**Definitions:** 

While it is the responsibility of the facility to maintain a proper chemical balance in the pool, USA adult members should be aware of the signs that there may be a chemical imbalance and not allow athletes in water that exhibits signs of chemical imbalance until it has been deemed safe through testing.

If a chemical imbalance is suspected, coaches should remove athletes from the water and ask a lifeguard on duty or facility manager to check the chemical levels in the water. Athletes should not be allowed to return to the water until the chemical levels have been shown to be safe by properly conducted tests by a professional.

## Signs of chemical imbalance in water may include:

## When to pull a swimmer out of the water?

**If notice any signs of chemical imbalance**, all athletes should:

1. Immediately rinse off in a clean shower \***without soap for 15 minutes**\*
2. Should seek medical attention when any athlete experiences
   1. Redness or rash on their skin
   2. Extended periods of blurry vision
   3. Nasal irritation and/or Cough

## Proper chemical levels:

* Chlorine levels should be between 1.0 and 5.0 parts per million
* pH levels between 7.0 and 8.0, and ideally between 7.2 and 7.8

## Responsibilities:

**Coach \ Meet Referee \ Meet Director**

* + Pull swimmers out of water.
  + Assess severity of symptoms.
  + Send swimmers to showers.
  + Contact 911 as needed.
  + Notify lifeguard, swimmers, parents, etc.
  + Submit report of occurrence.
  + Coordinate with facility staff to determine the severity of imbalance and determine best course of action.