

Swimming Services

Guidance notes for the use of swimming goggles in lessons delivered by Swimming Services.

1. Goggles are not necessary within short curriculum swimming lessons (typically 20 to 25 minutes water time) or for single, short races in school galas
2. Goggles are intended for use in long, regular swimming sessions when:
 - a. the eyes would be exposed for long periods to the effects of the chemicals in the water
 - b. the tissue around the eyes does not dry out between training sessions and thus becomes more susceptible to infection
3. For reasons of Safe Practice in School Sport, it is recommended that the use of goggles should not be allowed unless a school is satisfied that a pupil has 'exceptional circumstances' – ie, through involvement in long and frequent training sessions, outside school hours, or if the individual has particularly sensitive eyes, or for some other exceptional circumstance.
4. Wet plastic can be slippery and, frequent, incorrect or unnecessary adjustment or removal of goggles, such as pulling them away from the eyes instead of sliding them over the forehead, could cause an eye injury and parents should be made aware of this risk.
5. In crowded water space there is an increased likelihood of accidental collision that may lead to eye injury by those wearing goggles.
6. When large numbers of pupils complain of eye irritation it is likely to be a chemical imbalance which can be easily rectified.
7. In the rare circumstances where the use of goggles are allowed in a school, as described in (paragraph 3), the adult responsible for the group has the right to require the pupil to remove them for reasons of safe practice if a pupil uses them inappropriately.
8. It is a parents' responsibility to ensure their child is able to safely apply and remove the goggles.
9. Certain aspects of the Water Safety and Personal Survival Award do require a pupil to remove their goggles.
10. A medical certificate is not essential for a school to allow a pupil to use goggles. However, schools do, as a minimum, require a letter from a parent stating the pupil's 'exceptional circumstances' to enable a school to consider a request for their child to use goggles during a school swimming activity. This letter will then be kept with the Swimming Service record forms at the pool.
11. Please note - it is important that all parents of children who swim under the care of a school have access to these guidance notes prior to commencing a swimming activity. This will ensure that parents are aware of the current Safe Practice in School Sport guidelines referred to in this document concerning the use of goggles.