

This leaflet will give you and your child some information about reducing the risk of eye injuries during sporting activities. These are a large part of childhood for many children and during these activities they may sustain injuries some of which are preventable. This will be more important for your child if they have only one seeing eye, as an injury to that eye may leave your child with little or no vision for a period of time.

Many of us teach our children about seatbelt and road safety. For children with only one seeing eye, eye protection needs to be taught alongside other safety topics. It is important that you are very positive when telling your child the reasons for wearing eye / head protection. You can lead by example. This could begin with wearing a helmet when riding a bike for all members of the family.

It may help to point out other popular sports men and women also wear eye / head protection all the time. The recommended eye / head protection needs to become a part of your child's preparation when taking part in any sporting activities and rough play.

### Advice

It is recommended that all children with one seeing eye wear eye protection with polycarbonate safety lenses when taking part in sporting activities. These lenses are more shatter proof than any other plastic and will protect the eyes better.

For children with permanent reduced vision in one eye, the potential risks involved in contact sports and injury to the good eye should be considered.

### Who needs to know?

Let your child know how important it is that they remember to put their protective eyewear on before taking part in any sporting activities. It may be helpful for other members of your family and friends to also wear eye / head protection as part of their sport safety routine.

It is important that you discuss the need for appropriate eye/ head protection with your child's school or sports teacher when the child participates in sporting activities.

### Table showing sports with increased risk of eye injury and the appropriate head and eye protection.

SPORTS	EYE PROTECTION
Badminton	Sports goggles with polycarbonate lenses
Baseball	Polycarbonate face guard or other certificate safe protection attached to helmet; sports goggles with polycarbonate lenses
Basketball	Sports goggles with polycarbonate lenses
Bicycling	Appropriate helmet and goggles
Boxing	None is available
Fencing	Full face cage
Field hockey	Goalie: full face mask All others: sports goggles with polycarbonate lenses
American Football	Polycarbonate shield on helmet or goggles
Full contact martial arts	None is available
Golf	Sports goggles with polycarbonate lenses
Handball	Sports goggles with polycarbonate lenses
Ice Hockey	Helmet and full face protection
Lacrosse	Helmet and full face protection
Football	Sports goggles with polycarbonate lenses
Softball	Polycarbonate face guard on helmet for batting & base running Sports goggles with polycarbonate lenses for fielding
Squash	Sports goggles with polycarbonate lenses
Swimming & pool sports	Swim goggles
Tennis	Sports goggles with polycarbonate lenses
Track & field	Sturdy street wear frames with polycarbonate lenses

<b>SPORTS</b>	<b>EYE PROTECTION</b>
Water polo	Swim goggles with polycarbonate lenses
Wrestling	None is available

(Adapted from Protective Eyewear for Young Athletes. American Academy of Pediatrics & American academy of Ophthalmology)

### **The Products**

Rec Specs – produced by an American company, available to buy from an optician called Sport Spectacles.

[www.sportspectacles.co.uk](http://www.sportspectacles.co.uk)

Tel: 0870 20 20 111

Also available via a wholesaler called Norville.

[www.norville.co.uk](http://www.norville.co.uk)

Tel: 01452 528 686

Contact lenses offer no protection; therefore it is strongly recommended that contact lens wearers also wear appropriate polycarbonate eye protection.

### **Data Protection**

We collect information about your child and family relevant to their diagnosis and treatment. We store it in written records and on computer. We may have to share some of your information with other people and organisations. If you have any questions and/or do not want us to share that information with others, please talk to the people looking after your child or contact the PALS Officer (Patient Advice and Liaison Service) on 0121 333 8403.

### **Further Information**

We hope this leaflet will help you to understand the treatment offered to your child. If you feel you need more information or have any concerns please contact the Eye Department on 0121 333 9462.

Further information and internet access is available in the Child and Family Information Centre. This is on the Ground Floor of the hospital near the main Reception Desk.

## **INFORMATION ABOUT HEAD/EYE PROTECTION FOR CHILDREN WHO HAVE ONE SEEING EYE.**

Eye Department

