

City Of Mason—Mason Manta Rays

Dear Coaches, Parents, and Swimmers:

Every year at the Regional Championships we see an increase in dry skin during the course of the meet. In an effort to provide every swimmer an opportunity for success we are going to give some recommendations on how to take care of your swimmer's skin. First, it is important to understand why this happens. The air is dry and cold at this time of the year. The humidity level and temperature in the pool area is much higher than the humidity level and temperature in the commons area (where most swimmers camp). Simply being wet, going between the pool and commons area will cause the skin to dry out. Add in outside temperatures below 32 degrees and the chances of dry skin continue to increase.

Every year we ask the Warren County Board of Health to come and inspect the competition pool prior to the start of the meet and every year we meet all standards required by the Board of Health.

There is no way to completely prevent skin irritation and kids that are on acne medicine or have sensitive skin are more prone to dry skin and may have more difficulty than the other kids. Here are a few recommendations that could help your swimmer. Keep in mind the most vulnerable body parts are lips, face, and hands.

1. Camp in the pool area as much as possible.
2. Rinse with mild soap and tepid water temperature in the shower – avoid hot showers.
3. Apply a non-alcoholic lotion at the conclusion of each session (or each swim for more sensitive skin).
4. Stay dressed in warm clothes and keep as much of the skin covered as possible.
5. Dress appropriately when heading outside and keep as much of the skin covered as possible.

Hopefully these tips can help reduce or even prevent dry skin over the weekend. There are many helpful articles on protecting your skin that can provide additional tips.