



## BALL INFLATING & CARE INSTRUCTIONS

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To get the optimum performance from Gilbert Rugby balls, follow the cleaning, care and inflation guidelines as outlined below:

### Cleaning

Before each training session or match, you should clean your rugby ball to remove any mud or residue. Do this with a soft cloth, a light detergent and warm water to ensure the grip is kept in its optimum condition for the maximum length of time.

Following the Covid-19 outbreak, we have consulted with World Rugby's Chief Medical Officer Eanna Falvey who advises that

*“Soapy water effectively kills all types of Coronavirus so standard hand soap based products are perfectly adequate and should be used at every possible opportunity with a rugby training or match scenario”.*

World Rugby confirm that Gilbert's current advice is adequate however, players should be reminded that hand hygiene is also important part of this process.

The Key 4 Point Process:

- *Soapy water effectively kills all types of Coronavirus.*
- *Personal hand hygiene is the priority.*
- *Do not handle your mouthguard once it has been in your mouth. If you must, clean your hands before handling your mouthguard.*
- *Teams should clean balls with soapy water before and when possible during play.*

### Inflation:

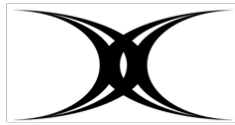
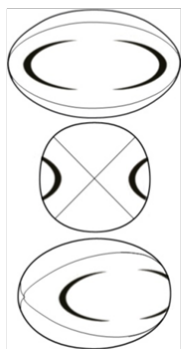
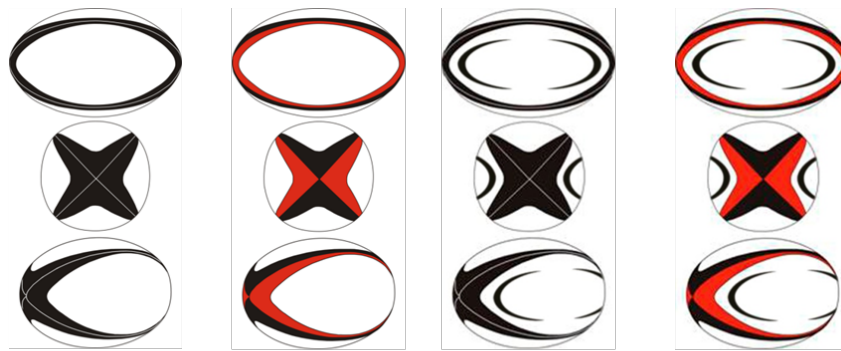
All balls should be inflated to the correct pressure of **9.5 psi**.

For optimum performance from Gilbert match balls, **do not** overinflate balls and then reduce the pressure down to 9.5psi – this can cause balls to lose their shape and effect performance. Once a ball has been overinflated, it will never return to its original, intended and optimal shape.

Before use, check the pressure and adjust accordingly as slight variations of ball pressure can occur due to the natural materials used in the bladder and changes in external climate.

We recommend only using the stirrup pump (or another hand pump) to inflate the balls - inflation using a compressor or airline is not recommended as it can lead to over inflation, which can cause the properties of the ball to change.

# GILBERT BRAND TRADEMARKS:



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## GILBERT RUGBY

