

NARCH Guidance for water management

On a daily basis you should:

- Test the pool/treadmill water 2-3 times per day (more if re-tests are required following adding any chemicals) if the pool/treadmill is operational. The following should be recorded when testing:
 - Free chlorine (bromine)
 - Total chlorine (bromine)
 - pH
 - Temperature
 - Who did the test and at what time
 - Any action taken
 - Re-test results if chemicals added

Note: Action taken may include the addition of any chemicals, the quantity of chemicals added, cleaning of pump baskets/skimmer baskets, backwashing etc

On a weekly basis you should:

- Backwash or clean filters (more often in pools/water treadmills with a heavy load or low water volume);
- Calculate water balance – is water corrosive or scale forming? temperature, hardness, alkalinity, total dissolved solids
- Review test results/patterns and adjust procedures if necessary to maintain correct disinfection levels

On a monthly basis you should:

- Send a sample of both pool and water treadmill water for microbiological water testing. The testing should include: heterotrophic colony count; coliform bacteria, and pseudomona aeruginosa
- If applicable send a sample for legionnaires disease – for more information follow this link: <http://www.hse.gov.uk/healthservices/legionella.htm>

On an annual basis you should:

- Service and check all electrical and mechanical equipment
- Calibrate water test equipment
- Change the filter agent

Recommended levels:

Free Chlorine 2ppm-3ppm – shock to over 6ppm on a weekly basis. Do not treat dogs if under 1ppm

pH: 7.2-7.6

Bromine 4ppm-6ppm

Temp: The safe and comfortable temperature range is 28.0 – 31 degrees celcius. However it is strongly advised to stay at 29 to 30 degrees celcius to obtain maximum therapeutic benefits for



patients. If the pool building is particularly warm or in very hot weather conditions it may be advisable to keep water temperature between 28 and 29 degree Celsius.

Approved equipment for testing:

- Comparator
- Photometer
- Pool and Spa test strips