

Swim Advisory

Due to the current water conditions in Florida, the Central Florida Sports Commission would like to provide the following information collected from the State of Florida Department of Environmental Regulation.

- Amoeba is most commonly found in the upper layer of sediment in the bottom of lakes and ponds with mud floors when water temperatures exceed the mid 80 degrees Fahrenheit
- Amoeba is most likely present in every lake in Florida
- Sampling for amoeba is not performed by any entity on a regular basis
- The infection occurs when the amoeba enters the body through the nose and travels to the brain and spinal cord while the person is swimming underwater or diving
- Children are more susceptible than adults since their nasal passages do not have well developed growth of hairs which impede the movement of the amoeba up to the sinuses
- The best prevention is to stay out of the water. If people enter the water they need to understand and accept the risks
- The only preventive measure for those who enter the water is to wear a nose clip and to blow their nose forcefully after swimming

Event Precautions

- Each participant will receive a complimentary nose clip provided by the Central Florida Sports Commission
- If you do not wish to participate in the swim portion of the triathlon, a duathlon will be offered as an option; however duathlon participants will not be able to qualify for awards

If you have any questions and/or concerns, please contact Jennifer Lastik by phone at 407-648-4900 ext. 15 or by email at jlastik@orlandosports.org.