

# Wavelength

Spring 2012

Welcome to the Spring 2012 issue of the Wavelength. The Oakland County Health Division (OCHD) provides this annual newsletter as well as a free pool seminar (see details below) as part of our educational outreach to public swimming pool operators.

As a reminder, a State of Michigan Public Swimming Pool license must be renewed each calendar year and posted at the facility. An application and submittal instructions can be obtained by calling Teresa Fry, Michigan Department of Environmental Quality (DEQ), (517) 241-1353 or by e-mail at [fryt@michigan.gov](mailto:fryt@michigan.gov). In addition, OCHD charges an annual inspection fee of \$66.00 per pool. The fee is required for both new and renewal applications for the 2012 season and is separate from any fees charged by DEQ for licensure. [Click here](#) for a copy of the OCHD Environmental Services Application for Inspection/Review or copy and paste the URL:

[http://www.oakgov.com/health/assets/Documents/EH/eh\\_app\\_insp\\_review.pdf](http://www.oakgov.com/health/assets/Documents/EH/eh_app_insp_review.pdf)

Failure to submit the appropriate fee and complete the inspection process will result in forfeiture of your State of Michigan license for the following year. Call the OCHD Environmental Health Services office in Pontiac with questions regarding the license and/or inspection fees. An inspection cannot be done on your pool until all fees have been paid.

OCHD looks forward to building a strong working relationship with you and your staff. As you prepare for your pool opening this spring, we recommend you keep a copy of the State of Michigan Public Swimming Pool Rules on hand for reference. [Click here](#) or copy and paste the URL:

[http://www.michigan.gov/documents/deq/deq-dwrpd-eh-swmp1-SR\\_Rules\\_PRINT\\_COPY\\_2-8-01\\_270447\\_7.pdf](http://www.michigan.gov/documents/deq/deq-dwrpd-eh-swmp1-SR_Rules_PRINT_COPY_2-8-01_270447_7.pdf)

As always, feel free to contact us with questions. We wish you a safe and healthy swimming season.

## SPRING 2012 POOL SEMINAR: "Crack the Code: Michigan Public Swimming Pool Rules"

Join us for a review of the Michigan Department of Environmental Quality Pool Rules and gain insight into what to expect from your Oakland County Health Division annual public swimming pool inspection. Save the following date:

**Date:** Friday, April 27, 2012

**Cost:** Free

**Location:** Oakland County Executive Office Building  
East and West Oakland Conference Rooms  
2100 Pontiac Lake Rd, 41W  
Waterford MI 48328

**Schedule:**

8:30 am to 9:00 am - Registration

9:00 am to 1:00 pm - "Crack the Code: Michigan Public Swimming Pool Rules"

**Note:** No lunch break will be provided

Pre-enrollment required. To register, contact Richard C. Peresky at 248.858.1007 or by email at: [pereskyr@oakgov.com](mailto:pereskyr@oakgov.com). To register online go to: <http://www01.oakgov.com/servicesreg/default.aspx>

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Department of Health & Human Services

[oakgov.com/health](http://oakgov.com/health)

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FAX 248.424.7115

Click [EHS Pool Program](#) to view the OCHD pool website or copy and paste the URL:  
[http://www.oakgov.com/health/info\\_pub/eh\\_pool\\_program.html](http://www.oakgov.com/health/info_pub/eh_pool_program.html)

The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and federal eligibility requirements apply for certain programs.

**NEW AMERICANS WITH DISABILITIES ACT STANDARDS**

The Americans with Disabilities Act (ADA), which prohibits discrimination on the basis of disability, and requires accessibility to public buildings and facilities, now applies to public swimming pools. The 2010 ADA revisions required all existing and new pools to comply by March 15, 2012. Most pools are required to provide at least one accessible means of entry to the pool. Several public pools such as apartments, mobile home parks, and residential swim clubs, may be excluded.

The United States Department of Justice (DOJ) administers the ADA standards and is responsible for enforcement. More information can be found on their website at: <http://www.ada.gov/>. Local building departments may also assist with compliance.

Click here to view the Michigan Department of Environmental Quality (DEQ) guidance document to answer further questions, or copy and paste the URL:  
[http://www.michigan.gov/documents/deq/deq-rmd-dwehs-sp-adafaq\\_368038\\_7.pdf](http://www.michigan.gov/documents/deq/deq-rmd-dwehs-sp-adafaq_368038_7.pdf)

Oakland County Health Division is responsible for enforcing the Public Swimming Pool Rules and will refer all ADA related questions to the DEQ, DOJ and local building departments.

**LIFEGUARD AND CPR CREDENTIALS**

A lifeguard at a public swimming pool shall meet all of the following qualifications:

1. Be a capable swimmer and be skilled in lifeguarding methods.
2. Complete an acceptable course in adult, child, and infant cardiopulmonary resuscitation (CPR) with training in 2-person and resuscitation barriers of the type offered by the American Red Cross, the American Heart Association, or the National Safety Council.
3. Complete and pass a nationally recognized course of instruction, such as any of the following:
  - a. The American Red Cross lifeguarding course
  - b. The Young Men's Christian Association lifeguard course
  - c. The National Pool and Waterpark Pool lifeguard course
  - d. Star Guard Lifeguard Training Course
  - e. The Royal Lifesaving Society Canada lifeguard course
  - f. International Lifeguard Training Program by Jeff Ellis and Associates

**Certification in CPR:**

In addition to your first aid training, you will need to learn CPR to use on adults, children, and infants. It is ideal that you take this class either from the American Red Cross or the American Heart Association. These are the only two organizations whose CPR training is accepted by most health care professionals. The American Red Cross has extended their CPR certification from one year to two years.

Other CPR courses offered by the American Safety and Health Institute and the National Safety Council are also acceptable. Remember though that all CPR courses must be approved by the Michigan Department of Environmental Quality. If you have questions on whether a course is approved or not, please contact Oakland County Health Division prior to registering for the course.

The more training you have, the better your chances of saving a life once you've been certified as a lifeguard. For example, taking a Water Safety Instructor class from the American Red Cross allows you to work as a swimming instructor. Please note that the Water Safety Instructor course does not count as a lifeguard credential.

## CONTINGENCY PLAN ESSENTIALS

All public swimming pools are required to have a written contingency plan on site to address situations where blood, stool or vomit is introduced into the pool environment. Many operators have used the Suggested Practices for Contingency Response Plans by the Michigan Department of Environmental Quality (DEQ) as the basis for their contingency plan. [Click here](#) or copy and paste the URL:

[http://www.michigan.gov/documents/deq/deq-wd-eh-sp-suggprac\\_328068\\_7.pdf](http://www.michigan.gov/documents/deq/deq-wd-eh-sp-suggprac_328068_7.pdf)

It is important to know the details of these plans so that if and when a situation arises, the operator is able to respond immediately.

The contingency plan should outline responses to *limited contamination* and *gross contamination*. Limited contamination is when the amount of contaminant is not sufficient to consume the disinfectant residual present in the pool. An example of this would be a single fecal event where the pool volume is over 10,000 gallons and the pH and sanitizer residuals are within acceptable levels before and after the incident. Gross contamination is an event where all available sanitizer in the pool is consumed by the contaminant. Additionally, any contamination in pools of a volume less than 10,000 gallons is always classified as gross contamination.

### Procedures for responding to Limited Contamination with formed stool, blood or vomit:

1. The pool must be closed. Everyone must be directed to leave the pool enclosure, and access doors and gates are to be locked. If another pool is in the pool enclosure, it may stay open.
2. Solid contaminants must be removed using a net or scoop. Vacuuming is NOT recommended.
3. Raise the free chlorine level to 2ppm, and keep the pH between 7.2 to 7.5.
4. Maintain the free chlorine level and pH level as outlined in step 3 for at least 40 minutes. Monitor sanitizer levels before, during and after the incident. Make sure the filter is running during this time.
5. Document the incident on the monthly operational report (MOR).
6. The pool may be re-opened when the required sanitizer contact time has been achieved (40 minutes), and the sanitizer level and pH has been returned to normal.

### Procedures for responding to Limited Contamination from diarrhea:

1. Follow steps 1 and 2 above.

2. Raise the free available chlorine level to 20ppm, and maintain the pH between 7.2 and 7.5. Check the chlorine levels at 3 different places in the pool. Maintain this concentration for at least 12 hours, checking frequently.
3. Keep the filter running. Backwash the filter thoroughly after the contact time is achieved. Backwash water must be directed to the sanitary sewer or wastewater disposal system.
4. The pool may be re-opened when the pH and sanitizer levels are returned to normal.

### Procedures for responding to Gross Contamination:

1. Follow steps 1 and 2 in Procedures for Responding to Limited Contamination with formed stool, blood or vomit.
2. Drain the pool completely. Scrub all surfaces with a strong bleach solution (1 cup bleach per 3 gallons water).
3. Refill the pool.
4. Raise the level of free available chlorine to 5ppm and pH to 7.2 to 7.5.
5. Backwash the filters if they are sand. If using DE filters or cartridge filters, replace the filter media.
6. Operate the pool for at least 16 minutes with a free chlorine level of at least 5ppm and pH of 7.2 to 7.5.
7. Document the incident on the MOR. Report the incident to the local health department.
8. The pool may be re-opened when the pH and sanitizer levels are back to normal.

## SAFETY EQUIPMENT SPOTLIGHT

Ensuring the safety and welfare of guests and facility staff is central to the operation of a public swimming pool. A blood spill kit is a required resource.

The blood spill kit contains supplies used to clean up a blood spill. The supplies help to protect the user from infection.

An acceptable blood spill kit contains at least the following:

- A pair of medical-grade gloves
- An antimicrobial hand wipe

See State of Michigan Public Swimming Pool Rules, Rule 65, for additional safety equipment requirements.

## PREPPING FOR POOL SEASON

Make sure to do the following to prepare for opening your outdoor swimming pool:

1. Verify that you have a current license through the Michigan Department of Environmental Quality (DEQ).
2. Pay the 2012 Oakland County Health Division (OCHD) inspection fee. The \$66 fee is required for each swimming pool at your facility.
3. Submit a water sample to the OCHD lab or a DEQ certified laboratory to test for total coliform and standard plate count. Do not take a sample until the pool water has been balanced. Sample results must be 0 or non-detect for total coliform and less than 200 MPN/100ml for standard plate count.
4. If you were open the entire 2011 swimming pool season, you may submit a pool opening check list. [Click here](http://www.oakgov.com/health/assets/Documents/EH/eh_pools_opening_checklist.pdf) or copy and paste the URL:  
[http://www.oakgov.com/health/assets/Documents/EH/eh\\_pools\\_opening\\_checklist.pdf](http://www.oakgov.com/health/assets/Documents/EH/eh_pools_opening_checklist.pdf)  
or by calling (248) 858-1312. You only need to return the last page of the form to OCHD. You must receive OCHD approval prior to opening.
5. If you were closed by OCHD for any reason last year, you need to have an inspection prior to opening. It is best to call at least one week in advance to schedule an opening inspection.

## MODIFYING YOUR SWIMMING POOL?

Pool equipment may be changed or replaced when it breaks or becomes less effective. It may also be changed when the facility is updated. For outdoor pools, the best time to make changes is when the pool closes for the season. The Michigan Department of Environmental Quality (DEQ) Public Swimming Pool Rules require that an owner submit plans and details before work begins.

The DEQ reviews proposed changes to make sure they meet pool handling performance qualities. DEQ also ensures the changes will comply with rules, and the equipment is approved for commercial use. Before you decide to change equipment or modify your pool, turn in the "Public Swimming Pool Equipment Change Form" ([click here](#)) to Paul Sisson at the DEQ. It is available at:  
[http://www.michigan.gov/documents/deq/dnre-wb-dwehs-pools-equipchangeform\\_317704\\_7.pdf](http://www.michigan.gov/documents/deq/dnre-wb-dwehs-pools-equipchangeform_317704_7.pdf)

Complete the entire form and send it to Mr. Sisson by fax at (517)241-1328, or e-mail at [sissonp@michigan.gov](mailto:sissonp@michigan.gov) before any changes are made. Mr. Sisson can be reached by telephone at (517)241-1353.

Remember, DEQ approval is required before making any changes. Being proactive with pool modifications will lead to safer, more efficient operations.

## TIPS FROM THE LAB

Oakland County Health Division (OCHD) laboratory staff have some helpful suggestions to ensure proper evaluation of your water sample. Samples should be submitted to a drop off location the same day the sample was collected from the pool or spa. Once the bottle is filled with water, it must be delivered to the laboratory within 24 hours in order to be analyzed. Remember to write legibly and submit one copy of the form attached to the bottle with a rubber band, not tape. When attaching the form to the bottle, display the date and time on the outside so it can be read by laboratory staff. The following **MUST** be filled out on the sample form, or the sample will not be processed:

- "Location name/address" - Provide this information in the "Mail Results To" space.
- "Collected by" - Provide name AND phone number in the event contact is necessary.
- "Date" and "time" - Place this in the space next to your name. Samples will not be processed if the date and time collected are not on the form. [NOTE- do not fill out the "Previous Sample Date" section at the top of the page. That is for a different type of sample.]
- "Pool ID #" - This is the unique State ID number, beginning with 63. Fill in the box with the appropriate number. Each pool or spa has a unique number, even if multiple pools and spas are located at the same address.
- "Sanitizer type," "residual," and "pH," even if the bacterial test is satisfactory, are necessary to complete the water evaluation.

Pool water samples can be submitted to the OCHD Laboratory on Monday and Tuesday until 4:30 pm, and on Wednesday until 3:00 pm. Call OCHD for holiday closings and for a schedule of water sample drop off sites and times in your city.

### NOTE: NEW WATER SAMPLE PROCEDURES

OCHD began charging a fee for water sample analysis on January 3, 2012. Public swimming pools in Oakland County are exempt; however, the water sample forms changed from blue to yellow. Yellow forms are specific to all Oakland County public swimming pools. The yellow forms and bottles are available at OCHD offices in Pontiac and Southfield, as well as satellite water sample drop off locations. [Click here](#) for a list of these locations or copy and paste the URL:

[http://www.oakgov.com/health/info\\_pub/eh\\_pool\\_program.html](http://www.oakgov.com/health/info_pub/eh_pool_program.html)  
As always, the swimming pool ID number is required on all water sample forms. Please contact OCHD if you have any questions on the laboratory fees.

## CYANURIC ACID: CHALLENGES AND REMEDIES

Outdoor pools are subjected to conditions not found in most indoor facilities. Temperature, direct sunlight, and environmental contamination can impact water chemistry. Some pool owners choose to use cyanuric acid (CYN) as a stabilizer to reduce impacts to outdoor pool water chemistry. Reduction in free chlorine (Cl) level has been measured as much as 50% lower within an hour, when CYN is not used.

CYN is sold alone or mixed with Cl to create compounds also known as 'trichlor' or 'dichlor'. Trichlor usually has 90% available chlorine, lowers pH, dissolves slowly, and has a long shelf life. Dichlor usually has between 55-63% free chlorine, is quick dissolving, and leaves no residue.

Incorrect CYN levels lead to water problems. When low levels are present, ultraviolet sun rays can remove free Cl from water. When levels are above 80 ppm, it can bind Cl reducing its disinfectant capacity. Both can lead to high bacteria levels potentially causing illness.

## EMERGENCY TELEPHONES: CLARIFICATION AND REMINDERS

Every year emergency telephones are a main topic during almost every inspection. Rule 65 of the Michigan Department of Environmental Quality (DEQ) Public Swimming Pool Rules states:

A swimming pool owner shall provide a telephone or other suitable means of communication for emergencies. The owner may locate the telephone or other means of communication in any of the following areas:

- Within the pool enclosure.
- In another location approved, in writing, by the department. If another location is approved, the owner shall post a sign indicating the location of the telephone within the pool enclosure.

Emergency phones must be connected to land lines and posted with signage that indicates the phone numbers for emergency response agencies, and the name and address of the swimming pool, to assist emergency personnel in locating the facility. Cellular phone use and cordless phones are NOT approved methods for emergency telephones and 911 services.

The only department that may make decisions regarding alternate locations for emergency telephones is DEQ. Please contact the Oakland County Health Division at (248) 858-1312 with any questions.

## CHEMICAL STORAGE: WHAT TO DO AND WHY

Chemicals are important for maintaining safe pools, but they must be stored and used properly. The United States Centers for Disease Control (CDC) article "Acute Illness and Injury from Swimming Pool Disinfectants and Other Chemicals --- United States, 2002–2008" from the *Morbidity and Mortality Weekly Report* highlights injuries with pool chemical usage. [Click here](#) to access the article or copy and past the URL:

[http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6039a2.htm?s\\_cid=mm6039a2\\_x](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6039a2.htm?s_cid=mm6039a2_x)

The case studies, from six states, cover 584 cases mostly associated with mixing of reactive chemicals, spills, and releases.

The article describes several cases where improper chemical use at a pool caused injury. For example, a 39 year old man was in a pool when it was shocked. In another instance, a child stuck his head in a bucket of pool shock. Finally, a 42 year old woman breathed in chlorine granules when applying them to her pool. Each case described above resulted in hospitalization. People with respiratory problems such as asthma and allergies may have more severe reactions to chemical exposure.

"Recommendations for Preventing Pool Chemical-Associated Injuries" from the CDC Healthy Swimming web site ([click here](#) or copy and paste the URL):

<http://www.cdc.gov/healthywater/swimming/pools/preventing-pool-chemical-injuries.html>

covers how to work safely with chemicals. The article also looks at topics such as site design and accident response. It may be used as a review of pool practices before you open for the season.

Keep the following in mind when working with pool chemicals:

- Make sure to close the pool to the public before adding extra chemicals or shock. Users must exit the pool and all gates and public accesses should be locked.
- Limit access to the chemical storage room to people involved with pool operations. The room should be locked at all times.
- Be aware of ventilation issues, especially for indoor pools. Chemicals need to be stored in properly ventilated areas.
- Ensure all chemicals are labeled and stored in original containers, away from flammables and heat. Physical separation of incompatible chemicals must be provided.

Contact the Oakland County Health Division for help with chemical storage and use. We are here to assist you in making pool use a fun, safe, and enjoyable activity.

## AVOIDING RECREATIONAL WATER ILLNESS (RWI)

Consider the bacteria type called *Legionella pneumophila*. This germ causes flu-like, and more serious, respiratory illness. The sicknesses it causes have names like, "Hot Tub Lung," "Pontiac Fever" and Legionellosis. The most serious of these ailments is a severe type of pneumonia called "Legionnaires' disease". Legionnaires' disease can cause death in up to 30% of cases.

*Legionella* lives naturally in the environment, usually in water. It can grow in poorly maintained swimming pools and spas. It thrives in warm water. Bathers inhale the bacteria in the mists from aeration jets and spray features of affected pools. For these reasons, it is of particular concern for spa operators. Even strictly ornamental pools and fountains can cause *Legionella* illness if not well maintained. A person need not be immersed in water to be infected, but simply breathe contaminated air. *Legionella* is not known to spread person to person.

To help control *Legionella*:

1. Verify effective distribution of incoming disinfectant.
  - Point pool inlets down.
2. Verify adequate pool and spa disinfectant levels.
  - Test pool chemistry at least three times per day and adjust as necessary.
  - Choose a sample location that is representative of the pool. Avoid collecting water near an inlet.
3. Verify effective recirculation of returning pool and spa water.
  - Maintain an adequate water level in pools and spas to promote good skimmer or gutter function.
  - Regularly check the flow meter for adequate rate throughout the day and adjust as necessary.
  - Keep skimmers and gutters cleared of debris and in good repair.
  - Equalize the draw among skimmers using the flow regulator or "trimmer plate" secured to the skimmer bottom.
  - Regularly change the pump hair/lint strainer to remove collected debris.
  - Maintain a relative draw of 20% flow at the main drains and 80% at skimmers.
4. Faithfully maintain filters.
  - Monitor pressures where applicable.
  - Backwash or change cartridges as warranted.
  - Follow manufacturer's instructions.

5. Regularly drain, clean/scrub and disinfect a spa pool.
6. Maintain cooling towers, hot water tanks, plumbing and heating, ventilation, and air conditioning (HVAC) equipment in sanitary condition and good repair.

For more information about RWI, [click here](#) to visit the Centers for Disease Control & Prevention (CDC) website at:

[www.cdc.gov/healthywater/swimming](http://www.cdc.gov/healthywater/swimming)

## PROPER SWIMMING ATTIRE

"They are wearing THAT in the pool???" That can't be allowed. Someone should report it to the Health Division!" But honestly, the Michigan Department of Environmental Quality (DEQ) Public Swimming Pool Rules do not dictate specifically what can and cannot be worn in a public swimming pool.

Part 92 of the Rules has two simple requirements when it comes to swim apparel. First, it must be clean. Second, street clothes or shoes are not permitted in the pool. Many operators include comments about these rules on their operation signage using a wide variety of statements such as "MUST WEAR CLEAN SWIMSUITS" and "NO CUTOFFS ALLOWED." Additionally, note that lifeguards must be dressed in appropriate wear and ready to swim. For example, at the school pool where the teacher is the lifeguard, he or she must not be in street clothes and may not have on shoes. Footwear can be worn on-deck if it is clean, just not into the pool.

Historically what was acceptable for swimwear has changed. In Roman times, swimming was done nude. Between 1700 and 1880, nude bathing was banned in most European nations. Women's wear in many cultures then became a gown or two-piece suit covering from shoulders to knees. In the United States after the 1920's, bathing wear began to shrink and led to the bikini, introduced in 1950. Now, however, with the bikini and other more revealing swimwear so widespread, when we see something different, it raises questions.

Debates have been arising in public swimming areas due to different perceptions of modesty and cleanliness. Most swimwear is lined to protect modesty when materials become wet or see-thru. The majority of modest swimwear is likely more sanitary than some mainstream swimwear, even though it may look like it could be street clothes. For instance a t-shirt may be worn by a young girl over a bikini. If it is clean and not part of her attire from home. This would be acceptable.

*continued, page 7*

## IT COULD HAPPEN TO YOU...

The high school swimming pool was crowded and loud that Saturday morning. Two swim teams were holding practice in the deep end, while the tadpole class was simultaneously underway in the shallow end. Eighteen energy filled six month to four year olds, each with one doting parent, frolicked around practicing bubble blowing, ice cream scoops, jumping in, and dolphin kicks. Screeching and babbling with delight, my nine month old daughter radiated the occasional smile with each attempt to kick her legs under water without assistance.

Then, it happened. It transpired so quickly, I barely had time to process it all. I had just catapulted my daughter off the side of the pool and landed her gently in the water, when I felt a frantic tug on my arm. I turned my head to see what could possibly be tugging on my arm, with my child safe in my clutching grip, just as the teacher instructed. As I turned to look, the lifeguard was already there, pulling the little boy out of the water, like a hawk swooping down and trapping its prey. The boy had nearly drowned, right next to me, the swim team, and the other parents and children in the pool.

Thankfully the lifeguard attended to the boy in plenty of time. No medical attention was required. He just needed to sit out of the water to catch his breath for a few minutes, before he was happy to reenter the pool. His mother came running frantically over when she realized what had happened. She had left him on the side of the pool, instructing him to hold onto the ledge, while she took her other son out to practice his kicking.

The lifeguard did not seem affected. She had just saved a boy's life and acted like it was normal. I think I was more upset than she was. Being a health inspector, I am constantly checking on lifeguard and CPR credentials, making sure that all certifications are current, and that facilities are providing an adequate number of lifeguards, when required.

This event puts what I do in perspective. Though they may seem like just a formality, the importance of lifeguards should never be undervalued. The Michigan Department of Environmental Quality Public Swimming Pool Rules requires lifeguards at public swimming pools that are government owned, over 2,400 square feet, and/or if a diving board is provided. This requirement was mandated for a purpose, to promote safety in public swimming pools, which ultimately means protecting the health and welfare of all swimmers alike. Please use my experience as a reminder to all pool operators. If lifeguards are required at your pool, ensure they are provided, and current CPR and lifeguard certifications are maintained. Hopefully, if you are fortunate, your facility will never have to call upon your lifeguards for assistance. Nonetheless, you can rest assured that in the event of an emergency, your lifeguards will be ready to intervene, should a rescue be necessary.

## PROPER SWIMMING ATTIRE *continued from page 6*

A gentleman swimming in the same shorts that he just wore while out exercising or doing yard work would be a problem. Sometimes apparel is more directed by the activity—a swim meet might bring out the speedos and maillots, while a teen party might bring out the bikini and board shorts crew.

From a pool operator standpoint, the key thing to keep in mind while monitoring swim attire is the introduction of solids and contaminants into the pool from unclean swimwear and/or street clothes. This could affect the pool chemistry, similar to the rule that requires people to shower before entering the pool.

It may seem crazy, but a wide range of swimwear is acceptable to wear to the local pool. The varieties of styles are endless: tankinis, swim trunks, standard one-piece suits, or a velkini (common among Muslim cultures that require body and head coverings). What some people feel is appropriate may be the direct opposite of others. Depending on the day, activity, or group, you are likely to see a large variety of fashion at your local pool.



**YOU CAN QUIT**  
We can HELP

**800-QUIT-NOW**  
1-800-784-8669

Contact 248-858-8745 for further information on tobacco dependence.

The Michigan Department of Community Health offers many solutions to those who want to quit tobacco. Finding the right one is up to each individual and our encouragement is to visit the MICHIGAN Quit Tobacco Tools and resources website.

**Quit**  
**OAKLAND COUNTY MICHIGAN HEALTH DIVISION**  
Department of Health & Human Services  
oakgov.com/health