



# Asthma and swimming

This fact sheet covers how you are able to participate in swimming and other disciplines, if you are living with asthma.

## What is asthma?

Asthma is a common, chronic inflammatory condition affecting the lungs and airways. Approximately eight million people in the UK have asthma. When exposed to a range of stimuli (including fumes, exercise, cold air, pollen) individuals with asthma may experience wheezing, coughing, chest tightness or shortness of breath. Severe attacks of asthma are rare but can be life-threatening.

## What you need to know about asthma and swimming

- Swimming is a preferred activity for many children and adults with asthma and is associated with a range of health benefits including improved physical fitness and mental well-being.
- Traditionally swimming has been recommended for people with asthma, as the warm and humid environment is less provocative.
- Some recent studies have suggested a possible link between asthma symptoms and the use of chlorinated pools. The underlying thinking is that pool chlorine, and its by-products, may act as an airway irritant.
- Based on the current research, there is no strong evidence to suggest that recreational swimming can make well-controlled asthma worse. Indeed small studies suggest that swimming may have a beneficial effect on lung function, general fitness and asthma symptoms.

## Tips for swimming with asthma

### Do:

- use the 'nose' test. If you notice a strong chemical smell after being in the pool environment for more than three minutes, then it may suggest an imbalance in the pool chemicals or problems with pool ventilation. You should not spend long in the water and inform the pool management
- always shower prior to entering the water to help maintain good water conditions
- always keep your 'reliever' inhaler poolside
- consider using your 'reliever' inhaler (as prescribed) 10 minutes before starting your swim
- warm up and cool down appropriately to reduce the risk of exercise induced asthma
- consult your GP if swimming seems to make your asthma worse, it may be a sign that your current treatment is not optimal.

### Don't:

- swim on days where your asthma symptoms are troubling, or if you have a bad cold.

## Specific tips for participating in other disciplines with asthma

### Open water swimming:

- **Do:** remember that the water temperature is likely to be colder, which may affect your asthma. Wearing a well-fitting wetsuit may help.
- **Do:** carry your inhaler with you if swimming far from the shore. A waterproof wallet or waist bag can be helpful.

### If you are swimming abroad:

- **Do:** remember that different climates may affect your usual asthma control especially changes in humidity, pollen count or air quality. You may need to modify your inhaler use if necessary, discuss this with your GP or asthma nurse before you travel.
- **Do:** consider local pool hygiene standards as these may be variable.

## Additional advice

**Asthma UK:** [asthma.org.uk/](https://asthma.org.uk/)