**Wearing hearing aids for sport is recommended for a number of reasons, including improving safety, benefitting performance and bettering communication with teammates or those around you.**

Katie Ogden, Training Manager of [ReSound](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.resound.com%2Fen-gb%2Fhearing-aids&data=05%7C01%7Caist%40oticon.com%7Cb75d03ee3d304117a1cd08da2474e9a0%7C9bf8c7a8e00849a79e43ab76976c4bf8%7C0%7C0%7C637862381979548568%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ihH%2FKVeToJ0gsC5hkx1Y%2BmQE2hnDUKLvAVtNTCcO7pQ%3D&reserved=0) North-West Europe, has compiled a list of answers to common questions surrounding wearing hearing aids for sport and provided some useful tips for looking after your hearing aids if you have an active lifestyle.

**Benefits of using hearing aids for sport**

Playing sports outside can often be difficult for hearing aid users with wind affecting their ability to hear clearly. That’s why it’s beneficial to choose a hearing aid that has been designed to eliminate wind interfering with your hearing, so you can enjoy playing sports outside.

**The ReSound ONE with M&RIE**offers 15dB wind noise protection without reducing gain - this means it provides 33% better sound quality compared to a traditional microphone placement.

**Running**

Wearing a hearing aid whilst running, not only allows you to feel safer as you can hear your surroundings more clearly, but it also allows you to easily stream music for extra motivation or even listen to an encouraging podcast.

**Cycling**

Wearing hearing aids will ensure you can enjoy a safer cycling experience and hear any directions or signals from others if you’re cycling in a group. Alternatively, if you’re cycling alone and want to listen to some music, you’ll be able to do so safely, whilst retaining the ability to hear surrounding noise like approaching traffic.

**Golf**

Golf is a particularly windy sport, which means that there is often a lot of distracting background noise that makes it hard to hear others that you’re playing with. Wearing a hearing aid that is designed for tough weather conditions and reduces wind noise, will improve your hearing and make your day golfing a more pleasant experience.

**Team sports**

Many team sports like rugby, football, basketball and cricket require you to easily and quickly hear and communicate with teammates. That’s why wearing a hearing aid is so important, as it allows you to better locate where noise is coming from and also hear the sound more clearly, making communication much easier.

**How to make sure hearing aids stay in the ear**

**Sport lock** - The sport lock can be attached to your hearing aid by you and is designed to keep your hearing aid securely in place. The lock rests in your concha bowl, which is the area just outside of the ear canal, to prevent your hearing aid from falling out.

**Hearing aid headband -**Another option is choosing a headband specifically designed to hold your hearing aids securely in place, to avoid them being knocked out in any contact sports.

**Children’s hearing aid clip**- For younger children playing sport, there are also hearing aid clips that can be attached to the back of your child’s t-shirt and to the hearing aids, to prevent the aids from becoming lost if they fall out.

**How to protect your hearing aids from moisture?**

While hearing aids aren’t waterproof, the majority of them are water-resistant, meaning that they should be okay when coming into contact with rain or sweat. Some extra measures you can take to avoid any water-related damages to your hearing aids include:

**Hearing aid sweatbands** – These absorbent bands fit right over your hearing aid to protect it from moisture, whether that be sweat or heavy rain.

**Choice of hearing aid** - Choose a hearing aid like the ReSound One 9 that has an iSolate Nantotech protective coating inside and out to reduce the amount of moisture-related repairs in hearing aids.

**Hats/helmets -**Depending on the type of sport you’re playing, a hat or helmet can help to protect your hearing aids from heavy rainfall.

**How to take care of your hearing aids?**

After playing sport or exercising your hearing aids are bound to have come into contact with some form of moisture, whether that be rain or sweat, so how do you take care of them afterwards?

**Frequent cleaning -**If your hearing aids often come into contact with sweat, it’s important to clean them frequently to keep them in good condition. This includes wiping away any moisture on your hearing aids to prevent bacterial growth and removing any earwax or debris that could have built up.

**Dry box/dehumidifier** - After cleaning your hearing aids, you also need to make sure they dry before putting them back into your ears, and a great way to do this is with a dry box/dehumidifier. You just need to keep in mind that some are not compatible with rechargeable hearing aids.

**Cleaning kit -** It’s also a good idea to invest in a proper hearing aid cleaning kit, to ensure you have the right tools and brushes to remove any debris safely from your hearing aids.

**What type of hearing aid is best for sports and why?**

The **Resound ONE 9 rechargeable with M&RIE** is extremely compatible with hearing aid users that enjoy an active lifestyle for a number of reasons:

**More natural sound** - The Microphone & Receiver in Ear (M&RIE) gives the most natural sound and environmental awareness, allowing the hearing aid user to locate where sounds are coming from better. For example on a football or rugby pitch, a player can localise their team members.

**Wind noise reduction** - The hearing aid has 15dB wind noise protection that gives the user 33% better sound quality in windy conditions, which can be a significant difference for those playing outdoor sports.

**Moisture and dust protection**- With iSolate Nantotech protective coating inside and out, the hearing aids are better protected against moisture penetration. The hearing aid also has a rating of IP68 (Ingress protection standards) which defines the levels of sealing effectiveness of the electrical enclosures - meaning it's better protected against dust, dirt and moisture.

**Rechargeable** - With a rechargeable design, the hearing aids don’t require a battery compartment like other hearing aids. This is beneficial for those that play sport as most batteries are zinc-air and do not respond well if they come into contact with water/sweat.

**Intelligence and reliability -** The decisions these hearing aids make in situations will be more reflective of natural hearing, getting the information to the brain so that it can make its own processing decisions.