

*Everyone's*  
**GAME**

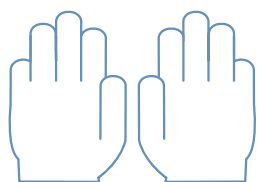
**GILBERT BALL GUIDE**



# How should equipment be cleaned?

Where shared equipment is necessary for an activity appropriate hygiene measures must be put in place to ensure the equipment is thoroughly cleaned before, during and after use. Advice on ball cleaning can be found on the next page.

Clubs should set up a ball / equipment cleaning station at every session they are delivering. This should include:



**Disposable gloves**



**Spray bottle of disinfectant solution**  
(conforming to EN14476 standards).



**Disposable wipes**



**A bin or bag for disposing of gloves/wipes**



**Designated cleaner**

One person should be designated as responsible for cleaning shared balls before and after each use.



**Shared equipment (e.g. balls)**  
should be cleaned before and after every session.



**Hand-sanitiser**

Clubs should provide hand-sanitiser at all sessions, but individuals should also be encouraged to bring and use their own where possible.

# Equipment Cleanliness

To get the best performance from your Gilbert rugby ball and to minimise the risk of spreading coronavirus when rugby returns, please follow our rugby ball care guide 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 and Air Pressure

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 affect 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.

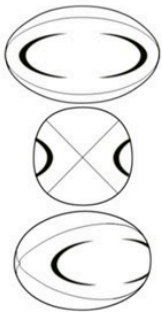
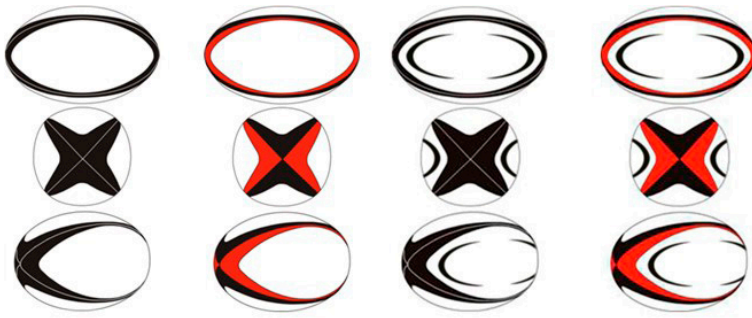
We recommend only using the stirrup pump (or another hand pump) to inflate the balls - inflation using a compressor or airline is not recommended as it can lead to over inflation, which can cause the properties of the ball to change.

## Storing

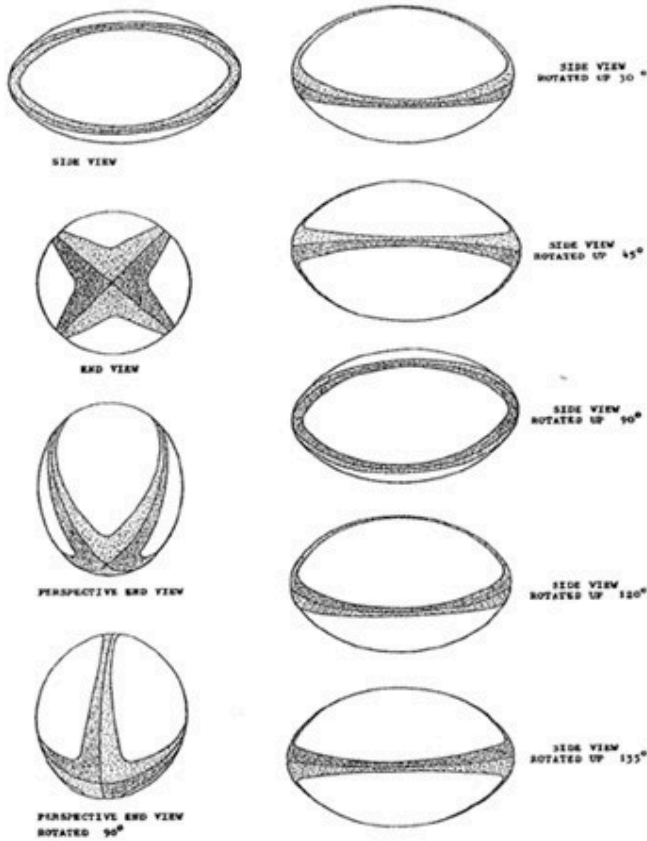
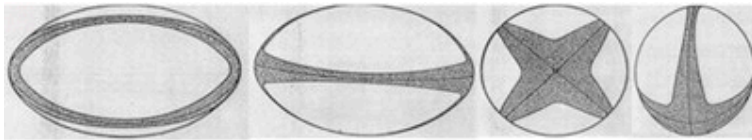
After a wet winters game, your ball needs to be stored in the optimum conditions to prolong its life. This means keeping your ball in a dry environment. Even though the ball is waterproof, if left in a damp setting, tiny amounts of water will accumulate inside and eventually increase the weight of the ball. This will ultimately affect your performance on the field and the ball will not last as long!



# Gilbert Brand Trademarks



**GILBERT**



# Gilbert Promotional Guide

This year we've launched a new Scotland Rugby Clubs collection and associated promotion – exclusive for Scotland Rugby clubs. This promotion comes with a huge selection of perks including:

- Free UK Shipping on all orders over £10
- Free UK returns on all orders
- Generous loyalty points scheme
- All new clubs and schools operation

Perhaps the biggest benefit for Scottish Rugby club members is that Gilbert are offering you:

**Up to 40% OFF a wide range of Gilbert Products for Scottish Rugby Clubs**

## How To Use Your New Codes

everything in the Scotland Rugby Club Gilbert Discount Collection: [CLICK HERE](#)

- Level 1 = Total Order Spend £250 - £499 = 25% OFF – K\_SRU21-25
- Level 2 = Total Order Spend £500 - £749 = 30% OFF – K\_SRU21-30
- Level 3 = Total Order Spend £750 - £1499 = 35% OFF – K\_SRU21-35
- Level 3 = Total Order Spend £1500 + = 40% OFF – K\_SRU21-40

These respective discount levels are available on everything in the Scottish Rugby Gilbert Discount Collection: <https://www.gilbertrugby.com/collections/scotland-rugby-clubs-collection>

### IMPORTANT

Make sure you use this code before it expires on **30 June 2022**.

## Frequently Asked Questions?

### CAN I USE MY GILBERT DISCOUNT CODE MORE THAN ONCE?

Yes. There is no limit on the number of times you can use your 'Gilbert Discount' code.

### CAN OTHER CLUB MEMBERS USE OUR GILBERT DISCOUNT CODE?

Yes. Any Club Member is able to use your 'Gilbert Discount' code.

### MY DISCOUNT CODE HAS EXPIRED – CAN I HAVE ANOTHER ONE?

Once a code has expired it can't be used or replaced.

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**SCOTTISH RUGBY**

BT MURRAYFIELD EDINBURGH EH12 5PJ | 0131 346 5000 | [scottishrugby.org](http://scottishrugby.org)