



Healthy Pools. Healthy Bodies.

For Immediate Release

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Aquatic Thought Leaders Converged on Seattle for Eighth Annual World Aquatic Health™ Conference

Attendance was 30% up, drawing leaders from around the globe.

Mark your 2012 calendar: October 10-12, Norfolk, Virginia

Colorado Springs, Colorado, November 16, 2011— The eighth annual World Aquatic Health™ Conference (WAHC™) and Aquatic Physical Therapy Summit held in Seattle, Washington, October 12-14, 2011, **drew 410 registrations, an increase of 30% over the previous year.** The World Aquatic Health Conference is recognized as the leading global aquatic research forum.

Despite tight budgets, leaders traveled from 42 states and Puerto Rico, plus Austria, Australia, Canada, Israel, the Netherlands, and the UK. **Forty percent of the attendees were high-level decision makers** including CEO, president, owner, vice president, or director. They learned from the best and brightest, attending two



keynotes and choosing from 45 seminars covering five symposia, lunch roundtables, and a scientific poster session. The event delivered practical science, diversity of thinking and a breadth of knowledge, all with an emphasis on useful application. The 45 seminars are now available on-demand by [clicking on this link](#).

“Like the innovators before us who earned prosperity, the conference attracts leaders who have curious minds, who seek opportunity, who are preparing for the future,” said Thomas M. Lachocki, Ph.D., CEO of the National Swimming Pool Foundation® (NSPF®), founding organizer of the World Aquatic Health Conference. “After all, as Pasteur taught us, ‘chance favors the prepared mind’ and the WAHC illuminates opportunities.”



Here’s what people are saying:

It is by far the best Rec Health training available, I look forward to it every year.

This has always been the highlight of the year for me professionally.

I look forward to the WAHC each year – it is such a great networking and learning experience for me.

Best conference I’ve attended in years!

It had a lot of variety of topics to choose from and as a therapist it was very helpful to see other topics unrelated to therapy.

The WAHC has quickly become my favorite conference of the year.

The topics presented are on an intellectual level that far exceeds what’s offered elsewhere in the industry.

The conference speaker and attendee list reads like a “Who’s Who” in Aquatics.



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The conference attracts the most influential academic, industry, and government experts who share the latest research, exchange ideas, and formulate future plans in an intimate environment. Industry segments represented were from aquatic facilities, service providers, consultants, parks & recreation, water parks, manufacturers, academia, associations, builders, community organizations, distributors, hotels, government, health/medical, retail, and media.



“Eight major meetings and workshops were held adjacent to the WAHC. This allows strategic leaders of organizations like USA Swimming, the Aquatic Exercise Association, The Y, the American Red Cross and the CDC to meet and to visit with the conference attendees,” commented WAHC organizer, Michelle Kavanaugh. “We urge companies and organizations to schedule their meetings in conjunction with the World Aquatic Health Conference in 2012,” she added.

Critical topics including Drowning & Injury Prevention, Facility Management, Health Benefits of swimming pools and hot tubs, New Industry Technology, and Recreational Water Illness Prevention were presented, reflecting the conference theme, Practical Science. “This conference is unique because it has such high level sessions in diverse fields. Diversity is attractive to leaders,” explained Kavanaugh.

From living healthy, to running a facility, from drowning prevention to industrial technology, the World Aquatic Health Conference exposed what’s cool and not so cool in aquatics. “Cool can be as new as today’s technology and as old as research excavating an 1,800 year-old bathing pool,” remarked Lachocki. [Dr. Yuval Baruch](#), the Jerusalem District Archaeologist of the Israel Antiquities Authority, presented his keynote, *The Joy of Water - Jerusalem's Water World from an Archaeological Point of View*. Seattle-based Emmy-winning comedic actress Tracey Conway presented an early morning wakeup message about heart health and the benefits aquatics affords those who have health issues and our aging population. The two keynotes illustrated the link between water and society’s future health, and the impact our industry can have on shaping the future health of our nation and our world.



Healthy Partnership

The collaboration between the APTA's Aquatic Physical Therapy Section's Aquatic Summit and the WAHC introduces physical therapists and other health care professionals to a broad spectrum of aquatic education. "It is this unique learning opportunity and the professional networking that makes the World Aquatic Health Conference such a superb meeting," commented Diane Platz, PT, Vice President of the Aquatic Physical Therapy Section of the APTA. “Water activities continue



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to shine as a means to positively influence health. Vast populations are benefitting from the effects of water on the body and water exercises are the wave of the future,” she reinforced.

Conference Highlights

Health Benefit track topics included nine presentations: the older adult-balance training and fall prevention in the aquatic environment; aquatic programs for people with Multiple Sclerosis. Dr. Bruce Becker, Washington State University, Spokane, an NSPF-funded researcher, presented results on how aquatic exercise benefits heart and kidney health. Drs. Dolny and Bressel, Utah State University and Guy Hornsby, West Virginia University, each discussed research funded by the National Swimming Pool Foundation. Drs. Dolny & Bressel reported on their cutting-edge study utilizing interval training in the water working with sufferers of Osteoarthritis- a first. The results were encouraging and a larger statistical group study will follow. Dr. Mary Wykle presented the musculoskeletal rehab/exercise program based on the Wounded Warrior aquatic program, which she developed for the US Army and is now in use by all of the armed forces. Other presentations included pediatric motor learning in the aquatic environment, spine rehabilitation and core strengthening in the aquatic environment.



Dr. Julie Gilchrist of the Centers for Disease Control and Prevention (CDC) was among ten speakers addressing drowning and injury statistics and prevention topics. Demographics on guarded pool deaths, and diversity and developing country interventions were discussed. A lunch roundtable explored the psychological impact of drownings on young lifeguards. Discussion included best practices to manage the impact both for the lifeguards and facility managers.



The Aquatic Facility Management track of nine seminars included representatives from the YMCA-USA and American Red Cross, who exposed Lifeguard assessments and creating successful in-service programs. Kevin Dessart, Colorado Springs Swim School, presented a case study for aquatic center privatization, how to take a facility from deficit to sustainable. Jim Wheeler, San Francisco Parks Department and Farhad Madani, Association of Aquatic Professionals led a team focused on managing aquatic facilities, including emergency response planning and aquatic facility audits.

Captain Charles Otto, RS, CDC, explored the parallels between Model Aquatic Health Code (MAHC) and Food Code and the planned future MAHC maintenance cycles using the very successful, inclusive Conference for Food Protection archetype. Captain Otto’s presentation is [available free to view](#) on demand. Doug Sackett, New York State Department of Health and Director of the CDC MAHC project, provided an overview of the MAHC process, gave a status update and included a discussion of key concepts and elements. Mr. Sackett’s presentation is also [available free to view](#) on demand.

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In recent years, Dr. James Amburgey, University of North Carolina, Charlotte, through NSPF funding, has made significant advances in understanding swimming pool water filtration and its impact on Cryptosporidium “Crypto” removal. His conference presentation highlighted changes in filtration that have been successful and those that have not worked to increase Crypto removal, as well as theory and potential future trends. Dr. Amburgey said next steps include more research to learn how best to use coagulants (or other filtration measures) in full-scale pools around the country.

Additional recreational water illness prevention presentations included Dr. Chip Blatchley II, Purdue University, with a review of UV disinfection systems, validation methods and recommendations. Dr. Blatchley also discussed issues of high dose requirements for chemical removals in addition to microbiological contaminant reduction.

Poster Sessions

The second annual WAHC scientific poster session was presented. Attendees were able to review the displayed research and speak with the presenters, offering a better understanding of scientific advances in



a more intimate environment. Four posters were presented by Utah State University graduate students, exploring underwater treadmill research; CDC microbiologist Jennifer Murphy looked at Chlorine Dioxide Inactivation of *C. parvum* Oocysts Under Recreational Water Conditions; Susan Campbell and Chris Li, Oklahoma City Health Department presented two posters: the Collection and Analysis of Swimming Pool Inspection Data - Prioritizing and Evaluating Program Activities and Nematodes and What in the Pool?; and Nancy Hall, Environmental Microbiology Manager, State Hygienic

Laboratory, Iowa, shared her research: Incidence of *Pseudomonas aeruginosa* in Private Spa Water.

More and more leading organizations are scheduling their events and meetings in coordination with the conference.

- This year, the Aquatic Exercise Association (AEA) and USA Swimming presented pre and post conference events, further maximizing the educational opportunity for attendees.
- The fifth annual meeting of the National Swimming Pool Environmental Health Leader Symposium (NSPEHL) was held bringing together 52 state environmental health leaders to collaborate and solve issues.
- The Centers for Disease Control and Prevention (CDC) Model Aquatic Health Code (MAHC) Steering Committee met reviewing several MAHC modules that are scheduled for release later this year.
- The fifth annual NSPF Instructor meeting was held prior to the WAHC where new educational offerings were previewed. Several leading NSPF Certified Instructors were recognized during a special awards ceremony.
- The YMCA Risk Advisory Group met just prior to the conference.
- The APTA Aquatic Physical Therapy Section held their board meeting prior to the conference.

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Table Tops and Sponsors

Nine organizations were highlighted during table-top displays to help attendees understand their causes: Aquatic Physical Therapy Section of The American Physical Therapy Association, American Red Cross, Joshua Collingsworth Memorial Foundation, American Chemistry Council, the National Drowning Prevention Alliance (NDPA), Swim for Life Foundation, NSF International (NSF-I), Aquatic Exercise Association, and USA Swimming.



Fourteen sponsoring organizations invested to show their support of the WAHC: Arch Chemicals, Aquasalt, LLC, Counsilman-Hunsaker, Delta UV, DuPont, Engineered Treatment Systems (ETS), Hayward Commercial, HeartSine Technologies, Hydro-Fit, Inc., Miracle Alley Training & Development, Pentair Water Commercial Pool, SeaKlear, VitroClean, and WMS Aquatics. "It is an honor that so many sponsors are helping us elevate science in our field," concluded Kavanaugh.

WAHC On-Demand

The seminars from the 2011 World Aquatic Health Conference join a library of seminars from the 2008 -2010 WAHC. On-demand seminars can be accessed at www.nspf.org; click on Online Training. Many organizations schedule a meeting with team members to watch a seminar together. The availability of the seminars online, on-demand at a low cost, is an attractive solution for those who were unable to attend or wish to see seminars than ran congruently.

WAHC 2012 Norfolk

The ninth annual World Aquatic Health™ Conference is scheduled for October 10-12, 2012 in Norfolk, at the Norfolk Waterside Marriott Hotel. Send an email to conference@nspf.org to sign up for more information when it is available.

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About the Aquatic Physical Therapy Section, APTA — The Aquatic Physical Therapy Section, representing more than 1,000 members, is a component of the American Physical Therapy Association, which represents more than 74,000 members. The section's mission is to develop, promote, and advocate for evidence based aquatic physical therapy as an effective intervention to enhance movement. Visit www.aquaticpt.org.

About NSPF® — The National Swimming Pool Foundation® (NSPF®) is a non-profit organization founded in 1965, giving back about \$ 4 million of all revenue since 2003 to fund grants to prevent illness, injury, and drowning, and to demonstrate the benefits of aquatic activity. The Foundation works towards its mission to encourage healthier living through aquatic education and research with its collection of educational products and training. NSPF is the largest and most widely accepted educator of people who care for pools and spas and has trained about 310,000 professionals in 70 countries. For more information, please visit www.nspf.org.