

Can you distinguish the five clearly different bib colours in the image on the left? Check if you are correct on the bottom of page 2



Normal colour vision



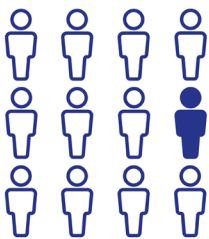
Colour blind simulation

Colour blindness (colour vision deficiency, CVD) is one of the world's most common inherited conditions and affects an individual's ability to distinguish between many different colours. To some colour blind people the images above appear identical.

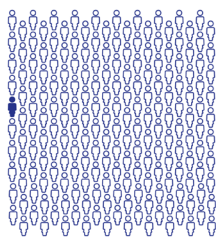
For people with full colour vision, red and green are as different as blue and yellow. If, to you, reds, greens, browns and oranges seem to be different shades of a similar colour, or if you sometimes confuse blues and purples, or other colour combinations, you could be colour blind.

Implications of colour blindness for football players

1 IN 12 MEN



1 IN 200 WOMEN



That's approximately 300 million people worldwide

Research* has shown 5% (or 1 in every squad) of elite, male footballers have some form of CVD.

- There are different types and severities of CVD
- Colour blind people don't all have the same problems or see the same way as each other
- Supporting colour blind players can have a positive impact upon performance of teams as a whole
- Colour blindness can also affect female players

Signs you could be colour blind include:

- Problems telling your team kit or bibs from the opposition in matches or training
- Stopping/hesitating on the ball before passing when certain kit colour combinations are used
- Difficulty spotting red and orange cones and equipment against green surfaces



The three orange cones visible in the 'normal' image (left) are invisible in the CVD simulation (right).

Implications of colour blindness for football players



Normal colour vision



Colour blind simulation (limited contrast between shirts)

Common challenges in training

- Distinguishing between kit/bib colours
- Distinguishing equipment from the pitch/ other equipment, e.g. bibs/balls/cones/line markings
- Inadvertently taking the ball beyond the playing area
- Tactical training – distinguishing between team colours on magnetic boards
- Classroom training
 - distinguishing between pen colours on whiteboards
 - following graphics e.g. highlighting a specific player in TV footage replays
 - being unable to spot/follow laser pointers

Common challenges in matches

- Distinguishing between the kit colours of
 - the outfield players
 - the outfield players and goalkeepers/match officials
- Passing to the opposition/referee by mistake or hesitating on the ball to try to avoid this
- Following coloured balls against the pitch/stands
- Distinguishing some kit colours from the colour of the pitch
- Problems seem worse under different types of lighting, especially floodlights

Did you know - Some current and retired International footballers and coaches including **Petit** (Portugal), **Matt Holland** (Republic of Ireland), **Thomas Delaney** (Denmark), **Jürgen Klopp**, **Ralf Rangnick** and **Lars Lagerbäck** have all publicly discussed their colour blindness? Former Women's Super League player **Remi Allen** has also highlighted problems she has faced in matches.



Normal colour vision



Colour blind simulation

Players' concerns

- Not being selected for matches due to challenges in training
- Potential consequences of tackling errors
- Being benched during a game due to kit confusions
- Abuse in the stadium/on social media

You don't need to reveal a CVD diagnosis to your club, but if you feel able to, this should lead to improvements in your performance and well-being.

If you have a professional contract, ensure you discuss your colour blindness with your legal team and players' union to ensure they fully understand your condition and the support you need.

How can clubs/coaches support you?

- Providing training in CVD for coaches/technical staff
- Selecting kits for games which avoid kit 'clashes'
- Ensuring training equipment and line markings are clearly visible to people with CVD
- Ensuring you can understand analytics and other information



Which colours did you see on page 1? The correct answers are 1 red, 2 purple, 3 blue, 4 lime green and 5 orange!



The Challenges of Being Colour Blind: Insights from Elite Sportspeople

https://www.youtube.com/watch?v=gDGQIDBw_HY&t=2s

Further information and resources

For more information and support visit

<https://www.colourblindawareness.org/sport/players/>



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