**Clean Water Policy**

**Purpose:**  Chloramines are an air-quality and health issue that many pools are experiencing. Athletes, coaches, and parents alike are suffering negative health consequences as a result. Chloramines are formed when chemicals from (but not limited to) lotions, perfumes, sweat, and urine bind to the chlorine to create a heavy gas that sits at the water’s surface waiting to be breathed in by our athletes. In lotion and shampoo alone, there are over 70 chemicals that bind with chlorine to create the gas. As more water is churned through kicking and splashing the water, more chloramine gas is released, negatively affecting those in the pool area.

It has been shown that soaking the body and hair with warm water for a minimum of 15 seconds will drastically improve the situation for all swimmers and is why we as a club support the decision to mandate a quick shower before entering the pool for the safety of our swimmers and staff.

If anyone wants more information on the topic of air and water quality of pools, we have collected some research performed by USA Swimming and made it available on our website (<http://vacswim.com>) in the Parent Information area.

1. **Requirement**
   1. Showering
      1. Showering should take place before entering the pool for practice or swim meets
      2. Showering should be performed with suit on
      3. Thoroughly wet the entire body (including hair and swimsuit) under warm water for approximately 30 seconds
   2. Go to the Bathroom before you get in the water
      1. DO NOT urinate while in the pool. Athletes should use the bathroom prior to starting practice.
2. **Compliance**
   1. Coaches will ensure that the swimmer has showered (by visible inspection of water on body/hair) before entering the pool
   2. To avoid delays please instill in swimmers to shower or they will be sent back to locker room to shower
3. **Responsibility**
   1. Coaches will speak to the swimmers about the new policy and expectations
   2. Parents should also reinforce this best practice habit with swimmers using our (or any) pool