



Affiliated to The A.S.A (West Midland Region) and Warwickshire A.S.A & R.L.S.S

14 January 2010

Asthma - Training

If you regularly start to cough or wheeze whilst training take your reliever (e.g. salbutamol or ventolin) at least **10-15 minutes before** you get in the water and remember to warm-up poolside before entering the water.

One to two puffs is particularly useful in those swimmers who suffer from Exercise Induced Asthma.

This means maybe taking your inhaler in the car if you can't be there on time.

Your inhaler should be **clearly labelled** and on the edge of the poolside with your water bottle so you can reach it if necessary without getting out.

If you have asthma symptoms when you are swimming then stop and take your **Reliever** inhaler and wait five minutes or until you feel better before starting again.

You should NOT keep getting in and out of the water during a training session for a quick puff of your inhaler. This usually means that the asthma is not well controlled and the treatment needs to be reviewed.

How do you know if the asthma is not well controlled?

Measuring the peak flow is one of the best ways of determining good control. Detection of a lower than optimum level or a declining level should prompt an active review of treatment.

The swimmer may complain of night-time coughing or wheezing or may have to get out of a training session due to wheeziness, coughing or shortness of breath.

On occasion the pool environment may contribute to your symptoms, chlorine by-products (such as chloramines) can sometimes heighten lung irritation and increase the risk of an asthma attack. Generally, you should be "ruled by your senses", if there is a strong aroma and you start to experience symptoms take your **Reliever** and if this has no effect you should consider leaving the pool.