

## **APE Paintball Information For Parents**

Please read the following fact sheet, then complete the registration form (on behalf of your child) and return it to the organising the paintball trip.

- Paintball is suitable for most children from 11 years of age.
- Timid children may not enjoy the activity as much as sporty, tree climbing kids. Please use your discretion in deciding whether or not it would appeal to your child.
- Children will receive full instruction and supervision.
- We have years for experience in the provision of paintball games, during which time tens of thousands of children have participated in this activity.
- Paintballs can bruise the skin. Your child is likely to come home with harmless bruises though some can be impressive. The activity is far safer than football and rugby, we have never had had any child suffer a broken bone or other serious injury.
- When playing paintball games, all people are equal. The game does not depend on physical prowess, strength or stature however it is our practice too separate children and adult groups. The administration of events remains at the discretion of the centre manager and may permit two adults to participate in a children's game or allow children to compete in an adult game.
- Paintballs are gelatin skinned and designed to burst harmlessly on impact. They contain a vegetable based paint which is water soluble and will readily wash out of clothing.
- Participants should wear old clothes. The most suitable footwear would be light boots with ankle support such as Timberland boot but old trainers are most commonly worn.
- The most important safety rule is that players keep the safety mask which should be tightly fitted on at all times when in the game zone. If any participant breaches this rule for any reason they will be excluded from further participation in the event. This rule is strictly enforced and exists for the protection from potentially serious injury.
- Where the party comprises of children under the age of 14 we strongly recommend that a responsible adult remains at the centre throughout the event. Their role is to ensure that shoelaces are tied, goggles are adjusted, cleaned and the children in there charge behave sensibly and safely.