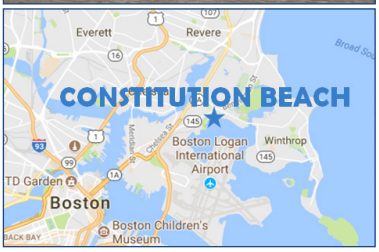
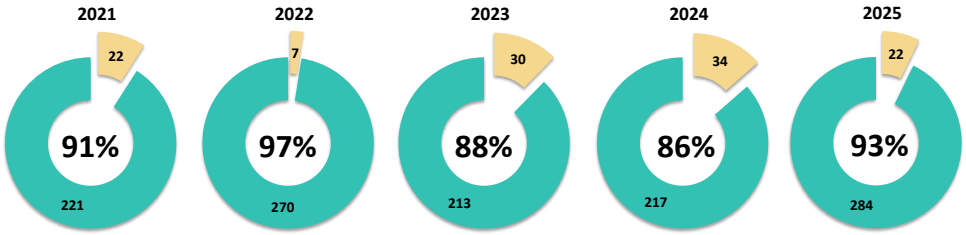
Constitution Beach

Water quality at East Boston's Constitution Beach has met swimming standards 91% of the time in the last 5 years.





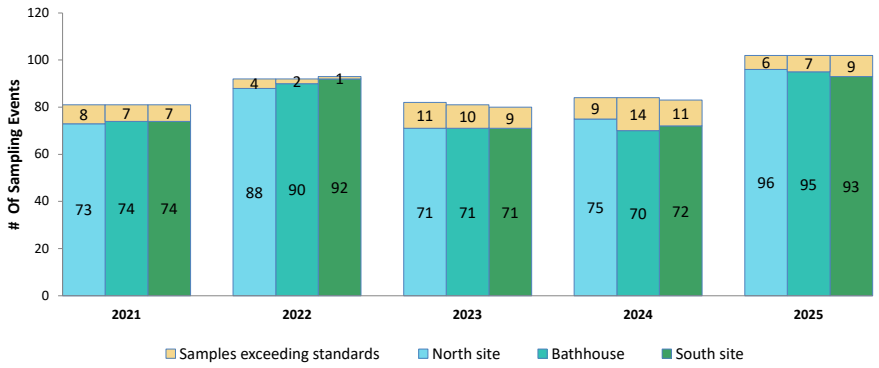


In the last five years, 86% to 97% of water samples have met swimming standards at Constitution Beach. To meet the standard, a single sample must have *Enterococcus** levels of less than 104 counts in 100 milliliters (mL) of a beach water sample. Water samples are collected at three locations at Constitution Beach and analyzed in a laboratory to determine the *Enterococcus* counts. Dark teal represents the proportion of samples meeting the standard, 104 counts per 100 mL of water or less; light yellow represents the proportion with higher than 104 counts per 100 mL of water. Small numbers in the charts represent the number of samples collected each year.

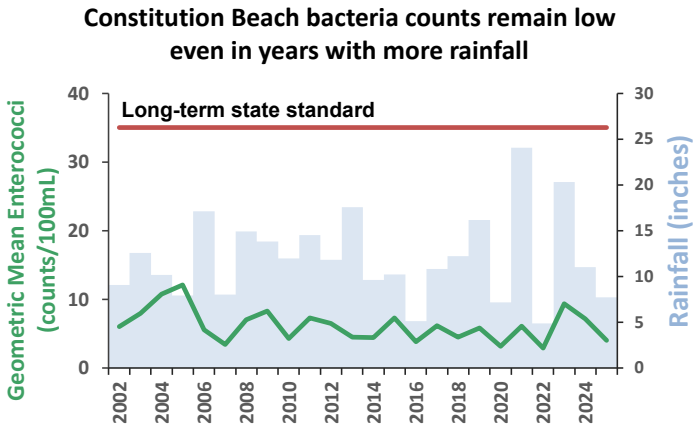
* *Enterococcus* is a bacteria used as an indicator of fecal contamination in ocean water

Beach Posting Program

Water quality at Constitution Beach is monitored throughout the swimming season in compliance with Massachusetts Department of Public Health beach testing guidelines, approximately from Memorial Day to Labor Day of each year. The Massachusetts Department of Conservation and Recreation manages the beach posting program at Constitution Beach, displaying blue flags at the beach when bacteria levels meet single sample limits (less than 104 counts of *Enterococcus* per 100 mL of water), and red flags when bacteria levels fail to meet the limit. Red flags are also flown following extreme weather events. There are no combined sewer overflows (CSOs) that impact Constitution Beach. The nearby Constitution Beach CSO facility was closed in 2000, part of MWRA's long-term CSO Control Plan. Sources of bacteria at Constitution Beach include animal and bird waste and urban stormwater runoff in wet weather.



Historical Beach Water Quality and Rainfall



Enterococcus is a bacterial indicator of human and animal waste in marine waters, and its presence helps environmental managers determine if conditions may be unsafe for swimming. In addition to the single sample standard above, the Massachusetts Department of Environmental Protection requires that long-term *Enterococcus* levels are below a long-term standard of 35 counts per 100 mL of water in all recreational swimming areas. Long-term averages at Constitution Beach have historically been well below this threshold, even in seasons with heavy rain.

For up-to-date information, please visit the Massachusetts Department of Public Health's beach water quality dashboard.
For questions about this fact sheet, email the Massachusetts Water Resources Authority at web.enquad@mwra.com.
Last updated 11/6/2026.