Bubbleball Business Association
BubbleBall

BBA® SAFETY HANDOUT

FOR ALL USERS OF BBA® BUBBLEBALLS. LAST UPDATED APRIL 14, 2019

HOW TO GET IN, UP AND OUT

GET IN FROM THE BOTTOM
Enter from the bottom, put your arms between the two straps, shimmy your way in, grab the handles, and lift the ball to rest on both shoulders like a backpack. Avoid putting it on upside down by entering from the top. If you're not sure, ask your coordinator to check.

GET UP BY TURNING OVER
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.

GET OUT ONE ARM, THEN THE OTHER
To get out simply fall onto your stomach. Then you use one arm to release the strap from one shoulder. Than do the other arm. Much easier than trying to come out two arms at a time.

SAFETY WARNINGS

CRITICAL DO'S & DON'TS

DO CHECK YOUR HEAD SPACE. BE THE BALL. NOT ABOVE IT.
If you have less than 8 inches of space between top of your head and top of the bubbleball (the "head space") or are unsure and feel too close to the top, request a bubbleball that is a safer fit and have a coordinator check the space. **Bumping aggressively or inappropriately without enough head space can lead to head injury which may occur on roll overs, or if bumping a player, the ground, a wall or any object with the top of the bubbleball.**

DON'T BUMP PLAYERS OR ANY OBJECT AGGRESSIVELY
Don't bump at full speed. Don't bump bending down forward. Don't jump or lift the bubbleball to bump. Don't run to bump from more than 15 feet away or from across a field/court. **Bump upright, with feet on the ground, from sides of bubbleballs, and approach bump from within 15 feet to reduce injury risk.**

DON'T GET IN UPSIDE DOWN
Players sometimes enter the bubbleball from the wrong direction. Usually if you are upside down your head will be closer to the top or even sticking out. **Listen to your coordinator's instructions. Enter the ball from the correct side - the bottom. Playing upside down poses a risk of inadequate head space.**

DO ENSURE STRAPS ARE ALWAYS ON AND NOT LOOSE
Once in a while a strap may come loose because it wasn't fastened as tightly as it could be. If that happens just come to the side and come out to get it adjusted by your coordinator. Be aware of people coming at you if you exit a bubbleball on the field of play. **A loosely strapped bubbleball poses a risk of inadequate head space.**

DO TAKE REST BREAKS
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, come off to the side and get some air.**

DO USE COMMON SENSE
It may seem like you're invincible in a bubbleball but you're body is still partially exposed and you could still get injured. **Like any sports and fitness product use your common sense. Play safe!**

OTHER IMPORTANT DO'S & DON'TS

DO 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.

DON'T BUMP OTHERS WHILE THEY'RE DOWN
It's just not cool to keep bumping someone who is trying to get up. Let them rest if they are down.

DO TUCK AND ROLL YOUR HEAD IF YOU FLIP
If you roll over, an extra measure is to tuck your head in like you would in a summersault.

DO WATCH THE BOARDS OR WALLS (IF APPLICABLE)
Don't hit from behind into boards or walls. Don't bend down head first into the boards or walls in case someone bumps you from behind. Since you're partially protected, if you're not wearing kneepads or have ankle support, you could bang them against the boards and your head could hit the boards too. Never bump a player against glass or hard walls.

DO PULL OFF TO THE SIDE IF BALL GETS DEFLATED
Once in a while a bubbleball may puncture. It won't burst but you may notice that you're becoming a little soft and you just don't have that kind of bounce you once had. Just pull off to the side, get out, and get it replaced, patched or reinflated.

DO WEAR PADDING IF YOU PREFER
Just like soccer, you might get some bruises on your shins or knees if you're not wearing pads. Wear your own protective pads which are optional and at each player's discretion, but suggested if playing on hard court.

HEIGHT / WEIGHT / AGE LIMITS

SMALL (~3ft / 1.2m diameter)	4' 8" to 5' 2"	/ Max 140 lbs
MEDIUM (~4ft / 1.5m diameter)	5' 2" to 5' 10"	/ Max 170 lbs
LARGE (~5ft / 1.8m diameter)	5' 10" to 6' 2"	/ Max 200 lbs

BBA® bubbleballs are not suitable for players under 8 years of age.

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HOW BUBBLEBALL COORDINATORS, REFEREES, AND SUPERVISORS SHOULD REDUCE INJURY RISK

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

1. **All contact should be incidental to play, not intentional.** This means the intention of the game should not be to hit each other, but rather to score points or achieve another non-contact objective.
2. Game supervisors and coordinators should **distribute a BBA® Safety Handout and provide similar safety warnings to all participants verbally before any play**. If coordinators do not have direct access to communicate with all participants before play, the handout should be distributed to the customer/organizer of the event in order to distribute to the participants prior to play. We recommended copies of the handout also be distributed by game coordinators on the field before play or be placed in a visible area for players to read before play.
3. 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.
4. **Players should NOT run full speed** and should only bump into players with with light to moderate speed, while approaching from a limited distance.
5. **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.
6. **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.
7. Referees should be diligent and responsive to aggressive players. **Referees should warn and penalize all players fo playing aggressively or 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 above the risk of injury is reduced. However two players spearing simultaneously risk trauma to the head, neck and face.
8. **Height limits should also serve as limitations on usage by players** using different size BBA® bubbleballs. A player too tall for a bubbleball may not have enough coverage above the head to prevent injury if they were to hit another player who also does not have appropriate head coverage or if the player were to roll over on their head.

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, 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 a bubbleball. Dangerous stunts may result in unnecessary injury

BBA® SAFETY CODE: HDD3S

Communicating safety precautions, especially to first time players, can seem a little difficult with so much to cover. To assist coordinators, coaches and business owners in educating players, both before players get in the bubbleballs and during game play, the acronym HDD3S can be used to help memorization and the cheat sheet cards below can be carried on the field by game coordinators.

Headspace: 8 inches or more. Enter from the correct side.
Distance: 15 feet maximum distance apart
Down: Don't hit players when they're down. Let them rest.
Straps: Always have both straps on. Never be in a bubbleball without straps.
Speed: Do not run full speed
Spearing: No bending down or jumping to bump. Only bump from the front and sides.

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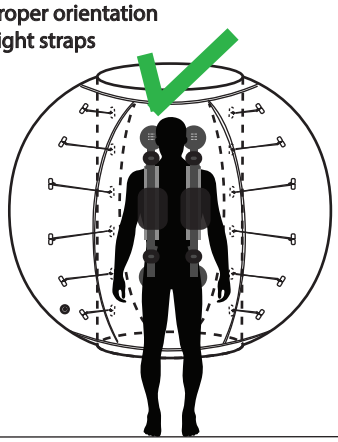
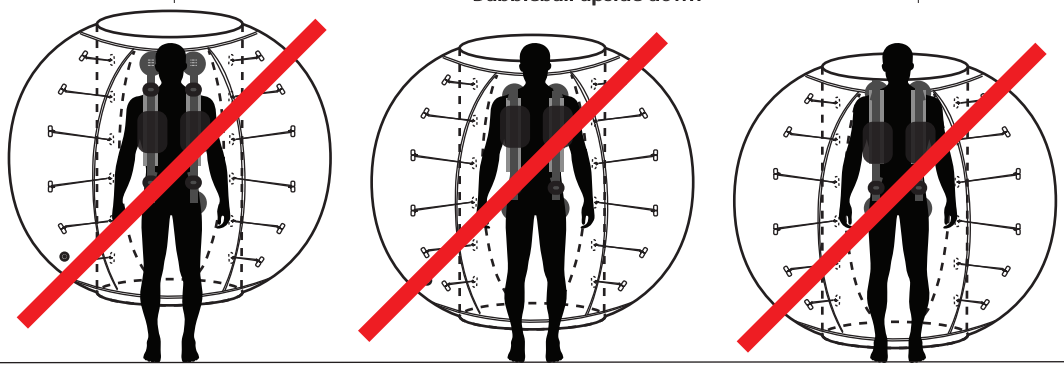
ENSURE HEAD SPACE

8+ inches head space
Right size bubbleball for player
Proper orientation
Tight straps

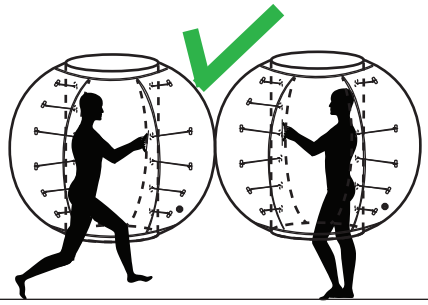


⚠WARNING HEAD NOT COVERED

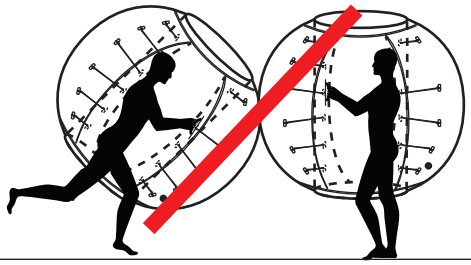
Inadequate head space
Loose straps
Player too tall
Bubbleball upside down



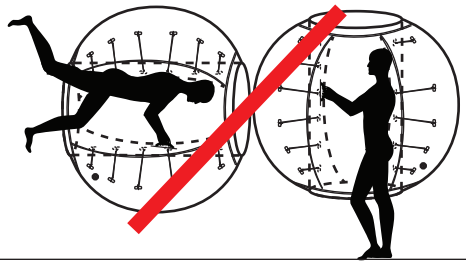
ONLY BUMP SIDE TO SIDE



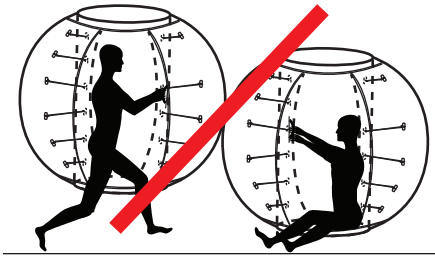
Don't lean forward to bump



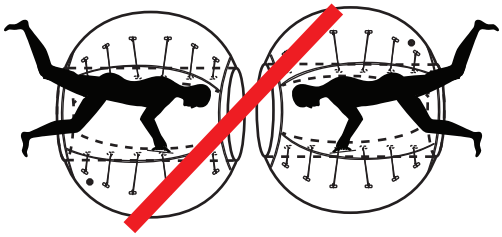
Don't bump head first



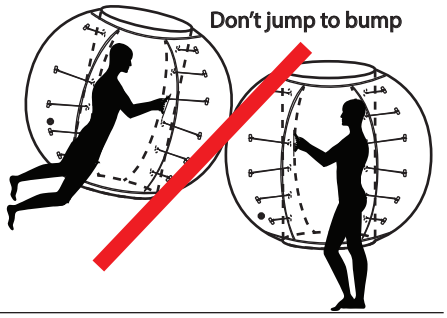
Don't bump players when they're down



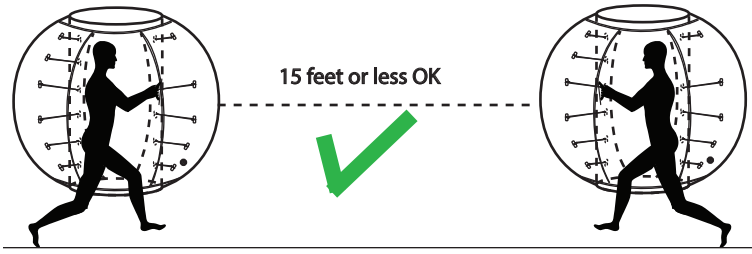
Don't bump head to head

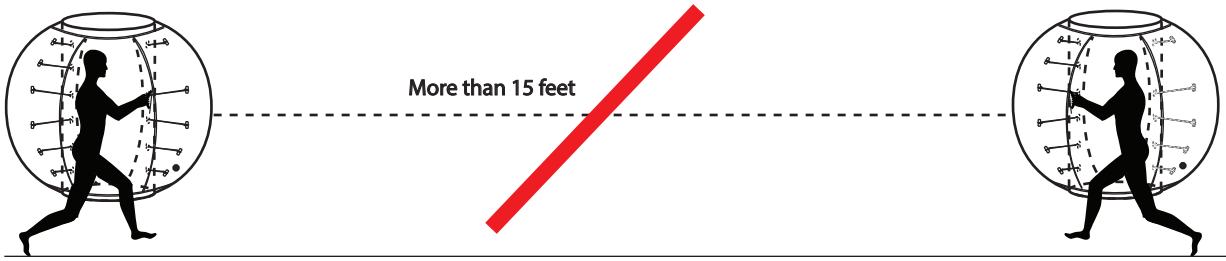


Don't jump to bump



ACCELERATE TO BUMP FROM LESS THAN 15 FEET





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Safety warnings and instructions are provided for BBA® bubbleballs distributed by Bubbleball Inc. and may not apply to other bubbleball brands and designs. Illustrations are not to scale.

For further safety information visit www.bubbleball.us