

Patient information: accident and emergency

Sports eye protection

This leaflet aims to provide information regarding the risks of sports-related eye injuries and how such injuries can be prevented with appropriate eye protection.

Sports-related eye injuries are common. The risks of sports-related eye injuries depend on the type of sporting activities. The following table highlights the sports that are considered moderate or high risk for eye injuries.

High risk	Moderate risk	Low risk	Eye safe
Small fast projectiles: <ul style="list-style-type: none"> • Air rifle • BB gun • Paintball 	Tennis	Swimming	Track and field
	Badminton	Diving	Gymnastics
	Soccer	Skiing	
	Volleyball	Non-contact martial arts	
Hard projectiles, sticks, close contact: <ul style="list-style-type: none"> • Basketball • Baseball/softball • Cricket • Lacrosse • Hockey • Squash • Racquetball • Fencing 	Water polo	Bicycling	
	Football	Wrestling	
	Fishing		
	Golf		
	Rugby		
Intentional injury: <ul style="list-style-type: none"> • Boxing 			

This information can be made available in alternative formats, such as easy read or large print on request. Please call PALS: 020 7566 2324/ 020 7566 2325

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| <ul style="list-style-type: none">• Full contact martial arts | | | |
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Appropriate eye protectors reduce the risk of significant eye injury by 90% when properly fitted. When engaging in sporting activities with moderate or high risk for eye injuries, eye protection is important. In addition, eye protection is important if you have previously suffered eye injuries, if you have previously undergone eye operations or if you have sight in only one eye.

There are a large variety of eye protectors available and they should be tailored to the individual sport or preference. The ideal requirements for protective eyewear are:

- They must be correctly fitted (especially important in children)
- They must be shatter resistant (polycarbonate material for lens)
- They must have a sturdy frame with or without cushioning
- They should not affect your field of vision when engaging in the sport
- They must be cosmetically acceptable

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Revision number: 3

Approved date: October 2017

Review date: October 2019

**Moorfields Eye Hospital NHS
Foundation Trust**
City Road, London EC1V 2PD
Phone: 020 7253 3411
www.moorfields.nhs.uk

Moorfields Direct telephone helpline

Phone: 020 7566 2345

Monday-Friday, 8.30am-9pm

Saturday, 9am-5pm

Information and advice on eye conditions and treatments from experienced ophthalmic-trained nurses.

Patient advice and liaison service (PALS)

Phone: 020 7566 2324 / 020 7566 2325

Email: moorfields.pals@nhs.net

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Moorfields' PALS team provides confidential advice and support to help you with any concerns you may have about the care we provide, guiding you through the different services available at Moorfields. The PALS team can also advise you on how to make a complaint.

Your right to treatment within 18 weeks

Under the NHS constitution, all patients have the right to begin consultant-led treatment within 18 weeks of being referred by their GP. Moorfields is committed to fulfilling this right, but if you feel that we have failed to do so, please contact our patient advice and liaison service (PALS) who will be able to advise you further (see above). For more information about your rights under the NHS constitution, visit www.nhs.uk/choiceinthenhs