

HELP PROTECT YOUR CHILD'S VISION

Nothing is more important to you than the health and well being of your children. But did you know that each year, 38,000 sports-related eye injuries in the United States require a trip to the emergency room? *That's one serious eye injury every 13 minutes!* While eye injury is the leading cause of vision loss in one eye, the good news is that *90% of these eye injuries are preventable.*

Making sports protective eyewear a part of athletic uniforms can significantly reduce the potential of sight damaging injuries. Children participating in any of the following sports and activities – whether on a school team, in physical education class or during after-school recreation – should wear protective eyewear:

- baseball or softball
- racquetball
- tennis
- badminton
- soccer
- football
- ice hockey or street hockey
- basketball
- lacrosse
- archery
- fencing
- boxing
- karate
- any other activity that uses a ball or racket, involves rough contact with other players, or requires travel at high speed

Choose Sports Protective Eyewear Carefully

First of all, make sure all sports protective eyewear meets ASTM (F803) standards. Eyecare professionals can identify specific eyewear to meet these standards. Additionally, protective eyewear must be made of the proper materials and fitted correctly for the individual. Look for:

- Padded or rubber bridges to keep the goggles comfortable.
- Deep-grooved eyewires to keep the lenses from falling out if the frame is hit hard.
- A face-formed shape to provide a wider field of view.
- Headband attachments to keep the frames from slipping.
- Lenses made from polycarbonate, a type of clear plastic that is impact resistant.
- 100% ultraviolet (UV) protection and a scratch-resistant coating.

For more information about protecting your child's vision, go to: www.checkyearly.com

For more information about safety in physical education and sports, go to www.aahperd.org/naspe



photography supplied by Liberty Sport, Inc.



NASPE Sets the Standard
National Association for
Sport & Physical Education