



[Healthy Swimming/Recreational Water](#)

Swimming and other water-related activities are excellent ways to get the physical activity needed for a healthy life, and millions of people enjoy oceans, lakes, rivers, pools, and spas each year. However, it is important to be aware of ways to prevent water-related adverse health events, such as sunburn and other injuries, drowning, and recreational water illnesses (RWIs). CDC's Healthy Swimming program provides information for the public and health professionals (for example, outbreak response toolkits and the Model Aquatic Health Code) on a variety of subjects.

Pools & Hot Tubs



Every year, recreational water venues (for example, swimming pools, hot tubs, lakes, and oceans) receive more than 360 million visits from individuals around the country [\(1\)](#). This makes swimming the third most popular recreational activity in the United States and the most popular recreational activity for children [\(1\)](#). The [benefits of water-based exercise](#) are numerous, but to truly enjoy a safe and healthy swimming experience it is important for [swimmers and hot tub users](#) to know the steps they should take to protect themselves and others from potential health risks.

Aquatics professionals have a responsibility to provide a safe and healthy swimming environment for their patrons. Maintaining good water quality requires pool operators and staff to have specific skills (which can be gained through [training, education, and certification courses](#)), including:

- An understanding of appropriate [aquatics facility design and operation](#)
- Training in proper [disinfection \(using pH and chlorine\) and remediation](#) methods for use after water and surface contamination

