

Water Temperature Guidelines

NCAA Rules for Water Temperature

82 degree water (and lower)

- Competitive swim team training
- Adult aerobic lap swimming
- High intensity vertical water exercise

86 – 88 degree water

- Learn-to-swim
- Moderate vertical water exercise and water walking
- Younger age (10-under) swim training
- Low intensity lap swimming
- Synchronized swimming
- Diving
- Recreational swimming

FINA Rules for Water Temperature

FINA is the international governing body of swimming, diving, water polo, synchronized swimming and open water swimming. For swimming in both standard competition and the Olympics, FINA mandates a water temperature of between 77 and 82 degrees Fahrenheit. For water polo in both standard competition and the Olympics, FINA mandates 79 degrees Fahrenheit, plus or minus one degree. For synchronized swimming in both standard competition and the Olympics, the FINA regulation temperature is 81 degrees Fahrenheit, plus or minus one degree. Finally, for diving in both standard competition and the Olympics, the FINA regulation temperature is not less than 79 degrees Fahrenheit.

American Red Cross Rules for Water Temperature

For fitness swimming the Red Cross recommends 78 degrees Fahrenheit. For recreational swimming, the Red Cross recommends 81 degrees Fahrenheit. For water therapy, the Red Cross recommends 86 degrees Fahrenheit.