

# Safety Guidelines



## HOW TO GET YOURSELF IN, UP AND OUT

### Getting In

Handles always facing down, put your hands between the two straps from the inside, like Superman grab the handles and shimmy your way in. Once on properly, you will wear the bubbleball like a backpack.

### Getting Up

If you're stuck like a turtle on a shell, don't try to get up on two feet. Turtles don't do that. It's really hard. Use your legs to roll over on to your stomach and then either squat or use a knee to help you get up.

### Getting Out

To get out simply fall onto your stomach. Then you use one arm to release the strap from one shoulder. Then do the other arm. Much easier than trying to come out two arms at a time.

## TIPS & TRICKS TO HAVE A BUBBLY TIME

### Stretch!

While you're waiting stretch out your neck, legs, shoulders and core stomach and back muscles. You might find yourself a little bit sore since you're experiencing a physical activity your body isn't used to.

### Get your head in the BBA® bubbleball

If we see that you don't have more than 6 inches of space above your head or you feel you're a little too close to the top we'll switch you with another player or find another bubbleball to try to accommodate you. Otherwise you'll have to substitute with other players.

### Guys vs girls

Guys have a natural tendency to be more aggressive and they also weigh more. Be conscious of this and do not hit someone hard who is smaller than you.

### Let other players up!

Don't hit people while they're down: It's just not cool to keep hitting someone who is trying to get up. It's hard enough as it is; don't be rude.

### Watch the boards

It's ok to hit someone against the boards, but, like hockey don't get too violent, and don't hit from behind into the boards either. While your body is protected, you're not wearing kneepads or other leg protection. A loosely fitted bubbleball could make your head vulnerable too.

### Tuck and roll

If you roll over an extra measure is to tuck your head in like you would in a summersault. You can also lift up the ball a little which you may do naturally as you fall.

### If you feel tired it's OK to take a break

For people who are not used to carrying 15-20 extra pounds and running for half an hour it can be quite tiring. If you feel tired, even though we have a half time break, feel free to come off to the side and get some air.

### Loose straps

Once in a while a strap may come undone because it wasn't fastened as tightly as it could be. If that happens just come to the side and a member of our staff will help you. Be aware of people coming at you if you stay on the field of play.

### Deflations and tears

Sometimes a bubbleball may puncture. It won't burst, but you may notice the bubble becoming soft losing it's bounce. If that's the case, pull off to the side and we'll replace it for you.

### Stuck upside down

If you manage to get stuck sway your legs back and forth or wait until the ref or someone comes and knocks you upright.

### Watch the kicks

Just like soccer, you might get some bruises on your shins if you're not wearing shin pads so be careful not to kick too hard. Or kick the ball at least.

### Don't be stupid

Like any sport don't be dumb, don't be super aggressive. It may seem like you're invincible in a bubbleball but you're not fully covered and you could still get injured.

# IMPORTANT: HOW TO REDUCE INJURY RISK

1. Game supervisors and coordinators should **distribute a safety handout and/or provide safety instructions 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 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 favorite 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 jewelry 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