



## **Wash Before You Swim: Clean Skin, Clear Water**

A campaign for clean pool water and safe, healthy swimming.

When everyone showers before swimming, water quality improves, the need for chemicals decreases, and the air stays fresher. Showering removes dirt, sweat and cosmetics from the skin – substances that would otherwise react with chlorine and weaken water quality. Showering saves chemicals, water and nerves.

When everyone showers, swimming facilities save water, energy and chemicals and everyone enjoys a cleaner, fresher swimming experience.

### **Clean skin, clear water**

Wash before you swim. It's a small action that benefits you, your fellow swimmers and the entire swimming facility.

## **Clean skin, clear water – why showering before swimming matters**

### **1. Showering reduces the chemical load in the pool**

Sweat, cosmetics, skin oils and other impurities are released from human skin and hair. When these substances enter the pool, they react with chlorine and form chlorine compounds (such as chloramines), which cause eye irritation, itchy skin and the typical “swimming pool smell”. The cleaner the skin, the fewer chemicals are needed to keep the water clean and safe.

### **2. Showering protects swimmers' health**

Impurities and potentially disease-causing microbes (such as *Pseudomonas aeruginosa*) can be carried into the pool and increase the risk of illness for others. Showering before swimming significantly reduces the risk of infections, especially when the pool is used by large numbers of people.

### **3. Not showering increases maintenance costs**

Oils and cosmetic residues carried into the pool soil filters and pool surfaces, increasing maintenance needs and costs. When everyone showers before swimming, the water stays clearer, the air stays fresher and pool maintenance becomes easier.

## **There are clear reasons for pool water quality standards and hygiene guidelines**

Requirements related to bacteria, water cleanliness and chlorine compounds are strict for a reason. As swimming pools are among the most popular indoor exercise facilities, there are significant differences in customers' immune systems and tolerance to chlorine compounds.

If disease-causing bacteria enter pool water, they can cause illness – especially in people with weakened immune systems due to illness or advanced age.

Chlorine compounds that evaporate from pool water into the air can cause respiratory symptoms for some people. Clean air is particularly important for competitive swimmers, who spend long periods in the pool.

When you consider all swimming facility users, you are also looking after your own teammates.

### **Myth Busters**

**“A huge amount of dangerous chlorine compounds evaporates from swimsuits in the sauna.”**

**Mostly a myth.** Today, pool water is kept so clean that chlorine levels can remain low. As a result, harmful amounts of chlorine compounds do not evaporate from swimsuits in saunas. The main reason for sauna use without swimwear is to prevent sweat and dirt from entering the pool via swimsuits.

**“You can urinate in the pool – it doesn't harm anyone.”**

**A myth.** Urine contains many substances that react with chlorine and form compounds harmful to health.

**“Not all swimming pools use chlorine.”**

**A myth.** All swimming pool water treatment systems use chlorine. In addition, complementary treatment methods such as ozonation and UV light may be used. Thanks to strict quality requirements and regular monitoring, chlorine levels today are lower than in the past.

**“If a pool smells strongly of chlorine, the water must be especially clean.”**

**A myth.** When the water is dirty, large amounts of chlorine compounds are formed, causing a strong chlorine odor.