

SWIMMING GOGGLES

SAFE USE:

Before use, rinse goggles in the pool. This helps to prevent misting up. If in use they fill with water or mist up, remove them completely to clear. To remove goggles ONLY push them up and then off the top of the head, NEVER pull goggles forward so they may fly back and cause serious eye injury.

WHEN NOT TO USE:

Do not use goggles in a crowded pool. Even under normal use goggles may lead to collisions with the poolside, or with other swimmers. Do not use goggles when diving. Even plunging in from the side wearing goggles should be restricted to expert competitive swimmers.

REMEMBER:

Accidents are caused by people who do not know the dangers of using goggles incorrectly. NEVER pull goggles away from your own eyes. NEVER interfere with goggles worn by someone else.

Whereas teachers will continue to maintain their vigilance and ensure that strict safety precautions are in operation, any accident that occurs through the child not following the correct procedure as applied to swimming goggles must be the responsibility of that child

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SWIMMING GOGGLES PERMISSION SLIP

I wish my childto wear goggles for swimming lessons.

I am fully aware of the dangers and difficulties that can occur when goggles are worn and recognise that teachers cannot accept responsibility if the incorrect technique is applied when goggles are used.

Parent.....Date.....