

# Memorandum

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To: ALL MOUNTAIN FITNESS CENTER MEMBERS

From: The Staff at Mountain Fitness

Date: September 9, 2015

RE: Swimwear Fading Due To Pool and Hot Tub Chlorine

We've had a few concerns from our members and patients regarding their swimsuits' fabric fading and quickly degrading due to chlorine in our pool and hot tub.

**There are a few reasons for this, which we would like to share with you:**

Although the pool has been recently converted to saline, it uses the chloride from salt (sodium chloride) to chlorinate the water. It is not as harsh as the chemical type typically used, however it is still chlorine. Chlorine is known as a disinfecting and bleaching agent. The hot tub has not been converted.

Because the pool here at The Wellness Center is a medical therapy pool, recent State regulations have nearly doubled the chlorine content necessary to meet Health and Safety Code requirements. As required, the pool chlorine content is tested by our staff every 3 hours, the hot tub every 1.5 hours, and is adjusted as needed so it is consistently at these levels.

The most common fabric used for swimwear is Lycra/Spandex. While chlorine helps to keep our pools free from contamination, it does a number on this synthetic fabric. When it was invented by chemists at DuPont in the 1950's, it revolutionized the clothing industry. Soon it was being utilized in all kinds of applications, including exercise apparel and swimsuits.

Lycra, while versatile and inexpensive, does not hold up well in chlorinated water. Our pool is kept heated. The addition of heat to chlorine increases the corrosive effects of chlorine on Lycra.

**Here's a few suggestions to help your swimwear last longer in our saline pool and chlorinated hot tub.**

1. Rinse your suit in water **BEFORE** entering the pool. This will fill the dry fibers with unchlorinated water first, so the material will not be able to absorb as much chlorinated water as it would if it were dry. Also, Rinse **AFTER** exiting the pool to rinse out the chlorine.
2. Wash your suit with gentle care soap in your sink when you return home.
3. Use a chlorine-removal product, usually a spray which helps remove chlorine.
4. Replace your swimwear with one that's made with a chlorine resistant fabric.

**For safety and courtesy, please remember to dry off completely before leaving the pool area!**

**Thank you,  
Mountain Fitness Staff**

9/23/2015