

Legacy YMCA Aquatic Center

Legacy YMCA - Bessemer

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Issue 2

How to prevent Swim Goggle Fogging

I recently put together the "**How to Prevent Swim Goggle Fogging**" handout. After it was in the lobby and available to our members I did some additional research

What Bloggers Say:

- Buy good goggles with anti-fog coating
- Never touch the inside of the lenses
- Rinse goggles well with clean water after every use
- Allow goggles to air dry

Tip: Don't wear your swim goggles on your forehead. Your hot forehead (yes, you're hot) and a lack of airflow can cause condensation before you dive in.

- Store goggles in original case
- When anti-fog coating breaks down, use anti-fog spray or drops to re-coat

All of this sounds like good advise but I wanted to dig deeper; I went and read some of the user forums. According to actual swimmers, these products do work for some, but there are inexpensive alternatives.

What Swimmers Say:

- Buy the cheapest goggles that fit your face and replace often
- Use a new or nearly new pair
- Spit in goggles to keep them clear
- Use baby shampoo. One drop in each lense, rinse with pool water, swim
- Swim with a bit of water inside goggles
- If you buy goggles with anti-fog coating:
 - Keep from touching the inside of the goggles for as long as possible – when you touch the

inside you remove the coating

- Don't get the inside of your goggles wet with chlorinated water. It eats away the anti-fog coating
- Recoat lenses with anti-fog spray or drops, be sure to rinse them out

So it appears to me the blog writers are attempting to drive

Lap lanes open at 5:30am

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Lap / Pool schedule posted in hallway by double doors and on pool office window – also available in the lobby



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traffic to on-line retailers that sell anti-fog products.

Julia's advice:

1. Buy goggles that fit comfortably
2. Do not wet new goggles before use – put them on dry and swim
3. Always rinse goggles well with fresh water after swimming
4. Allow goggles to air dry before storing
5. If goggles come in a carrying case, great – use it. If not, I suggest storing your goggles in an old sock to keep other items in your bag from scratching them

and to allow some air flow

6. Once you start having fogging issues try the spit, or baby shampoo suggestions or do what I do . . . I leave a little water in my goggles and let it slosh while I swim or I just put up with the fog. I wash my goggles with baby shampoo when I think they are dirty. I replace my goggles when they get enough scratches that I can't see well.

How to Wash with Baby Shampoo

Before you swim:

- Wet your goggles on the inside with tap water
- Put a drop of Johnson's baby shampoo on each lens
- Swirl it around with your fingers and make bubbles
- Rinse thoroughly with tap water but don't dry your goggles
- Swim

Indoor Pool Statistics

Length: 75 Feet (25 yards)

Width: 35 feet (11.6 yards)

Depth: 3.5 feet – 5 feet – 11 feet – 12 feet – 11 feet

1 length	end to end	25 yards
1 lap	2 lengths	50 yards
¼ Mile	approx. 500 yards	10 laps
½ Mile	approx. 800 yards	16 laps
1 mile	Approx. 1700 yards	34 laps