



Facts About Swimming During Periods

MYTHS

Swimming is impossible during periods

Periods stop while swimming

Wearing a pad is a must while swimming

Swimming increases period cramps

Avoid open water during periods to avert shark attack risk

Period blood may contaminate the pool



FACTS

You can swim comfortably during periods using tampons or menstrual cups as they effectively help prevent leakage.

Your menstrual flow may slow down because of the water pressure, but your periods do not stop while swimming.

Pads soak all liquids within seconds, so wearing them in water can be ineffective and messy.

Swimming helps release endorphins that act as the body's natural painkillers and relieve period cramps.

Sharks are attracted to the amino acids in the blood. If your menstrual blood leaks, the amino acids in the blood will diffuse into the water and will not attract sharks.

If you accidentally bleed in the pool, the filtration system, sanitizers, and chlorine will neutralize the blood and make the water safe for swimming.

References:

1. Can I Swim During My Period?; U.S. Masters Swimming
2. Swimming and Your Period: Gross or Go For It?; Penn Medicine