



To ensure a good fit and the long term optical properties of your swimming goggle, please follow these instructions:

Adjusting Fit

Selection of the correct nose piece is essential for a watertight seal and comfort. Try the different size nose bridges until the fit is optimum. Do not over tighten the headstrap. In most cases a watertight seal can be achieved by pressing the goggles slightly to your eyes. The slight suction effect created will help prevent leakage.

Fitting and Removal

Always position goggles with both hands first on your face and stretch the headstrap over the back of your head afterwards, otherwise they can spring back and hurt your eyes. To remove goggles safely take hold of the eye pieces with both hands and lift them gently up onto your forehead. Push over the top of your head.

Caring for your Goggle

- **DO NOT WIPE OR RUB THE INNER SIDE OF THE LENSES AS THIS CAN DESTROY THE ANTI-FOG COATING**
- **DO NOT USE CHEMICAL CLEANERS**
- Keep your goggle in a storage bag or case when not in use.
- Avoid scratches and breakages by not storing them next to rigid items.
- Wash gently in clear cold water after each use and allow to air dry.

Warnings

- Follow the above procedure of fitting and removal of goggle to avoid the risk of damage to the eye. NEVER pull the eye cups away from the face.
- Do not dive into the water wearing goggles without proper instruction
- These goggles are designed for surface use only.
- Proper attention should be exercised when goggles are used by young children as they may contain small parts.
- Do not use the goggles if skin is broken or irritation arises.