

SwimFit DeRidder

CHECK LIST

Beginners – Practice in the tub at home:

- ☐ Blowing bubbles through mouth, then through nose (humming helps)
- ☐ Getting 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 an 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 ears with a blow dryer if you put it on the lowest setting and hold it at least a foot (about 0.3 meters) away from the 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 these items can pack material deeper into your ear canal, irritate the thin skin inside your ear or break the skin.