

Top Ten Tips for Buying Sports Glasses

By Danielle Ross

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Many people would benefit from sports glasses but don't know where to start, or how to get advice. Below are some tips to point you in the right direction:

1 Sports Glasses are glasses designed to help you enjoy your sport more, and offer unique features to make them safe and effective for sports use.

2 Glasses for sports use are made with polycarbonate lenses. This sports lens material is lightweight, shatter resistant and has great optical qualities which means it is both protective and enhances your vision. This makes them perfect for outdoor sports!

3 Sports glasses are also now widely available for people who wear glasses. Many web based companies offer a specialist prescription service. If you are considering prescription sports glasses, make sure your seller offers you a chance to try on the 'empty' frames first to check fit and sizing.

4 Sports glasses are great if you have higher prescriptions, as the wrap around frames often hide the thickness of the lens!

5 How do you know which lens is right for your sport? Different colour lenses focus on different parts of the light spectrum, and each is adapted to the external conditions appropriate for your sport.

6 For skiing sunglasses, the rose tinted lens protects your eyes from glare on the slopes, while allowing you superb vision in low light conditions.

7 For sailing glasses and all marine sports, polarised lenses are fantastic. The polarising filter eliminates the glare given off water surfaces, allowing you accurate and sharp vision. Polarised glasses are great for driving too.

8 Swimmers who wear glasses can choose from a wide range of prescription swimming goggles, available 'off the shelf' to both short and long sighted people. Most swimming goggles are available from stock.

9 Divers too have a huge choice of diving masks, both with or without prescription lenses. Again, often worth trying for fit and size before having prescription lenses fitted.

10 Footballers need protective glasses, and these are available for both adults and children. Impact resistant frames and shatter resistant lenses combine to give perfect vision on the pitch!

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