

PARENTAL ADVICE LETTER

DATE

Dear Parent/Guardian

Re: School Swimming Lessons & Club Lessons

We would like to take this as an opportunity to inform you of the measures taken by our leisure centres to reduce the spread of Cryptosporidiosis and other gastro-intestinal infections and what you can do as a parent or Guardian

Cryptosporidiosis is an illness caused by the germ Cryptosporidium which can be found in contaminated water such as lakes, streams, rivers and occasionally swimming pools. People of all ages can become infected however young children are particularly at risk. It can last up to 3 weeks with symptoms of watery diarrhoea, abdominal pain and nausea and/or vomiting.

The most common reasons why swimming pools are sometimes associated with infection are accidental or deliberate faecal contamination of the pool by pool users and people with Cryptosporidiosis using the pool while still infected and unknowingly shed the bug into the pool.

Therefore, we encourage you to follow the six "P-L-E-A-S" that promote healthy swimming: before allowing your child to participate in swimming lessons or club lessons:

- Please don't swim when you have diarrhoea or have had diarrhoea within the past 48hrs
- Please don't swim for 14 days after been diagnosed with Cryptosporidiosis
- Please take a shower before swimming and wash your hands after using the toilet
- Please ensure that children wear suitable swim wear
- Please ensure that children take adequate bathroom breaks
- Please don't swallow water

If you have any further queries regarding this information please contact your school class teacher or your Swimming Lesson Organiser in the first instance.

Yours faithfully

Rebecca Jones

Health & Safety Officer
Environmental Health
Powys County Council