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**Is Paintball the Safest Game in Town?**

**By Andrea Wilson**

**Is Paintball the Safest Game in Town? by Andrea Wilson**

5 Ways To Prevent Serious Injury When Playing Paintball

The chance of getting seriously injured while playing paintball is on a par with getting seriously injured while bowling! Bicycle riding and golf both have higher incidents of serious injury. And if you play lacrosse, your chance of being seriously injured is more than 700 times what it is if you play paintball. You can get all the statistics here: <http://www.f4og.com/safe.html>.

1. Insurance and Waiver Forms

Regardless of the above, paintball fields will still require you to sign a waiver for insurance purposes. You can find an example of a waiver here: <http://www.paintballtogo.com/waiver.htm>.

If you're a player or the parent of a player and you're concerned about personal injury insurance, contact your insurance agent. If you're a paintball field owner concerned about insurance, you can check out this Web site:  
<http://www.nsera.com/paintball/index.htm>.

2. Eye Injury

Your required equipment includes a mask with built-in goggles. You need a mask for playing on any field or arena where you pay to play. This mask will include coverage of your full head and your eyes (goggles). You can't wear shop glasses, or other types of safety glasses, as the force of the paintball may crack the lens and send glass or plastic fragments into your eye.

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Masks are not often found in exact sizes. However, you can wear a knit hat or baseball cap under a mask to keep it from sliding around if it's too big. A backwards baseball cap also gives the back of your neck some protection from paint as many masks lack adequate neck coverage.

When do you have to wear your mask? You need a mask as soon you enter the playing field, when you're waiting for another game to be finished and when you're in the staging area. Masks must be worn throughout the entire game, no matter what. You can't lift or take off your mask, or the referee will take you out of the

game.

If you're having problems with your goggles fogging or something obstructing your vision, call for a referee. Do not remove your mask! The one way you can get seriously injured in paintball is by getting shot in the eye. If this happens, immediately call for emergency medical attention. Do not try to treat the injury yourself!

Washable field paint is essentially non-irritating to eyes. However, if you do get paint splashed into your eye, flush your eye thoroughly with water for fifteen minutes. To be safe, you should also call for medical attention or travel to the nearest medical center, clinic or hospital emergency room.

### 3. Knee and Ankle Injury

Many paintball sources recommend sneakers, tennis shoes, running shoes or other soft footwear to ensure you can move around as quietly as possible. However, if your ankles are weak, you're playing in really rough terrain, or there are a lot of hills on the field, wear hiking boots!

I've seen a player wreck his knee from running uphill in sneakers. After seeing how much pain he was in, I now recommend choosing safety over stealth every time. After all, it's just a game! And, hey, don't the military wear combat boots?

Fogged-up goggles or glasses can be a safety hazard in paintball. Tripping and falling hard on your knees can cause serious injury. Get goggles that have thermal lenses or a built-in fan to keep them from fogging up.

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If you wear glasses, use anti-fog spray on them. Your goggles may have an anti-fog coating, but your glasses don't! You can also buy special inserts made using your glasses prescription that fit inside your goggles. Then you don't have to wear your glasses at all.

### 4. Sunburn

Remember to wear the strongest sunscreen you can find to the game. A bad sunburn can totally ruin a wonderful day! Even if the day starts out looking cloudy, put on sunscreen. If the weather changes, you're already protected and it's one less thing to think about while you're on the field. You never know when the sun will come out. And in case you didn't know, you can get burned even on an overcast day.

At the least, take a container of the spray-on kind of sunscreen to the game. It's easy to apply so you'll be less likely to "not bother."

If you forgot your sunscreen and you do get burned, apply aloe vera gel to your sunburn as soon as you get home. You'll be glad you did in the morning.

### 5. Welts

The game of paint ball is quite physical. It's definitely not a game for young children, as paint balls sting when they hit an exposed spot and sometimes leave welts that don't heal for days.

You should wear clothing that covers your legs and arms completely, such as jeans and a long-sleeved t-shirt or jersey. Wrap any exposed areas of skin in strips of cloth and wear gloves that at the least protect your hands, if not your fingers. As I mentioned before, a backwards baseball cap gives the back of your neck some protection if your mask lacks adequate neck coverage.

A few welts are an inevitable part of playing any paintball game. Most don't hurt much, but some can feel quite tender after the game. During the game you'll be too busy and distracted to notice! (If you can't handle a little pain, don't play paintball!)

If you do get a few welts, take a hot bath or shower when you get home and apply a soothing gel like aloe vera. Afterwards you'll

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feel a lot better.

### Is Paintball the Safest Game Around?

While there is a slim chance of getting seriously injured playing paintball, it has proven to be one of the safest sports and recreational activities that youths and adults alike can enjoy.

Be sensible, follow the rules, buy ASTM F1776 certified equipment and play at fields that follow ASTM F1776 standards. Your chances of having an enjoyable day in the outdoors are better than with virtually any other sport or activity, including walking around the block!

Andrea Wilson is a writer and mother of a teenage paintballfanatic! To learn more about paintball, she recommends thefollowing Web sites: <http://www.PaintballPicks.com> and<http://www.PaintballHeroes.com>.

### **Ingenious Paintball Gun Exchange Program**

**By Shelley Borle**

#### **Ingenious Paintball Gun Exchange Program by Shelley Borle**

Real Action Paintball has offered an assortment of paintball markers that are intended to provide the customer an experience that is as real as possible. The foundation of this operation is the RAP4, the initial paintball marker planned like a real assault rifle, the military's M4. Real Action Paintball proclaimed an additional trade first: an equipment trade-in program.

"Real Action Paintball will take any paintball markers, air soft guns, or bb guns in trade," said KT Tran, owner and operator of Real Action Paintball. "They don't even need to be working for the customer to earn \$150 in credit." The credit, says Mr. Tran, can be put towards the purchase of a RAP4 Paintball Gun, T68 Paintball Gun, or a T16 Paintball Gun.

"We unite and serve several disciplines – including airsoft, paintball, military, and law enforcement training – so we decided the best way to serve our broad customer base is to allow them to trade in the old equipment they already have for new."

The pitch appears just in time for people who might be shopping for that wonderful gift either for himself or herself or a friend or family member. The end date for the offer has yet to be established, Mr. Tran thinks that it will be a hit since it targets a customer base that have previously articulated their curiosity in real action games and training.

"We just want to make it easier for our customers to get the newest and best products available."

About The Author: Shelley Borle is a Virtual Assistant, Writer & Expert On Boys. Visit Her Country

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Variety Lifestyle Magazine <http://www.countryvariety.com/CVL.htm> as well as her CountryVariety.com Professional Virtual Services site <http://www.countryvariety.com> Email [shelley@countryvariety.com](mailto:shelley@countryvariety.com)



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