

INFORMATION FOR PARENTS

We want to ensure you are fully prepared for your upcoming event so we've put together a few handy hints for parents when organising a day of paintball adventure at any national Delta Force paintball centre. Please also read through our 'Handy Hints for Paintball' document for further tips on how to get the most out of your paintball event.

Please forward these details onto any other parents before the event, along with the map to the centre. If you have any questions about the event, our facilities or any of the handy hints below please feel free to call us on 0844 477 5050 – our friendly operators are here to help.

1) **Consent forms:** All players are required to complete a registration at the centre. Unfortunately due to health and safety guidelines these forms must be completed at the centre on the day of the game. All players younger than 16 years old also require a Parental Consent Form to be completed by a parent/guardian – these forms can be completed in advance to speed up the registration process and can either be requested through the booking office or downloaded from www.paintballgames.co.uk/sites/default/files/df_parent_consent.pdf.

2) **Minimum age:** Paintball is suitable for most children from 10 years of age. We have over 20 years experience in the provision of paintballs games, during which time more than 4,000,000 players have trusted Delta Force.

3) **Itinerary:** Arrival time is 9:15am. Once all players are registered and kitted out in only the best in paintball equipment the safety brief will commence at 10:00am. The first games generally commence at 10:15am. For further details, please check our website <http://www.paintballgames.co.uk/paintball-itinerary>.

4) **Supervision:** Children will receive full instruction and supervision during the paintball games from trained and uniformed marshals. Where the party comprises children under 14 years of age we strongly recommend that a responsible adult remain at the centre throughout the event. Their role is to ensure shoelaces are tied, goggles are cleaned and safely adjusted, and that the children in their charge behave sensibly and safely.

5) **Goggles:** Every player will be issued with a full head helmet that employs the latest in goggle technology. These goggles are unique to Delta Force and provide full protection of the face and head.

6) **Rules:** The most important safety rule is that players must keep their goggles on, and tightly adjusted, at all times when in the game zones. If anyone breaches this rule, for any reason whatsoever, they will be excluded from participating in the event – this rule is strictly enforced and exists to protect children from a potentially serious injury.

7) **Accreditation:** All of our paintball centres are 5-star accredited members of the UKPBA (UK Paintball Association), which means that you can be sure the centre you are visiting has the highest standard of equipment and safety.

8) **Safety:** Paintballs can sometimes bruise the skin. Your child may come home with harmless bruises, however the introduction of body armour for all players now allows you to play paintball in comfort and with full protection. The activity is far safer than football and rugby, for example. We have never had any child suffer a broken bone – an occurrence that is sadly all too common in mainstream sports. Paintballs are gelatine skinned and designed to burst harmlessly on impact. They contain a vegetable based "food colorant" which is water soluble and will readily wash out of clothing.

9) **Clothing:** Children should wear old comfortable clothes. Most players wear boots with ankle support and deep tread/rubber soles – it can be muddy, wet and slippery in the woodlands.

10) **Teams:** When playing paintball games all people are equal; the game does not depend on physical prowess, strength or stature. However, it is our practice to separate children and adult groups. Nevertheless, the administration of events remains in the discretion of the Centre Manager, and they may for example, permit one or two parents or a number of family members to participate in a children's game, or indeed allow children to participate in an adult game.

11) **Children:** 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 a particular individual.

Please note this 'Information for parents' document is meant as a guideline only, and facilities at our local centres may vary.