

## Appendix A CDC-RWI publication

*Healthy Swimming*

# Fecal Incident Response Recommendations for Pool Staff\*

## What do you do when you find poop in the pool?



\*Check for existing guidelines from your local or state regulatory agency before use. CDC recommendations do not replace existing state or local regulations or guidelines.

- These recommendations are for responding to fecal incidents in chlorinated recreational water venues.
- Improper handling of chlorine-based disinfectants can cause injury. Follow proper occupational safety and health requirements when following these recommendations.
- **Pool Closures:** Fecal incidents are a concern and an inconvenience to both pool operators and patrons. Pool operators should carefully explain to patrons why the pool needs to be closed in response to a fecal incident. Understanding that pool closure is necessary for proper disinfection and protection of the health and safety of swimmers is likely to promote support rather than frustration. Pool closures allow chlorine to do its job — to kill germs and help prevent recreational water illnesses (RWIs).

[www.cdc.gov/healthyswimming](http://www.cdc.gov/healthyswimming)

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<http://www.cdc.gov/healthywater/pdf/swimming/pools/fecal-incident-response-recommendations.pdf>

# Important background info...

## WHAT ARE RECREATIONAL WATER ILLNESSES (RWIs)?

What is the first thing that pops into your head when you think about water safety? Drowning? Slipping? Lightning? All good answers, and all are very important. But, did you know that germs can contaminate swimming water? These germs cause RWIs that have made many people sick.

RWIs are caused by germs such as "Crypto" (KRIP-toe), short for *Cryptosporidium*, *Giardia* (gee-ARE-dee-uh), *E. coli* O157:H7, and *Shigella* (Shi-GEL-uh).

## HOW ARE RWIs SPREAD?

RWIs are spread by swallowing pool water that has been contaminated with fecal matter. How? If someone has diarrhea, that person can easily contaminate the pool. Think about it. Pool water is shared by every swimmer. Really, it's communal bathing water. It's not sterile. It's not drinking water.

The good news is that germs causing RWIs are killed by chlorine. However, chlorine doesn't work right away. It takes time to kill germs and some germs like Crypto can live in pools for days. Even the best maintained pools can spread illness.

## SHOULD ALL FECAL INCIDENTS BE TREATED THE SAME?

No. A diarrheal fecal incident is a higher-risk event than a formed-stool incident. With most diarrheal illnesses, the number of infectious germs found in each bowel movement decreases as the diarrhea stops and the person's bowel movements return to normal. Therefore, a formed stool is probably less of a risk than a diarrheal incident that you may not see.

A formed stool may contain no germs, a few, or many that can cause illness. You won't know. The germs that may be present are less likely to be released into the pool because they are mostly contained within the stool. However, formed stool also protects germs inside from being exposed to the chlorine in the pool, so prompt removal is necessary.

## **Germ Inactivation Time for Chlorinated Water\***

Germ	Time
<i>E. coli</i> O157:H7 Bacterium	Less than 1 minute
Hepatitis A Virus	About 16 minutes
<i>Giardia</i> Parasite	About 45 minutes
Crypto Parasite	About 15,300 minutes or 10.6 days <sup>†</sup>

## SHOULD YOU TREAT A FORMED FECAL INCIDENT AS IF IT CONTAINS CRYPTO?

No. In 1999, pool staff volunteers from across the country collected almost 300 samples from fecal incidents that occurred at water parks and pools.<sup>††</sup> CDC then tested these samples for Crypto and *Giardia*. None of the sampled feces tested positive for Crypto, but *Giardia* was found in 4.4% of the samples collected. These results suggest that formed fecal incidents pose only a very small Crypto threat but should be treated as a risk for spreading other germs (such as *Giardia*). Remember a diarrheal fecal incident is considered to be a higher-risk event than a formed-stool fecal incident.

\* 1 parts per million (ppm) or mg/L free chlorine at pH 7.5 or less and a temperature of 77°F (25°C) or higher.

<sup>†</sup> Shields JM, Hill VR, Arrowood MJ, Beach MJ. Inactivation of *Cryptosporidium parvum* under chlorinated recreational water conditions. J Water Health 2008;6(3):513–20.

<sup>††</sup> CDC. Prevalence of Parasites in Fecal Material from Chlorinated Swimming Pools — United States, 1999. MMWR 2001;50(20):410–2.

# What do I do about...

## formed stool in the pool?

Formed stools can act as a container for germs. If the fecal matter is solid, removing the feces from the pool without breaking it apart will limit the degree of pool contamination. In addition, RWIs are more likely to be spread when someone who is ill with diarrhea has a fecal incident in the pool.

## diarrhea in the pool?

Those who swim when ill with diarrhea place other swimmers at significant risk for getting sick. Diarrheal incidents are much more likely than formed stool to contain germs. Therefore, it is important that all pool managers stress to patrons that swimming when ill with diarrhea is an unhealthy swimming behavior.

1. **For both formed-stool and diarrheal fecal incidents,** close the pool to swimmers. If you have multiple pools that use the same filtration system — all pools will have to be closed to swimmers. Do not allow anyone to enter the pool(s) until the disinfection process is completed.
  2. **For both formed-stool and diarrheal fecal incidents,** remove as much of the fecal material as possible (for example, using a net or bucket) and dispose of it in a sanitary manner. Clean and disinfect the item used to remove the fecal material (for example, after cleaning, leave the net or bucket immersed in the pool during disinfection).
- VACUUMING STOOL FROM THE POOL IS NOT RECOMMENDED.

3. Raise the free chlorine to 2 parts per million (ppm), if less than 2 ppm, and ensure pH 7.5 or less and a temperature of 77°F (25°C) or higher. This chlorine concentration was selected to keep the pool closure time to approximately 30 minutes. Other concentrations or closure times can be used as long as the contact time (CT) inactivation value\* is achieved (see next page).
4. Maintain free chlorine concentration at 2 ppm and pH 7.5 or less for at least 25 minutes before reopening the pool. State or local regulators may require higher free chlorine levels in the presence of chlorine stabilizers,<sup>†</sup> which are known to slow disinfection. Ensure that the filtration system is operating while the pool reaches and maintains the proper free chlorine concentration during the disinfection process.



3. If necessary, before attempting the hyperchlorination of any pool, consult an aquatics professional to determine the feasibility, the most optimal and practical methods, and needed safety considerations.
4. Raise the free chlorine concentration to 20 ppm<sup>§</sup> and maintain pH 7.5 or less and a temperature at 77°F (25°C) or higher. The free chlorine and pH should remain at these levels for at least 12.75 hours to achieve the CT inactivation value of 15,300.\*\* **Crypto CT inactivation values are based on killing 99.9% of Crypto. This level of Crypto inactivation cannot be reached in the presence of 50 ppm chlorine stabilizer, even after 24 hours at 40 ppm free chlorine, pH 6.5, and a temperature of 77°F (25°C).†† Extrapolation of these data suggest it would take approximately 30 hours to kill 99.9% of Crypto in the presence of 50 ppm or less cyanuric acid, 40 ppm free chlorine, pH 6.5, and a temperature of 77°F (25°C) or higher.**
5. Confirm that the filtration system is operating while the water reaches, and is maintained, at the proper chlorine level for disinfection.
6. Backwash the filter after reaching the CT inactivation value. Be sure the effluent is discharged directly to waste and in accordance with state or local regulations. Do not return the backwash through the filter. Where appropriate, replace the filter media.
7. Allow swimmers back into the water only after the required CT inactivation value has been achieved and the free chlorine and pH levels have been returned to the normal operating range allowed by the state or local regulatory authority.

Establish a fecal incident log. Document each fecal incident by recording date and time of the event, whether it involved formed stool or diarrhea, and the free chlorine and pH levels at the time of observation of the event. Before reopening the pool, record the free chlorine and pH levels, the procedures followed in response to the fecal incident (including the process used to increase chlorine levels if necessary), and the contact time.

\* CT inactivation value refers to concentration (C) of free chlorine in ppm (or mg/L) multiplied by time (T) in minutes at a specific pH and temperature.

† Chlorine stabilizers include compounds such as cyanuric acid, dichlor, and trichlor.

§ Many conventional test kits cannot measure free chlorine levels this high. Use chlorine test strips that can measure free chlorine in a range that includes 20–40 ppm (such as those used in the food industry) or make dilutions with chlorine-free water when using a standard DPD test kit.

§ If pool operators want to use a different free chlorine concentration or inactivation time, they need to ensure that CT inactivation values always remain the same (see next page for examples of how to accomplish this).

\*\* Shields JM, Hill VR, Arrowood MJ, Beach MJ. Inactivation of *Cryptosporidium parvum* under chlorinated recreational water conditions. J Water Health 2008;6(3):513–20.

†† Shields JM, Arrowood MJ, Hill VR, Beach MJ. The effect of cyanuric acid on the chlorine inactivation of *Cryptosporidium parvum*. J Water Health 2008; 7(1): 109–114.

## Pool disinfection time...

How long does it take to disinfect the pool after a fecal incident? This depends on what type of fecal incident has occurred and at which free chlorine levels you choose to disinfect the pool. If the fecal incident is formed stool, follow Figure 1, which displays the specific time and free chlorine levels needed to inactivate *Giardia*. If the fecal incident is diarrhea, follow Figure 2, which displays the specific time and free chlorine levels needed to inactivate Crypto.

**Figure 1 *Giardia* Inactivation Time for a Formed-Stool Fecal Incident**

Free Chlorine Level (ppm)	Disinfection Time*
1.0	45 minutes
2.0	25 minutes
3.0	19 minutes

\* These closure times are based on 99.9% inactivation of *Giardia* cysts by chlorine at pH 7.5 or less and a temperature of 77°F (25°C) or higher. The closure times were derived from the U.S. Environmental Protection Agency (EPA) Disinfection Profiling and Benchmarking Guidance Manual. These closure times do not take into account "dead spots" and other areas of poor pool water mixing.

**Figure 2 Crypto Inactivation Time for a Diarrheal Fecal Incident**

Free Chlorine Level (ppm)	Disinfection Time*†
10	1,530 minutes (25.5 hours)
20	765 minutes (12.75 hours)
40	383 minutes (6.5 hours)

\* Shields JM, Hill VR, Arrowood MJ, Beach MJ. Inactivation of *Cryptosporidium parvum* under chlorinated recreational water conditions. J Water Health 2008;6(3):513–20.

† At pH 7.5 or less and a temperature of 77°F (25°C) or higher.



The **CT inactivation value** is the concentration (C) of free chlorine in ppm multiplied by time (T) in minutes (CT inactivation value = C x T). The CT inactivation value for *Giardia* is 45 and the CT inactivation value for Crypto is 15,300 (pH 7.5 or less and a temperature of 77°F [25°C] or higher). If you choose to use a different free chlorine concentration or inactivation time, you must ensure that the CT inactivation values remain the same.

For example, to determine the length of time needed to disinfect a pool after a diarrheal incident at 15 ppm, use the following formula: C x T = 15,300.

Solve for time: T = 15,300 ÷ 15 ppm = 1020 minutes or 17 hours. It would take 17 hours to inactivate Crypto at 15 ppm.



## Hyperchlorination to kill *Cryptosporidium*\*

www.cdc.gov/healthywater/swimming

*Cryptosporidium* (or “Crypto”) is a chlorine resistant parasite, so even well-maintained pools, water parks, and interactive fountains can spread Crypto among swimmers. If an outbreak of Crypto infections occurs in your community, the health department might ask you to hyperchlorinate. Additionally, to help keep Crypto levels in the water low, you might choose to hyperchlorinate regularly (for example, weekly). If necessary, consult an aquatics professional to determine and identify the feasibility, practical methods, and safety considerations before attempting to hyperchlorinate.

**Step 1:** Close the pool to swimmers. If you have multiple pools that use the same filtration system — all pools will have to be closed to swimmers and hyperchlorinated. Do not allow anyone to enter the pool(s) until hyperchlorination is completed.

**Step 2:** Raise the free chlorine concentration (see Table) and maintain pH 7.5 or less and the temperature at 77°F (25°C) or higher.

**Step 3:** Achieve a contact time (CT) inactivation value of 15,300 to kill Crypto. The CT inactivation value refers to the concentration of free chlorine in parts per million (ppm) multiplied by time in minutes at a specific pH and temperature (see footnote <sup>§</sup> for guidance if chlorine stabilizer is used).

Use the formula below to calculate contact time (CT)				
Parts per million (ppm) free chlorine	x	Minutes	=	CT
20 <sup>†</sup>	x	765	=	15,300 <sup>§-§</sup>
10	x	1,530	=	15,300

**Step 4:** Confirm that the filtration system is operating while the water reaches and is maintained at the proper chlorine level for disinfection.

**Step 5:** Backwash the filter thoroughly after reaching the CT inactivation value. Be sure the effluent is discharged directly to waste and in accordance with state or local regulations. Do not return the backwash through the filter. Where appropriate, replace the filter media.

**Step 6\*\*:** Allow swimmers back into the water only after the required CT inactivation value has been achieved and the free chlorine and pH levels have been returned to the normal operating range allowed by the state or local regulatory authority.

\* Check for existing guidelines from your local or state regulatory agency before use. CDC recommendations do not replace existing state or local regulations or guidelines.

<sup>†</sup> Many conventional test kits cannot measure free chlorine levels this high. Use chlorine test strips that can measure free chlorine in a range that includes 20–40 ppm or mg/L (such as those used in the food industry) or make dilutions for use in a standard DPD test kit using chlorine-free water.

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\*\* CDC does not recommend testing the water for Crypto after hyperchlorination is completed. Although hyperchlorination destroys Crypto’s infectivity, it does not necessarily destroy the structure of the parasite.

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<http://www.cdc.gov/healthywater/pdf/swimming/pools/hyperchlorination-to-kill-cryptosporidium.pdf>