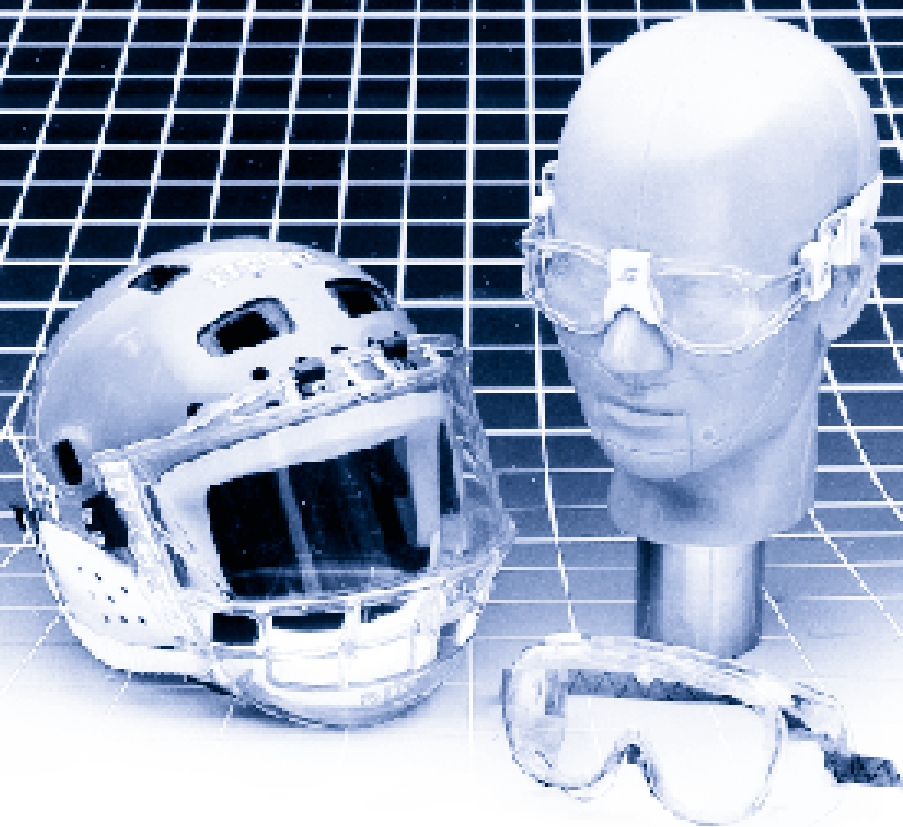


Saving Sight in Sports

BY DR. TOM PASHBY



In co-operation with CSA International

Playing with risk

- A young hockey player falls onto an opponent's skate blade during a game. He is not wearing an adequate face mask and loses an eye.
- A woman assumes her ordinary glasses will protect her from injury during a squash game. The ball shatters one of her lens causing serious injury.
- A war game turns tragic when a gelatin pellet fired from one of the play guns hits a player in the eye.

Sports of all kinds carry a risk of serious eye injury or blindness, but with proper protection, virtually all sports eye injuries are preventable. In fact, it's estimated that 90% of these injuries could be prevented by using the right equipment.

The facts

Dr. Tom Pashby has worked to protect athletes from eye injuries for 28 years. His statistics show there have been 4,600 sports-related eye injuries, including 530 blinded eyes, in Canada since 1972.

Dr. Pashby's statistics also reveal the following:

- Ice hockey accounts for 33% of all eye injuries.
- Racquet sports are the second most common cause of eye injuries at 28%.
- Basketball accounts for about 12%.
- War games, which are relatively new, have resulted in 78 eye injuries, including 33 blindings (The injured players were not wearing the eye protectors provided).

Statistics for hockey-related eye injuries alone, clearly show that wearing protective equipment works. For example, in the 1974 - 1975 season, before minor hockey players were required to wear face masks, there were 258 eye injuries, including 43 blinded eyes. In the 1999 - 2000 season, only 13 eye injuries, including 1 blinded eye were reported. Not one of the 308 blinded eyes since 1972 has been suffered by a player wearing a CSA-certified full-face protector. However, 8 players have suffered a blinding injury wearing certified visors (half shields). In each case, it is suspected the players did not have their visors properly positioned. Helmets need to be secured to the head by a taut chin cup rather than a loose neck strap.

Focus on amateur athletes

While we know how to prevent eye injuries, not everyone involved in

sports wants help. Some professional players are reluctant to wear proper protective gear because they feel head and face protection is restrictive and could interfere with their performance.

Professionals often know the risks involved and understand the chances they are taking. They realize that a serious eye injury could end their playing career. It's the recreational sports enthusiast we must protect.

Up to standard

Developing standards for protective sports equipment takes time and resources. As a result, the need for a particular standard must be proven at the outset. The

next step is to form a balanced development committee, comprised of representatives from various sectors, including manufacturing, the medical profession and people who actually use the products.

Prototype products are then evaluated to help establish the minimum safety criteria to be included in the standard. All standards written under the auspices of CSA are voluntary. However, federal, provincial and municipal governments often incorporate standards into legislation that require products to be certified before they can be sold. This is the case with hockey equipment in Canada.

Established standards can have a major impact on sports organizations when they set their internal regulations and manufacturers when they produce products. A ruling by the Canadian Hockey Association (CHA), the governing body of amateur hockey in Canada, in the 1970s illustrates this point. The CHA ruled that minor league players in its jurisdiction had to wear a CSA-certified helmet and face mask. This has prompted manufacturers in the field to submit their products for testing. If their equipment meets all the requirements of the applicable standard, they are granted a license to use the CSA certification mark on their products.

Once there are products on the market that have been tested and certified to recognized standards, coaches, referees and sports organizations can play an important role in ensuring the equipment is worn. Requiring young players to wear proper head and eye protection has led to wider use in professional leagues. In fact, all professional hockey players who learned their skills wearing helmets, still wear them today.

We need your help

In the early 1980s, the International Organization for Standardization (ISO) formed a subcommittee to establish ISO standards for

ice hockey players, face protectors and visors.

Today, these standards are a reality. The standards, Protective Helmets for Ice Hockey Players (ISO 10256) and Face Protectors and Visors for Ice Hockey Players (ISO 10257), are based on CSA, ASTM, and Swedish Hockey Federation standards.

COS Survey – Eye Injuries

(Blinded eyes statistics)

Sport	1972-1973	1974-1975	1976-1977	1977-1978	1978-1979	1979-1980	1980-1981	1981-1982	1982-1983	1983-1984	1984-1985	1985-1986	1986-1987
Hockey	287(20)	258(43)	90(12)	52(8)	43(13)	85(21)	68(20)	119(18)	115(13)	124(12)	121(18)	123(22)	93(18)
Racquet sports			43(3)	12(1)	28(1)	58(1)	103(4)	100(3)	88(5)	115(6)	81(6)	83(1)	66(3)
Baseball			19(2)	2	2	10	15	41(5)	68(3)	56(3)	43(2)	32(3)	34
Ball Hockey			24(3)	8	9(2)	27(2)	22(4)	10(2)	19(3)	25(2)	29(1)	28	18(1)
Football			13(1)	2	3	1	8	4	27(1)	22(1)	15(1)	10	20(1)
War games											26(14)	8(2)	9(1)
Golf			5(1)		1	1		5(4)	7(2)	3(2)	4(1)	5(2)	4(1)
Basketball				1			2	4	3	5	1	2	7
Skating			1(1)	1	3(2)			3(2)		2(1)	4	2(1)	6(1)
Volleyball			3(3)			6	3	2	3	4(1)		2	
Broomball			2(2)			2	2	3	3	2		1	4
Lacrosse			3	1	1				3	4	1	1	
Hunting & BBguns							4(1)			1	5(2)	1	
Snowmobiling			2(1)		1			1(1)		1	1	2(1)	1(1)
Other			6		1	7	3	6(1)	6(1)	9(2)	19(2)	7(1)	5(1)
Total	287(20)	258(43)	211(29)	79(9)	92(18)	197(24)	230(29)	298(36)	342(28)	373(30)	350(47)	307(33)	267(28)

Eye injuries by Country

COUNTRY	SPORT CAUSING MOST EYE INJURIES
Australia	Cricket
Canada	Hockey
England	Squash
Holland	Soccer
Ireland	Hurling
Japan	Baseball
New Zealand	Squash
Portugal	Soccer
Switzerland	Hockey
Sweden	Hockey
U.S.A.	Basketball
The Far East	Badminton

ries in Canadian Sports

Statistics in brackets)

1987-1988	1988-1989	1989-1990	1990-1991	1991-1992	1992-1993	1993-1994	1994-1995	1995-1996	1996-1997	1997-1998	1998-1999	1999-2000	TOTAL
62(11)	37(8)	33(6)	21(3)	28(7)	32(5)	16(7)	19(5)	22(7)	12(3)	23(4)	8(5)	13(1)	1904(308)
45(4)	62(3)	40(2)	35(1)	33	31(1)	27	14(1)	17	18(1)	12	5	11	1127(47)
16	24(2)	15(1)	14(1)	18(1)	17(1)	23(2)	17(2)	11(2)	13(1)	10	5(1)	4	509(32)
31	24(1)	14(1)	20(2)	12(2)	16(2)	11(3)	7	4	13(1)	7	8(2)	5	391(35)
12(1)	10(1)	8	6	6	3(1)	5(1)	4	2	8	2	5	1	197(8)
2	6(4)	4(2)	4	3(2)	1(1)	3(3)	2(1)	3(1)	4(1)	1	1(1)	1	78(33)
1	3	5(1)	4	4(1)	1(1)	2	1	1	4(3)	3(1)	1		65(20)
	2	2	2	2	4(1)	5	1	2	3	3(1)			51(2)
1		4	3(1)	1	2		3(1)	1	2(1)	1			40(11)
	3		1						1		1		29(4)
3	1	2											25(2)
		1	2		1			1			1		20
	3(1)		1	1					3			1(1)	20(5)
1(1)		1								4(1)		2	17(6)
9(3)	7(1)	6(2)	5	8(1)	2	3		2(1)	4	9	1	2(1)	127(17)
183(20)	182(19)	135(16)	118(8)	116(14)	110(13)	95(16)	68(10)	66(11)	85(11)	75(7)	36(9)	40(3)	4600(530)

SEND INJURY REPORTS TO:

DR. TOM PASHBY
 20 Wynford Drive
 Suite 215
 Toronto, ON M3C 1J4
 Canada
 Tel: (416) 441-1313
 Fax: (416) 441-6138

However, there is a continuing need for international standards for ALL sports. The objective of the International Ergophthalmological Society (SEI) Sports Safety Committee is to gather enough evidence of eye injuries in ALL sports to determine the need for global standards. To do this, we need a worldwide reporting system. This is where you can help.

You can make a difference

When you hear of an eye injury caused by playing any sport in

any country, you can help us keep track of statistics on a worldwide basis by filling out the questionnaire on the next page. Only with this kind of documentation will we be able to rally the forces of SEI, ISO, the International Federation for Sports Medicine and other world bodies to develop international standards for sports of ALL kinds.

Canadian Ophthalmological Society

Athletic Eye Injury Survey

Sport: Hockey _____ Raquet Sports _____ Ball Sports _____ Other _____

Player: Name _____

Address _____

Tel: # _____ Age _____ Sex _____

Cause of Injury: Stick _____ Puck _____ Racquet _____ Ball _____ Other _____

Protection worn? Yes _____ No _____ Type _____

Type of Injury: Soft Tissue _____

Hyphema _____

Vitreous _____

Choroid _____

Retina _____

Optic Nerve _____

Glaucoma _____

Orbital Fracture _____

Other _____

Hospitalized: Yes _____ No _____ Days _____ Final Vision _____

Comments: _____

Ophthalmologist: _____

Address: _____

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Dr. Tom Pashby Sports Safety Fund

Dedicated to the prevention of catastrophic injuries in sports and recreational activities

The Dr. Tom Pashby Sports Safety Fund promotes the prevention of eye, spinal cord, head and other catastrophic injuries in sports and recreational activities through public education, research and development and monitoring of prevention programs. The fund has been established in Dr. Pashby's name to carry on his dream of safe sport for everyone.

The Fund in Action

Since its inception in 1990, the fund has awarded grants for the following:

- Research on hockey helmets and goalie head and face protection
- A hockey concussion prevention video
- A safe diving video
- Bicycle helmet safety promotion
- Hockey spinal cord injury surveys
- Canadian Academy of Sports Medicine annual grant
- Multi-media Heroes Program (aimed at the prevention of injury among teens)
- SportSmart Canada poster program
- Safety equipment signs in Ontario recreational facilities
- Ontario Medical Association, Section of Sports Medicine annual grant
- Financially support fair play in minor hockey

I want to help the Dr. Tom Pashby Sports Safety Fund to prevent catastrophic injuries in sports and recreation.

Here is my cheque for: \$50 \$100 \$200 Other \$ _____

Please send my charitable receipt to: _____

Dr. Tom Pashby Sports Safety Fund
40 King Street West
Suite 4400 (WTP)
Toronto, ON M5H 3Y4
Canada

Charitable No. 0852525-11





Dr. Tom Pashby

Dr. Tom Pashby's name is synonymous with safety throughout the sports world. He has been actively involved in sports eye protection through his work on CSA standards committees and other activities for over 25 years. His particular interest in protection for hockey players dates back over 40 years when his elder son received a serious head injury during a hockey game. Through Dr. Pashby's efforts, it's mandatory for minor amateur hockey players to wear helmets and face

protectors, thus reducing lost eyesight among Canada's hockey-playing youth. He has received the Order of Canada for his work in this area and has now turned his experience, influence and drive towards eliminating other catastrophic sports injuries.



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For more information about CSA, visit our Web site at www.csa-international.org, call us at (416) 747-4000 (Toronto area) or toll free at 1-800-463-6727.