

Child Sport Safety

(NAPSA)—Sports-related eye injuries exceed 100,000 per year, and almost all are preventable by wearing protective eyewear. Children are especially vulnerable to eye injuries which happen mainly while playing. This is why they



always should wear eye protection for the following sports and recreational activities: baseball or softball, racquetball, tennis, badminton, soccer, ice hockey or street hockey, basketball, lacrosse, archery, fencing and boxing.

Add to the list any other activity that uses a projectile or racket, involves rough contact with other players, or requires travel at high speed.

It is important for children to have a thorough eye exam by a qualified eye care professional before participating in sports. An eye doctor will prescribe the best eye protection for your child.

Once ready to select the appropriate eyewear, you'll find a large array of choices. The sports end of the optical industry has been keeping ahead of the race for eye safety.

These choices include special eyewear for sun and sand sports, and snow and ice activities. Diving masks and swimming goggles are available with prescription lenses so that swimmers and divers can see what's underwater. For ski enthusiasts, prescription ski goggles are becoming more popular than ever.

In fact, no matter what the sport, chances are there is special eyewear to protect children's eyes as well as boost their performance.

To learn more, please visit www.checkyearly.com.