Understanding Water Resistance & Touchscreen Care on Your Reebok Stride

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Your Reebok Stride has an **IP68 rating**, providing protection against dust and short periods of water immersion under specified conditions.

However, water resistance does not mean the watch is suitable for every type of water exposure.

Touchscreen Use Around Water

The touchscreen may become less responsive when it is wet.

Dry the screen before attempting to use touch controls if you notice reduced responsiveness.

Avoid Steam and High-Pressure Water

Do not expose your Reebok Stride to:

- Hot showers
- Saunas or steam rooms
- High-pressure water
- High-impact water sports

Steam and high-pressure water can compromise the watch's seals and affect its water resistance.

Rinse After Salt Water or Heavy Sweat

If your watch is exposed to salt water or heavy sweat, thoroughly rinse it with fresh water afterward.

Dry the watch completely before wearing or charging it again.

Important

Avoid charging the watch while it is wet. Make sure the watch and charging contacts are completely dry before connecting the charger.