



Tips for Buying Sports Eye Wear for Children

Dr. Tracy Crnic EyeMD recommends that children wear sports eye wear when participating in sports. Prescription glasses, sunglasses and even occupational safety glasses do not provide adequate protection. Sports eye wear comes in a variety of shapes and sizes. Sports eye wear is designed for use in racquet sports are now commonly used for basketball and soccer and in combination with helmets in football, hockey and baseball. The sports eye wear you choose should fit securely and comfortably and allow the use of a helmet if necessary. Expect to spend about \$79 for a pair of regular eye safety glasses and \$119 or more for sports eye wear with prescription lenses in them.

The following guidelines can help you find the pair of sports eye wear that is right for you:

If you wear prescription glasses, ask your EyeMD to fit you for prescription sports eye wear. If you're a monocular child (a child with only one eye that sees well), ask your EyeMD what sports they can safely participate in. Children with vision in one eye should **always** wear sports eye wear.

You can buy your sports eye wear at Broome optical or other optical stores where a trained and certified optician can help determine the best type of glasses that will work for the sport you are playing and to ensure that you to get the proper fitting of the lenses.

In quality sports eyewear, frames are designed to allow a lens to pop out from the front of the frame rather than towards the eye to prevent eye injury in high impact circumstances. Lenses that pop in against your eyes can be very dangerous.

Polycarbonate sports eye wear are the most impact resistant. Sports eye safety glasses should be padded or cushioned along the brow and bridge of the nose. Padding will prevent them from cutting your skin.

Until you get used to wearing your pair of sports safety glasses, they may feel strange, but bear with it! It's a lot more comfortable than an eye injury!!

Remember, that you should have your eyes examined every year and your sports eye wear rechecked to make sure that it is still fits properly and that the prescription in them doesn't need to be changed. Remember check yearly to see clearly!!

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