

Ugly Fish

Unleashing



Your Guide to Sports Eyewear

WRITER **Lara Jackson**

In the fast-paced world of sports and adventure, where every move is a thrill and every challenge an opportunity, the importance of reliable gear cannot be overstated. Lara Jackson reviews the wide array of sports eyewear options.

Whether you're conquering motocross tracks with heart-pounding jumps, cycling through scenic landscapes on winding roads, or even embarking on a leisurely kayak, your patients' eyes deserve the best protection from performance-enhancing eyewear.

The world of sports eyewear is forever evolving, with cutting-edge technology and designs constantly pushing the boundaries of what's possible. With endless choice it's easy to feel like a small fish in the big sea of sporty glasses.

Dominique Jorgenson, Optical Dispensing Instructor at UWA's School of Optometry conceded she finds that products and specifications change more frequently than she can dispense them. From polarised lenses that eliminate blinding glare during paddling adventures to impact-resistant frames and lenses that offer peace of mind during high-speed racing, the options are as diverse as the activities themselves. Ms Jorgenson said it was often easier to "look into specifics like brands or features when I come across a client that requires them... rather than trying to keep up to date".

Most of the time customers lack awareness about the range of available products. This leads to their reliance on us to ask crucial lifestyle questions, enabling us to present suitable eyewear products as potential

solutions. Melinda Kozmin, qualified optical dispenser at Specialeyes by Susan Walton Optometrist, said "getting to know our patients and their interests helps open up the conversation about multiple pairs that would benefit their lifestyle".

CYCLING

The sport of cycling incorporates a wide range of different styles, from road racing to mountain biking. There are various factors of sports eyewear that can significantly affect the cycling experience.

Precision is crucial. Being able to make split second decisions, judge distances, and dodge obstacles, all while zooming downhill requires sharp vision.

Nicola Peaper, National Professional Services Manager at Rodenstock, described how Rodenstock's Impression B.I.G.Norm / Exact Sport lenses were designed to optimise vision for every point on the lens, enabling the highest possible performance.

This "includes compensations for Listing's law for eye rotation and higher-order aberration compensation," she said, which reduces aberrations taking into account the frame parameters.

"For anyone who is playing sport, the Impression level will give superior performance. Also, if the main viewing direction for a particular sport deviates from the habitual head and body posture, this can be taken into account by an individual positioning of the design point distance." This feature is ideal for cyclists, who are often looking through the top part of their lenses.

Glare from the road, other vehicles, and even water can be blinding and dangerous. Polarised lenses are the hero here, neutralising glare and enhancing contrast. Cyclists often encounter varying light conditions during their rides. Photochromic lenses, which automatically adjust their tint level based on ambient light, ensure optimal visibility. "We couple these lens offerings with contrast tints" echoed Ms Peaper. "These tints can be supplied with (Rodenstock's) Solitaire

Red Sun 2, which is a red mirror coating that reduces the heat load on the eye and provides back surface UV protection."

As cyclists push their limits, every bit of energy counts. Lightweight, aerodynamic frames not only reduce drag but also stay comfortable during long rides. "Bollé Icarus is targeted specifically at cyclists. Its rimless shield offers full field of view and at only 28 grams in weight, it is designed for ultimate performance" said Ryan Smith, National Sales Manager at Sunglass Collective.

GOLF

Golf is a sport of accuracy, strategy, and consistency. Every blade of grass, every contour of the fairway, and every sand trap holds significance for a golfer. In this painstaking pursuit for a birdie, having the right eyewear isn't just a fashion choice – it's a strategic advantage.

Good contrast is key to a hole-in-one experience. Amber, brown or rose tints can help by enhancing the contrast between the green grass and the white ball as well as improving depth perception. This makes tracking the ball's trajectory and gauging distances more accurate.

Golfing involves hours spent under shifting sunlight, which can often cast harsh glare on water hazards. Polarised photochromic lenses that adapt to changing light conditions allow golfers to maintain visual comfort from the first tee to the final putt, without needing to switch eyewear. Elmarie Pretorius from Zeiss said the company's Adaptive Sun lens "that acts as a smart sunglass going from dark to darker" is one of its most popular products within its sun portfolio, offering full ultraviolet (UV) protection.

DRIVING

Whether you're cruising through urban streets, embarking on an off-road adventure, or navigating open highways, your eyes play a crucial role in ensuring safety on the road.

Sunlight bouncing off the road, water, or even the hood of your own vehicle can create blinding glare. Polarised lenses are a

Adventure

driver's best friend, cutting through glare and providing crystal-clear vision, even in the harshest conditions. As the sun sets, yellow or amber-tinted lenses can help enhance visibility.

Driving during night or twilight hours can be significantly riskier due to the struggle of maintaining clear visibility. We know one of the biggest issues when driving during these times is the blinding effect caused by the brightness of headlights, brake lights, and reflective signs. Morgan Cole, Sales and Marketing Specialist from Sharmir, said Metaform, Sharmir's newest coating is an advanced multicoat film applied to the lens with a unique heat process.

"It provides enhanced anti-reflective properties and is more environmentally friendly in production... (it also) provides greater impact protection when tested against standard lenses, which is valuable for children and patients who participate in sports and activities," Mr Cole said.

Shamir, with extensive insights from the BWT Alpine Formula One team pro drivers, has recently developed a new high performance

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lens package Driver Intelligence. Mr Cole said these lenses are designed to provide the "clearest and sharpest vision with enhanced colour contrast, boosting performance". Perhaps with this improved vision, you might just become the next Lewis Hamilton!

MOTORBIKE RIDING

As riders navigate challenging terrains and push the limits of speed, skill and even gravity, their vision becomes their most vital asset. To conquer every turn and soar over every obstacle, they need eyewear that meets their unique optical demands. Dirt, rocks, and other debris kicked up by fellow riders can be hazardous. Goggles fitted with prescription lens adaptors are a great choice when it comes to providing an impact-resistant protective shield against flying debris. These specialised goggles also often come with sweat resistant foam and antifog lens treatments.

Speed creates strong wind that can cause discomfort and dryness in the eyes. Frames with snug fits and padding help block wind, keeping eyes comfortable and well-lubricated. Jenny Hoffman, Director of Business Development at Wiley X Australia, said WX Gravity and WX Boss, part of the Climate Control Series feature protective eyewear frames with a facial cavity seal, blocking out "even the finest irritants and peripheral light, protecting the eyes and allowing polarised lenses to perform at peak levels".

WATER SPORTS

When it comes to water sports like paddle boarding and kayaking, UV protection and glare are usually high on the list of concerns. Polarised lenses take the spotlight here again by minimising glare and boosting contrast. The choice of tint for sunglasses depends on the lighting conditions, water conditions, and personal preferences.

Popular lens tint options for these activities are brown or amber-tinted lenses as they enhance contrast and depth perception. They can be especially useful in varying light conditions, as they improve visibility by filtering out blue light. These lenses are effective in both sunny and partly cloudy conditions. Green-tinted lenses can help improve colour perception in medium to bright light conditions.

It's important to choose eyewear that stays securely in place during these activities to prevent them from falling off. Considering a strap to keep the sunglasses secure can also be a good recommendation.

And since water sports involve physically being on the water, it's a good idea to choose sunglasses that are designed to float.

"Bollé Brecken Floatable is a product aimed at aquatic sport participants," advocated Ryan Smith, National Sales Manager at Sunglass Collective.

"Both the frame technology and lens design are perfectly suited to people fishing, paddleboarding, sailing, and general boating."

If you're unfamiliar with the requirements of a specific sport, take time to chat with your customer about their particular needs. Reach out to your lab and seek guidance from specialised suppliers of adventure and sports eyewear to assist you in coming up with the ideal solution.

Check out just some of the sports eyewear and lens options to suit the athletes in your practice.

Lara Jackson is an optical trainer, administrative executive, and project officer with the Australasian College of Optical Dispensing (ACOD). She holds a Certificate IV in Training and Assessment, a Certificate IV in Optical Dispensing, and a Certificate IV in Business Administration.

Frames for Adventurers

Progear Rx

Aviva and Mann Optical, in partnership with Progear, offers a complete prescription service on all Progear branded products, including sports eyewear, sunglasses, and swimming goggles. Aviva and Mann's lab uses only the

highest quality lenses suitable for sports protection and ensures all lenses are fitted to the exacting standards required to meet worldwide standards.

**Contact: Aviva and Mann Optical
(AUS) 1300 850 882**



Progear Rx

Bollé

When it comes to lightweight, look no further. The Icarus is Bollé's new ultralight frameless model, that delivers 24 grams of pure performance. With an amazing field of view, Icarus is Rxable and available with Phantom, which Bollé claims is the most advanced photochromic lens on the market and Volt+, the company's high contrast polarised lens.

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