



## Play Sports and Activities

Enjoying sports and summer activities with a cochlear implant can be easy with some preparation. Here are some tips to get you started:



### Choose the Right Helmet

Purchasing a sport-specific helmet may help protect the internal components of your cochlear implant from impacts during strenuous activities. A good website with general information about helmets for many different types of activities or sports can be found at the Bicycle Helmet Safety Institute's website.

<http://www.helmets.org/other.htm>



Cochlear implant recipients using hard-shell helmets such as those designed for bicycle riding sometimes report problems getting the helmet over their external components. There are several options that may help to address this concern. Consider purchasing a thin "sweat band" to place around the forehead and over the coil and top of the processor or microphone. Another option is a thin "skull cap" that slips onto the crown of the head to cover the external BTE components. The helmet can slide on more easily without dislodging your cochlear implant equipment. It is not recommended to physically alter a helmet as this may reduce the protection it provides. <http://www.helmets.org/other.htm>

## Use Rechargeable Batteries for Water and Sweat Resistance



The Nucleus 5 Sound Processor has an IP57 rating\* and the Nucleus Freedom Sound Processor has an IP44 rating.\*\* To ensure your sound processor's water resistance ratings, you must use rechargeable batteries. Recipients can protect processors that are not moisture resistant by adding a moisture barrier over the BTE processor or microphone. Hearing Aid Sweat Bands are one such product that has worked well for many recipients. These can be purchased from companies that offer products for people with hearing loss.

<http://www.cochlear.com/wps/wcm/connect/us/recipients/nucleus-5/nucleus-5-accessories/aqua-accessory/aqua-accessory>

## Aqua Accessory or Aqua Plus

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Behind-the-ear Nucleus 5 Sound Processor was designed for life on land and sea with the Aqua Plus or Aqua Accessory. It's amphibious. While you can already enjoy many activities in and around water without the Aqua Accessory, the Accessory gives you additional freedom and peace of mind. The Accessory increases the Nucleus 6 and 5 Sound Processor's water resistance from IP57\* to IP68.\*\* This means that there are no wires or upgrades required to enjoy underwater swimming in oceans, lakes and pools. Please note that you must have your microphone protectors in place and use rechargeable batteries.

Here are some activities you can enjoy with your Aqua Accessory:

- Swim underwater
- Surf the waves
- Enjoy activities in saltwater
- Have fun at the water park
- Go white water rafting
- Take a shower
- Go jet skiing
- Explore the wetlands
- Turn yourself into a sand creature on the beach
- Keep your sound processor clean in messy activities
- Sightsee the coral reefs underwater
- Participate in water games

# Nucleus® 6 System

## Keep it water and sweat resistant

Change your [microphone protectors](#) periodically.

Use rechargeable batteries to make your Nucleus 6 Sound Processor have an IP57 water resistance rating\*.

For extreme water activities such as swimming underwater, use the Aqua Accessory or Aqua Plus. This will increase your sound processor's water resistance rating to IP68\*\*. [Learn more about the Aqua Accessory.](#)

Use either a Dry & Store unit with Dry-Briks II to dry your sound processor after prolonged exposure to moisture. [Learn more.](#)

Consider using [Ear Gear](#) for added comfort and to help protect your sound processor from excessive moisture while exercising or playing sports.

*\*The Nucleus 6 Sound Processor is water resistant to level IP57 of the International Standard IEC60529. This water protection rating means that sound processor is not only splash resistant, but it can be submerged into three feet of still water for up to 30 minutes. This water protection only applies when you use rechargeable batteries. Not intended for swimming.*

*\*\*The Nucleus 6 Sound Processor with the Aqua Accessory or Aqua Plus water resistant to level IP68 of the International Standard IEC60529. This water protection rating means that the sound processor with the Aqua Accessory can be continuously submerged under water to a depth of 4 meters (13 feet) for up to 2 hours. This water protection only applies when you use the Aqua Accessory and rechargeable batteries.*

## Keep it on

**Don't worry about your sound processor staying put. Check out some of these helpful tips:**



### Snugfits

The Snugfit holds your sound processor more securely in place than an ear hook alone. It gives you easy access to controls and accessories and is available in large, medium and tamper resistant (small) and in 4 coordinating colors



### Ear Gear

Slip your processor in the corded **Ear Gear** and attach the clip to your clothing to keep your processor from getting lost.



### S3 T1000 Watertight Case

Go for a swim or dive in the pool and have some peace of mind knowing that your sound processor is secure at the side of the pool or on your towel at the beach. Simply store your sound processor in this hard plastic watertight case with a foam-padded insert. You can even store other essential items like car keys, medication or batteries in the case.



### Microphone Protectors

Occasionally, Nucleus recipients may notice deterioration in their hearing performance. In many cases, the microphone protector just needs to be replaced. Microphone protectors are designed to protect the sound processor's microphones from dirt and moisture, and are very easy and simple to

replace.

[www.cochlear.com/us](http://www.cochlear.com/us)