Eye safety checklist

For sports of all sorts

Athletes in all sports, on all levels, of all ages depend on their eyesight to perform. But you never know which way that crazy ball is gonna bounce. Knowing how to protect your eyes can help you enjoy the game—and the vision—you love so much.

	! CAUTION	**⊕** PROTECTION	**👁** SKILL BUILDING DRILLS
Baseball	Wild pitches, thrown bats, pop flies	Face guard; eye guard	Tape words to a bouncing ball and see if you can read them (dynamic acuity).
Basketball	Elbows, fingers, basketballs	Eye guards	Watch TV with your head turned to one side (peripheral vision).
Football	Fingers, loose equipment, flying dirt	Eye guards; face guard	Play a kid's memory matching game and focus on improving your speed (visual memory).
Golf	Sun, flying sand	Sunglasses	Hold a very small pebble or BB at arm's length and drop it into a drinking straw (depth perception). Learn more
Hiking	Insect bites, poison ivy	Keep hands and repellent away from eyes	Keeping your head still, move your eyes in all four direction as far as possible (eye relaxation).
Hockey	Sticks, pucks, players	Full mask	Watching two people toss a ball, keep your head straight and still and track the ball with only your eyes (tracking).
Skiing	Wind, snow, sun, glare	Polycarbonate sports lenses	Have someone toss 3 different colored balls to you, yelling out 1 or 2 of the colors. Catch only the ball(s) they call out (visual reaction time).
Soccer	Elbows, feet, soccer balls	Eye guards	Frequently change focus between your computer screen and a scene outside the window (focus flexibility). Learn more
Swimming	Chemicals, untreated water	Goggles; take out contact lenses	Apply lubricating eye drops before and after swimming (dry eye syndrome).
Tennis/ racquetball	Misjudged balls, flying racquets	Eye guards	Throw a ball against the wall and catch it with one hand (hand eye coordination).

For more information:
See your way to sharper sports performance
The 6 vision skills all great athletes possess