

Plan a paintball event with us

Thank you for considering this UWF Outdoor Adventures program for your event. We're excited to have you! Here are a few things to keep in mind when planning your visit.

TWO-HOUR PROGRAM OVERVIEW

| | |
|-------------|---|
| 5 MINUTES | Staff introduction |
| 5 MINUTES | Safety briefing |
| 5 MINUTES | Proper use of paintball markers |
| 5 MINUTES | Introductory strategy and technique lessons |
| 100 MINUTES | Paintball |

Open to all students, faculty and staff, as well as the general public.

Please email outdooradventure@uwf.edu or call 850.474.2819 for pricing and reservations.

WHAT TO WEAR

Paintball is an all-body sport, so you should wear athletic clothing that provides a full range of motion. You'll need to wear closed-toed shoes, as there will be a lot of running and moving around. Long-sleeve shirts and long pants are encouraged but not required.

WHAT NOT TO WEAR

Anything you don't want scratched, dented or dropped should be removed. Jewelry, such as dangling necklaces, earrings or rings, can get caught and cause injury. Other hazardous accessories we recommend removing include watches, glasses and scarves.

COMMON MISCONCEPTIONS ABOUT PAINTBALL TO CLARIFY:

My clothes will get ruined. There are two types of paintballs: paint-filled balls that burst on impact and reusable aerodynamic rubber pellets (reballs). We use reballs to protect participants' clothing as well as our own equipment.

Being hit by a paintball is extremely painful. There are two types of paintball markers: markers that utilize compressed air and markers that are spring-loaded. Outdoor Adventures predominantly uses the spring-loaded kind. Using these markers significantly lessens the velocity of the paintballs and helps make gameplay beginner-friendly.

For more information about Outdoor Adventure programs, visit uwf.edu/oa.



If aspects of our programs hinder your full participation, reasonable accommodations can be arranged based on documented needs. You must first register with Student Accessibility Resources: sar@uwf.edu | 850.474.2387.

✉ outdooradventure@uwf.edu

🌐 uwf.edu/recreation

📘 [/uwfrecreation](https://www.facebook.com/uwfrecreation)

📷 @uwfrec



Recreation and Wellness
UNIVERSITY of WEST FLORIDA