



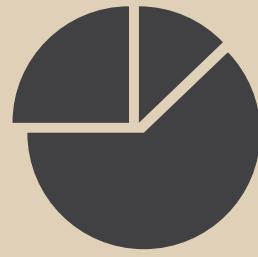
Is Paintball Safe?

BADASS PAINTBALL.NET

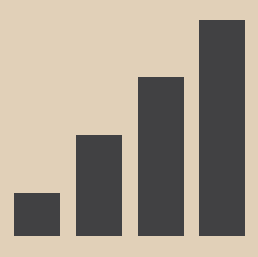
Quick Facts:



3.5 MILLION
Players In
The USA



49% of Players
Are Under 25 and
The Average Age is 22



3rd or 4th
most popular
Extreme Sport
In North
America



61.2% of Players
Income is
Greater Than
\$50,000



Is Statistically Safe
Safer Than
Most Major
Sports

PAINTBALL IS KIND OF POPULAR!

But is it safe?

Injury Rates

.02%

Paintball



Out of 10,000 People only
1 Person is injured.

8%

FOOTBALL



Out of 10,000 People over 800
people are injured.

VS.

Sports Injury Rates



Health Benefits of Paintball

HEALTH

Burn Calories Exercise Is Essential



Playing paintball can burn up to 420 calories an hour. Improve cardio, increase endurance and build strength.

Stress Stress Relief Is Important!



Study after study has shown that being active can release stress. What better way to get active then to play a game of paintball

Get Outside Its Healthy To Be Outdoors



Spending time outside can increase mood, focus, sleep, immunity, reduce stress, give you energy. You know where you play paintball? You got it outside.

Last minute Tips for playing safe:

Safety Tips

Reputation

Check and Double Check

When looking for a place to play make sure to look for a reputable business and not someones back yard... Make sure you look to see if they have referees and enforce good polices.

Masks

This is Important

This is probably the most in important thing you will ever hear concerning paintball safety, **KEEP YOUR MASKS ON!!** Almost every serous injury that has ever happened while playing paintball is due to some one taking their mask off when they should have left it on.



Sources:

- <http://injuryprevention.bmj.com/content/10/3/139.long>
- <http://www.safekids.org/research-report/game-changers-stats-stories-and-what-communities-are-doing-protect-young-athletes>
- Sports and Fitness Association