

# AQUAMOVES

# Swim School

## When Are You Too Sick To Attend Swimming Lessons?

While there are no specific recommendations for the exclusion of participants from public swimming pools, the normal guidelines for exclusion from group settings such as preschool or school programs do apply.

The following is a guideline to help parents with more information on actions to take when your child is sick.

| Condition/Disease              | Guidelines for Exclusion  |
|--------------------------------|---|
| <b>Chicken Pox</b>             | Until fully recovered or at least one week after the first eruption appears.  |
| <b>Measles</b>                 | Until at least five days from the appearance of rash or until medical certificate of recovery from infection has been presented.  |
| <b>Conjunctivitis</b>          | Until discharge from eye has ceased.  |
| <b>Herpes (cold sore)</b>      | Lesions to be covered by dressing where possible or to be excluded until lesions have stopped.  |
| <b>Plantar Warts</b>           | Warts should be treated and affected areas kept covered until the warts have gone.  |
| <b>Meningococcal infection</b> | Until receipt of medical certificate of recovery from infection has been presented.   |
| <b>Mumps</b>                   | Until fully recovered.  |
| <b>Head Lice</b>               | Until appropriate treatment has commenced.  |
| <b>Ringworm</b>                | Until appropriate treatment has commenced.  |
| <b>Whooping Cough</b>          | Until two weeks after the onset of illness and a medical certificate of recovery from infection has been presented.   |
| <b>Rubella</b>                 | Until fully recovered or at least five days after the onset of rash.  |
| <b>School Sores</b>            | Until sores have fully healed. The child may be allowed to return earlier provided that appropriate treatment has commenced and that sores on exposed areas are covered with an occlusive dressing. |
| <b>Scabies</b>                 | Until appropriate treatment has commenced.  |

If your child is under 10 years of age, they must be constantly supervised by someone 16 years and older while in the facility.

If your child is under 5 years of age they must be constantly supervised within arms' reach, by someone 16 years and older. If the child is in the water, the parent/guardian must be in the water too.

