

THE NEGATIVE EFFECTS OF THE CHLORINATED POOLS ON THE SWIMMERS' HEALTH

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Abstract

Evolving technology and science allows us to find out more and more things about our environment that is surrounding us and its effects on our body and health, as well positive as negative. In the latest years, scientists have found out that swimming daily in chlorinated pools, especially indoors ones, have a negative effect on the health. That is because of the high-level chlorine found in the swimming pools. Studies and statistics have showed that exercising competitive swimmers, especially younger ones are exposed to absorb in their organism chlorine via the skin or to inhale it. This can cause asthma- other respiratory problems, hypersensitivity or even dental enamel corrosion. Nowadays, different methods are tried in order to reduce chlorine concentration in the water. The ozonation seems to be one of the most effective solutions. One thing is sure: the negative effects of the chlorine on the human body are already proved and something needs to be done.

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