

SHARE YOUR VOICE

By Jason Paige, RYWC, CSI Senior Committee Chair

Please take a moment to reach out to the Governor's office and express how essential swimming is to you and your family. There is a potential chance that pools will not be permitted to reopen here in CT unless we can draw more attention on how swimming is a **great need of every community**.

Here is the link to reach out to the Governor's office to share why we need pools:

<https://portal.ct.gov/Office-of-the-Governor/Contact/Email-Governor-Lamont>

There are ample resources out there to help organizations safely reopen their pools in order to promote water safety, mental health through exercise, much needed therapy for seniors and injury rehabilitation.

Please share your voice!

Water Safety - Drowning is the leading cause of death for children ages 1 to 4 years and the second-leading cause of injury death for children ages 5 to 9 years.

Mental Health/ Stress Relief - Exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function. Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal.

Therapeutic Needs – (seniors, injury rehab...)

Creates Jobs – (coaching, lifeguards, instructors...)

Resources on How to Re-Open Pools

CDC

[Considerations for Public Pools, Hot Tubs and Water Playgrounds During COVID-19](#)

USA Swimming

[Facilities Reopening Messaging and Planning](#)

[The Then and Now of Pool Operation and Programming Adaptation](#)

ASCA

[The Ways Pools Can Open Safely When COVID-19 Orders Are Lifted](#)

Other

[Models From Other States](#)