



# Welcome to baby swimming!

Sport Services, Vesi-Jatuli, Haukipudas



OULU



## Before starting

- Your baby needs to be 3–6 months old and weight at least 5 kg, when you start baby swimming
- If your baby is older, please ask more information by e-mail [vauvaintijatuli@ouka.fi](mailto:vauvaintijatuli@ouka.fi)
- Please read these instructions carefully before first lessons
- Sign ups: [www.kuntapalvelut.fi/oulu](http://www.kuntapalvelut.fi/oulu) -> Courses -> Lapset ja perheet -> Vauva- ja perheinti
- 1-2 adults can participate in the group with a baby
- Please inform, if your child have any special health concerns



## Covid 19 Safety

- Please remember to come to swim only when you are healthy
- Prefer card paying because of the hygiene reasons
- Remember to wash yourselves and baby carefully before coming to pool
- Keep distance to other swimmers in all areas of swimming hall
- Instructors use dolls as much as possible when showing examples and avoid close contact with families.
- Rinse the toys you use in the pool after playing.
- Wait for the group to start at the door of multi-purpose pool. The instructor picks up the group from there. At the end of the swim, leave the pool via children's pool side door.
- Please follow also all the other corona safety instructions in the city of Oulu.



Instructors Taru and Petra



## Please note

- Be sure to wash thoroughly without a swimsuit before swimming. Wash your hair or use a swimming cap. Wash off makeup and perfume and leave out the jewelry. Our hygiene affects the quality of baby swimming water.
- Babies under 8 months of age should not be watered before swimming. With over 8 months old, you start practicing taking a shower before going to the pool.
- A swim diaper is not needed, a sturdy swimsuit is enough. Bring your baby to the pool wrapped in a towel.
- If baby poos in the pool, notify the instructor immediately.



New things may be exciting. Try to stay calm and have a smile on your lips - because the kids can feel it :)