

Let's be considerate, let's bathe healthier!

Thorough showering can reduce the risk of contamination up to ten times.

Follow these steps for healthier swimming and bathing:



Stay out of the water if you have transmissible diseases or are shortly after illness.



Take a thorough shower before you enter the pool.



Don't pee in the water.



Avoid accidental swallowing of the water.



Observe the capacity of the pools and respect the instructions of the staff.



Pools are clean mainly when you're clean!