

# FIRST DAY CHECKLIST



## SWIMFIT

### BEGINNERS: PRACTICE IN THE TUB AT HOME

- Blow bubbles through mouth, then nose (humming helps)
- Get toys off the bottom by putting face in (never force a child to do this!)

### ALL STUDENTS: PROTECT YOUR EYES, SKIN, AND EARS

- Get good goggles (dollar store ones don't work) without nose covering (not a mask)
- Apply sunscreen 30 minutes before lessons so it has time to soak in
- After swimming, use ear drops to promote drying and prevent growth of bacteria and fungi that can cause swimmer's ear

You can make eardrops at home with 50% white vinegar and 50% rubbing alcohol. Using a dropper, syringe with the needle removed, or a cotton ball, pour 1 teaspoon (~5 milliliters) into ear and let it drain back out. Similar over-the-counter solutions may be available at a drugstore

Note: Don't use eardrops if you might have a punctured ear drum. If you have recently had a ear infection or ear surgery, talk to your doctor before you go swimming.

Other tips to avoid swimmer's ear:

- Keep your ears dry. Dry your ears thoroughly after exposure to moisture from swimming or bathing. Dry only your outer ear, wiping it slowly and gently with a soft towel or cloth. Tip your head to the side to help water drain from your ear canal. You can dry your ear with a blow dryer if you put it on the lowest setting and hold it at least a foot away from ear.
- Swim wisely. Watch for signs alerting swimmers to high bacterial counts and don't swim on those days.
- Avoid putting foreign objects in your ear. Never attempt to scratch an itch or dig out earwax with items such as a cotton swab, paper clip, or hairpin. Using this items can pack material deeper into your ear canal, irritate the thin skin inside your ear or break the skin.



QUESTIONS? CONTACT CYNTHIA

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