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## 1.0

### DO I HAVE TO WEAR GOGGLES?

- 1.1 We recommend that you do wear goggles when learning to swim.
  - 1.1.1 Reasons for students not wanting to wear goggles:
    - 1.1.1.1 They fog up and obstruct vision. Something you just have to accept and get use to.
    - 1.1.1.2 To the new swimmer having something pressed against the eyes is foreign and uncomfortable. With a little persistence, goggles become second nature and after a short while you forget you’re even wearing them.
    - 1.1.1.3 To feel competent and confident in an emergency situation when goggles aren’t to hand. A fair point – However, learn to swim well first with goggles and then spend time without.
  - 1.1.2 Reasons to wear goggles.
    - 1.1.2.1 Safety.
      - 1.1.2.1.1 Sighting of visual cues is vital when sharing a lane and circling it. That is, up one side and down the other. Good lane discipline and positioning is required to avoid collisions.
      - 1.1.2.1.2 Sighting of visual cues is also necessary for turns and to finish, especially when on the back. For the head to be the first point of contact with the wall is not pleasant.
    - 1.1.2.2 Protection.
      - 1.1.2.2.1 Against the suns glare when swimming outdoors.
      - 1.1.2.2.2 Against irritation from pool chemicals.
    - 1.1.2.3 Learning.
      - 1.1.2.3.1 Is quicker. You feel more confident. Fewer interruptions. An all-round more pleasant experience.

## 2.0

### HOW TO WEAR GOGGLES?

- 2.1 Wearing goggles over a swimming hat is best. The goggle strap grips better to the latex of the hat than hair and so less liable to slip and fall off. Therefore, perhaps avoid putting goggles on first and then the hat over the top. (Competitive swimmers often wear two hats; that is, hat then goggles then a second hat).

- 2.2 Loosely fitting goggles are rendered ineffective. The goggles strap must be reasonably tight to create a good seal around the eyes and stop water leaking in. More tension in the strap is created by having the strap positioned around the crown of the head and not low on the neck. Or for ladies having the strap over the bun of the hair.
- 2.3 If the goggles have a double strap position slightly apart around the head to give a more stable anchor.
- 2.4 The seal is improved with suction - pressing lightly onto the goggles pushes the air out and creates a vacuum.

3.0

#### CAN I BORROW A PAIR OF GOGGLES?

- 3.1 Goggles are not available to borrow at your lesson. You are required to buy your own goggles and bring them with you to each lesson.
  - 3.1.1 In fact, we'd encourage you to have a spare pair in your kit bag in case yours break.
  - 3.1.2 It can be unhygienic to share goggles. Any eye infection is easily transmitted.
  - 3.1.3 Avoid borrowing a family member or friends' goggles. Each time they are swapped they require readjusting – messing about with goggles eats into your lesson time.

4.0

#### ARE THERE MEN'S & WOMEN'S GOGGLES?

- 4.1 Typically, no. The vast majority are unisex unless specified.

5.0

#### WHICH BRAND OF GOGGLE IS BEST TO BUY?(Click on brand to view webpage)

- 5.1 Established swimming brands. **\*RECOMMENDED\***
  - 5.1.1 [Speedo](#)
  - 5.1.2 [Arena](#)
  - 5.1.3 [Aqua sphere](#)
    - 5.1.3.1 <https://uk.aquasphereswim.com/en/EP119.html>
  - 5.1.4 [Zoggs](#)
  - 5.1.5 [Michael Phelps](#)
- 5.2 High street brands. **\*RECOMMENDED\***
  - 5.2.1 E.g., [Decathlon](#)
    - 5.2.1.1 We buy a lot of our equipment from Decathlon. Affordable, good quality, and good customer service.
- 5.3 Sports brands.
  - 5.3.1 E.g., Nike, Adidas etc, are not very well established in the swimming goggle space.
- 5.4 Online/Unbranded.
  - 5.4.1 E.g., Amazon.
    - 5.4.1.1 Convenient but not always the best choice. We advise avoiding unbranded goggles.
- 5.5 Custom fitted.
  - 5.5.1 If you can't find a pair of goggles that fit your face well, perhaps custom goggles are for you - tailor made to your exact face. Scan your face using the app and send it off. Your goggles return in 2-3 weeks.
    - 5.5.1.1 [Themagic5](#) (use code: Bretthawke20 for 20% off)

(Please note there are other manufactures to choose from).

6.0

#### GOGGLE SIZING

- 6.1 Goggles give consideration to three (3) variables:
  - 6.1.1 The size of eyes/ or contours around the eyes.
    - 6.1.1.1 General sizing - Child/ Junior/ Adult.
  - 6.1.2 The bridge width of the nose.
    - 6.1.2.1 Some designs can be adjusted. If you have a wide or narrow bridge it might be best to purchase goggles that can be adjusted.
  - 6.1.3 Size and shape of the head.
    - 6.1.3.1 All come with an adjustable elastic strap (See 6.1.4).

6.1.3.2 The strap should wrap around the head a little below the crown. Or over/ either side of long hair under a cap to create tension in the strap. A loose strap that's low on the neck won't fix the goggles well to the eyes.

6.2 Note: In the extremely rare event you have exhausted all possibilities and can't find a pair of well-fitting goggles perhaps consider a custom made pair – [Click here](#).

6.3 The aim is to have well fitted goggles that are comfortable and effective.

7.0

#### WHICH DESIGN OF GOGGLE IS BEST?

7.1 For any given brand there seems to be endless designs available which can be overwhelming. The really fancy looking goggles with their aggressively sharp angled lenses and mirrored effect do look the 'bee's knees', but they are very much designed for the competitive swimmer to race in. They are expensive, not particularly durable on a day to day basis, and aren't all that comfortable for the recreational swimmer.

7.1.1 Mask vs. traditional.

7.1.1.1 Masks seal around the forehead and cheek and have a wider peripheral vision. We have no strong recommendation for the beginner swimmer – either design works well. Note: We're not referring to a snorkelling mask - so not one that covers the nose. You need to be able to breathe through your nose.

7.1.2 Lens colour.

7.1.2.1 A clear or lightly coloured lens. So not too dark, smoked, or tinted because:

7.1.2.1.1 The pool is indoors with no natural light so you will be able to see more.

7.1.2.1.2 The teacher likes to be able to see the students' eyes. To see if they keep them open and to determine emotion - you can tell a lot by someone's eyes.

7.1.3 Seal.

7.1.3.1 Almost all goggles have a soft rubber seal. A notable exception is the Swedish style goggle which is a hard plastic - the choice of some competitive swimmers and probably not particularly suitable for beginners. Choose what's comfortable for you.

7.1.4 Adjustable band mechanism.

7.1.4.1 All goggles have an adjustable head band. How the band(s) is configured depends on the design.

7.1.4.1.1 Bands.

7.1.4.1.1.1 Single.

7.1.4.1.1.1.1 Mostly found on recreational goggles.

7.1.4.1.1.2 Double.

7.1.4.1.1.2.1 Mostly found on competitive goggles to secure goggles to the head better. If the band were to slip in a race and the goggles fill up with water, it can be pretty catastrophic for the athlete's race. In a recreational swim it's not a drama, just stop when convenient and readjust.

7.1.4.1.2 Adjustment position.

7.1.4.1.2.1 At the back of the head.

7.1.4.1.2.2 At either side of the head close to the lenses.

7.1.4.1.3 Adjustment mechanism.

7.1.4.1.3.1 Band(s) loops through a buckle once or twice.

7.1.4.1.3.2 Band clips together.

7.1.4.1.3.3 A ratchet style whereby you click through to tighten or loosen

7.2 **\*RECOMMENDED\*** A single band that loops through a buckle twice. It doubly 'anchors' the band in place. With a single anchor the band can loosen relatively quickly and forever needs retightening. Avoid a clip at the back of the head design.

8.0

#### HOW MUCH DO GOGGLES COST?

8.1 Circa £10 - £60.

8.2 **\*RECOMMENDED\*** We advise spending no more than £15 to £20.

9.0

#### PRESCRIPTION GOGGLES

- 9.1 Can I swim with contact lenses under my goggles? - [click here](#).
- 9.2 Prescription goggles are available off the shelf at certain stores at a reasonable price. Individual lenses are interchangeable if your subscription is different for each eye.
  - 9.2.1 Examples: (Please note there are other manufactures to choose from).
    - 9.2.1.1 [Speedo](#)
    - 9.2.1.2 [Decathlon](#)
    - 9.2.1.3 [Zoggs](#)

10.0

#### GOGGLE MAINTENANCE

- 10.1 How long do goggles last?
  - 10.1.1 It depends on the quality of goggles you purchase. And of course, on how often you use them and how well you treat them. Typically, with use once or twice a week, with good care, goggles can easily last 6-12 months before they are due replacing. Circa – 60 hours of use.
  - 10.1.2 Recommendations:
    - 10.1.2.1 Avoid just throwing your goggles into your bag after a lesson or practice as the lenses get scratched and they don't properly dry. Purchase a goggle case or equivalent with a drainage solution to store them in (some goggles come with a case so check first before buying one).
    - 10.1.2.2 Rubbing the lenses dry harshly with a rough towel can remove the anti-fog solution. A common frustration is for goggles to 'mist up'. Anti-fog solutions are available once the antifog wear off – [click here](#).

11.0

#### SMART SWIM GOGGLES

- 11.1 Tailored to the more seasoned swimmer who can swim traditional swim sets - for example; 8x100m
- 11.2 Data of key metrics (distance, pace, stroke etc.) displayed on goggle lens (on either left or right eye).
- 11.3 Customise display to see the metrics you want to. It's not distracting, you can see through the data and choose when to focus on it.
- 11.4 Everything is automated so there is no pressing buttons.
- 11.5 Use in the pool, open water (lake, reservoir, sea), spa and endless pools.
- 11.6 Battery life: 1 hour charge = 16 hours use.
- 11.7 Data syncs to the app. Review your swim and see what other swimmers are up to in the community too.
  - 11.7.1 Examples: (please note there are other manufacturers to choose from).
    - 11.7.1.1 [www.formswim.com](http://www.formswim.com)
    - 11.7.1.2 <https://apps.finisswim.com/smart-goggle/>

AOB

- 11.8 Don't have fidgety goggles - leave them on your face. There need not be a routine of taking them off at the end of every length.
- 11.9 Familiarize yourself with your new goggles at home before your first lesson.

Happy shopping!