

Lagan Valley LeisurePlex

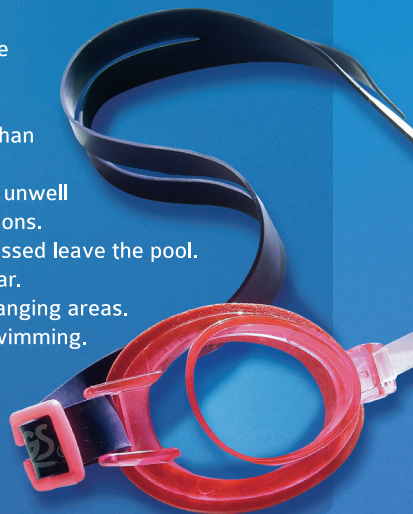


Help Us To Keep Our Swimming Fresh!

Swimming is a great form of exercise and enjoyment for all, and we believe that the pools at the Lagan Valley LeisurePlex offer something for everyone. However swimming pool contamination is the biggest contributor to unwelcome pool closures, causing significant inconvenience to many bathers. To try and avoid such closures and keep our swimming pools fresh, we would ask all bathers to follow our;

Pool Hygiene Safety Tips

- Young children still wearing nappies must wear tightly fitted plastic or rubber nappies / pants recommended for swimming by a recognized manufacturer. These are available at the main reception desk.
- Parents should ensure young children use the toilet before entering the pool.
- Parents should encourage young children to make frequent visits to the toilet during their swim session.
- Shower before you swim. Showering will remove all the sweat and bacteria that would otherwise go into the water.
- Do not swim if you or your child have diarrhoea or have had it in the last seven days.
- Do not swim if you have eaten less than one hour beforehand.
- Do not swim if you or your child feel unwell with a cold / flu or throat / ear infections.
- If you child becomes unwell or distressed leave the pool.
- Please wear clean, suitable swimwear.
- Do not chew gum in the water or changing areas.
- Do not wear contact lenses whilst swimming. Micro-organisms in the water can cause infections if they get between the lens and the eye.



Thank You and Enjoy your visit to the **Lagan Valley
LeisurePlex**



www.lisburncity.gov.uk