

Kingston State Park Beach



NEW HAMPSHIRE DEPARTMENT OF ENVIRONMENTAL SERVICES



Beach location: Great Pond, Kingston
Number of NHDES sampling stations: 3
NHDES sampling frequency: 2 times per month
Year sampling began: 2003 (excluding 2020&2021)

What does the NHDES Beach Program do?

The New Hampshire Beach Inspection Program monitors water for fecal bacteria at public beaches between Memorial Day and Labor Day. When elevated levels of fecal bacteria are identified, an advisory is issued to inform and protect the public from possible illness while swimming. Once an advisory is issued, beaches are resampled until bacteria levels are below the standard.

NH beaches are categorized as Very Good, Good, Fair, or Poor based on the percentage of samples collected that are clean. A clean sample is defined by a bacteria result that is lower than the state standard of 88 MPN/100mL.

Very Good ≥ 98% of samples clean	Good 90 - 97% of samples clean	Fair 70 - 89% of samples clean	Poor < 70% of samples clean
--	--	--	---------------------------------------

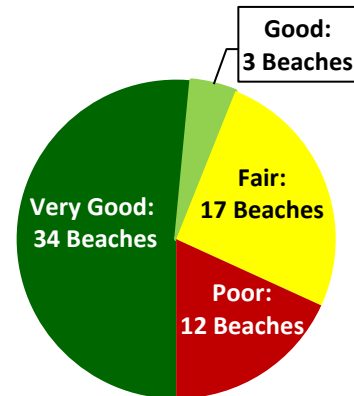
2023 Kingston SP Beach Sampling Results

Poor 66.7% of samples are clean
Total samples collected: 27
Total unclean samples: 9
Advisories issued: 2
Average length of advisories: 3.5 days

2023 New Hampshire Freshwater Beaches

How clean were NH beaches in 2023?

Using the samples collected at 66 freshwater beaches in 2023, 34 beaches (51.5%) were categorized as Very Good, 3 beaches (4.5%) as Good, 17 beaches (25.8%) as Fair, and 12 beaches (18.2%) as Poor.



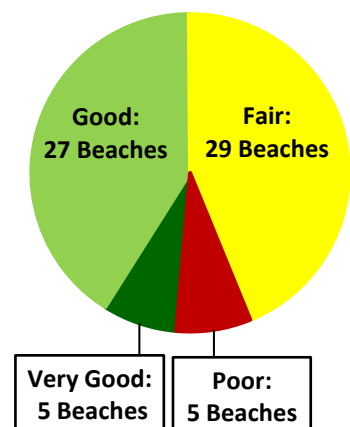
2003-2023 Kingston SP Beach Sampling Results

Fair 86.6% of samples are clean
Total samples collected: 231
Total unclean samples: 31
Advisories issued: 9
Average length of advisories: 2.4 days

2003-2023 New Hampshire Freshwater Beaches

How clean were NH beaches since 2003?

Using the samples collected at 66 freshwater beaches from 2003-2023, 5 beaches (7.6%) were categorized as Very Good, 27 beaches (40.9%) as Good, 29 beaches (43.9%) as Fair, and 5 beaches (7.6%) as Poor.



What is an advisory?

Water samples are collected at stations along the beach during routine inspections. Water samples are analyzed for the presence of *E. coli* (a fecal bacteria indicator for freshwater environments) with results available within 24 hours of collection. If two sample results from one beach is above the state standard of 88 MPN/100mL or any one sample is above 158 MPN/100 mL, an **Advisory** is issued for that beach. NHDES recommends to not wade or swim in the impacted waters.

NHDES will communicate results to beach managers, who post advisory signs at all entry points of a beach. Advisories are also posted online via the [Healthy Swimming Mapper](#). An advisory does not close a beach but instead warns the public of potential risk. An advisory will be removed after resampling results are below the state standard.

ADVISORY

High levels of fecal bacteria detected in the water.

Swimming in this area is not recommended & wading is discouraged.

Do not ingest the water.

For current advisories and recent results:

For more information:

En Español:

NHDES Beach Program
(603) 848-1905
beaches@des.nh.gov

Example of an advisory sign that is posted at the entry points and/or along the impacted beach.

What can you do?

Before traveling to a beach, visit the [Healthy Swimming Mapper](#) to check for current advisories. Once at a beach, look for an advisory sign that may be posted at the entrance. Even if you don't see an advisory sign, avoid swimming in areas where you may see a potential source of fecal contamination. These sources could include a large number of swimmers, frequent wildlife visitors, nearby failing septic systems, storm drains, or farm runoff. To protect your health and that of your beach, avoid swimming after heavy rain events and discourage the feeding of wildlife (gulls and geese).



Stay Connected with the Beach Inspection Program

Subscribe to weekly [Healthy Swimming Updates](#)

Michele Condon,
Beach Inspection Program Coordinator
beaches@des.nh.gov
(603) 848-1905

Explore our [website!](#)