

# Can I go swimming or take a shower with my Ultra-Link Smart Watch?

The Ultra-Link smart watch is splash and water resistant, but submerging these products is not recommended.

The Ultra-Link smart watch may be used for shallow water activities like [swimming](#) in a pool or ocean. However, the Ultra-Link smart watch should not be used for scuba diving, water skiing, or other activities involving high velocity water or submersion below shallow depth.

Showering with the Ultra-Link smart watch is ok, but we recommend not exposing the product to hot water or to soaps, shampoos, conditioners, lotions, and perfumes as they can negatively affect water seals and acoustic membranes. the Ultra-Link smart watch should be cleaned with fresh water and dried with a lint free-cloth if it comes in contact with anything other than fresh water.

Water resistance isn't a permanent condition and may diminish over time. the Ultra-Link smart watch can't be rechecked or resealed for water resistance. The following may affect the water resistance of the Ultra-Link smart watch and should be avoided:

- Dropping or subjecting the product to other impacts.
- Exposing the product to soap or soapy water (for example, while showering or bathing).
- Exposing the product to perfume, solvents, detergent, acids or acidic foods, insect repellent, lotions, sunscreen, oil, or hair dye.
- Exposing the product to high-velocity water (for example, while water skiing).
- Wearing the product in the sauna or steam room.