



## **COMMUNICATION TO ALL SWIM WALES CLUBS**

A concern has been brought to the attention of the National Governing Body that Swim Wales feels requires an urgent communication to **ALL** clubs. **Member clubs are required to take immediate action following receipt of this communication.**

### **Noise Induced Hearing Loss (NIHL)**

As an organisation our aim has to be to protect 100% of participants in Aquatic sports and prioritise the health and safety of everyone involved in our sports which includes minimising the risk against NIHL.

It is universally recognised, and medical evidence substantiates, that prolonged exposure to high levels of non-impulsive noise can lead to noise-induced hearing loss in some children and even in some adults. However, children are more vulnerable to this.

In view of this clubs should ensure music is played at safe levels when they are in situations that they are controlling music.

The acceptable level is **not more than 70 decibels.**

FINA rule book provides information relating to music at competitions however this level is not considered prolonged exposure.

Swim Wales  
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