

# Information for parents

Dear Parent/Guardian,

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

- Paintball is suitable for most children from 10 years of age. ( Mini-paintball 8-10 years)
- We have years of experience in the provision of paintball games, during which time thousands of children have participated safely in the activity.
- Children will receive full instruction and supervision during the paintball games from trained and uniformed marshals.
- Every player will be issued with a full face goggles that employs the latest in goggle technology. These unique goggles have anti-fog lenses.
- We are a 5-star accredited member of the UKPSF (UK Paintball Federation), which means that you can be sure the centre you are visiting has the highest standard of equipment and 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.
- 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 he may for example, permit one or two parents to participate in a children's game.
- 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.
- Children should wear old clothes. The most suitable footwear is a light boot (with ankle support and grip) - but old trainers are most commonly worn. A thin pair of gloves to protect the hands and a beanie hat in colder weather is also useful. (Paintball gloves can be purchased on site)
- 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.
- 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 any child 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.
- Where the party comprises children under 12 years of age, we recommend that a responsible adult remain at the centre throughout the event. Their role is to ensure shoelaces are tied, goggles are cleaned/adjusted, and that the children in their charge behave sensibly and safely.
- All players under 16 years of age need a Parental Consent Form filled out by a parent / guardian and handed in before the start of play. We recommend you send these forms out at least one week in advance to ensure parents fill the forms in and return them in time.
- Parental Consent Forms can be downloaded at ..  
<http://www.campaign-paintball.com/campaign/downloads.php>