

Pool Water Temperature Guidelines

NCAA

26 - 27 degrees C (79 – 81 degrees F)

American Red Cross

25 - 28 degrees C (77 - 82 F)

USA Swimming

25 – 28 degrees C (77- 82 degrees F)

The World Health Organization (WHO)

26 – 30 degrees C (78-86 degrees F)

US Masters (USMS)

24 – 30 degrees C (77-82 degrees F)

The Aquatic Exercise Association (AEA)

25-28 degrees C (77-82 degrees F)

FINA

25- 28 degrees C (77-82 degrees F)