Water Rating

Garmin rigorously test thier devices for water resistance by subjecting them to various water pressure levels (usually translated to depths) under extremely controlled circumstances. You should note that even if a device is above a depth it's rated for, it might still suffer water ingression if it is subjected to an activity that creates pressure on it that exceeds that depth rating.

Water Rating	Definition	Suitable Activities	Unsuitable Activities
IPX7	Withstands incidental exposure to water of up to 1 meter for up to 30 minutes	Indoor/outdoor use in the presence of rain, snow or brief splashes of water	Any immersion of more than 1 meter, regardless of duration of immersion, or any immersion of more than 30 minutes, regardless of depth of immersion
1 ATM	Withstands pressures equivalent to a depth of 10 meters	Improved resistance to rain, snow and splashes	Showering, swimming and water-related activities
3 ATM	Withstands pressures equivalent to a depth of 30 meters	Showering, rain, snow, splashes and accidental immersion	Swimming and water- related activities
5 ATM	Withstands pressures equivalent to a depth of 50 meters	Surface swimming, snorkeling and similar activities	High speed watersport surface impact may exceed this rating (ex. wipeout during motorized water sports)