

Massachusetts Department
of Public Health



105 CMR 435.00: Minimum Standards for Swimming Pools, State Sanitary Code Chapter V

Spring 2026

Nicholas Gale

Pool Specialist, Environmental Analyst III

Why We Regulate - MA DPH Mission and Vision

The mission of the Massachusetts Department of Public Health (DPH) is to promote and protect health and wellness and prevent injury and illness for all people, prioritizing racial equity in health by improving equitable access to quality public health and health care services and partnering with communities most impacted by health inequities and structural racism.

We envision a Commonwealth with an equitable and just public health system that supports optimal well-being for all people in Massachusetts, centering those with systemically and culturally oppressed identities and circumstances.

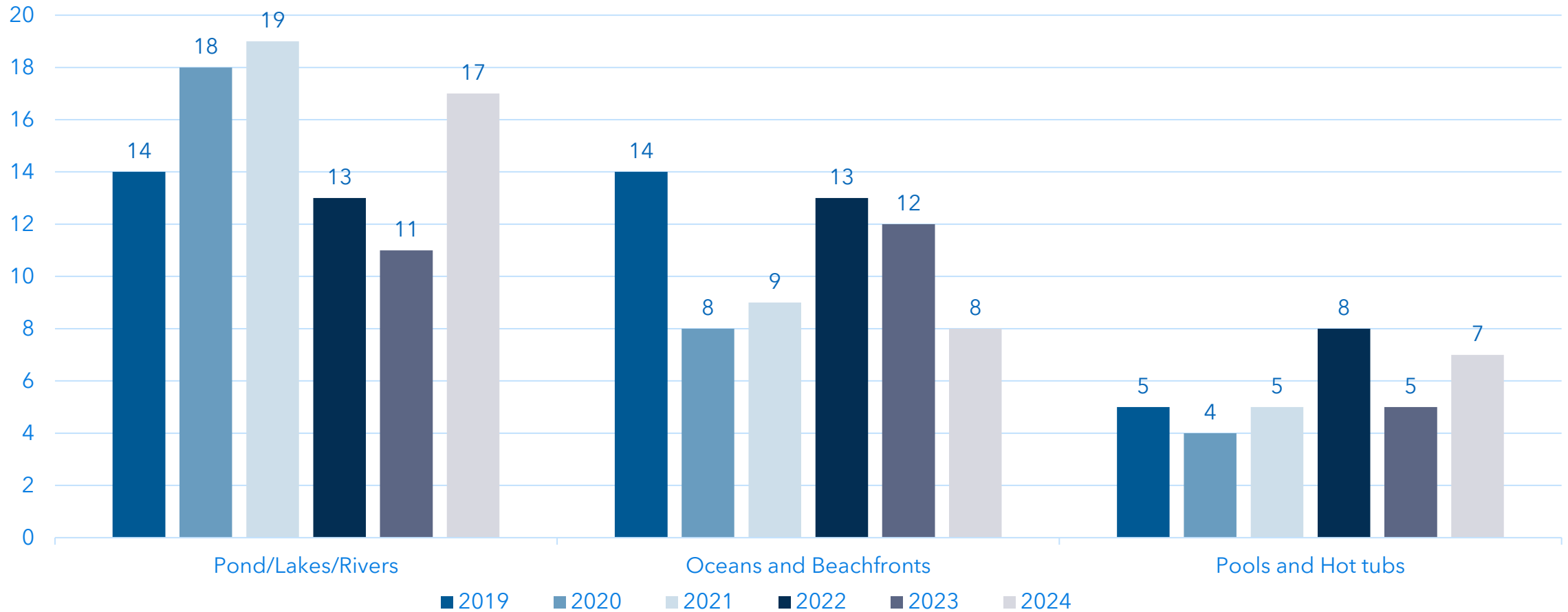
Our mission and vision includes protections for patrons, staff, and volunteers at public and semi-public pools.

Drowning Deaths in MA (Part 1)

- According to the Department of Public Health's Division of Violence & Injury Prevention, between 2019-2024:
 - There were approximately 272 unintentional drowning deaths occurring in Massachusetts in a variety of water bodies including all pools, hot tubs, lakes, ponds, oceans, and private residences
 - Out of the 272 drownings:
 - There were significantly more male deaths (205) than female deaths (67)
 - 51.4% were 50 years old or older
 - 30.6% were between the ages of 20 and 49 years old
 - 18% were under 19 years old
 - 68 drownings were above the age of 70 years old
 - Of all the Massachusetts counties, the majority of drownings occurred in Essex County (51 deaths, 18.8%), Barnstable County (44 deaths, 16.2%), and Middlesex County (35 deaths, 12.9%)

Drowning Deaths in MA (Part 2)

of Deaths by Water Body Between 2019-2024*



* Data provided by the Division of Violence and Injury Prevention

435.01: Definitions

Public Pool

Swimming, wading, or special purpose pool:

- Open to the general public
- With or without a fee
- Excludes baptismal and healing arts pools

Semi-Public Pool

- Includes hotel, motel, trailer parks, apartment house, condominium, country club, youth club, school, camp, fitness club
- Primary purpose is not the operation of the swimming facilities
- Includes pools constructed and maintained by groups for members and guests only

Special Purpose Pool

- Shallow in depth and not meant for swimming or diving
- Includes therapeutic pool, hydrotherapy pool, whirlpool, hot spa, hot tubs, float tanks, etc.
- Excludes residential units and facilities used or under the direct supervision and control of licensed medical personnel

Wading Pool

- Maximum depth of less than two feet
- Intended primarily as a wading place for children
- Does not include any residential pool

435.02: Plan Approval

Initial Plan Approval

Construction, Installation, Renovation, or Expansion requires plans and specifications to be:

- Stamped and signed by a Massachusetts Registered Professional Engineer or Registered Architect
- Approved in writing by the Board of Health

Construction Phase

Work shall conform to approved plans and specifications

- Changes to the plans must be submitted in writing before the work affected by the change is done

Final Inspection

Project nearing completion

- Notice must be given at least 1 week prior to project completion
- Board of Health conducts the final inspection and provides written approval
- Pool must not be used before final inspection

435.03: Bathhouse and Sanitary Facilities

What's Required at a Public Swimming Pool?

Separate dressing and sanitary facilities for each gender:

- 1 Shower for each 40 bathers (hot and cold water)
- 1 Water closet (toilet) for each 40 bathers (urinals may be substituted for 1/3 of required water closets)
- 1 Washbasin for each 60 bathers

Water closets, washbasins, and showers:

- Toilet paper at each toilet
- Suitable waste receptacles
- Soap dispensers at each wash basin

A room designated and equipped for the emergency care of sick or injured bathers:

- Be approved by the Board of Health
- Include a cot and blanket

Adequate lighting:

- Allow lifeguards and attendants to see all areas of the pool clearly
- All lighting, including underwater pool lighting, shall be installed to prevent glare and maintained to not create a hazard

435.03: Bathhouse and Sanitary Facilities *(continued)*

M.G.L. c. 140, § 206: Public and Semi-Public Outdoor Inground Swimming Pools; Enclosures; Safety Equipment; Inspection; Violations; Penalty

Public and semi-public outdoor inground swimming pool shall:

- Chain-link: 6 feet in height
- Board or stockade: 5 feet in height
- Gates:
 - self-latching
 - latches 4 feet above ground
 - inaccessible to children up to 8 years
- No gaps wider than 3 inches

Safety Equipment

- One life ring
- One rescue hook

Inspection

- Public and semi-public outdoor inground swimming pools shall be inspected annually by local building inspector
- Referenced in 780 CMR (The MA State Building Code)

435.05 (3): Projections *(part 1)*

Regulations No projection except ladders and grab rails shall be permitted from any pool wall or floor surface

A recessed stairway shall not be considered a projection

A safety ledge as described in 105 CMR 435.11(4) shall not be considered a projection

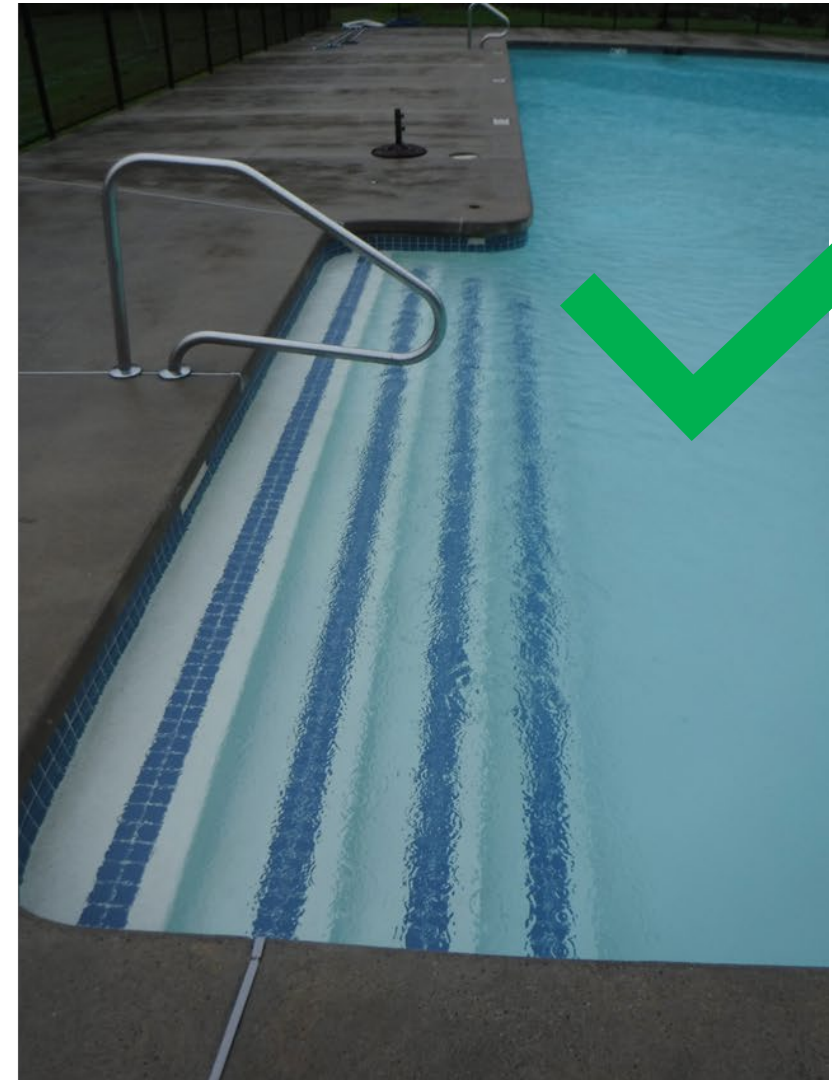
Common What is a projection?

Questions What do I do if I come across a pool with a projection?

When are stair steps considered a projection?

435.05 (3): Projections (part 2)

Recessed Stair Steps - Examples



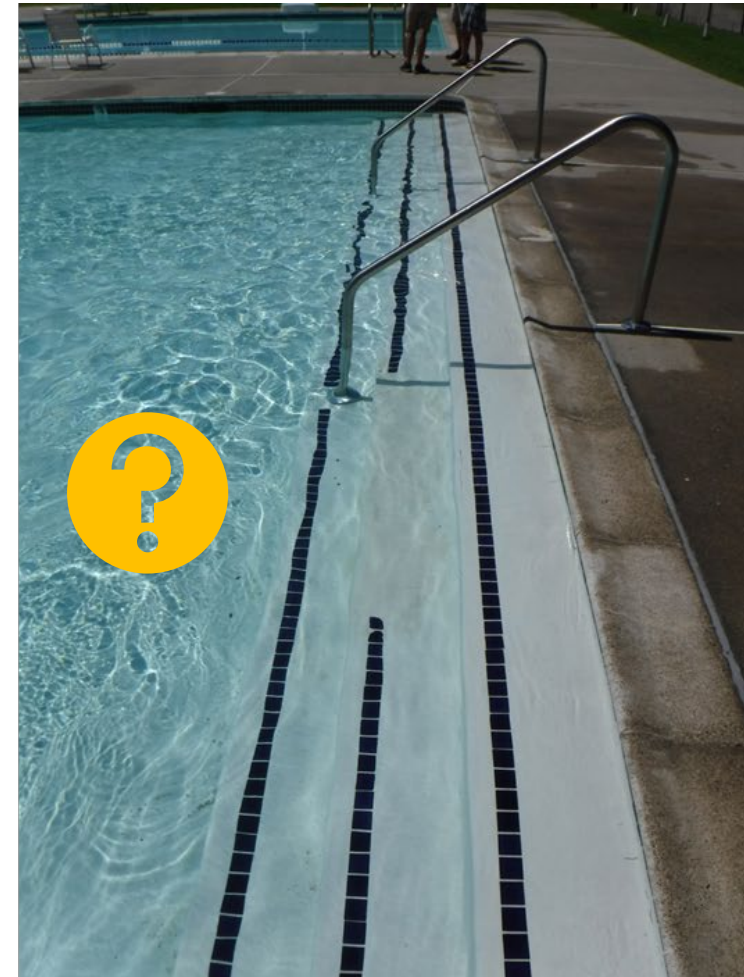
435.05 (3): Projections (part 3)

Projecting Stair Steps - Examples



435.05 (3): Projections (part 4)

Are These Stair Steps in Compliance?



435.05 (3): Projections (part 5)

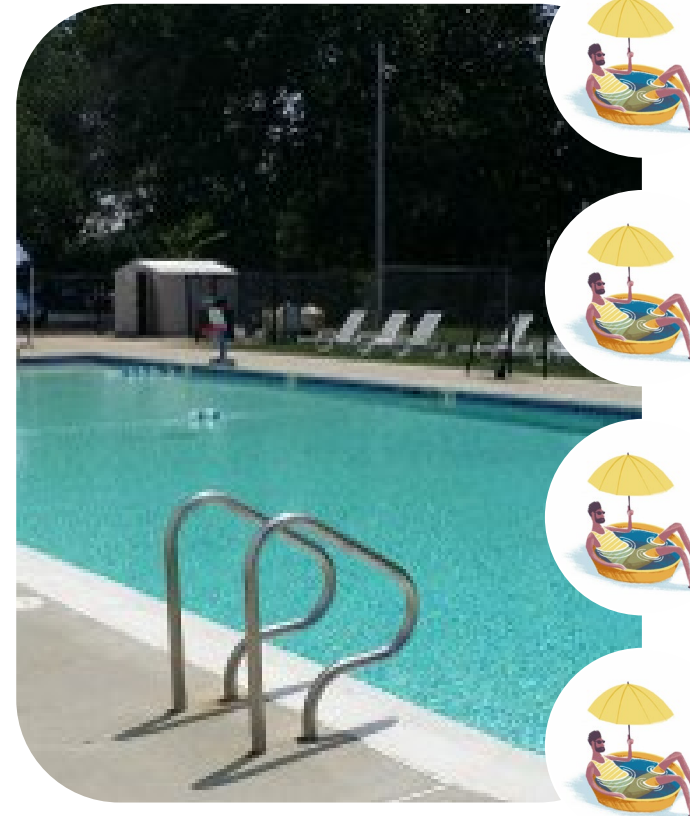
Other Projections



435.06 (1): Water Circulation and Filtration Systems

Swimming, wading, and special purpose pools shall be operated with a recirculation and purification system of the pool water:

- Capable of maintaining the water quality standards of 105 CMR 435.28 through 435.31
- Designed and constructed so that the entire volume of the pool can be recirculated and filtered



Swimming Pools: once every 8 hours

Wading Pools: once every 4 hours

Special Purpose Pools: once every ½ hour

Water Slide Flumes: once every hour

Turnover Rate = Pool Volume (gallons) ÷ Flow Rate (gpm) ÷ 60 = ___ hrs.

Filter Room

Questions to ask yourself in this area:

Who has access to the filter room? Is the door always locked?

Is the door labeled? Labels help protect!

How are chemicals being stored?

Who handles the chemicals? Is the appropriate personal protective equipment (PPE) available at all times?

Is the filter system clearly labeled?

Are all components working properly?

Is the area clean and dry?

Are there CO₂ cylinders in the area? Are they anchored?

Where is the flow meter positioned? Is it working properly?

Is the area well-lit and well-ventilated?



435.08: Inlets and Outlets

Main drain(s):

Lowest point of the pool floor

At least 2 main drains for swimming or wading pools more than 30 feet wide

Not be greater than 20 feet apart

Not more than 15 feet from the nearest side wall

Virginia Graeme Baker Pool and Spa Safety Act (VGB) approved

Installed so that cover cannot be removed without the use of tools

A single main drain requires a secondary anti-entrapment system per VGB, which includes at least one of the following:

Safety Vacuum Release System (SVRS)

Gravity Drainage System

Automatic Pump Shut-Off System

! Pools with missing, broken, loose, or improperly secured suction outlet covers must be immediately closed until repairs are made to eliminate the hazard. !

Virginia Graeme Baker Pool and Spa Safety Act (VGB)

Nearly 20 years ago in December of 2007, federal law required that every swimming pool or spa drain cover conform to the entrapment protection standards of the ASME/ANSI A112.19.8 performance standard, or any successor standard regulating such swimming pool or drain cover



Things to Remember:



- Pool(s) should not be open without VGB compliant covers
- Covers have a life-expectancy or an expiration - operators must provide proof of compliance at the inspection.
- If the operator cannot provide this information, the operator should contact installer or the manufacturer of the cover immediately for specific information to keep the pool open
- The most recent pool drain cover standard is Consumer Product Safety Commission (CPSC): APSP-16 2017

Operators must maintain all main drain information from the manufacturer and/or installer that confirm drain covers and grates meet applicable standard(s), and that they have not exceeded their expiration date. This information must be available at all times and stored in the record keeping logbook!

435.12: Water Depth Markings

Plainly marked on the pool deck and pool walls

Dark/Contrasting color

Minimum 4 inch markings

One foot intervals in shallow end & Not more than 25 foot intervals around the deep end

When non-swimmers use the pool, a polyethylene line with floats shall separate the shallow and deep end



All pools after the effective date of these regulations shall:

- Have the boundary line between the shallow and deep areas marked with a four-inch stripe of contrasting color on the floor and walls of the pool
- Ledges and step edges shall also be marked with a four-inch stripe of contrasting color



435.13: Walkways and Decks

Walkways shall be:

- Continuous around the pool
- A minimum width of 4 feet of unobstructed clear distance (8 feet of walkway is desirable)
- A minimum of 3 feet of unobstructed walkway around any piece of diving equipment
- All walkway and deck surfaces shall be slip-resistant and non-abrasive

435.17: Pool Supervision

All public and semi-public swimming pools shall have a supervisor who is:

- At least 21 years old
- Knowledgeable of 105 CMR 435.00
- A certified pool operator
- On-site a minimum of once a week and records their visit and findings in a logbook

435.21: Permit Requirements

Pools shall not operate without obtaining a permit from the Board of Health

The permit shall state:

- The method of water treatment
- The number of trained lifeguards required, if applicable
- The maximum number of people allowed in the water at any time (bather load)
- Variances approved by local health and by DPH

The operator shall post the permit in a conspicuous location

All permits shall expire no more than 12 months following the date of issue

- May be revoked at any time by the Board of Health
- If seasonal, the Board of Health may issue a permit for less than one year

The operator shall maintain a current written logbook. The logbook shall include:

- Daily attendance
- Amounts and types of chemicals used daily
- Results of chemical and bacteriological tests
- Initials of the person making the required tests
- Dates and times of emptying and cleaning the pool and backwashing of filters
- The daily number of hours of operation of purification equipment
- Other pertinent information which the Board of Health may require

435.22: Health Regulations; Signs (Part 1)

The operator shall post a sign at the entrance of the pool, or on a wall of the dressing room which includes the following required language:

"All persons are required to take a cleansing shower bath before entering the pool."

"No person with a communicable disease is allowed to use the pool."



The following regulations shall be enforced by the operator:

- No bather shall enter the pool unless they first take a cleansing shower
- No bather shall wear a bathing suit that is unclean
- No person suffering from a fever, cough, cold, inflammation of the eyes, nasal or ear discharges, or any communicable disease shall be allowed the use of the pool
- No person with sores or other evidence of skin disease, or who is wearing a bandage or medical covering of any kind, shall be allowed the use of the pool
- No person shall spit in or in any other way contaminate the pool, or its floors, walkways, aisles, or dressing rooms
- No glass, with the exception of shatterproof light shields, shall be permitted in the pool or on walkways within eight feet of the pool
- No person shall bring or throw into the pool any object that may in any way carry contamination or endanger the safety of bathers

435.22: Health Regulations; Signs (Part 2)

What signage is required for Special Purpose Pools?

The following regulations shall be included on a sign:

- Do not use when alone
- Do not use while under the influence of alcohol, anticoagulants, antihistamines, vasoconstrictors, vasodialators, stimulants, hypnotics, narcotics or tranquilizers
- Elderly persons, pregnant women, and persons suffering from heart disease, diabetes, high or low blood pressure should not use this pool until they consult with their physician
- Do not use the pool when the water temperature is greater than 104°F
- Observe a reasonable time limit (e.g., ten minutes), then shower, cool down, and, if you wish, return for another brief stay. Long exposure may result in nausea, dizziness or fainting.
- The use of oils and body lotion by bathers is prohibited

The operator of special purpose pools shall provide a thermometer and a permanently mounted clock, with a large dial, located where it is easily readable by bathers at the pool



435.23: Lifeguards (Part 1)

The operator shall provide one or more lifeguards 16 years of age or older if the Board of Health determines that they are necessary for the safe use of the swimming or wading pool

Recommended minimum ratio: 1 Lifeguard to every 25 bathers

Current Certifications:

- Lifeguard Training
- CPR
- First Aid

If no lifeguards are required by the Board of Health, a warning sign shall be posted:

- "WARNING-NO LIFEGUARD ON DUTY"
- "CHILDREN UNDER AGE 16 SHOULD NOT USE SWIMMING POOL WITHOUT AN ADULT IN ATTENDANCE"
- "ADULTS SHOULD NOT SWIM ALONE"



435.23: Lifeguards (Part 2)

What's required of Lifeguards?

All lifeguards while on duty shall:

- Wear a **red** or bright **orange** bathing suit
- Any shirt or jacket worn as an outer garment by a lifeguard shall also be **red** or bright **orange** and have the word **GUARD** printed in 4" lettering on the back
- An **orange** hat or sun helmet shall be worn by all lifeguards out-of-doors while on duty
- The operator shall provide:
 - A sunblock or other skin protection should be made available to all lifeguards



435.24: Safety Equipment

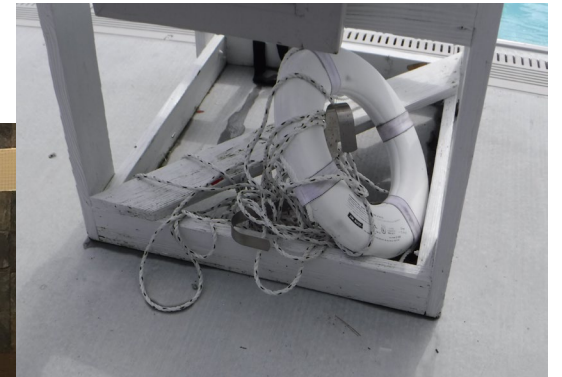
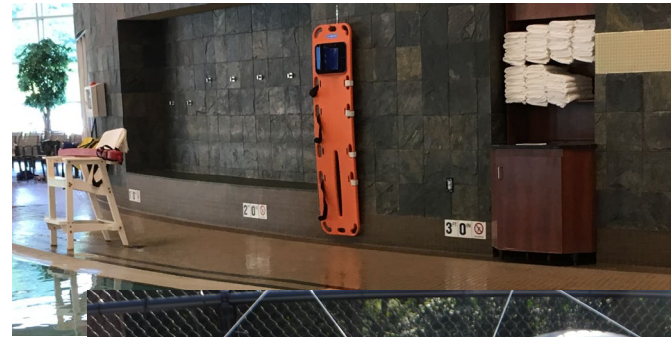
For every 2000 square feet of water surface area or fraction thereof, the operator shall provide, in readily accessible locations:

- At least one Ring Buoy, U.S. Coast Guard approved, with a ¼ inch polyethylene rope attached, no less in length than 1½ times the width of the pool, and in good condition

If a swimming pool is staffed with a lifeguard:

- One Rescue Tube located at each lifeguard station
- A backboard with straps

A rescue hook is required at all outdoor, inground swimming pools



435.25: Emergency Communication (Part 1)

Each pool must have a working emergency communication system that allows convenient, immediate, toll-free contact with emergency response services



What shall be posted?

The telephone numbers of emergency services

Instructions necessary to operate the communication system



The location of the emergency communication device must be in an area that is unlocked and available to both the staff and the public at all times



435.25: Emergency Communication (Part 2)

Compliant? Non-Compliant?



435.29: Chemical Standards

Swimming, wading, and special purpose pool water shall meet the following ranges:

- Free Chlorine: 1.0 - 3.0 ppm
- Combined Chlorine: 0.0 - 0.2 ppm
- pH: 7.2 - 7.8 ppm
- Alkalinity: 50 - 150 ppm
- Calcium Hardness: 150 - 1000 ppm (recommended)
- Bromine: 2.0 - 6.0 ppm

Free Chlorine, Combined Chlorine, and pH shall be tested:

- 4 times per day
- Once during the peak load by the pool operator
- More often if required by the Board of Health

Alkalinity and Calcium Hardness shall be tested :

- Weekly
- More often if required by the Board of Health

When electronic monitoring devices are used in conjunction with chlorine or bromine disinfection at a swimming, wading or special purpose pool, the operator shall check the disinfectant, pH and alkalinity levels manually at least once every 24 hours

Chemical Standards, Testing, Records

Questions to ask yourself in this area:



- Are there 4 tests recorded, at minimum, each day?
- Are Alkalinity and Calcium Hardness tested once per week?
- Are there skipped/missed days?
- Are there patterns or consistencies in the recorded results?
- Are there notes recording corrective actions when chemicals were out of compliance?
- Does the pool operator/supervisor note and initial their findings during routine visits?
- Is there VGB main drain/equalizer line information available?
- Is the emergency communication system tested routinely and documented?
- Is there purchase documentation for the chemistry test kit (has it expired)?

435.30: Water Testing Equipment

The operator shall provide and use a DPD test kit to measure the concentration of chlorine or bromine, pH, alkalinity, and cyanuric acid levels at each swimming, wading and special purpose pool

The test kit shall be maintained in good repair together with an adequate supply of reagents that are no more than one year old

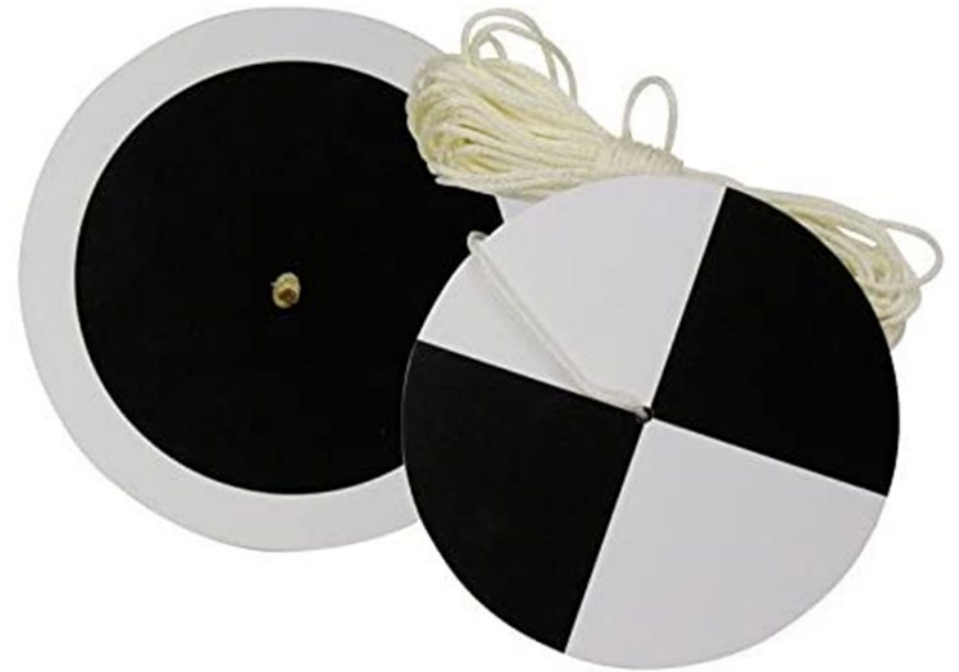
The requirements of 105 CMR 435.29 will not be superseded by the use of automatic equipment



435.31: Water Clarity

Secchi Disk

At all times any swimming, wading or special purpose pool is in use, the water shall be sufficiently clear to permit a black disc six inches in diameter on a white field, when placed on the bottom of the pool at the deepest point, to be clearly visible from the sidewalks of the pool at all distances up to ten yards measured from a line drawn across the pool through said disc



435.38: General Sanitation

All swimming, wading and special purpose pools and all bathhouses, grounds and appurtenances shall be maintained in good repair and in a safe and sanitary manner



Short-Term Residential Pool Rental

A Residential Pool, as defined in 105 CMR 435.00 (Pool Code), means a swimming or wading pool established or maintained by an individual for their own or family's use, or for the use of personal guests.

The term Short-Term Residential Pool Rental is a swimming or special purpose pool located on private residential property that an owner rents to the general public for short-term use or that may be available for use as part of a short-term home rental.

Examples:

- Home Vacation Rental Services
- Pool Rental Services



Short-Term Residential Pool Rental Advisory



MAURA T. HEALEY
Governor
KIMBERLEY DRISCOLL
Lieutenant Governor

The Commonwealth of Massachusetts
Executive Office of Health and Human Services
Department of Public Health
Bureau of Climate and Environmental Health
250 Washington Street,
Boston, MA 02108-4619

KATHLEEN E. WALSH
Secretary
ROBERT GOLDSTEIN, MD, PhD
Commissioner
Tel: 617-624-6000
www.mass.gov/dph

ADVISORY ON SHORT-TERM RESIDENTIAL POOL RENTALS

The Department of Public Health (DPH), Community Sanitation Program (CSP), is issuing this advisory to clarify the application of [105 CMR 435.00: Minimum Standards for Swimming Pools \(State Sanitary Code: Chapter V\)](#) ("Pool Code") to residential swimming and special purpose pools that a property owner may rent to the general public for short-term use or that may be available for use as part of a short-term home rental.

A residential pool under the Pool Code includes "a swimming or wading pool established or maintained by an individual for his own or family's use, or for the use of personal guests of his household." A residential pool is exempt from the requirements of the Pool Code. However, when a swimming or wading pool is used by the general public that rents the pool directly or uses the pool as part of a home rental, it no longer meets the definition for an exempt residential pool. It also does not meet the current Pool Code definitions for semi-public or public pools. As such, residential pools that are rented to the general public either directly or through a home rental are not currently regulated under the Pool Code. CSP is evaluating the regulatory status of these pool rentals and will consider additional rule making in future amendments to the Pool Code.

In order to ensure the health and safety of the general public who may use residential pools as part of a pool or home rental, the CSP is providing the attached guidance that contains recommendations for minimum health and safety precautions for owners of residential pools who rent their pool for short term use or make their pool available as part of a home rental.

May 2024



Bureau of Climate and Environmental Health Guidance for Short-Term Residential Pool Rentals

The Department of Public Health (DPH), Community Sanitation Program (CSP), recommends these health and safety tips for residential pool owners who rent their pool for short-term use or make their pool available as part of a home rental.

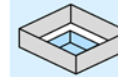


Rental Ready, Safety Steady: Keep Kids in Sight by the Poolside!

To reduce drowning risk, it is essential that children swimming in and playing near pools are actively supervised by an adult. Owners who rent their pools or homes with pools should promote active supervision around pools to help prevent drownings.

Here are additional safety recommendations to make pools safer and protect swimmers:

Pool enclosure: A barrier of at least 48 inches high around the pool, as per local building codes, to prevent unsupervised access, especially by children.



Water depth markings: Clear markings should be visible on the pool deck and the vertical pool walls to indicate the depth of the water.

**3FT
NO DIVING**

Rope line with floats: This line should separate shallow and deep ends of the pool to help swimmers gauge where it is safe for them based on their swimming ability.



Ring buoy: A life-saving buoy should be available for every 2000 square feet of water surface area and be attached to a suitable length of rope.



First-aid kit: Accidents happen – The kit should be visible and easily accessible. We recommend a kit that meets ANSI Z308.1-2015 standards (including items like adhesive bandage, trauma pad & CPR mask).



Pool chemicals and supplies: These should be securely stored away from renters to prevent accidental exposure or misuse.



Water source: The water used in the pool must come from a source approved by the Board of Health.

Re-circulation and filtration: The entire volume of the pool should be filtered and recirculated within set times (every 8 hours for swimming pools and every 30 minutes for hot tubs and spas).

Chemical levels:
Free Chlorine: 1.0-3.0 ppm
Combined Chlorine: 0.0-0.2 ppm
pH: 7.2-7.8
Alkalinity: 50-150 ppm

Hot tubs and spas: The water temperature should not exceed 104°F, with thermostatic controls accessible only to adults managing the system.

The pool water should be tested for water clarity with a secchi disk. A secchi disk should be clearly visible at the bottom of the pool at its deepest point.

For more tips, visit: [mass.gov/PoolSafety](https://www.mass.gov/PoolSafety)

Regulatory Revisions

EHRS and our regulatory revision team are actively working on updating and revising 105 CMR 435.00. The proposed revisions may include changes to the following and/or additions:

- Updates to Definitions
- Updates to Water Chemistry and Turnover
- Water features, Splash Pads, and Spray Decks
- Zero-depth Entry Areas
- Lifeguards at Public Pools
- Variances
- Floatation Tanks
- Short-Term Residential Pool Rentals

Heat Related Illness at Public and Semi-Public Pools

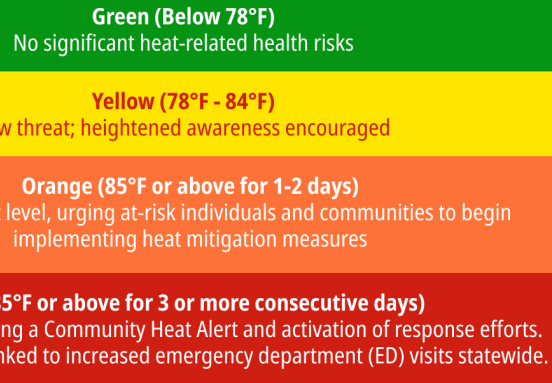
HEAT Response : HHAN and Partner Alerts

Unhealthy Heat Alert Trigger Decision Tree

Check the Unhealthy Heat Forecast

Daily monitoring starts 08:00 am. Go on mass.gov/unhealthy-heat and view the forecast dashboard. (tool has 7 day maximum)

DPH Heat Monitoring Thresholds



Does the Unhealthy Heat Forecast webpage show a forecast for unhealthy heatwave in the next 7 days?

Yes

Activate Alerts

No

No Alerts Sent

Vulnerable populations and stakeholders can monitor the Unhealthy Heat Forecast to remain up to date on the current heat threshold and read educational resources.

Health Care Sector

Long-term Care Facilities

Local Boards of Health

Health Equity Partners

Correctional Facilities

Recreational Camps for Children

Farm Labor Camps

DCR Partners for Pool Operators

Regional Planning Agencies

Heat Advisories

Bureau of Climate and Environmental Health
HEALTH HAZARDS OF EXTREME HEAT

HEAT CRAMPS

RECOGNIZE THE SIGNS:

- Muscle pains or spasms (typically in the stomach, arms or legs)
- Heavy sweating

ACTIONS TO TAKE:

- Stop physical activity (if and when)
- Move to a cooler location
- Take sips of water (over juice or a sports drink)
- Remove excess clothing
- Wait for cramps to go away before resuming physical activity

SEEK MEDICAL ATTENTION IF:

- A person has a low sodium level
- A person has a history of heart problems

HEAT EXHAUSTION

RECOGNIZE THE SIGNS:

- Lots of sweating
- Clumsy or fainting
- Weak pulse
- Nausea/vomiting
- Muscle cramps
- Fatigue/weakness
- Headaches/dizziness
- Fainting/passing out
- Irregularity
- Thirst
- Decreased urine output

ACTIONS TO TAKE:

- Move to a cool place and lie down
- Loosen and remove excess clothing (e.g. socks and shoes)
- Put cool, wet cloths on the body or take a cool bath
- Take sips of water or sports drinks with salt and sugar (encouraging to drink more fluids)

SEEK MEDICAL ATTENTION IF:

- A person is throwing up or getting worse
- Symptoms last longer than an hour
- A person has heart problems or high blood pressure

HEAT STROKE

RECOGNIZE THE SIGNS:

- High body temperature (above 103°F)
- Fainting/pulse
- Hot, red, dry, or clammy skin
- Confusion/dilated pupils
- Headaches/dizziness
- Nausea
- Loss of consciousness (passing out)

ACTIONS TO TAKE:

- Call 9-1-1, keep away - Heat Stroke is a serious and life-threatening emergency that requires immediate medical care
- Move person to a cool place
- Lower body temperature with whatever means available (e.g. cool cloths, cool blankets, spraying with cool water)
- Wait for clearance from a medical professional BEFORE giving a person anything to drink
- If vomiting, turn person on side and wipe away vomit
- With unconscious muscle spasming, keep person safe and do not put anything in their mouth

Unhealthy Heat - Best Practices Factsheet for Public/Semi-public Pool Operators

Plan and Educate:

- Check the DPH Unhealthy Heat Webpage for forecasted heat risk. For DCR operated pools, pay attention to DPH e-mail alerts when an unhealthy heat wave is forecasted.
- Make sure you and your staff know your pool's capacity and monitor the bather load throughout the day.
- Train staff how to recognize and monitor the signs and symptoms of heat-related illness (HRI) and the actions to take listed on page one.
- Identify swimmers and staff who are at greater risk for heat-related illness. Staff should know that people who work outdoors, older adults (age 65+), infants and children, pregnant people, people with limited English, and people with chronic medical conditions like obesity, hypertension, asthma, mental illness, or who are on certain medications are more likely to get sick from unhealthy heat.
- Warn staff about acclimatization. People who are not used to unhealthy heat, are more at risk during their first unhealthy heat wave. Remember, the first is the worst!
- Implement a buddy system for staff to watch for early signs and symptoms of heat-related illness. Prioritize the people at greatest risk and take action quickly if they see signs of HRI.

Hydrate:

- Advise staff on the importance of hydration with easy-to-understand factsheets and post them near drinking water sources: Heat Stress Hydration. Protect your workers from heat stress.
- Staff and swimmers should not wait until they are thirsty to drink.

Consider Schedules, Clothing, and Chemicals

Schedule enough lifeguards to provide adequate oversight for a pool to operate at full capacity. DPH recommends 1 lifeguard per 25 swimmers.

While not as safe, if you don't have enough lifeguards, be prepared to use other responsible adults to assist with monitoring patrons on the deck and in the water.

Maintain surplus red or orange hats, sunblock with a high SPF, and lip balm for personal protection of adult lifeguards and/or adults assisting with monitoring safety.

Have and provide extra protective equipment including whistles or amplification devices for additional lifeguard adults assisting with monitoring.

Keep enough disinfection and treatment chemicals to maintain a safe and healthy pool during operation (including shock procedures).

Identify or Create Cooler Spaces

Identify shaded areas (natural or artificial such as canopies or umbrellas) for those waiting to use the pool, especially for days when there may be long waiting times.

Encourage people to wear clothing that will help them to keep cooler and protect from the sun

- Light colored and loose-fitting clothing helps to reflect heat and promote airflow
- Wide-brimmed hats, light scarves, and bandanas help to protect the head, neck and face from sun exposure

Use sunscreen with a high SPF - always

Cannot that provide sport-related activities should take additional precautions to protect the head, neck and face from sun exposure

Identify or Create Cooler Spaces

- Encourage everyone to wear clothing that will help them to keep cooler and protect from the sun
- Use sunscreen with a high SPF - always
- Cannot that provide sport-related activities should take additional precautions to protect the head, neck and face from sun exposure

Best Practices for Farm Labor Camps

Plan and Monitor Workers during Unhealthy Heat Waves

Check the DPH Unhealthy Heat Webpage for forecasted heat risk. Pay attention to DPH e-mail alerts when an unhealthy heat wave is forecasted.

Recognize and monitor the signs and symptoms of heat-related illness (HRI) and the actions to take listed on page one.

Identify campers and staff who are at greater risk for heat-related illness. Staff should know that people who work outdoors, older adults (age 65+), infants and children, pregnant people, people with limited English, and people with chronic medical conditions like obesity, hypertension, asthma, mental illness, or who are on certain medications are more likely to get sick from unhealthy heat.

Warn staff about acclimatization. People who are not used to unhealthy heat, are more at risk during their first unhealthy heat wave. Remember, the first is the worst!

Implement a buddy system for staff to watch for early signs and symptoms of heat-related illness. Prioritize the people at greatest risk and take action quickly if they see signs of HRI.

Hydrate:

- Advise staff on the importance of hydration with easy-to-understand factsheets and post them near drinking water sources: Heat Stress Hydration. Protect your workers from heat stress.
- Staff and campers should not wait until they are thirsty to drink.

Consider Schedules, Clothing, and Chemicals

Schedule enough lifeguards to provide adequate oversight for a pool to operate at full capacity. DPH recommends 1 lifeguard per 25 swimmers.

While not as safe, if you don't have enough lifeguards, be prepared to use other responsible adults to assist with monitoring patrons on the deck and in the water.

Maintain surplus red or orange hats, sunblock with a high SPF, and lip balm for personal protection of adult lifeguards and/or adults assisting with monitoring safety.

Have and provide extra protective equipment including whistles or amplification devices for additional lifeguard adults assisting with monitoring.

Keep enough disinfection and treatment chemicals to maintain a safe and healthy pool during operation (including shock procedures).

Identify or Create Cooler Spaces

Identify shaded areas (natural or artificial such as canopies or umbrellas) for those waiting to use the pool, especially for days when there may be long waiting times.

Encourage people to wear clothing that will help them to keep cooler and protect from the sun

- Light colored and loose-fitting clothing helps to reflect heat and promote airflow
- Wide-brimmed hats, light scarves, and bandanas help to protect the head, neck and face from sun exposure

Use sunscreen with a high SPF - always

Cannot that provide sport-related activities should take additional precautions to protect the head, neck and face from sun exposure

Best Practices for Correctional Facilities

Plan and Educate

Use the DPH Unhealthy Heat Management Plan for Correctional Facilities, which helps to customize them for your facility

- Check the DPH Unhealthy Heat Webpage for forecasted heat risk. Pay attention to DPH e-mail alerts when an unhealthy heat wave is forecasted.
- Train staff on how to recognize and monitor the signs and symptoms of heat-related illness (HRI) and the actions to take listed on page one.
- Identify incarcerated individuals and staff who are at greater risk for heat-related illness. Staff should know that people who work outdoors, older adults (age 65+), infants and children, pregnant people, people with limited English, and people with chronic medical conditions like obesity, hypertension, asthma, mental illness, or who are on certain medications are more likely to get sick from unhealthy heat.
- Warn new staff and incarcerated people about acclimatization. People who are not used to unhealthy heat, are more at risk during their first unhealthy heat wave. Remember, the first is the worst!
- Implement a buddy system for staff to watch for early signs and symptoms of heat-related illness. Prioritize the people at greatest risk and take action quickly if they see signs of HRI.

Hydrate:

- Advise staff on the importance of hydration with easy-to-understand factsheets and post them near drinking water sources: Heat Stress Hydration. Protect your workers from heat stress.
- Staff and incarcerated people should not wait until they are thirsty to drink.

Consider Schedules and Clothing

- Provide shaded rest areas for incarcerated individuals.
- Provide increased opportunities for individuals to shower.
- Provide correctional officers with additional breaks in cooler spaces and uniforms.

Identify or Create Cooler Spaces

- Ensure proper operation and use of existing mechanical or natural ventilation
- Use or allow for window fans and personal fans in areas that may not have mechanical ventilation
- Provide access to cooler areas like the lowest floor, open common areas
- Provide additional outdoor recreational time if shaded areas are present
- Identify and provide priority housing (in cooler areas) for heat-sensitive people who may be unfamiliar with or acclimated to the facility.

Best Practices for Recreational Camps for Children

Plan and Educate:

- Check the DPH Unhealthy Heat Webpage for forecasted heat risk. Pay attention to DPH e-mail alerts when an unhealthy heat wave is forecasted.
- Train camp staff, health care supervisors and other camp staff/volunteers on how to recognize and monitor the signs and symptoms of heat-related illness (HRI) and the actions to take listed on page one.
- Identify campers and staff who are at greater risk for heat-related illness (HRI). Staff should know that people who work outdoors, older adults (age 65+), infants and children, pregnant people, people with limited English, and people with chronic medical conditions like obesity, hypertension, asthma, mental illness, or who are on certain medications are more likely to get sick from unhealthy heat.
- Warn new staff and campers about acclimatization. People who are not used to unhealthy heat, are more at risk during their first unhealthy heat wave. Remember, the first is the worst!
- Implement a buddy system to watch for early signs and symptoms of heat-related illness. Buddies should prioritize those most at risk and take action quickly if they see the signs of HRI.

Hydrate:

- Educate campers and parents about the importance of hydration. Send fact sheets home at the beginning of the season or before an unhealthy heat wave.
- Schedule water breaks frequently throughout the day in shaded or indoor areas. Staff and campers should not wait until they are thirsty to drink.
- Provide ice as needed.

Consider Schedules and Clothing

- Encourage everyone to wear clothing that will help them to keep cooler and protect from the sun
- Use sunscreen with a high SPF - always
- Cannot that provide sport-related activities should take additional precautions to protect the head, neck and face from sun exposure

Identify or Create Cooler Spaces

- Encourage everyone to wear clothing that will help them to keep cooler and protect from the sun
- Use sunscreen with a high SPF - always
- Cannot that provide sport-related activities should take additional precautions to protect the head, neck and face from sun exposure

Cover or tint windows that get late morning and/or afternoon sun.

Key Components For Managing Unhealthy Heat



Know the signs and symptoms of **Heat Related Illness (HRI)** and actions to take



Identify the high-risk populations you serve



Hydration



Ventilation



Short term Mitigation



Identify cooler areas/temporary relocation

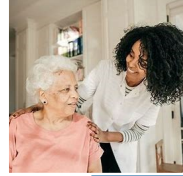


On-site **heat management plan** customized for the facility/location



Environmental Monitoring

Heat-Vulnerable Populations



Demographics

- Infants and young children under 5
- People over 65, especially those who live alone
- **Pregnant people**
- People of color due to systemic racism
- People with limited English proficiency
- People with low household incomes



Living Experience

- People without adequate shelter or who are unhoused
- People with medical conditions such as heart, lung, or kidney disease
- People with cognitive limitations, mental illness or dementia
- People who have mobility constraints, are confined to bed, or housebound
- People with disabilities that impair heat awareness or tolerance



Environment

- **People without air conditioning**
- **People working or exercising outdoors**
- **People working in hot indoor environments or wearing protective clothing or equipment**
- **People living or working in "heat islands" - areas where buildings and pavement retain heat**

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Questions??

Nicholas.Gale@mass.gov