

**For Immediate Release**

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**Sports vision specialists share tips on water sports safety  
Innovative vision aid helps presbyopic divers exploring undersea world**

The Sports Vision Unit of School of Optometry of The Hong Kong Polytechnic University and The Hong Kong Jockey Club Sports Medicine and Health Sciences Centre jointly invited sports vision experts today (3 September) to share on the importance of vision in water sports safety and enjoyment. An innovative vision aid is also introduced which was specially designed for divers with presbyopia.

Stepping into September and with the warm weather, many people are still actively engaging in water sports. Swimming, waterskiing, jet skiing, windsurfing, canoeing and scuba diving are amongst the most popular water sports in Hong Kong. Scuba diving is a water sport that can be practiced all year round in Hong Kong. Yet, many people often neglect the importance of vision issues and protection of their eyes which lead to increasing risk of eye damage.

Ms Ronnie Huang, Senior Optometrist at the School of Optometry and a sports vision expert, stated that eye protection comes first in water sport safety. “Water sports require good visual acuity, peripheral vision, depth perception, eye motility and eye-hand coordination. Prolonged UV light exposure will harm our eyes so UV protection is essential. If sport lovers have vision problems such as myopia, hyperopia, astigmatism and presbyopia, they should use refractive correction aids to ensure clear vision in water (or underwater) so that they react in a timely manner in any circumstances. They should seek advice from their optometrists on the best vision aids to use for their particular water sports.”

One water sport where sharp near vision is essential for safety as well as enjoyment is scuba diving. For people over 45 years of age when their eyes have become presbyopic, diving can be frustrating. Mr C Y Tang, a retired lecturer formerly at the School of Optometry and a keen scuba diver explained, “Elasticity of the crystalline lens regresses in the aging process. This reduces the accommodative power of the eyes and results in a failure to focus at near objects.”

Presbyopia affects divers as they may not be able to read equipment dials for essential dive information, such as orientation, depth and air volume. Many of them either reluctantly give up the hobby they once treasured, or disregard the potential dangers.

To help divers, Mr. Tang, who has presbyopia himself, started working on a simple optical device several years ago which could enable presbyopic divers to see clearly underwater close-up.

Mr Tang added, “With this near visual aid, presbyopic divers can again read the smallest letter in their gauges or dive computers. Divers will be able to enjoy the miniature underwater world and take underwater photographs with proper setting and framing within their LED screen. For young divers, if they want to see great details, the device can also be used as a head-mounting magnifier.”

The centre also invited Mr Simon Yu, an experienced diving instructor, who is a member of the board of directors of the National Association of Underwater Instructors (NAUI), to share his views on the importance of near vision in scuba diving. Mr Yu said, “Clear near vision is a must in safety for divers in their exploration of the spectacular underwater world. Devices such as this re-kindles the fun of scuba diving among the presbyopic group by recovering their near vision.”



佩戴潛水員助視器，老花眼潛水員能近距離觀察水中微小生物，重拾潛水樂趣。

Vision aid enables presbyopic divers recovering near vision and re-kindles the fun of scuba diving.



運動視光學中心高級視光師黃樣治小姐講解視力健康對水上運動安全的重要性。

Ms Ronnie Huang, Senior Optometrist from Sports Vision Unit explains the important role in water sports safety.



余國權先生分享佩戴助視器後的潛水經驗和得著。

Mr Simon Yu shares his passion in diving and benefits from using vision aid.



鄧卓仁先生講解潛水員助視器用法及其製作原理。

Mr CY Tang explains the function and method of use of the vision aid.



鄧卓仁先生(後)與余國權先生(前)佩戴了潛水員助視器，享受潛水樂趣。

Mr CY Tang (back) and Mr Simon Yu (front) demonstrate the vision aid.

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