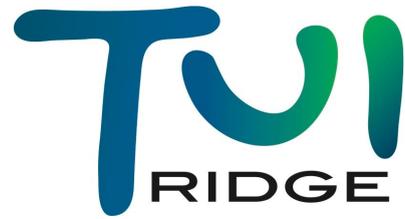


# Slingshot Paintball

Helpful Instructor Reminders.

Gear stored in back room off bikeshed.

Playing area



## Instructions:

Explain proper use of slingshot.  
times

Explain face masks, proper fitting, keep on at all times



Explain how session is going to work, how many paintball they are allocated, how long each game will go for, what games they will play and rules for first one

## Hazards:

- People taking masks off in the field
- Sweaty/fogged up masks
- Point blank shots
- Roots/uneven ground in playing field
- Slingshots breaking

## Some game Ideas

### **Capture the flag**

Split into two teams, each team has a 'flag' (can be any piece of material) and a base. Teams have to protect their own flag while trying to steal the other teams. To win one team must get the opposing teams flag back to their base.

If you get shot you need to return to your base and start out again, if you are carrying the flag when you are shot you need to drop it.

**Variation:** There is only one flag in the middle of field, teams have to retrieve get it back to their base to win.

### **Free for all**

Everyone against everyone, if you get shot you leave playing area for 30sec then return.

Some variations:

- start with ammo out in field and they have to find it first
- Everyone only has a very limited supply of paintballs maybe 5
- Once you are shot that's it you are out for this game and winner is last person left.

### **Team against team**

Split into two teams, start at bases and see which team is left standing. Once you get shot you are out for that round, winning team is the first one to get all the other team out.

### **Bomb**

One team starts off with a 'bomb' (can be anything), they must try and get it into the other teams base which they are protecting. Game ends when either side is eliminated or the bomb reaches its destination.

Variations:

- each team has a bomb they are trying to get into the other teams base
- there is a bomb in the centre of field, each team is trying to get the bomb and place it in the other teams base.

### **Prey vs Predator**

Split into two teams, the prey then goes and hides out in the field, the predators then have to go and hunt down they prey. If a predator gets shot they are out of the game, If a prey gets shot they become a predator.

## **VIP**

Each team picks a VIP. Everyone must know who the VIPs are and they should have some sort of way of standing out. You can have the VIPs armed or unarmed. Game ends when either VIP is shot. If players are shot they can either be out of game for good or just need to go back to base to relife.

## **Civil War**

Each team lines up shoulder to shoulder on opposite ends of playing area, someone yells fire, everyone takes one shot simultaneously at the other team, survivors line up again. Repeat till one team is eliminated.