

# Returning to the pool?

Here are the key guidelines to follow:



Do not swim if you have any symptoms

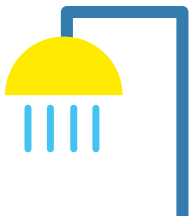


Maintain social distance at all times.

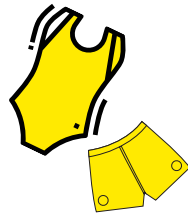


Follow your pool's protocols

## Minimise time in changing rooms:



Shower at home before and after



Wear swimwear to pool, under clothes



Use all available hand hygiene stations

## Protect fellow pool users:



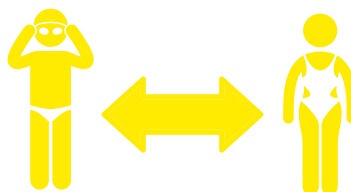
Take your own equipment - Do not share



Exhale underwater wherever possible



Do not overtake while swimming.



Stand well away whenever resting

For detailed  
Return to Water guidance

Go to  [www.swimireland.ie](http://www.swimireland.ie)

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