

Science Says Swimming is Safe

The Centers for Disease Control and Prevention (CDC) [says](#): There is no evidence that COVID-19 can spread to people through recreational water. However, it is important to limit close contact with people outside of your home when visiting public pools, hot tubs, and water playgrounds, as well as natural bodies of water—like beaches and lakes—to slow the spread of COVID-19.

The CDC [continued](#): CDC is not aware of any scientific reports of the virus that causes COVID-19 spreading to people through the water in pools, hot tubs, or water playgrounds. Plus, proper operation of public pools, hot tubs, and water playgrounds (such as at an apartment complex or owned by a community) and disinfection of the water (with chlorine or bromine) should inactivate the virus.

Proper Swimming Procedures That Can Keep Individuals Safe

The CDC and USA Swimming recently hosted a webinar to outline mitigation tools to reduce the risk of COVID-19 transmission. A short video is available [here](#) and the entire webinar is [here](#).

This [video](#) details how USA Swimming has and will continue to host practices and [events](#), including but not limited to wearing a mask at all times except when swimming, daily temperature checks prior to participating and regularly disinfecting commonly touched surfaces at the pools.