off-gas and can irritate skin, eyes, and the respiratory tract and negatively affect air quality.

“As each bather shall take a shower using warm water & soap and thoroughly rinse off all soap before entering or re-entering the deck.” – Ontario Public Pools Regulation 565

Less is best to keep the air fresh!
When chlorine has less to kill, less gases are released into the air. Shower to help reduce the amount of cleanup the chlorine has to do.

Let’s dive into the details.
Pool chemicals kill most microbes within minutes but some live for days and can make you sick.

When urine, feces, sweat, dirt, hair products, deodorant, cosmetics, etc. rinse off into the pool, chlorine breaks these down instead of killing germs.

Even properly treated pool water can spread germs if swimmers do not shower before swimming.

Healthy Swimming Tips
Do your part to keep yourself and others safe:

- **SHOWER USING WARM WATER AND SOAP THOROUGHLY BEFORE SWIMMING.**
- **DON’T URINATE OR DEFECATE IN THE WATER.**
- **STAY OUT OF THE WATER IF YOU HAVE AN OPEN CUT OR WOUND.**
- **TAKE A BATHROOM BREAK EVERY HOUR.**
- **STAY OUT OF THE WATER IF YOU HAVE DIARRHEA.**
- **CHECK DIAPERS FREQUENTLY AND CHANGE THEM IMMEDIATELY IF REQUIRED.**
- **DON’T SWALLOW THE WATER.**

Sources:
- City of Toronto: https://www.toronto.ca/explore-enjoy/recreation/swimming/healthy-pools/
- Centre for Disease Control: https://www.cdc.gov/healthywater/swimming/

- **HAIR**
  - 10 million microbes
- **SPIT**
  - 8 million microbes in a single drop
- **HANDS**
  - 5 million microbes
- **FECAL MATTER**
  - 140 billion microbes
- **NOSE, MOUTH, SKIN**
  - Billions of microbes
- **SKIN PRODUCTS**
  - Lotions, cosmetics, soaps
- **SWEAT**
  - Swimmers can expel 1 or 2 pop cans worth of sweat into a pool.

PLEASE SHOWER BEFORE YOU SWIM!