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17 October 2016

Stay informed by accessing beach water advice

Further recent heavy rainfall ahead of a spell of warmer weather later this week, has prompted another reminder to beachgoers to stay informed about beach conditions through the Environment Protection Authority (EPA).

EPA Operations Director Science, Assessment and Planning, Peter Dolan said Adelaide's beaches are considered safe and healthy but for about two percent of the time, they can be impacted by rainfall that is flushed into the sea and discolouring the water.

"The very high volume of rain that we've seen in recent weeks and again over the weekend, has resulted in flows through the stormwater system and into sea, making some metropolitan beaches unsuitable for swimming for several days," Mr Dolan said.

"The EPA runs a seasonal service during the daylight saving period for beachgoers to receive email notifications when the water is discoloured or murky, by subscribing to it through the EPA website," Mr Dolan said.

Stormwater is continuously monitored near beach outflows that measures both water flow and turbidity.

"When either of the measurements exceed certain levels there is a possibility that beach water quality could be impacted," Mr Dolan said.

"Stormwater can also reduce visibility in the water, it can smell and could cause a mild illness such as a stomach upset if ingested which is why we issue these warnings to avoid swimming in it when these incidents occur.

Generally after a heavy storm the discoloured water will take about two days to dissipate.

Beachgoers can also choose to receive advice online through Alert SA.

The beaches that are monitored along Adelaide's metropolitan coastline span from Semaphore in the north to Noarlunga in the south.

For more information and to subscribe to this email alert service, visit the EPA website.