

GENERAL SYNOPSIS (The Big Picture in 3-4 sentences):

The Indoor Water and Air Quality presentation for facilities outlined many precautions you can take to help improve your air quality. The biggest take away was to make sure that athletes are showering for 30 seconds or more, their entire hair and body before getting in the pool. This includes competitions. The other is to make sure that they are not peeing in the pool. The chemicals on their body and in their hair from lotions, sprays, hair products etc along with urine are causing chemical imbalances and make the air bad. We as a sport need to change the culture and ensure that athletes are showering and not urinating in the pool. There are over 75 new chemicals that have been introduced to the market in the last 15 years. We know that at least 30 known chemicals negatively affect water quality. This is why it is important to shower to prevent this from happening.

Something else to be aware of is that States are adding cholormines to our drinking water to disinfect it. This can also contribute to the pool water quality. To see if your city uses them visit:

<http://www.bulkreefsupply.com/chloramines-database>

POSSIBLE MAIN POINTS OR TAKEAWAYS FOR...

<p>LSC Board/Committee Members To improve air and water quality at our meets and LSC Championships we need to make sure to educate athletes that they need to shower prior to competitions and not urinate in the pool.</p>	<p>Teams in Wisconsin To improve air and water quality at our meets and LSC Championships we need to make sure to educate athletes that they need to shower prior to competitions and not urinate in the pool.</p>
<p>Coaches We need to change our culture and make sure that athletes are showering for 15-30 seconds before getting in the water.</p>	<p>Officials</p>
<p>Athletes Athletes need to make sure they are aware that showering and not urinating in the pool will help them breathe better at meets.</p>	<p>LSC Others</p>

ADDITIONAL NOTES OR INFORMATION CAN BE ADDED ON FOLLOWING PAGES