

## What is The Ideal Temperature For a Commercial Swimming Pool ?

### Competitive Swimming Temperature Regulations

Turns out there are rules for water temperature for competitive swimming. Olympic swimming, the Red Cross and FINA (The international governing body of swimming, diving, water polo, synchronized swimming and open water diving), have set the water temperature for competitive swimming between 25°-28°C, 27°C for synchronized swimming. Warmer water is less dense and therefore less friction as a swimmer's body moves through it. Standard water

### What Temperature is Too Warm for a Commercial Pool?

Pools with water that is too warm can be harmful to swimmers in a number of ways : dehydration, muscle cramps and overheating of the body are just some of the complications athletes can suffer from when the water is too warm.

Water chemistry is another factor that comes into play when the water is too warm it is very problematic to treat warm water with chemicals. Bacteria, algae and other organisms thrive under warm water conditions this is obviously harmful not just for athletes but the general public in a commercial swimming pool, for competitive pools the water should be no higher than 28°C, for recreational pools the recommended maximum is 29°C.

### What Temperature is Too Cold for a Commercial Pool?

The obvious hazard with cold water is that it shocks the system. But there are more dangerous aspects to it too, when the water is too cold, it can have fatal effects to the swimmer's heart, those with heart problems can go into cardiac arrest.

When the pool water is too cold the chemical reactions slow down, chlorine demand slows down, which can create over chlorination issues if the dosage rate is not adjusted. Another issue that may arise is the fact that most Salt Chlorine Generators will not operate if the water temperature is below roughly 15°C.

***Most hotels and resorts keep the temperature of their pools at a comfortable 27° to 29°C. This is warm enough for comfortable swimming and lounging. Same for most condominium units institutional and public pools.***

At the fifth **ANNUAL GENERAL MEETING** of the Pezula Private Residence Club Shareblock Company Limited, the attending shareholders agreed to a **maximum pool temperature setting of 29°C** and that this temperature is not to be increased under any circumstances.