

**RESOLUTION 139(24)**

April 24, 2024

WHEREAS, the week before Memorial Day has been designated **National Healthy and Safe Swimming Week**; and

WHEREAS, Americans swim hundreds of millions of times in pools, oceans, lakes, rivers, and hot tubs. To stay healthy and safe while you enjoy the water, it is important to understand how to prevent illness, sunburn, and drowning; and

WHEREAS, swimming is the fourth most popular sports activity in the United States and a good way to get regular aerobic physical activity, but thousands of Americans get sick with recreational water illnesses, which are caused by germs found in places where we swim; and

WHEREAS, recreational water illness is preventable, but prevention requires swimmers to take an active role in protecting themselves and other swimmers by practicing good hygiene, not swallowing pool water, checking diapers, showering for one minute, etc. before entering the water; and

WHEREAS, more children ages 1–4 die from drowning than any other cause of death. For children ages 5–14, drowning is the second leading cause of unintentional injury death after motor vehicle crashes; and


WHEREAS, when in the water, it is important to use life jackets that fit for younger or weaker swimmers, provide continuous, attentive supervision close to the swimmers even if there is a lifeguard and avoid alcohol and drugs when swimming or watching swimmers; and

WHEREAS, pool chemicals, like chlorine, are needed to protect swimmers' health. However, pool chemical injuries lead to about 4,500 U.S. emergency department visits each year, and over one-third of these preventable injuries are in children or teens.

NOW, THEREFORE, BE IT RESOLVED, by the OCEAN COUNTY BOARD OF HEALTH, County of Ocean, State of New Jersey does hereby proclaim **May 20-26, 2024**, as **NATIONAL HEALTHY AND SAFE SWIMMING WEEK**. We urge everyone to take the steps to prevent germs from causing recreational water illnesses and to keep germs out of the pool in addition to taking steps to reduce the risk of drowning and pool chemical injuries.

BE IT FURTHER RESOLVED that certified copies of this resolution shall be sent to the Ocean County Board of Commissioners.

Name	Bacchione	Gupta	Hill	Kubiel	Laureigh	Mancini	Scaturro	Singer	Mallon
Ayes	✓	✓	✓	✓	✓	✓	✓	✓	✓
Abstain									
Nays									
Absent									

  
Secretary/Treasurer