

Wearing Goggles during Swimming

It is the recommendation of the Schools' Swimming Service that children should not wear goggles during school swimming lessons for the following reasons:

1. Goggles are not considered necessary for school swimming.
2. The risk of an impact injury to the eyeball, that mainly arises from the incorrect putting on and removal of the goggles, especially with wet fingers.
3. The school swimming programme aims to teach children to swim in order to maximise their safety in water if a child is in a dangerous situation in water and is not wearing goggles, and they are only used to swimming when wearing goggles this can create an added difficulty.
4. Some goggles are only suitable for competition swimming.
5. Goggles often do not prevent pool water from coming into contact with the eyes.

It is acknowledged, however, that some parents would still wish their children to wear goggles during swimming lessons.

The service requests that you ensure you have read the manufacturer's advice concerning the use and maintenance of goggles and that you have explained the advice to your child. In particular, ensure you have covered warning on eye safety. For example:

Seek advice before purchasing goggles especially the first time, often children come with adult goggles.

Ensure that the straps on the goggles are correctly fitted and adjusted prior to attending the lessons.

Use care in adjusting and removing all swim goggles especially when wet. Do not use goggles if skin is broken. Discontinue using if irritation occurs.

DO NOT dive into water wearing goggles without prior instruction from a qualified swimming teacher or coach.

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 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 swimming lesson.



For the parent/carer to sign.

I, the parent or carer of _____ hereby confirm that I wish my child to wear goggles during school swimming lessons. I have read and understood the Schools' Swimming Services recommendation and have explained the advice to my child.

Signed _____ Date _____

Please print name _____