



## Respect your goggles

We had a nasty shock the other day: we walked past a clobber's swim bag, and in the bottom, face down, loose, unprotected, just kicking around the bottom of a grotty, greasy, sandy swim bag -- a boofhead's swim bag -- were his goggles. This is our worst nightmare. Not only was he disrespecting his goggles, but they were goggles we'd given him, as a present. Even worse: they were *View Fully Sicks*, our fave gog!

Every time we sell a pair of goggles in person, we lecture the buyer... most of the time... on looking after them. It's not just a matter of keeping them clean. There's also a need to keep them in good running order, the anti-fog quality of the inner lens continuing to work and providing you with clear vision. One thing is guaranteed to destroy your vision: allowing your goggles to become dirty, greasy and scratched.

This is our advice...

Goggles are the most personal item of your swim gear. More personal than your cossies. They deserve respect and care. You should keep your goggles in their case when not in use. If you leave them bashing around in your swim bag, they'll be scratched and become covered in dust and grease. Keep them clean; protect them.

### Before you swim

You can spit, or you can use goggle goo.

**Spit** - When you are dry, and when your goggles are dry -- this means, before you enter the water, and before your goggles are wet -- spit on the inside of the lenses (just saliva, if you don't mind) -- then wash that around the inside of the lens. Then rinse the goggles in the water. It's important: before you get wet and before the goggles are wet. We don't know why. We know that water in the mouth changes the consistency of spit.

**Goo** - Use **View Anti-Fog**, which oceanswims.com sells. All goggles lose their anti-fog coating over time depending upon usage, what else gets on the lenses and how they are cared for. Anti-fog works on even old, scratched goggles (you may have to use it every time). Put a drop in each lens of clean goggles (no sand or sunscreen or dried salt), work it around with your pointer finger or the applicator. Remember, if you use the applicator and there is a grain of sand, you won't feel it, resulting in scratching. With your finger, you will feel any foreign particles.

You can either dry lenses with a clean, dry soft cloth after a minute (eg the inside of a clean T-shirt) or you can rinse lightly in plain water (just enough to remove any excess - the aim is to leave a film but not so much you can detect it when looking through the lens). If you have no fresh water, use pool or ocean water.

### After you swim

Wrap your goggles in your towel or something similar. When you get home, rinse them in fresh water, leave to air dry, then store them in their case. Every now and again, wash gently with detergent, then rinse and leave to air dry before storing in the case.