

## A guide to making shooting glasses

As a rifle shooter, I have never met a shooter over the age of 40 who has not complained of difficulty seeing both the front sight and the target. While there are numerous ways to set up the sights for rifle shooting, I have found some practical things that seem to work better than others.

Contact lenses do not seem to work very well for shooting

The vision varies as the contact moves

A contact will not protect the eye(s) if there is blowback

For those reasons, I strongly recommend shooting with safety glasses on. Even if I were wearing contact lenses, I would still wear safety glasses

For scope, the lens should be best corrected for distance

The shooter needs to look through the optical center of the lens to avoid prismatic jump. This will cost points!

I personally use a Knobloch frame for shooting. Other good choices are the NeoStyle Champion or Jaggi frames. The lens is a round lens and is ground on center so that the optical and geometric centers are the same. This type of frame allows for the best placement of the lens so that the shooter is looking through the center of the lens when shooting.. In addition, the lens should be on a flat or 2 base curve to avoid prismatic jump

If a larger lens is used, the optical center must be moved up and in for the shooting eye so that the shooter is looking through the optical center when looking through the telescope sight. It's much harder to place the optical center with a large lens, and it makes for a more expensive lens

Whatever you do, do not use a bifocal or a progressive. That is guaranteed to make the lens unusable! Single vision only

For Iron sights, the above rules apply, with the additional problem of not being able to clearly focus on the front sight and the bullseye at the same time. It has been shown that it is more important to see the front sight clearly than the bull. The bull can be slightly blurry and the shooter can still shoot outstanding scores. I have found that for most rifle shooters, if I add +0.25 or +0.50 to the distance Rx, both the front sight and the bull can be made reasonably sharp by stopping down the rear sight. There are several ways of doing this.

For some shooters, a separate pair of glasses for scope and irons is the answer.

Another answer is to use a Bob Jones rear sight with a +0.25 or +0.50 insert.

A third way is to use an Anschutz rubber cup that has a flat base lens glued in with rubber cement. That lens should also be ground on center

I have tried all of these for my own shooting problems and they all work well.

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