

From the article:

Indoor swimming pools, water chlorination and respiratory health

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“...Swimming is generally considered to be a healthy leisure activity for both the young and old...”

“...Swimming is even often advised as the most appropriate sport for asthmatic children...”

“...For obvious reasons of microbiological safety, the water of public and private swimming pools must be disinfected. The most common procedure for water disinfection consists of chlorination. As with all human and technological intervention, the use of chlorine-based products to disinfect swimming water may lead to a number of unwanted effects, in particular the presence of chlorine-containing compounds in the air. Consequently, chlorination may affect the respiratory health of either those who work as swimming attendants or instructors, or those who use the pools as customers, particularly children and the general public, but also competitive swimmers...”

“... People working in such environments, such as pool supervisors or swimming teachers, are obviously exposed to these agents, and they may develop respiratory symptoms. However, not much is known about the long-term health risks that these irritants pose to employees. No health-based occupational exposure limits seem to exist for chloramines, although proposals have been made...”

“...The issue of swimming and respiratory health has recently received a great deal of attention in Belgium with the highly publicized results of a cross-sectional survey of schoolchildren, which claimed that swimming in chlorinated pools represents a hazard of pulmonary damage, and could even be responsible for the recently observed increase in asthma in Western societies...”

Full information: www.health.am/more/air_around_indoor_pods