

TOP TEN TIPS FOR PRESCRIPTION SWIMMING GOGGLES

By Danielle Ross

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If you wear glasses, it can be hard to see clearly in the pool or on the beach without your specs. Now, with prescription swimming goggles, glasses wearers can swim with complete ease of mind. Follow these tips to get the best out of prescription swim goggles.

1 Safety in the water is essential, especially if you are the carer of young children or other family members. Ensure all family members have regular eye tests to check whether any optical correction would be beneficial, and to check on eye health.

2 Prescription swimming goggles are available for both kids and adults. There are two types: ready to wear swimming goggles, and tailor made or bespoke swimming goggles. Ready to Wear goggles come in standard prescriptions, while tailor made goggles can be made to your exact prescription.

3 Which type of goggle is best for you? For most people, vision in the water or on the beach needs to be good enough to see friends & family, the pool lanes or the clock on the pool wall. If you fall into this category Ready to Wear goggles will be suitable for you.

4 Ready to Wear: the optician will look at your prescription and perform a calculation which takes into account your long or short sightedness and any astigmatism. This calculation will tell the optician which strength goggle to prescribe, which may not be exactly the same as your glasses prescription.

5 However, if you swim competitively, or have a very complex prescription, you may need a bespoke goggle made just for you. This takes slightly longer but can give you the edge if you need perfect vision in the water.

6 Some ready to wear swimming goggles come with the same prescription in each eye, while others allow for different prescriptions in each eye (modular swimming goggles). The optician will advise which is best for you depending on your prescription. The more different the prescription in each eye, the more likely you will need modular goggles.

7 Prescription Swimming Goggles are coated with a delicate anti fog treatment. This can be damaged if you wipe or scratch the inside of the prescription lens. It is therefore very important not to touch the inside lens at all times.

8 To get the best from your prescription goggles simply follow this care plan. Before first use rinse the goggles in clean water to activate the anti -fog and shake any droplets from the goggles. Do not wipe or clean with any cloth or lens cleaner. Wear and swim - with great vision – and then after swimming, simply rinse the goggles in the water and leave to dry naturally.

9 The positioning of the head strap can also affect comfort and fit. Most prescription goggles have a split strap at the back of the head. The best fit for the goggles will be obtained if there is some distance between the two parts, ie one part is higher on the back of your head than the other. This means the goggle is not just pulled into your eye sockets in one direction and gives a better seal around the eye.

10 If you have a latex allergy, check with the manufacturer. There are some prescription swimming goggles which are completely latex free, while others have just latex free headstraps.

See better – swim better!

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