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One of the most confusing features of a watch has to be its water resistance. While many think that it determines the depth a watch can be taken to; it is, in fact, all about water pressure, the scale of which is measured either in meters (m) or atmospheres (ATM).

When a watch is tested for its water resistance it is usually done in a controlled laboratory environment where the watch is tested using static pressure. This sort of testing does not take in account rapid movement or temperature. For example, if you have a watch that is marked as water-resistant to 100m, this does not mean that you can swim at the depth of 100m.

The simple chart below will help you understand the different resistances and the activities that can be undertaken while wearing them. However, we must stress that it is important to make sure that if your watch undergoes any work or battery replacement, the seal is professionally resealed to make sure it is fit to be submerged in water.

Water Resistance Ratings			
Ratings	Depth (FT)	Depth (M)	Suitable for
3 ATM	100 FEET	30 METERS (3 BAR)	 
5 ATM	165 FEET	50 METERS (5 BAR)	     
10 ATM	330 FEET	100 METERS (10 BAR)	      
15 ATM	500 FEET	150 METERS (15 BAR)	       
30 ATM	1000 FEET	300 METERS (30 BAR)	        
<div><div> Tap Water</div><div> Rain</div><div> Car Wash</div><div> Shower</div><div> Swimming</div></div> <div><div> Diving</div><div> Snorkeling</div><div> Jet Ski</div><div> Scuba Diving</div></div>			