



Blackburn with Darwen Borough Council **Swimming Development**

Advice to parents whose children wish to wear goggles during a school swimming lesson.

1. Goggles are not needed for everyday swimming.
2. Goggles may cause injuries, even resulting in blindness, if a child is knocked on the goggles when swimming/diving or when putting them on and removing them.
3. Children swim in large numbers and sometimes in crowded conditions. Beginners do not always have full control of arm and leg movements. These factors may increase the possibility of being hit on the goggles.
4. Goggles do not keep all the water out of the eyes.
5. Goggles often steam up for the first few minutes after putting them on.
6. Goggles are held in place by tight elastic and are made of hard plastic.
7. School swimming lessons only usually last for thirty minutes.
8. The use of goggles is only advisable when there is excessive reaction to the chemicals in the water and where the swimmer is involved in long training sessions. In these cases, goggles may reduce the effect of water coming into contact with the eyes.
9. It should be remembered that, in the event of your child being involved in a hazardous water situation, it is extremely unlikely that he/she would be wearing goggles. It is highly desirable, therefore that your child learns to swim without being dependant on goggles.
10. If goggles are used, they should not be made of glass or breakable plastic. It is recommended that such goggles should be purchased from a recognised sports equipment retailer or from a local pool/leisure centre.
11. Your child will need to be taught how to put on and remove the goggles, and how to empty the water out safely:-
"The goggles must be held firmly with both hands, each gripping the outside corner where the straps are attached. The goggles should then be pushed upwards and NEVER pulled out away from the face."
12. Your child will be asked not to wear goggles during a "Water safety" lesson, unless they have a medical reason to wear them.
13. If you wish your child to wear goggles in the school swimming lesson, please make this request in writing to your child's school.

I, as parent/guardian of _____ (block letters please)

acknowledge that I have received and read the notes on advice for parents whose children wish to wear goggles during a school swimming lesson.

Signed _____ Date _____

Name of School _____