

News Release

May 21, 2013

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Swim Season is Around the Corner!

Tips to enjoy the water and stay healthy Free workshops for commercial pool and spa owners

Sacramento, CA — Memorial Day weekend traditionally kicks off swim season in Sacramento. That means we'll soon be heading to the beaches and pools to soak up the sunshine and cool off. The week before Memorial Day (May 20–26) is Recreational Water Illness and Injury (RWII) Prevention Week.

Every year, thousands of Americans get sick with recreational water illnesses (RWIs), which are caused by germs found in places where we swim. The goal of this observance is to raise awareness about healthy and safe swimming behaviors, and how to prevent illnesses when enjoying swimming pools, hot tubs, water parks, water play areas, interactive fountains, lakes, rivers, or oceans.

2013 RWII Prevention Week Theme: *Swimmer Hygiene, "How We Swimmers Contaminate Pools"*

The theme for RWII Prevention Week 2013 is "How We Swimmers Contaminate Pools." It focuses on swimmer hygiene and the need for swimmers to take an active role in helping to protect themselves and prevent the spread of germs. A new State law requires a sign at the entrance area of each public pool that states, "Persons having currently active diarrhea or who have had active diarrhea within the previous 14 days shall not be allowed to enter the pool water." The Centers for Disease Control and Prevention (CDC) has developed a few simple and effective steps all swimmers can take each time we swim:

- **Keep the poop and pee out of the water.**
 - Don't swim when you have diarrhea.
 - Shower with soap before you start swimming.
 - Take a rinse shower before you get back into the water.
 - Take bathroom breaks every 60 minutes.
 - Wash your hands after using the toilet or changing diapers.
- **Don't swallow the water you swim in.**

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- **Take children on bathroom breaks every 60 minutes or check diapers every 30-60 minutes.**
 - Change diapers in the bathroom or diaper-changing area and not at poolside where germs can rinse into the water.

❖ The Sacramento County Environmental Management Department (EMD) in collaboration with Safe Kids has provided 1,000 brochures and activity booklets to kindergarten and first graders in the Elk Grove, Twin Rivers, and San Juan School districts on drowning prevention and healthy and safe swimming.

❖ Environmental Management Department (EMD) is holding free workshops for commercial pool and spa owners and operators on proper safety equipment and pool maintenance. Workshops have been shown to improve compliance and reduce the number of major violations.

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| ▪ Wednesday, May 22, 2013 | ▪ Wednesday, July 10, 2013 |
| ▪ Wednesday, June 5, 2013 | ▪ Wednesday, July 24, 2013 |
| ▪ Wednesday, June 19, 2013 | ▪ Wednesday, August 7, 2013 |

Time: All classes: **1:30 – 3:30 pm**

Address: EMD Headquarters, 10590 Armstrong Avenue, Mather, CA 95655

“EMD inspects more than 2,200 public pools and spas in Sacramento annually,” said John Rogers, Environmental Health Division Chief. Public pools and spas are associated with apartment complexes, fitness clubs, hotels, and water parks. “With common sense safety practices and proper pool maintenance, public pools and water parks are a great way to cool off, exercise, and have fun.”

On Tuesday, May 21, 2013, the Sacramento County Board of Supervisors will hear item #34 on their agenda, proclaiming May 20– 26, 2013 as Recreational Water Illness and Injury Prevention Week. The Board Chambers are located at 700 H Street, First Floor, Sacramento, CA.

For more information on recreational water illness and prevention, visit the following websites:

- Sacramento County Environmental Management Department www.emd.saccounty.net/EnvHealth/RecHealth/RecHealth.html
- Centers for Disease Control and Prevention www.cdc.gov/healthywater/swimming/rwi/rwi-prevent.html
- CDC’s Healthy Swimming www.cdc.gov/healthyswimming

View the most recent pool and spa facility inspection report at www.poolinspect.saccounty.net.

For additional information about swimming pool and spa inspections in Sacramento County and the FREE Workshops, contact EMD at (916) 875-8440 or email EMDinfo@Saccounty.net.

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