

Swim teachers, coaches and life savers should consider integrating these practices as standard procedure.

ENCOURAGING PARTICIPATION IN WATER SPORTS

SUNNY DAYS & HAPPY SPLASHES: YOUR FAMILY'S GUIDE TO WATER FUN WITH HEARING TECH!



Summer is such a magical time for families, especially when holidays and water adventures are on the horizon! We know you want to make sure your child has everything they need to enjoy every moment, especially when it comes to swimming and staying safe. It can feel like a lot to remember, but with a few simple tips, you can ensure your child has the best time connecting with the world around them, even in the splashiest environments!

Making Water Play Wonderful: Tips for Families

Here are some friendly pointers to help ensure your child's water experiences are as smooth and joyful as possible:

CLOSE TO THE COACH: When your child is in a swimming lesson or organized activity, try to make sure they're positioned close to the teacher. This way, they can easily see gestures, read lips, and follow any signs, making sure they don't miss a single instruction!

EXPLORE WATER-FRIENDLY TECH: Did you know there are some fantastic accessories designed for hearing technology around water? Ask your audiologist about "aqua kits" or "mini mics" – these can be real game-changers for keeping your child connected and safe while splashing.

SHARE SOME SIGNS: If your child uses Auslan, consider providing the club or instructors with a few simple, common Auslan signs. Just a few key signs can make a huge difference in communication!

CLARIFY VISUAL CUES: Every child is unique! Chat with the team or instructor about the specific visual cues your child responds best to. This could be anything from a specific wave, a splash, a flag, or even a 'buddy system' signal. Knowing these helps everyone communicate smoothly.

BRIGHT CAP, BRIGHT CHILD! Consider dressing your child in a brightly coloured swim cap. It's a simple yet effective way for teachers and lifeguards to spot your child easily, especially in a busy pool or a bustling beach environment. Safety first!

SAFETY SIGNS FIRST: Before your child even dips a toe in the water, make sure they are familiar with key safety signs. Practice visual cues for "stop," "wait," "don't jump," and "get out of the water." Repetition builds confidence and understanding.

INFORM THE LIFEGUARDS: Take a moment to let the lifeguards know your child is deaf or hard of hearing. Explain that they might not hear a whistle or verbal instructions, and that visual cues or hand signals will be important to get their attention quickly.

Battery Brilliance:

PACK PLENTY OF SPARES: It's always a good idea to pack extra batteries for your child's hearing device. If you're running low, reach out to your audiologist or battery supplier for additional supplies.

CHARGE UP! If your child's modern hearing device uses rechargeable batteries, ensure they are fully charged before you head out. A quick charge can save the day!

Diving into Swimming Fun!

If your child absolutely loves swimming, here are some dedicated tips to make it a breeze:

WATERPROOF COVERS FOR COCHLEAR IMPLANTS: If your child has cochlear implants, you're in luck! There are wonderful waterproof covers available for many models (like Advanced Bionics [AB], Cochlear, and MED-EL). These are fantastic for allowing your child to immerse themselves in water play. Your audiologist can guide you on obtaining the right one.

THE POWER OF A DRYING BOX:

After any time in or near the water, a drying box is your hearing device's best friend! This can be a simple container with a special drying tablet or a fancy electronic drying box. It's brilliant for collecting any excess moisture and keeping devices in top shape.

COMMUNICATE WITHOUT DEVICES:

If your child takes off their hearing devices to avoid losing them or getting them wet, it's super helpful to agree on some basic hand signs beforehand. Simple cues like 'Are you OK?', 'Do you want a drink?', or 'Are you too hot?' can make communication easy and seamless, even without sound.

By planning ahead with these friendly tips, you're setting your child up for a summer filled with joyful splashes, clear communication, and wonderful memories!