

PEOPLE WHO SUFFER FROM ASTHMA

Here's a report from the European Respiratory Society: "Swimming is generally considered to be a healthy leisure activity for both the young and old. Swimming is even often advised as the most appropriate sport for asthmatic children. However, for obvious reasons of microbiological safety, the water of public and private swimming pools must be disinfected. The most common procedure for water disinfection consists of chlorination. As with all human and technological intervention, the use of chlorine-based products to disinfect swimming water may lead to a number of unwanted effects, in particular the presence of chlorine-containing compounds in the air.

Consequently, chlorination may affect the respiratory health of either those who work as swimming attendants or instructors, or those who use the pools as customers, particularly children."

There is no doubt about it. Chlorinated pool water will exacerbate an asthmatic condition. It has been known to trigger asthma attacks especially in young children. It's another good reason to find a better alternative.