

# My Dude Watch

## The Truth About Water Resistance Ratings

Water resistance ratings are one of the most misunderstood specifications in watches. These ratings are tested under controlled lab pressure — not real-world swimming conditions. Understanding what they actually mean can save you from ruining a watch.

### **30m (3 ATM)**

Splash resistant only. Safe for hand washing, light rain, or accidental splashes. Not suitable for swimming, showering, or submerging.



### **50m (5 ATM)**

Light water exposure. Generally fine for brief surface contact with water. Still not recommended for swimming laps or diving.

### **100m (10 ATM)**

Safe for swimming and snorkeling in most real-world conditions. A solid everyday standard for active wear.



### **200m+ (20 ATM and above)**

True dive-watch territory. Suitable for recreational scuba diving when properly sealed and maintained. Typically includes additional sealing features and robust construction.

## Why a Screw-Down Crown Matters

A screw-down crown creates a tighter seal against the case using threaded compression. This significantly improves water resistance by reducing the chance of water entering through the crown tube — one of the most vulnerable points on a watch.



## Gasket Maintenance: The Hidden Factor

Water resistance depends on rubber gaskets that seal the caseback, crown, and crystal. Over time, gaskets dry out, crack, or compress. Regular servicing and pressure testing are essential if you rely on your watch for swimming or diving.