



SAFETY RULES

Adrenalin Plus Paintball Safety Rules and Guidelines

1. Participants and spectators MUST wear a pair of safety goggles before leaving the designated safety zones. At no time are these goggles to be removed except under referee's instructions.

***EMERGENCY ACTION-** If your goggles are accidentally dislodged you must immediately close your eyes, put your hands over face and call for help.

- 2. Treat the markers as you would a normal firearm.**
- 3. DO NOT point the marker at anyone except during a game.**
- 4. ALWAYS keep the marker pointed to the ground when not In use.**
- 5. NEVER look down the barrel of a marker.**
- 6. DO NOT climb trees or barricades.**
- 7. All players and spectators should be aware of natural hazards,**

- *Sharp sticks**
- *Logs**
- *Holes**
- *Uneven ground**
- *Snakes, spiders and other nasties.**

8. Obey all signage on and around all fields and safe areas.