

SPORTSPARK SWIMWEAR POLICY

Water Quality

The Sportspark prides itself on maintaining an exceptionally high standard of water quality and our customers can help us with this by wearing the appropriate swimwear in the pool.

Items of swimwear allowed are:



swimming costumes, bikinis, tankinis, burkinis, trunks & swim shorts

Items of clothing NOT allowed include:

Cut off jeans, 'shorts' below the knee, underwear, t-shirts/leggings etc, wetsuits





April 2010

Pool temperatures Concern has been expressed by a number of pool operators that recommended swimming pool temperatures in the latest version of Swimming Pool Water have increased since the 1999 edition. The values in the table on page 37 are clearly maximum recommended values, not to be interpreted as targets. Although they are a degree higher than those stated in the 1999, the preamble to the table clearly states that pools may be able to operate one or two degrees below these values. The revised table below reflects this

Activity	Recommended temperature range
Competitive swimming and diving, fitness swimming, training	26°C to 28°C
Recreational swimming, adult teaching	27°C to 29°C
Leisure waters	28°C to 30°C
Children's teaching	29°C to 31°C
Babies, young children, disabled and infirm	30°C to 32°C
Hydrotherapy	30°C to 35°C
Spa pools	30°C to 40°C

Operators tempted to move towards higher temperatures should bear in mind that they can create a number of problems. Although they may please leisure swimmers and children, fitness and competitive swimmers can find them uncomfortable. There are a number of technical arguments against higher than necessary temperatures.

- Microorganisms multiply faster – up to twice as fast for a rise of 10 degrees C.
- Bathers get hotter – limiting serious swimming and increasing sweat and grease in the water.
- Increased perspiration will add to the levels of ammonia and urea in the pool producing more combined chlorine. Chlorine demand will increase simply to maintain free chlorine levels.
- Increase urea levels will increase the production of irritant nitrogen trichloride. This will need to be dealt with.
- Dissolved gases become less soluble – more bad smells (chloramines) and potentially harmful trihalomethanes; and pH value rises as carbon dioxide escapes.
- Energy costs, direct and indirect, are higher – whatever efficiency or conservation methods are used.
- Air temperatures, which are linked to those of the water, rise too – making the atmosphere less comfortable for staff and others (as can the higher moisture levels).
- There is more moisture in the pool atmosphere, even when relative humidity is controlled at the same level – with a risk of condensation and possibly corrosion and deterioration of the building fabric, structure and equipment.

With an increasingly wide variety of pool uses, and operators attempting to introduce more flexibility into programming, it is obviously difficult to select a single appropriate or optimum operating temperature for any particular pool. This is not such a problem for the dedicated small-volume teaching pool, but in a 25 or 50m pool the large volumes of water involved make it difficult to vary water temperatures rapidly in any one water area. Any changes required to suit programme needs must be capable of being achieved gradually. For example temperatures will tend to be lower at the start of the day and be slowly raised throughout the day. Conversely temperature will fall following backwashing and replenishment with fresh water. This means that the selection and accurate control of the optimum water temperature for each pool and each form of programmed use is essential.

The temperature of the pool hall air should normally be maintained at the water temperature – or no more than 1 degree C above or below. But it is recommended that air temperatures over 30°C should generally be avoided.

Sportspark Pool Temperatures

As a pool funded and designed primarily for competition and training, Sportspark operates within the guidelines highlighted in the first 2 categories of the table. Therefore, parents should be aware that our pool temperature is not ideal for babies and young children and they may wish to consider use of another pool. However, for those parents who would like their children to continue using the pool, we will also allow additional swimwear items to be worn by **children under 5 years old**, in order to help maintain an adequate body temperature.

Swimwear allowed for children under 5 years old:



Neoprene "Baby Wrap" designed to maintain body heat without restricting movement.

Knee-length suits designed to maintain body heat.



"Float suits" or neoprene "float jackets" designed for buoyancy without restricting movement.

Swimwear not allowed for children:

Longer than knee/elbow-length wetsuits/sun suits due to the extreme restriction of movement they cause



We do ask parents to help us maintain our water quality by ensuring that all such suits are washed prior to use in the pool - this will ensure there is no contamination from sea water, sun cream etc.

PLEASE HELP US TO KEEP OUR WATER CLEAN!