

Importance of Vision in Sport

Vision is an integral part of every sport. Spatial awareness, depth perception and visual-motor integration are essential for avoiding collisions, timing the shot, directing the ball, judging the distance and positioning your body in time and space to perform at your optimum. If you are looking for that extra 1 to 5% improvement in your game, improving your sports vision skills is a great place to start. We can evaluate and improve your depth perception, vestibulo-ocular integration, your ability to track movement and your overall visual-motor co-ordination.

Contact lenses can free you from glasses for contact sports and sports wear sunglasses and protective eyewear can prevent sun damage and serious eye impact injuries. Below are some examples where the appropriate eyewear can improve your skills and prevent damage or injury.

Tennis

Problem: Tennis is most often a daytime outdoor activity that exposes your eyes and face to ultraviolet (UV) radiation. UV radiation is increasing due to the depletion of the Earth's ozone layer, causing increasing rates of skin cancer, melanoma of the eyelids, cataracts, macular degeneration, and a wing shaped growth across the cornea known as pterygia. These sight-threatening and cosmetically unattractive conditions can be prevented by protecting your eyes from UV exposure. Wearing a hat, sunscreen and sunglasses protects your eyes.

Solution: All glasses we dispense have a UV filter to absorb 100% of UV radiation and prevent it from entering your eyes. Prescription sunglasses, particularly wrap around styles, take this a step further by eliminating UV exposure and reducing glare. Another good option is photochromatic lenses, which adjust their tint based on light conditions.

Problem: Glasses slip or fall off.

Solution: Many contact lenses now incorporate 100% UV filters, providing an incomplete compromise but still a practical choice if wearing glasses is inconvenient. We offer daily wear lenses that can be discarded after a game. For those who prefer glasses, using a sports band can prevent them from slipping during play.



Problem: The ball seems to be harder to see when it is against the sky or low against the court or surrounds.

Solution: Tennis players can benefit from glasses with a yellow tint to enhance the contrast of the ball against the sky and green playing surface.

Problem: Night-time tennis the lights reflect off my glasses and the glare annoys.

Solution: For night tennis players, anti-reflection coatings on lenses and a yellow tint can improve contrast whilst reducing annoying reflections from overhead lighting.

Golf

Similar to outdoor tennis golfers understand that long-term exposure to the elements during an average 18-hole round of golf can cause accumulated damage to the skin and eyes. Along with a hat, sleeve protection and sunscreen, sunglasses should be an essential part of your golf attire. Therefore, we want to emphasize the importance of adequate eye protection from harmful ultraviolet (UV) rays during this leisure activity.

Problem: Tracking the ball through the air and along the fairway and finding the ball.

Solution: (Don't hit it so far 😊) Seriously though we now offer an expanded range of sunglasses many of which are specifically designed to improve the contrast of the golf ball.

Mako™ has designed ultra-lightweight sunglasses and shields specifically for golfers. Bollé™ offers sunglasses with Eagle Vision™ brown-tinted lenses that enhance the contrast of the white golf ball against the blue sky and green fairway. This helps with more precise distance estimation and better tracking of the ball in flight.



Problem: The glasses slip when putting.

Solution: These wrap-around styles above provide full protection, in lightweight frames which feature slip-resistant nose pads for maximum comfort. Often, they have silicone grips on the inside of the temples to prevent slippage. If you have problems with your glasses slipping, consider using a sports strap or removable silicone curl grips behind the ears.

Problem: I need to read the scorecard, as well as see in the distance and judge the green.

Solution: Some off the shelf golfing sunglasses now come with bifocal reading segments which are set low so they are out of the way for putting and addressing the ball for driving and fairway shots, but a simple lift of the head and you can drop your eyes to use the bifocal section to read and score your card. If you wear progressive lenses the distortions inherent in the lens, may make reading the green awkward as you change from square on to side on to putt. We can provide prescription polarised brown bifocal lenses which eliminate this side distortion and still provide the reading in an out of the way segment.

Problem: I used to wear sunglasses over my contact lenses, which was great, but now I can't read the card anymore.

Solution: Welcome to presbyopia 😊. Presbyopia or aging eye results in loss of accommodative ability and the need for longer arms. We have a variety of contact lens options available so you can continue to use your off the shelf non-prescription sunglasses with your contact lenses and still enjoy your golf and score the card. Bifocal contact lenses are available in a wide range of prescriptions. These work in a variety of different ways and to determine a match that works for you may take a few different trials. Otherwise the non-prescription bifocal sunglasses for golf could still be a very good option.

P.S. All our sunglass sales receive a lifetime of free servicing and adjustments. Our professional advice is complementary.

Squash

Problem: Both racquet and ball ocular injuries suffered on the squash court are catastrophic and cause both vision loss and eye loss. Due to its size and speed, a squash ball can fit snugly into the eye socket, causing severe harm. In the event of such an injury, immediate medical attention is crucial. Typically, the injured individual spends around two weeks in the hospital, lying flat on their back. During this time, the local ophthalmologist closely monitors the eye, checking it every five hours for the first two days to determine whether removal of the eye is necessary.

Solution: At Buck & Todd Optometrists, we can access sports eyewear specifically designed for squash or basketball. These offer significant impact protection, stability on the face with appropriate sports straps and a large field of view. Polycarbonate prescription lenses, which are thin, lightweight, and highly impact-resistant are ideal for squash.

While your current spectacles provide some protection, squash goggles offer superior safety. It's essential to note that contact



lenses offer no protection against high-velocity projectiles like a squash ball. Therefore, investing in proper protective eyewear is crucial for your safety during this game.

To enquiry about sport friendly sunglasses or safety glasses please contact the Buck and Todd team or visit our practice and see our range today.