



# BubbleGol<sup>®</sup> Game Safety Reminds

## How to reduce injury risk

To ensure bubbleball stays fun for all your participants ensure your coordinators and referees are adhering to these safety measures.

1. Game supervisors and coordinators should **distribute a safety hand-out and/or provide safety instruction to all participants** before any play and a Safety Handout should be distributed to the customer and players upon booking and/or at the field.
2. Players and coordinators should always ensure participants in the bubbleballs "ballers" have the bubble fully covering at least **8 inches above their head**, to allow for roll overs and head protection. Usually tightening the straps will allow for more protection above the head. Players with their heads flat with the top, near the top or above the top should NOT be allowed to play and should be fitted properly, or in another bubbleball.
3. Players should **NOT run full speed** and should only bump into players with light to moderate speed, while approaching from a limited distance.
4. Players should **NOT bend down when bumping another player**– what is known as "spearing". Players should use the sides of the bubble for impact with other players, not the top. Collisions top to top of bubbles can result in serious head and face injury in the event a player is not wearing the bubbleball correctly, the size of the player is not suitable for the size of the bubbleball, or the bubbleball has not been inflated appropriately.
5. Referees should **limit the distance on direct rushes** between ballers to reduce force and impact on players and the equipment. We recommend no more than 15 feet between players in a direct rush or simply not allowing them, even though it is fan favourite entertainment. Referees should not encourage any full speed collisions.
6. Coordinators should be diligent and responsive to aggressive players. They should **warn and penalize all players for spearing**. This activity is what can lead to the most severe injury. When spearing, players bend down to charge and the top of the bubbleball is first to impact another baller vs the side of the bubbleball, exposing



heads. If adhering to items 1, 3 and 4 the risk of injury is reduced. However two players spearing simultaneously risk trauma to the head, neck and face.

### **Additional precautions:**

- Players should be healthy enough for vigorous physical activity. It's more tiring than it looks!
- Players should wear appropriate footwear. Flip flops are not appropriate
- Remove jewellery and eyeglasses unless absolutely necessary. Eyeglass straps are highly recommended
- Always use under proper adult supervision
- Always properly inflate the bubbleball before use
- Always properly adjust and wear the shoulder straps
- Only use bubbleballs on grass, astroturf, or gym floors. If playing on grass, check for sharp objects that may damage your bubbleball such as rocks of any shape, sticks and other debris
- Not for use by pregnant women or persons with any medical condition such as asthma, claustrophobia, heart conditions, seizures or neck or back problems
- Do not have more than one person inside a bubbleball
- Do not use while under the influence of alcohol or drugs
- Do not use on pavement or cement surfaces, near streets or roads with automobile or pedestrian traffic
- Do not use in water or anywhere near any bodies of water, including pools, lakes, ocean, or ponds
- Do not attempt any stunts, including but not limited to jumps from an elevated area. Never attempt to roll down any hill or grade while inside the bubbleball. Dangerous stunts may result in unnecessary injury.