



For Parents,  
Teachers  
and Coaches

## Finding the Right Eye Protection

The following chart summarizes recommended eye protection for a variety of sports. Visit your eye care professional or local sporting goods store to learn more about the most appropriate type of protective eyewear for your child and to ensure proper fit.

Sport	Eye Protection
Badminton	Sports goggles with polycarbonate lenses
Baseball	Polycarbonate face guard or other certified safe protection attached to the helmet for batting and base running; sports goggles with polycarbonate lenses for fielding
Basketball	Sports goggles with polycarbonate lenses
Bicycling (LER)*	Sturdy street-wear frames with polycarbonate or CR-39 lenses
Boxing	None is available
Fencing	Full-face cage
Field Hockey (both sexes)	Goalie: full-face mask; all others: sports goggles with polycarbonate lenses
Football	Polycarbonate shield on helmet
Full-contact martial arts	Not allowed
Handball**	Sports goggles with polycarbonate lenses
Ice Hockey	Helmet and full-face protection
Lacrosse (male)	Helmet and full-face protection required
Lacrosse (female)	Should at least wear sports goggles with polycarbonate lenses and have option to wear helmet and full-face protection

Racquetball**	Sports goggles with polycarbonate lenses
Soccer	Sports goggles with polycarbonate lenses
Softball	Polycarbonate face guard on a helmet for batting and base running; sports goggles with polycarbonate lenses for fielding
Squash**	Sports goggles with polycarbonate lenses
Street hockey	Sports goggles with polycarbonate lenses; goalie: full face cage §
Swimming and pool sports	Swim goggles recommended
Tennis: doubles	Sports goggles with polycarbonate lenses
Tennis: singles	Sturdy street-wear frames with polycarbonate lenses
Track and field (LER)*	Sturdy street-wear frames with polycarbonate or CR-39 lenses
Water polo	Swim goggles with polycarbonate lenses
Wrestling	None is available

\* For sports in which face masks or helmets with eye protection are worn, functionally one-eyed athletes and those with previous eye trauma or surgery for whom their ophthalmologists recommend eye protection must also wear sports goggles with polycarbonate lenses to ensure protection.

† LER indicates low eye risk.

‡ Goggles without lenses are not effective.

§ A street hockey ball can penetrate into a molded goalie mask and injure an eye.

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