



WATER QUALITY

The River Tees is the main body of water that supplies our White Water facility; as such TBIWWC is not and cannot be responsible for the quality of water on the course.

The river water carries different levels of bacteria affected by factors such as river level, water temperature and rainfall. This is similar to other open water areas (ponds, lakes, rivers and coastal waters) which will have varying levels of bacteria which will determine water quality.

We have very few cases of illness through water quality and in the majority of cases people will have no effect whatsoever, however some people may be more susceptible than others so please take notice of the following guidelines to minimise any potential health risk.

Guidelines

- This is not drinking water – avoid swallowing.
- Wash your hands and shower before eating.
- If you incur any cuts, grazes or any open wound whilst on the participating in an activity at TBIWWC clean the area well to avoid any infection.
- Avoid immersion if you have an open wounds/infection and cover any cuts and grazes with a Waterproof plaster.

Illness

If you find yourself unwell after being in open water the most common form will be an upset stomach. There are more serious infections that can be caught but these are extremely rare. In all cases other than a mild bug the sensible approach would be to consult your doctor.

Viral Gastroenteritis: This is the most common illness associated with swimming in polluted water. Although the symptoms are usually minor, they may present in a variety of forms that can include one or more of the following: Chills, Nausea, Diarrhoea, Stomach-ache, Headache, and Fever.

If you believe you may have an infection consult your doctor.

Leptospirosis: This is more commonly known as (Weils Disease) Leptospirosis is a type of bacterial infection that is spread by animals. It is caused by a strain of bacteria called leptospira. Human cases of Leptospirosis are rare but you can catch leptospirosis by touching soil or water contaminated with the urine of wild animals infected with the leptospira bacteria. The likelihood of becoming infected is less in swift moving streams and rivers than stagnant or slow moving waterways.

You can become infected by the leptospira bacteria by drinking contaminated water, or if contaminated water or soil comes into contact with your eyes, mouth, nose or any unhealed cuts in the skin. Infections can range from a mild flu-like illness to a serious illness requiring hospital treatment. Symptoms can range from:- Fever (high temperature), headaches, nausea, vomiting, loss of appetite, diarrhoea, cough, sore throat, muscle pain, particularly affecting the muscles in the calves and lower back and in more serious cases:- jaundice (yellowing of the skin and the whites of the eyes) and a noticeable, painful swelling in your liver.

If you believe you may have an infection consult your doctor.

Hepatitis A: This is an infection of the liver caused by the Hepatitis A virus. It leads to inflammation (swelling) of the liver. Some people with Hepatitis A do not have any symptoms. Others have flu-like symptoms, loss of appetite, abdominal pains or jaundice. The Hepatitis A infection is usually caught by putting something in your mouth that has been contaminated with the stools (faeces) of someone with Hepatitis A which is why it can be found in water bodies.

If you believe you may have an infection consult your doctor.

In all cases please consult your doctor and make them aware that you have recently participated in water activity.

All information given in this advice has been taken from the NHS website. More details can be found at www.nhs.uk

We would also ask that you advise the centre on 01642 678000 or enquiries@tbiwwc.com of any illness you believe may be related to water quality.