

## Paintball Safety

Paintball has become a popular sport. Because it is now being played in unsupervised settings, paintball injuries have increased. Eye injuries tend to happen when kids play in the backyard rather than on a commercial paintball field. They also happen when kids do not use proper equipment.



Paintballs are fired at 300 feet per second. If the paintball hits the skin, it can sting or cause a welt. If it hits the eye, however, it can cause serious damage.

The American Academy of Pediatrics has these tips for parents who let their kids play paintball.

1. Players should wear eye protection devices (EPD's). These EPD's should be made especially for paintball and meet the ASTM G1776 standard.

- Other EPD's may **not** protect the eye.
- Players should **never** remove the EPD during a game. (Do not remove to wipe off paint or fog.)

- EPD's with the PECC (Protective Eyewear Certification Council) logo meets standards for safe play.
- 2. Players should play at an insured, commercial paintball field. The field should follow the ASTM F1777 standards.
- Parents must sign a written consent for kids under 18 to play.
- A barrier separates the playing field from the rest area.
- Plugs (barrel plugs) in the gun barrel should be used when not playing a game.
- EPD's must be worn at all times in the playing area.
- Paintball should not be fired at over 300 feet per second.
- Fully automatic markers should never be used.
- Referees should be present to enforce rules.

Paintballing can be safe and fun. Talk to your local sports store for information on paintball fields in your area.

Call the Parent Help Line. We listen. We can find you help.  
544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week.