

**Things coaches can do to help:**

1. Tell athletes not to urinate in the pool
2. Ask athletes to shower before getting in the pool and explain what contributes to cholormine creation
3. If notable level of chlorine in the air, ask facility to test and to open vents
4. Raise awareness among athletes about cholomines, how they are created, the risks, and the signs of distress
5. Raise awareness among coaching staff about cholomines, how they are created, the risks, and the signs of distress

**Red flags that coaches can look for to identify that chloramines are too high:**

1. Coughing and shortness of breath
2. Shoulders going up but lungs not inflating
3. Flaring nostrils
4. Cyanosis of the lips, tongue, fingernails (blue purple color when fingernails pressed)
5. Major distress – quiver of the lips but unable to cough – notify lifeguards

**What coaches should do if any swimmers are showing signs of respiratory distress:**

1. Notify lifeguard
2. Get swimmers out of the water and into a foyer (place with fresh air)
3. Hands above head
4. Cool mist
5. For a swimmer with known asthma, use inhaler
6. Pools may have oxygen/pulmona (aerosol machines)