



# A Guide to Safer Swimming in Maine



## *Targeting Resources Through Partnerships for Maine's Beaches*

*EPA Reducing Beach Closures  
Workshop 2005*

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University of Maine Cooperative  
Extension/Sea Grant

# Maine Healthy Coastal Beaches Program:

- History: 2002 funded by EPA; UMCE/SG Coordinating Program, SPO/Maine Coastal Program Managing program
- Local jurisdiction; voluntary; non-regulatory; provincial state; no response to top down management; no legislation currently or proposed
- 2 Beaches monitoring in 2002 without QA/QC in place; currently 38 beaches monitored in program



# Elements of the Program



- Develop a structure for statewide program with jurisdiction at the local level
- Implement standardized methods, training programs and regional labs
- QAPP and Notification Development and other protocols
- Public Input, Education and outreach



## Who's Involved



**Partners-statewide and local:**  
UMCE/Sea Grant, MCP, DEP, BoH,  
DMR, DOC, EPA, Municipal Officials,  
State Park Personnel, Nonprofit  
Groups, Volunteers, and EPA

**Engaged In:** Structure, Resources,  
Training, Implementation, Evaluation

## Strengths and Challenges:

- Community support into the future—only way possible in ME
- Lengthy process to engage all
- Stewardship activity and educational opportunities strong
- Turnover in staff an issue—funding essential

A close-up photograph of a person's legs and feet walking on a wet beach. The person is wearing light-colored, possibly white, trousers. The feet are bare and appear to be stepping on wet sand, with water droplets visible on the skin. The background shows the ocean with waves breaking, and the lighting suggests a sunset or sunrise, with a warm, golden glow. The overall scene is serene and evokes a sense of nature and outdoor activity.

## Strategies

- Engage towns/State Parks
- Provide Education
- Develop Tools
- Identify & Remediate

# Education

- Beach User and Municipal Surveys
- Strategy Developed w/ Advisory Committee and marketing firm PBK
- Radio spots & PSAs, TV weather line, Radio Forums
- Web Design
- Written materials -distribute 70,000 to Chamber of Commerce, Info Ctrs, park Kiosks, mailed w/ parking permits, etc.

# Think Healthy. Swim Healthy.

## Practice Healthy Beach Habits!

Maine is famous for its pristine beaches and healthy swimming waters. Here are some things you can do to help keep it that way!

### How to help prevent water-related illnesses:

- Avoid swallowing beach-water and try not to let any get in your mouth.
- Take your kids on bathroom breaks often—sometimes “I have to go” means it’s already too late!
- Change diapers away from the water’s edge—in a bathroom if possible—and dispose of in a sanitary manner; germs can spread if dirty diapers are not sealed properly.
- Wash your hands with soap and water or sanitary-wipes after using the bathroom or cleaning children. Liquid hand sanitizers in many public restrooms are very effective.
- Don’t swim if you have diarrhea or feel like you may vomit.
- Leave the water immediately if there is a vomiting or diarrhea incident, and notify a lifeguard if one is present.
- Waterfowl and other animals are attracted by trash—please dispose of refuse properly.
- Do not feed the gulls, other birds or wildlife on the beach.
- Dogs may not be allowed at some beaches. Please check before you go.
- If you bring a pet onto the beach, dispose of its waste properly (bring small plastic bags with you)
- Share the knowledge—many people are not aware that beach health risks exist!

Thank You.



[www.MaineHealthyBeaches.org](http://www.MaineHealthyBeaches.org)

# TOOLS

- Protocols
- Signage
- GIS maps
- On-Line database
- Public interface for viewing data

## If Your Water Test Fails

Swim Area Water Test Results are 100 or greater  
Whether prior tests were good or marginal

Decide on Posting of an Advisory  
or Closure  
AND  
**RETEST IMMEDIATELY**

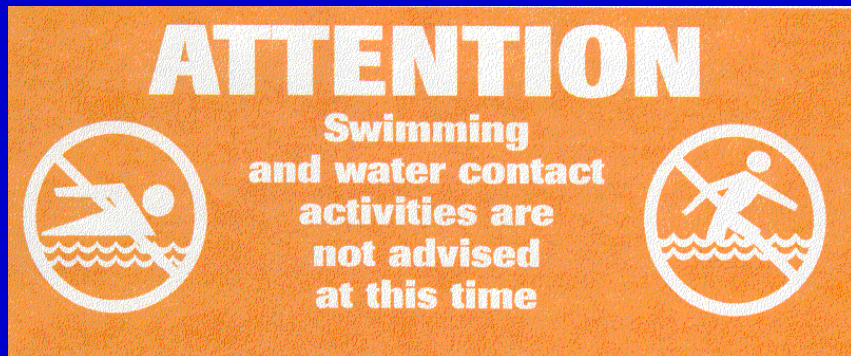
If test results are good  
-Retest on Schedule  
-Remove any  
advisories or closures

If test fails **Retest Immediately**  
and until results are acceptable  
AND  
Post Advisory or Closure

- Call the appropriate town official about the unsatisfactory test results and impending notification of the Bureau of Health.
- Fax test results to BOH Epidemiologist Jen Gunderman-King at **1-800-293-7534**, including beach location, a copy of the field datasheet, matrix of the area, and brief description of previous test results.

- Epidemiologist will determine level of concern and direct the next step.

# Beach Signs



# Welcome!

For your safety and good health this beach is part of the Maine Healthy Beaches Program.



The water quality at this beach is tested by \_\_\_\_\_ as part of the Maine Healthy Beaches program, a statewide effort to prevent water-related illnesses. Please be assured that Maine's beaches are safe places to swim. For more information about water quality at this and nearby beaches, contact: \_\_\_\_\_ or visit [www.mainehealthybeaches.org](http://www.mainehealthybeaches.org).

Symptoms of water-related illness can include stomachache, vomiting, diarrhea, and infections of ear, eye and skin. If you have these symptoms, notify your physician or seek treatment. If you have reason to believe your symptoms were due to contaminated swimming water at this or another Maine beach, contact the Maine Department of Human Services Bureau of Health at 207-287-8016.

Please refer to this beach as: \_\_\_\_\_



Maine Coastal Swim Beach W Q Data Sheet

<b>Group Name</b> Popham Beach SP		<b>Rainfall in 24 Hours</b> None		<b>Rainfall in 24 Hours (inches)</b> 0	
<b>Collected by</b> brian.j.murray		<b>Weather</b> Clear		<b># Days with similar weather</b> 3	
<b>Date Collected</b> 9/2/2004		<b>Water Surface</b> Medium Current			

Site #	Time	Air Temp C	Tide Stage	Water Temp C	Salinity 0/00	Observations/Polution Source:	Date of Analysis	Time of Analysis	Enterococci
PSP-01	1215	16	m	16.5	20		9/2/2004	1300	20
PSP-02	1225	16	m	16	22		9/2/2004	1300	30
PSP-03	1235	16	m	16	24		9/2/2004	1300	0
PSP-04	1240	16	m	15	26		9/2/2004	1300	0
PSP-05	1255	16	m	15.5	22		9/2/2004	1300	60
PSP-06						couldn't get to site			

**Comments**  
 psp 06 is the morse river test site which is not a swim area. todays incoming tide made it impossible to get to the site

**Tide Station**  
 fort popham

# Public Interface to MHCB Data

On-Line  
March 2005

## MAINE



### Healthy Beaches

## Beach Status and Data



[BEACH STATUS AND DATA](#)

[SCIENCE](#)

[RESOURCES](#)

[PARTNERS](#)

[HOME](#)

[See Today's Beach Status and Data](#)

[Maine Healthy Coastal Beaches Program](#)

[How Beach Advisories are Determined](#)

[Beach Program Water Quality Standards](#)

[How does the town/State Park follow-up on beach advisories?](#)

[How will I know if it's safe to swim at my local beach?](#)

[EPA BEACH Act](#)



### Maine Healthy Coastal Beaches Program

The Maine Healthy Coastal Beaches Program is providing the State of Maine with a system to monitor public beaches and notify the public when there is a potentially hazardous condition.



## Healthy Beaches

Maine Healthy Coastal Beaches Program

How Beach Advisories are Determined

Beach Program Water Quality Standards

How does the town/State Park follow-up on beach advisories?

How will I know if it's safe to swim at my local beach?

EPA BEACH Act

## Today's Beach Status

Check on the status of many public swim beaches on the Maine Coast.

Beach Name	Current Status
<a href="#">Bar Harbor Town</a>	Open
<a href="#">Bay View (Saco)</a>	Open
<a href="#">Camden Yacht Club</a>	Open
<a href="#">Cape Neddick Beach</a>	Open
<a href="#">Crescent Beach (Cape Elizabeth)</a>	Open
<a href="#">Drakes Isl. Beach</a>	Open
<a href="#">Ducktrap River</a>	Open
<a href="#">East Beach (Georgetown)</a>	Open
<a href="#">East End Beach (Portland)</a>	Open
<a href="#">Ferry Beach (Saco)</a>	Open
<a href="#">Ferry Terminal (Lincolntonville)</a>	Open
<a href="#">Fortunes Rocks Beach</a>	Open
<a href="#">Frohock Brook</a>	Open
<a href="#">Gooches Beach</a>	Open
<a href="#">Half mile Beach</a>	Open
<a href="#">Higgins Beach</a>	Open
<a href="#">Hills Beach</a>	Open
<a href="#">Hulls Cove</a>	Open
<a href="#">Kennebunk Beach</a>	Open
<a href="#">Kettle Cove Beach</a>	Open
<a href="#">Kinney Shores</a>	Open
<a href="#">Lagoon Beach</a>	Open
<a href="#">Laité Beach</a>	Open
<a href="#">Libby Cove Beach</a>	Open
<a href="#">Lincolntonville Beach</a>	Open
<a href="#">Long Sands Beach</a>	Open
<a href="#">Middle Beach</a>	Open
<a href="#">Middle Beach (Biddeford)</a>	Open
<a href="#">Middle Beach (Kennebunk)</a>	Open
<a href="#">Mile Beach</a>	Open
<a href="#">Ogunquit Beach</a>	Open
<a href="#">Old Orchard Beach</a>	Open

[The Risk Assessment Matrix](#)

[What do the signs look like?](#)

[The Three Status Plates](#)

If you want more information on recreational water illnesses you may want to contact the [CDC Web site](#).

Beach Status Updated every 24 hours-advisories and closures automated email to managers

# ID and Remediation

- Sanitary Surveys conducted W/ DMR
- Storm Event monitoring
- Monitoring plan of study area
- Analysis of pollution problems
- Community development process for remediation
- Presentations

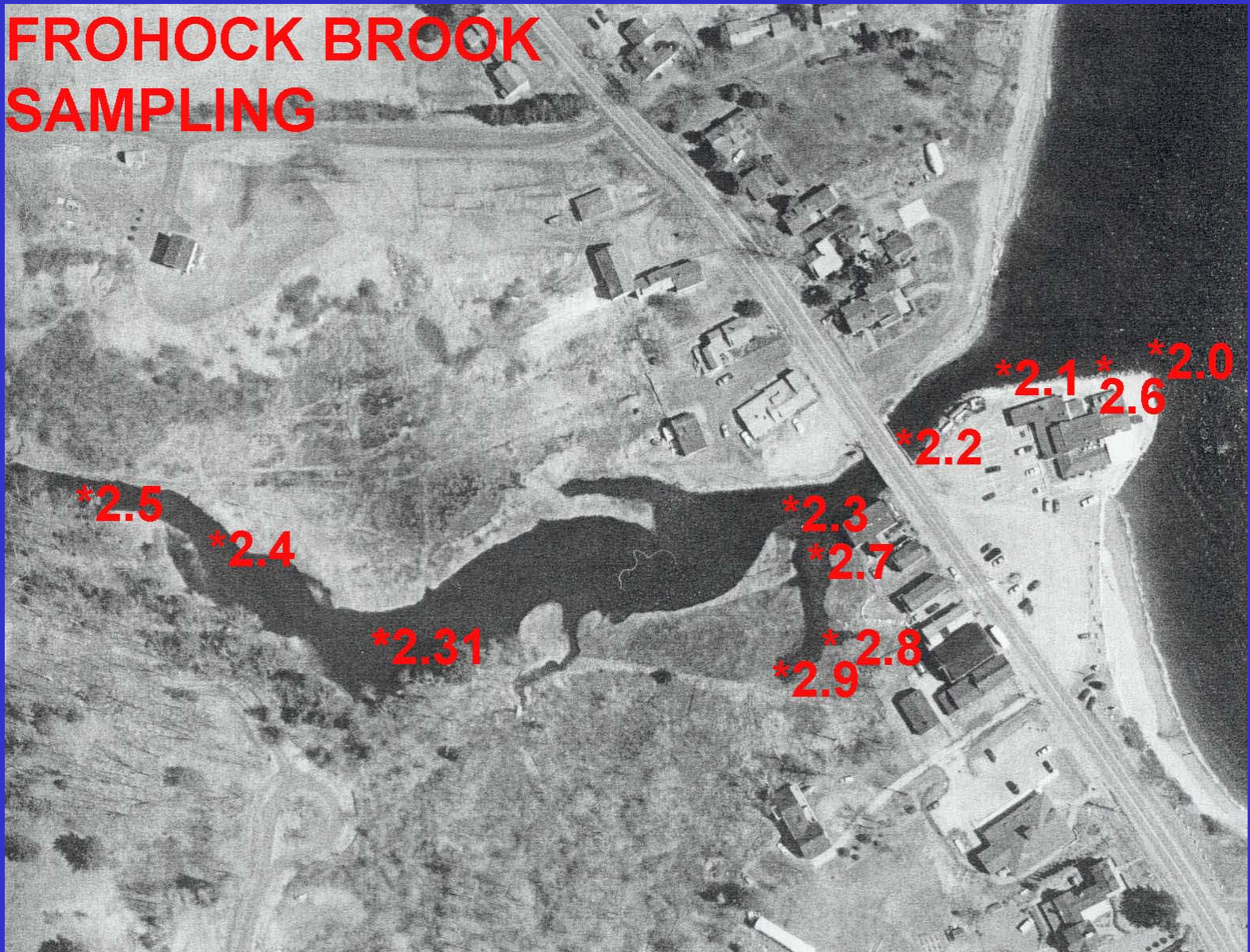


Lincolnville Beach



Kennebunkport

# FROHOCK BROOK SAMPLING



Sanitary Survey and Monitoring Sites

# For More Information:



o Websites: :  
[www.MaineHealthyBeaches.org](http://www.MaineHealthyBeaches.org)

[www.epa.gov/ost/beaches](http://www.epa.gov/ost/beaches)

Contact Info:

o UMCE/Sea Grant:

*Esperanza Stancioff  
and Keri Lindberg*

Phone: (207) 832-0343 or 1-800-244-2104

FAX 207-832-0377

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