

WEARING SPECTACLES/GOGGLES IN FOOTBALL

These guidelines aim to provide advice to Players, Coaches, Parents and Match Officials, who share the responsibility to ensure that the following standards are met for the wearing of spectacles/goggles in football.

Due to the physical nature of football, there is a moderate risk of eye injury. Spectacles or goggles may mitigate the risk of injury and can also be worn by individuals who need to wear prescription lenses.

POLYCARBONATE LENSES

Polycarbonate lenses are made of a type of plastic that is more impact-resistant than standard plastic lenses. Polycarbonate lenses are also much thinner and lighter in weight. This is the most important property of all protective spectacles or goggles. Good polycarbonate is virtually unbreakable and will sustain an impact such as a ball or hand/finger. Frames should provide full coverage of the eye orbit and should not have adjustable metal nose pad arms.

SPORTS BAND

An elasticised band should secure the frame instead of temple pieces. Players must have something that will be firmly secured to the head so that the spectacles or goggles won't fall off. A frame with temple pieces will not hold tightly enough and as such, any impact with the ball and or another player could lift the frame off and potentially cause injury to the eye.

Although sports eyewear is intended to offer the best protection available, there is always the possibility that the wearer may sustain an eye or facial injury due to severe impact or because of the nature of the activity.

JUNIOR FOOTBALL

The FAW recommend that players who need prescription lenses wear Polycarbonate lenses when playing football, although we recognise that this may not be possible for all children and Match Officials should be more lenient with younger players.

It is important to note as stated in the Laws of the Game "A player must not use equipment or wear anything that is dangerous". It is the Match Officials duty to ensure the safety of all participants. As such, if they feel the glasses/frame pose a risk to other players and/or the wearer, they may not allow the glasses to be worn.

GUIDELINES FOR MATCH OFFICIALS

Match Officials should ensure that if a request has been made to wear glasses or goggles, that as per the Laws of the Game they should be checked and must not be a danger to the wearer or any other player.

FURTHER INFORMATION

Players should always check the suitability of their spectacles with a registered optician, optometrist or medical practitioner.

For further information contact:

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