



Sports + Leisure 16-Oct-2017

## The Perfect Glasses for Golfers

The key to a better handicap.

**Blinding sunlight, breaks on the green, frequent changes between light and shadow, harsh contrast: the golf course poses many challenges that standard glasses and sunglasses cannot meet. For perfect visibility and your dream handicap, you need the right glasses with professionally-fitted lenses. But just what kind of glasses do golfers really need?**

### What features are important when golfers are selecting eyeglass lenses and frames?

A typical situation on the golf course: blinding sunlight makes it difficult to follow the ball. Traditional sunglasses are simply not enough as they not only darken your vision, but also reduce contrast. A solution to this problem is now available: special eyeglasses designed specifically to meet this challenge. Golfinglasses should ideally feature large, wrap lenses and an appropriately [> curved frame](#). Only these lenses satisfy the needs of your eyes when you are playing golf, and provide them with full UV protection.

There are a lot of glasses on the market that have allegedly been "specially" designed for golfers. However, they have not been adapted to the needs of every individual wearer. You cannot benefit from your full visual potential on the golf course – and your handicap suffers as a result. Perfect vision can only be achieved if the lenses have been tailored to the personal vision needs of each and every golfer. Even if you need high prescription lenses, the appropriate lens designs from ZEISS eliminate blurring in the periphery of your lenses, and you enjoy outstanding, distortion-free vision. 90% of our movements are initially coordinated by our eyes. Problems such as muscle ache, neck strain and the dreaded "golfer's elbow" are often caused by poor vision. Professionally-fitted lenses can make these irritating complaints a thing of the past.

**The lighter the frame, the better.** Modern materials for eyeglass frames – titanium is a prime example – allow the production of extremely light glasses. They are not only comfortable to wear, but also ensure a better all-round fit as lighter frames tend to slip less down your nose than heavier

frames. Semi-rimless frames with large lenses are ideal as they maximize your field of view. Small lenses are not suitable as they allow you to look over the top of your lenses. Golfers have to move their eyes constantly and rapidly from the sky to the green. This also means constant head movements, leading to fatigue – and to the resulting consequences on your performance.

**Tip for the tint:** Light to dark purple or yellow-orange tints have proven to be the best solution for enhancing contrast on green surfaces. These not only improve visual comfort, but also have a practical effect: depth perception is optimized and the contours of the green are clearer. You can better identify breaks on the green and therefore also better assess the ball trajectory. There are no nasty surprises, and fewer of those putts that fail to reach the hole. Everything is in view. This is only one of the reasons why experienced golfers value specially fitted golfing glasses.

## Razor-sharp vision for playing golf



Professionally-fitted golfing glasses ensure that the ball does not simply vanish into “no man's land.” You can follow its trajectory exactly and precisely from tee-off to landing. Suddenly, you can see the flag at the other end of the golf course with astounding clarity – an absolute must to ensure that you can always perform at your best. Even minor defects in your vision can impair the coordination between your eyes and limbs, and the ball goes off on a totally different trajectory than you planned. The importance of perfect vision for golfers is evident right from the very start of the game: if the distance to the hole is poorly assessed, even the best stroke is useless. Incidentally, the need to switch your eyes constantly from one distance to another is another typical feature of golf – from far to intermediate and then to near and back again. Thanks to their seamless transitions between the various ranges of vision, individually-fitted glasses for golfers guarantee perfect vision at all distances: from the hole to the score card, from the other golfers and to the course layout. What could be better here than one pair of glasses for all distances?

## The ZEISS Online Vision Check

How well do you see contrast and colors? Check your vision quickly and easily here!

[Start the eye test now!](#)

## What are the best coatings for golfing lenses?

An [integrated polarization](#) filter is indispensable for golfing glasses. This lens coating effectively eliminates most of the distracting reflections and glare that can result when the sun is reflected off surfaces such as lawns or water.

[Anti-reflective coatings](#) provide golfers with additional clarity: in combination with a polarization filter, they ensure maximum clarity and unimpaired vision. They also make your golfing glasses look better: they prevent the "window pane effect" and enhance the visibility of your eyes. Proven extras such as hard coatings to protect against scratching, or anti-static, dirt-repellent coatings are also useful, and also have another major benefit: you don't need to clean your glasses as often.

Important: As mentioned above, [100% UV protection](#) is vital on the golf course due to the strong sunshine to which you are often exposed.

## What benefits do progressive lenses have on the green?

Unlike many other situations in everyday life, experts strongly advise against wearing progressive lenses for golf. Two distances which are important for golf are not sufficiently taken into account by progressive lenses: the distance to the ball before tee-off, and during putting – in other words, when the ball is on the green and not in the air. In traditional progressive lenses, these ranges are blurred or distorted. The result: mis-hits that might never have happened with the right lenses. Please consult your eye doctor to obtain more details on individualized golfing glasses.

## Maximum protection for optimum scores

Sunglasses with ZEISS sun protection lenses are the best choice for all golfers, and not just the professionals. The decisive benefit over standard sunglass lenses: they not only darken your vision, but also ensure astounding contrast thanks to selective absorption. This provides you with first-class, comfortable vision even in constantly changing light and is ideal for identifying those unpredictable, subtle breaks in the green. And the benefits do not end there: standard features include 100% UV protection, a hard coating for increased scratch resistance, and a high-quality anti-reflective coating – and all in an extra-light plastic lens with high break resistance. All in one – one for all! Single-color tints (with 40% absorption) or with graduated tints (from 75% to 25% absorption) for even better glare protection.

## The first step to individualized lenses for golfers

As with all good eyewear, a pair of golfing glasses starts with the services of a professional: your eye doctor. He or she will examine your eyes thoroughly, take the necessary measurements, and conduct the analysis needed to obtain your personal vision profile. To make the results even more exact, a measurement should also be made while you are holding a golf club and with your typical body posture when putting and driving. The shape of your head, your natural posture and the length of the golf club: these are all factors that help your eye doctor find the right lens for you. Taking your golf club with you to the eye doctor? It may sound unusual, but this is the only way of ensuring that golfing glasses are optimally adapted to you and to the special viewing conditions you experience on the golf course. Your eye care professional will be pleased to help.

Determine your personal visual habits now and find your individualized lens solution.

Check your Vision Profile now!



Street, City



## Related Articles



### The best sunglasses for sports

What kind of challenges do athletes face when performing their favorite sport?

Sports + Leisure 29-Jun-2018  
Tags: Sports and Leisure Eyewear



### Better vision for athletes

They definitely are not just fashionable: Professional and amateur athletes benefit from special sports glasses.

Sports + Leisure 1-Nov-2017  
Tags: Sports and Leisure Eyewear



### Better Vision for Winter Sports

Many fans of skiing and snowboarding, both with and without eyesight correction, "fly blind" down the slopes.

Sports + Leisure 16-Oct-2017  
Tags: Sports and Leisure Eyewear



### Our top 10 tips for sports eyewear

What should you keep in mind when purchasing sports eyewear? Learn more about how to improve your athletic performance while still protecting your eyes.

Sports + Leisure 16-Oct-2017  
Tags: Sports and Leisure Eyewear

## Related Products



### Self-tinting lenses

One pair of glasses for all occasions.



### Colored Lenses

Sunglass lenses: which tint is right for



### Sunglass lenses

One lens for all outdoor activities.

you?

[Learn more](#)

[Learn more](#)

[Learn more](#)



---

**Explore**

[Understanding Vision](#)  
[Health + Prevention](#)  
[Lifestyle + Fashion](#)  
[Driving + Mobility](#)  
[Sports + Leisure](#)  
[Work Life](#)

**Help me choose**

[Progressive Lenses](#)  
[Sunglasses](#)  
[Working Glasses](#)  
[Sports Glasses](#)  
[Glasses for Children](#)  
[Lens Coatings](#)  
[Lens Cleaning](#)  
[At the Eye Care Professional](#)

**Services**

[My Vision Profile](#)  
[Online Vision Check](#)

**For Eye Care Professionals**

[Instruments + Technologies](#)  
[ZEISS Eyeglass Lenses](#)  
[ZEISS Cleaning Solutions](#)