

**Township of Lower Merion
Department of Parks & Recreation
75 East Lancaster Avenue, Ardmore, PA 19003
610 – 645 – 6220**

**Hygienic use of the Pools
Information Sheet**

Please be respectful and responsible when at the pool for everyone's safety and enjoyment:

1. Everyone should shower before entering a pool.
2. Change diapers in the bathroom and do not leave soiled diapers near the pool. Wash children's hands thoroughly with soap and water.
3. Escort young children to the toilet frequently and clean their bottoms thoroughly before allowing them to re-enter the pool. Our pools will close daily to children ages 10 and under for bathroom breaks at: 1:30 p.m.; 3:00 p.m.; 4:30 p.m.; 6:00 p.m.
4. Wash hands with soap and water after using the toilet, changing diapers, and before eating or preparing food.
5. Do not take your children into a pool or bathing area if they have an upset stomach or diarrhea.
6. If you or your child has had episodes of loose, watery diarrhea, **wait two weeks** before going to the pool.
7. **All infants, toddlers or small children who are not potty trained are required to wear elasticized swim diapers that fit snugly around the legs and waist and are only permitted in the tot pool.** If your children are not properly dressed to go swimming (i.e. in diapers only) they will not be permitted in the pool. Approved swim diapers are for sale in the Pool Office.
8. Never drink pool water.

Cryptosporidiosis is a diarrheal disease caused by microscopic parasites of the genus *Cryptosporidium*. Once an animal or person is infected, the parasite lives in the intestine and passes in the stool. Both the disease and the parasite are commonly known as Crypto.

Recreational pools have been known to be a source of this type of infection.

The most common symptoms of Crypto is watery diarrhea. Other symptoms include:

- Dehydration
- Weight loss
- Stomach cramps
- Fever
- Nausea
- Vomiting

This information has been developed in conjunction with the Montgomery County Health Department. If you have any questions, please call the Department of Parks & Recreation at 610-645-6220 or the Montgomery County Health Department at 610-278-5117.