Everyone who swims is sooner or later faced with a decision. How you decide is a matter between you, and your conscience. Here are some facts to guide you.

What would happen if you NEVER get rid of this stuff?

YOU’LL DIE.
The body likes to keep things in balance. Over a long period, too much of certain chemicals and compounds—even too much water—throws the metabolism out of whack. In the worst case, kidney failure, the long-term buildup of urea can lead to coma or death.

WOULD IT KILL YOU TO “HOLD IT”?
Absolutely not. Holding your pee for a few minutes or even a few hours, while uncomfortable, is not dangerous. In fact, the ability to “hold it” is a key marker of socialization. Think: “toilet training.”

So should I PEE IN THE POOL?
Consider the “golden” rule. Would you like to swim in other people’s urine? Do unto others ...

References:

* A study published in the journal Environmental Science & Technology shows that uric acid, which is present in urine, can interact with chlorine to form a toxic compound. Commenters on the study have noted that the amounts likely to be encountered by the average swimmer in a well-maintained pool present little risk to health.