

We would like to ensure you are fully prepared for your upcoming event, so we've put together a few tips for parents organising a day of adventure at any national Delta Force Paintball centre. Please also read through our Day Itinerary document for further information so you get the most out of your paintball event.

Please forward these details on to other parents before the event, along with the directions to the centre. If you have questions about your event, our facilities or any of the points below, please feel free to call us – our friendly operators are here to help.

- 1) **Consent forms:** All players are required to complete a registration form prior to participating. These forms can be completed in advance (or on arrival on the day) and must be submitted during registration on the day of your event. All players younger than 16 years also require a Parental Consent Form to be completed by a parent/guardian – it's best if these forms are completed prior to arrival to speed up the registration process and they can either be sent to you via the booking office or downloaded from <http://www.deltaforcepaintball.se/downloads>
- 2) **Minimum age:** Regular paintball is suitable for most children aged 10+ years, and mini paintball events are suitable for players aged 8-10 years. We have years of experience in the provision of paintballs games, with over 500,000 players choosing Delta Force each year. Timid children may not enjoy the activity as much as sporty, tree climbing kids. Please use your discretion when deciding whether or not it would appeal to a particular individual.
- 3) **Supervision:** Children will receive full instruction and supervision during the paintball games from trained marshals. Where the party comprises children under 14 years of age, we recommend a responsible adult remains 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.
- 4) **Safety:** Paintballs can sometimes bruise or break 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 with added protection. The activity is far safer than football and rugby, for example. Paintballs are gelatine skinned and designed to burst harmlessly on impact. They contain a vegetable based "food colorant" which is water soluble and will wash out.
- 5) **Goggles:** Players are issued with a full head helmet that employs the latest in goggle technology. These goggles are unique to Delta Force Paintball and provide full protection of the face and head. All goggles feature a chin strap to ensure they remain on at all times, and marshalling staff perform a "touch-test" to confirm goggles are worn correctly before players head out to battle.
- 6) **Rules:** The most important safety rule is for players to 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 all players.
- 7) **Clothing:** Children should wear comfortable clothing. Most players wear boots with ankle support and deep tread/rubber soles as it can be muddy, wet and slippery in the woodlands. Some players may choose to wear wellington boots in the winter months or if it is muddy – but it is up to each individual to decide if they want to choose a waterproof option rather than the safety of ankle support. In wet weather you may also like to wear a thin waterproof layer of clothing under the overalls we issue you for the day. Armoured gloves are available to purchase on the day for added protection, or alternatively you can bring your own.
- 8) **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 parents or a number of family members to participate in a children's game, or indeed allow children to participate in an adult game.

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