



Nottinghamshire Schools' Swimming Service Goggles

Some goggles are only suitable for competition swimming, diving and sub-aqua work. Advice should be sought before purchasing goggles as ill fitting goggles can equally be a hazard. The purchase of junior goggles is recommended to parents (although they may appear small to people that are unfamiliar with goggles) they create a better seal.

The service requests that you the parent/ carer have read and understood the manufacturer's advice concerning the use and maintenance of goggles, and that you have explained the advice to your son/ daughter. In particular, ensure you have covered warnings on eye safety. For example:

- **USE CARE IN ADJUSTING AND REMOVING ALL SWIM GOGGLES** especially when wet, as there is risk of an impact injury to the eyeball.
- **ENSURE** that the straps on the goggles are correctly fitted and adjusted prior to attending the lessons.
- **DO NOT** use goggles if skin is broken. Discontinue use immediately if irritation occurs.
- **DO NOT** swim underwater below two metres.
- **DO NOT** pull them away from your face – they can spring back and hurt eyes.
- **DO NOT** allow any other child to wear your goggles
- **TO REMOVE GOGGLES SAFELY** take hold of the eye pieces and lift them gently up onto your forehead and then push over the top of your head.
- **PLEASE ENSURE GLASSES ARE ATTACHED TO A LANYARD** or swimming strap during the course of the lessons and gala.