

Breastfeeding at Swimming Pools

Colorado Law Permits Breastfeeding at Pools

Colorado law states that “A mother may breast-feed in any place she has a right to be.” (Colorado Revised Statutes 25-6-301 and 25-6-302). This law does **not** require covering up or being discreet while breastfeeding.

In compliance with Colorado law, a person may breastfeed a child at a swimming pool or deck area at their discretion.

Understand the Law

- Contact your local public health agency for more information about breastfeeding laws and tips for training staff and handling complaints.
- Explain the law to staff, including being clear about how to support breastfeeding at the facility. Let staff know that they must **not** ask someone who is breastfeeding to move, cover up, be more discreet, or stop breastfeeding for any reason.

Support Staff

- Prepare staff for how to respond to complaints; consider role playing to improve knowledge and comfort with the topic. If a person complains, staff should consider it an opportunity to share information about the law.
- If staff is uncomfortable or a complaint worsens, ensure staff knows to engage the manager responsible for responding to complaints so information is quickly given to guests.

Possible Concerns*

Breastfeeding in pools and hot tubs does **not** pose any risks to other swimmers.

Germs

Breastfeeding while in a pool or hot tub is allowed by law, however, it could potentially expose children to germs and chemicals in the water. Disease-causing germs can be present in the water that are not killed by chemical treatment, such as chlorination, and could cause a health risk.

Temperature

It is not recommended for young children to be in hot tubs. Exposure to very hot water such as the temperatures of hot tubs can be a health hazard since babies and children can quickly overheat.

* Centers for Disease Control and Prevention (CDC). 2016.

www.cdc.gov/healthywater/swimming/swimmers/breastfeeding-in-pools.html