

Help Patients Keep Their Sight For Life. Recommend ...

Approximately 42,000 sports eye injuries occur in the United States each year. Many result in permanent vision loss.

All athletes should wear protective eyewear, but not just any eyewear. Recommend that your patients wear protection that is specifically designed for their sport.

Today's athletes have a number of eye protectors available to them, none of which hinder performance. So, make sure your patients are informed that appropriate eye protection can reduce their risk of eye injuries by 90 percent.

Be sure your patients have the eyewear they need to play hard and play safe.

Appropriate Sports Eye Protection

Sport	Minimal Eye Protector*	Comment
Baseball / Softball Batter or Base Runner	ASTM+ F910	Face guard attached to helmet
Baseball / Softball Fielder	ASTM+ F803 for baseball	ASTM+ specifies age ranges
Basketball	ASTM+ F803 for basketball	ASTM+ specifies age ranges
Bicycling	Helmet plus streetwear ANSI+ Z80, industrial ANSI+ Z87.1 or sports ASTM F803 eyewear	Use only polycarbonate lenses
Boxing	None available - not permitted in sport	Participation is contraindicated for functionally one-eyed athletes
Fencing	Protector with neck bib	Test requirements of the International Federation of Fencing
Field Hockey, Men's and Women's	Goalie: full face mask*; ASTM+ F803 for women's lacrosse	Protectors that pass for women's lacrosse also pass for field hockey
Football	Polycarbonate eye shield attached to helmet-mounted wire face mask*	
Ice Hockey	Goaltenders: ASTM+ F1587; ASTM+ F513 face mask on helmet*	HECC+ or CSA+ certified full face shield
Lacrosse, Men's	NOCSAE+ face mask attached to lacrosse helmet*	
Lacrosse, Women's	ASTM+ F803 for women's lacrosse	Face guard attached to helmet
Martial Arts, Full-Contact	None available - not permitted in sport	Participation is contraindicated for functionally one-eyed athletes
Paintball	ASTM+ F1776 for paintball	
Racquet Sports	ASTM+ F803 for specific sport	Racquet sports include squash, badminton, tennis, paddle tennis, handball & racquetball
Soccer	ASTM+ F803 for selected sport	No specific standard for soccer; ASTM+ F803 for any specified sport is recommended
Street Hockey	ASTM+ 513 face mask on helmet*	Must be HECC+ or CSA+ certified
Track and Field	Streetwear with polycarbonate lenses / fashion eyewear	Use only polycarbonate lenses
Water Sports	Swim goggles with polycarbonate lenses	Water sports include swimming and water polo
Wrestling	No standard is available	Custom protective eyewear can be made

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* Eyewear should be made with highly shatter-resistant 3 mm polycarbonate or Trivex lenses, unless there is a specific reason for another lens material.
+ ASTM (American Society of Testing and Materials); ANSI (American National Standards Institute); NOCSAE (The National Operating Committee on Standards for Athletic Equipment); HECC (Hockey Equipment Certification Council); CSA (Canadian Standards Association)
- For sports in which a face mask or helmet with an eye protector is worn, functionally one-eyed athletes and those who have had previous eye trauma or surgery, and for whom their ophthalmologists recommend eye protection, must also wear sports protective eyewear that conforms to ASTM F803 requirements.