

ENGLAND HOCKEY

HOCKEY FACTSHEET 10



CONTACT LENSES & SPORT

“KEEP YOUR EYE ON THE BALL!” – a crucial bit of advice that any ball sport athlete is familiar with. Whatever ball sport an athlete plays the ability to see the ball is a key element to good performance, the fact is that many millions of people – many of them athletes require some kind of vision correction – advances in contact lenses and lens care technology have revolutionised the opportunities athletes have when dealing with eye care.

Many athletes are finding that contact lenses are more practical than glasses, because contact lenses provide:

- Better depth perception
- Complete peripheral vision
- They don't steam up from perspiration
- Avoidance of potential injury from broken frames and shattered lenses
- They don't smudge and get foggy if you go from cold to warm temperature
- In most cases your young athlete will see just as well with contact lenses as they do with glasses and in most cases better.
- Contact lenses sit directly on the eye therefore removing the frames of glasses which block vision, and if your child is a goalkeeper they will find it easier and quicker to put the protective head gear on and with no potential damage to frames

PARENTAL CONCERNS

Many parents are concerned with the level of care involved in wearing contact lenses, but rapid advances in technology means most care systems are quite simple. Another parental concern is their child's responsibility for their contact lenses. Your child should have the maturity to wear and care for their contact lenses and you as the parent can only decide this. Also if your optician feels your child isn't ready they won't prescribe them.

SELF ESTEEM BUILDER

Going from wearing glasses to contact lenses may see a significant increase in your child's self confidence, leading to an upswing in your child's self esteem, school participation and grades, and social life after a perceived improvement in their appearance.

Contact lenses have been proven to be a healthy and safe way for people to participate in sport.