



To swim, or not to swim?

Fever: Of unknown origin, no lessons for 24 hrs. after the fever breaks.
Exception: Teething, ok to swim up to 101°, if there is no history of febrile seizures.

Diarrhea: No lessons for 48 hrs. after the last episode of diarrhea.

Peanut Allergies: Epi-pen must be shown to me before every lesson, or no lesson that day.

Weather: No lesson if **THUNDER** OR **LIGHTNING**. You may choose to swim or not if it is a light rain.

Temperature: No lessons if outside temperature is 68° or less.

Runny Nose: Okay to swim if it is clear.

Ear Infection: (Middle ear infection) May swim after 24 hrs. on antibiotics.

Swimmer's Ear: (Outer ear infection) **NO SWIMMING** until gone. Symptoms will usually start in the middle of the night. It is extremely painful to get your ear wet when you have swimmer's ear. A prescription from your doctor is necessary to clear this up. In general a week of lesson may be missed.

** If your child seems more tired than usual, or "just not him/herself", it may be best not to swim that day. Remember, we want your child at their best in the water. Your child will benefit more from missing a lesson when they are not well, than they will from swimming when they are sick!

** If you are unsure of whether or not your child should swim on a particular day, please call me and we will discuss what is best for your child.