

Glasses for golfing

Debra Watts from Ringlands Optics says that....

To the golfer glasses can sometimes be more of a hindrance than a help but this needn't be the case.

Here are some things to consider when buying glasses if you are a golfer. They need to be light weight, durable and well fitted.

It is important that the frame doesn't impede your view, particularly when addressing the ball. So the frame should be deep enough that you don't see the rim or look under it when looking down at the ball. It should also be wide enough that your vision is not impeded when you swing through. The fitting is critical because the last thing you need is for the glasses to slide forward when you look down at the ball or move when you swing through.

A familiar problem on the golf course is watery eyes on a cold day, due to wind blowing in the eyes. A wrap around design with wide arms will help protect the eyes from the front and sides.

The lenses need to be strong and light weight. The ideal material is polycarbonate. It gives maximum protection against impact and is thinner and lighter than standard lens materials. Nylon is a commonly used frame material in sports specific frames because it is durable and light weight but robust enough that it stays in place. Metal frames tend to distort more easily.

A golfer spends long periods out in the sun and needs to make sure that their eyes are protected from the effects of harmful rays that can cause cataracts and other eye health concerns. All lenses whether they are tinted or not need to filter out Ultra violet rays.

A yellow lens that absorbs blue light will help you read greens better and follow your ball in flight. The greens and white ball will be enhanced, while the blue of the sky will be muted. Look for brown or amber lenses to increase contrast. Some golfers prefer more natural vision and lenses that do not distort colours. For those, a neutral, gray or green-grey lens gives more of a true colour.

A good pair of glasses will help your game in oh so many ways: you'll see better, your eyes will feel more comfortable and they will be protected from the effects of harmful rays.