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.

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