

Healthy Swimming

To keep pools safe and clean the Aquatic Division of PARD encourages all patrons to practice healthy swimming habits to prevent germs from spreading in the pools. To protect you and your family from recreational water illnesses such as diarrhea illness known as Cryptosporidiosis “Crypto”, please take a moment and read the following.

What is Crypto?

Crypto is a water-born illness, caused by a microscopic parasite that is passed through infected human and animal feces to others. This parasite can live outside the body for a long period of time and is resistant to chlorine disinfection.

How can I protect my family and myself?

By following a few simple practices, you can create a safer swimming environment for you and others.

1. Don't swim when you have diarrhea.
2. Don't swallow the pool water.
3. Wash your hands with soap and water after using the restroom or changing diapers.
4. Take your child for bathroom breaks often.
5. Change diapers in the restroom and not poolside.
6. Clean your child's bottom thoroughly with wipes or soap and water before entering the pool.
7. Be sure to use a swim diaper along with a bathing suit on children who are not yet toilet trained .

What are the symptoms of Crypto?

Some symptoms include diarrhea, loose or watery stool, stomach cramp, upset stomach and a slight fever. Symptoms generally begin 2-10 days after being infected.

How is Crypto Spread?

- By swallowing recreational water contaminated with Crypto. Recreational water is water from swimming pools, hot tubs, jacuzzis, fountains, lakes, rivers, springs, ponds or streams that can be contaminated with sewage or feces from humans or animals.
- By coming in contact with contaminated surfaces. Some examples are lounge chairs, picnic tables, bathroom fixtures and changing tables.

How long will the illness last?

Two weeks at the most in a person with an average immune system. Symptoms may go in cycles in which you may feel better for a few days, then get worse right before the illness ends. The illness can be lengthy with a greater risk for those who suffer from a weak immune system.

The purpose of this information is not to scare you, but to help create awareness. The Aquatic Division would like to encourage everyone to practice healthy habits and procedures while at swimming facilities.

If you have any questions or comments, please do not hesitate to contact the City of Austin, Parks and Recreation Department's Aquatic Division at (512) 974-9331. For more information, visit the Center for Disease Control's web site at:

www.cdc.gov/healthyswimming/cryptofacts. Also you can contact: Austin/Travis Health and



Aquatic Division

Pool Safety Guidelines

& Rules

The city of Austin is committed to compliance with the Americans with Disabilities Act. Reasonable modifications and equal access to communications will be provided upon request. Please call 974-6700 for information.



AQUATIC'S GENERAL RULES AND REGULATIONS

- Animals are not allowed.

Reason: Health code regulation.

- Picknicking is not allowed. Ice chests or coolers are not allowed.

Reason: Due to trash, fire ant problems, glass and alcohol.

- Diving in shallow areas is not allowed. Signs indicate areas where patrons should not dive. Throwing of bathers or allowing bathers to dive from each other's shoulders or knees is also not allowed.

Reason: Hazardous... A patron could hit the bottom of the pool and cause serious injury to himself/herself.

- Two speaker radios or oversized one speaker radios are not allowed.

Reason: Some patrons do not like loud music. You may not hear someone yell for help.

- Fighting or rough horseplay is not allowed. This includes chicken fighting and dunking.

Reason: Hazardous... A patron could get hurt.

- SCUBA equipment (tank, regulator and buoyancy control device) is not allowed unless used by a PARD class. Snorkels are allowed if they are used with supervision.

Reason: Hazardous...Staff are not trained to handle SCUBA diving emergencies

- Frisbees, tennis balls or any hard balls are not allowed.

Reason: Hazardous... Can cause injury if a frisbee or hard ball hits a patron.

- Profanity or public display of affection is not allowed.

Reason: Improper public behavior.

- Fins must be worn **only** in the water. They must be taken off when out of the water.

Reason: It is easy for someone wearing fins out of the water to trip and injure himself/herself.

- All children who are not yet toilet trained must wear a swim diaper along with their bathing suit when entering the water. A plastic or rubber diaper cover is highly recommended in addition to a swim diaper and bathing suit. A swim diaper or regular diaper must be worn while out of the water.

Reason: Proper swim attire for children who are not yet toilet trained will help to prevent waterborne diseases from entering the water and help prevent the pool from being closed due to fecal matter entering the pool.

- The pool will close for 30 minutes when thunder is heard and/or lightning is sighted. The pool will reopen 30 minutes after the last thunder is heard or lightning is seen. Patrons must seek shelter under a man made structure during a thunderstorm.

Reason: It is hazardous to swim while a thunderstorm is present due to lightning.

- Glass of any type is not permitted.

Reason: Glass can cause injury if broken.

- Alcohol and drugs **are not allowed** in the pool area. Intoxicated individuals will not be allowed into the facility.

Reason: City ordinance # 791115-D (It is unlawful to possess alcohol in a pool area.) Intoxicated individuals will not be allowed into the facility because it is a safety hazard.

- Nerf balls, air mattresses and floats are allowed in the shallow end (4ft or less) only if the pool is **not** crowded.

Reason: If the pool is crowded there will not be enough room for balls and floats. If the pool is **not** crowded, floats and balls need to stay in the shallow end of the pool for both the safety of the children (a child could fall off a float in deep water and become panicked) and to allow an area for people to swim without interference.

- Inner tubes are not allowed.

Reason: Metal stems on the inner tubes can cause injury and the rubber from the tube creates a black ring around the pool.

- Baby floats are allowed only if the child is being supervised, by an adult in the designated area. The child must be within arms reach of the supervising adult.

Reason: It is very dangerous to leave a baby unsupervised around water for any length of time.

- Bicycles, skates or skateboards are not allowed in the pool area.

Reason: Hazardous... Can cause injury due to slippery decks and patron usage

- Waterguns are not allowed.

Reason: Children tend to shoot not only their friends but other patrons with high powered water guns.

- Lap lanes are for lap swimming only.

Reason: Lap lanes are reserved for lap swimming only. Lap swimmers must be able to **swim** from one end of the pool to the next without stopping.

- Plastic toys are allowed inside the pool area only with adult supervision.

Reason: Hard plastic toys can cause injury when children start to throw them around. Adult supervision will minimize the risk of this happening.

- Patrons cannot have children sitting on their shoulders or holding on to their backs.

Reason: A child can fall and be seriously injured or a child and patron can become distressed swimmers.

- Five minutes before every hour there will be a five minute safety check. All swimmers will be asked to get out of the pool, except for those who are swimming laps.

Reason: This break will give children 5 minutes to rest and allow lifeguards to safety check the pool.

- All children under the age of 10 must be actively supervised by someone that is 15 or older. All children between the ages of 10 and 14 must take a swim test if they do not have supervision. They will be allowed to swim at the facility if they pass the swim test.

Reason: It is safer to have children under 10 supervised and to have children between the ages of 10 and 14 take a swim test.