

Swim England Safety Guidance

The Wearing of Jewellery Guidance

Swim England are frequently asked “what our policy is with regards to swimmers wearing jewellery and other items on their bodies, such as watches, whilst swimming.”

As a general rule these items should be removed whilst swimming; the principal reason for this is that many of these items, such as rings, ear rings, necklaces and bracelets may have sharp edges and could accidentally scratch or cut other swimmers in the event of a collision or become entangled with lane ropes, water polo goals or other pool equipment in use.

Additionally when swimming, particularly in colder water, fingers tend to shrink slightly and rings often fall off, ear rings often come loose and detach, necklaces are caught and break and are lost in the pool circulation system and are very rarely recovered.

However it is also understood that on occasion such items cannot be removed for a variety of reasons:

- They are too tightly appended i.e. rings
- They are too complicated to remove i.e. multiple face rings and studs
- For religious reasons they may not be removed

In these instances the hazardous items and their associated risk should be assessed.

It may be possible, for example in the case of a woven hair bracelet, simply to permit the item to be left on without further precautions.

Nevertheless in most cases it is advisable for the jewellery item to be covered:

- ✓ Ear rings can be covered by a swim cap
- ✓ Rings can be covered by a water proof Elastoplast
- ✓ Bracelets and watches can be covered by a fabric wristband
- ✓ Toe rings and anklets can be covered by a verruca sock