

Peeing in the Pool

submitted by George Young 5/31/2014

This article, I have rewritten several times. 6 months ago I wrote the first version. Shortly after I wrote it some more info was released on the subject and even most recently three intense articles were released on this topic which has lead me to rewritten this article four times. It is kinda hard to start writing about the topic of "Peeing in the pool" Well, here it is and it's an eye opener!

In March of 2014, an article was posted by Paul Graves that peeing in the pool was not that big of a deal. Mr. Graves pointed out that sweat and pee was almost the same in concept and there would have to be so much pee in the water for it to a major negative impact on the water chemistry. Shortly after the release of Mr. Graves article a number of articles were released on peeing in chlorinated pool water could contribute to respiratory health issues according to the journal *Environmental Science & Technology*. From March to May of this year a number of very interesting postings and or articles have been released centered around urine in swimming pools. Back in October 2013, when I attended the World Aquatic Health Conference a single health session awareness lecture was on urine in the pool. Sitting through that lecture it was mind blowing stuff were being disclosed. Well, it's pre summer time and most likely a few more waves of blogs, postings or articles will be released on this topic. As of this date, I have come to the following conclusion concerning this much debated topic--Peeing in swimming pools:

- ✓ Thomas Lachocki, PhD & CEO of the National Swimming Pool Foundation (NSPF) believes that the issue of urination in pools is big and is truly preventable. He also points out "Anything we do to improve the situation of people peeing in the pool is smart for our customers and smart business."
- ✓ Intense laboratory tests have been made and are still being done. The results have disclosed that Uric acid is present in both sweat and urine, but the concentration is several hundred times higher in urine - according to tests done by Blatchley, Lushi Lian, Yue E and Jing Li. The pure science and facts of the byproduct that results when uric acid is being introduced to chlorine is still not clearly found in any great content.

- ✓ Indoor pools may generally give off more airborne compounds than outdoor pools. Chloroform can be formed during the break-down of chlorine-containing compounds, and may be found in swimming pool water. If a pool is giving off chloroforms and the pool is indoors. It may be unhealthy due to what is called stale air and poor air circulation issues each indoor pool will face. Looking up chloroform in Wikipedia it was alarming what I read, Animal studies have shown that miscarriages occur in rats and mice that have breathed air containing 30 to 300 ppm of chloroform during pregnancy and also in rats that have ingested chloroform during pregnancy. Offspring of rats and mice that breathed chloroform during pregnancy have a higher incidence of birth defects, and abnormal sperm have been found in male mice that have breathed air containing 400 ppm chloroform for a few days. The effect of chloroform on reproduction in humans is unknown. Unknown results on humans.....

- ✓ The current draft of the Federal Model Aquatic Health Code stipulates that restrooms must be 200 to 300 feet from the pool. Also a few aquatic specialists believe facilities and swim coaches should mandate breaks for swimmers to use the restroom. Promoting and encouraging better health awareness.

OK.....Let's get to the bottom line on this messy topic!

I hope as you read the above you became dismay. The more and more I read the more alarming I have gotten. The lack of the pure science that could help to dissolve or diffuse peeing in the pool is sad. Also the a few of the leaders in the sport of competitive swimming Ryan Lochte and Michael Phelps publicly stating that they have urinated while training is throwing out mix concepts of safety or fashionable. The bottom line---Anyone using a pool should never drink or let the pool water enter their mouths willingly. Water squirting from the mouth is now prohibited during any SGSG training session. The SGSG Coaching staff @ Smith will start a campaign on June 2nd to compact this topic.