

Helping with Swimmer's Ear

DRESS FOR THE WEATHER.

STAY HEALTHY.

With the upcoming return to standard time this week, it is extremely important that swimmers start to dress for the temperature change. Many times an athlete will arrive for practice during daylight and warmth and leave when it has gotten dark and much colder. Swimmers need to wear jackets, long pants, suitable footwear, and a warm hat to and from practice. A common misconception about 'swimmer's ear is that it is caused by the pool, it is actually an infection that often gets a foothold when the weather changes. Stay one step ahead and keep that noggin warm with a hat! Part of being a successful competitive swimmer is doing the things you need to away from the pool that ensures your performance in the pool. Staying healthy by dressing warmly is one of the most important things we can do for our success this weekend and throughout the year. Thanks!

FIGHTING SWIMMER'S EAR

As the weather begins to change we enter a war that has been waged since the start of competitive swimming. This is the war against ear infections commonly known as 'Swimmer's Ear". It will be getting dark earlier and much colder. The coaching staff's experience has led us to the conclusion that this is the time when Swimmer's Ear makes its first assault. The Bluestreaks have already had a number of cases that have kept swimmers with sore ears and dry suits. As we enter November and December training is at a premium, time lost to sickness can be a major problem. There are number of things that you can do to help prevent Swimmer's Ear from gaining a foothold. The first is to make sure that swimmers dress warmly and make sure that they wear a warm hat. This seems be one of the simplest yet most important to keep ears healthy. The second is to use a homemade solution in athlete's ears after every practice. Mix ½ Rubbing Alcohol and ½ White Vinegar and put a few drops in swimmers ears after each practice. This will help dry the inner ear and stop the buildup of bacteria. If an ear infection starts it is important to see the doctor as soon a possible. They will be able to give you medicine to clear it up quickly. One important thing that you can do is to 'Blow-dry' your ears before putting the drops in if swimmers ear has been diagnosed. Use blow dryer on low drying each ear for about 10 minutes. Once this has been done put the drops in and lie down to let them work all the way into your ear canal. This tends to allow the medicine to get right to the infection. Earplugs are a good for swimming at practice when an athlete has an infection. Most drug stores carry a wax plug, which will fit right into the ear.