MAKE A SPLASH IN HEALTHY POOLS THIS SUMMER!

Order a FREE pool test kit at www.HealthyPools.org

ARE YOU SWIMMING IN A HEALTHY POOL?

Use your senses to decide whether a pool is healthy and safe or not.

- **SIGHT**
  - Look for water that’s clean, clear and blue.
- **TOUCH**
  - Check for swimming pool tiles that feel smooth and clean.
- **SOUND**
  - Listen for pool cleaning equipment.
- **SMELL**
  - Make sure there are no strong odors.

Most Americans find summertime swimming more enjoyable than running and biking.

54% SWIMMING
14% BIKING
9% RUNNING

- Thomas M. Lachocki, Ph. D., CEO of the National Swimming Pool Foundation

Swimming is proof that exercise CAN be fun if you just add water.

WHAT’S THE REAL CULPRIT?

When chlorine in pool water combines with:

- SKIN
- SWEAT
- PEEL
- POOP

from swimmers’ bodies, chemical irritants called chloramines are produced.

Chloramines formed in swimming pools are different from the type of chloramine (monochloramine) used successfully for decades to safely disinfect drinking water.

THESE CHLORAMINES GIVE OFF:

- A “CHEMICAL SMELL” THAT CAUSES:
  - Red, irritated eyes
  - A runny nose
  - Coughing

- Chris Wiant, Chair of the Water Quality and Health Council

HIGH QUALITY ENDURANCE AEROBIC PROPORTIONAL DEVELOPMENT MUSCULAR ENHANCED FLEXIBILITY IMPROVED COORDINATION

95% of Americans INCORRECTLY believe that the chemical odor they smell at pools is usually a sign that there’s too much chlorine in the water.

CHEMICAL SMELL AT THE SWIMMING POOL?

IT’S NOT WHAT YOU THINK IT IS...

85%
95%
100%

THE BENEFITS OF SWIMMING

Most Americans find summertime swimming more enjoyable than running and biking.

54%
14%
9%

- Swimming is proof that exercise CAN be fun if you just add water.
- Swimmers yield many health benefits, including:
  - Improved Aerobic Endurance
  - Improved Muscular Development
  - Improved Flexibility
  - Improved Coordination

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