

PICKLEBALL SAFETY AND ETIQUETTE

An AED (Automated External Defibrillator) and First Aid Kit are located in the storage shed.

- If you haven't taken a class on the use of an AED, please consider doing so.
<https://www.redcross.org/take-a-class/aed/aed-training>
https://www.youtube.com/watch?v=BAWGjNAj_vA

To help prevent injuries, the following guidelines will assist in ensuring safe, smooth, and enjoyable operations on the pickleball courts.

- Before beginning any new sport, discuss it with your doctor to be sure you are fit for participation. You may need to prepare by beginning a regular exercise routine first.
- If you begin feeling tired or dizzy take a break.
- Remember this is a game for fun and relaxation. Don't get so caught up in the game, that you push yourself too hard.
- Warm up and stretch before you begin playing.
- Stay hydrated, especially in hot weather. Drink plenty of water before, during and after playing.
- Use sunscreen and wear a hat to protect your skin.
- Play within your abilities, and avoid back pedaling or overreaching.
- To avoid collisions and reduce confusion, communicate with your partner, call "Yours!" or "Mine!"
- When your ball is heading into another court, LOUDLY call "Ball on Court!" When you hear "Ball on Court!", IMMEDIATELY stop play. Don't go after the ball unless/until play has stopped. Stray balls can lead to injury.
- Wear surface-appropriate and quality court shoes for your foot type (i.e. good arch support, durable heel, proper sole contour and flexibility.)
- Overuse or overtraining of the same muscle group, without proper rest and recovery time, can lead to decreased performance and/or injuries.
- For increased safety, there should be no one on the courts except players.
- Please limit any personal items on the courts to a water bottle and towel. Chairs are not allowed on any court surface, and bags are strongly discouraged for safety purposes.

Be a good sport:

1. At the beginning of the game, if you're not familiar with your partner and/or opponents, introduce yourself.
2. During play, if you or your partner have a foot fault, stop the point and let your opponents know.

3. Play with all skill levels. When players are unequal in skill or physical limitations, avoid always hitting the ball to the lower skilled player just to score points. Play to both opponents and work on skills you need practice on.
4. Once your game is finished, call "Court" so the next group waiting knows it's their turn to play.
5. Community Open Play is an opportunity to welcome new players, and introduce them to some of the benefits that CLPBC membership has to offer.
6. Skill-level play, and re-arranging of paddles so that people stick together, are discouraged during Community Open Play.
7. Unsolicited coaching on the court is rarely welcomed. If someone asks for your input, do so briefly, being mindful of the flow of the game.
9. When a ball is out of bounds, promptly and loudly call "out", as well as using a hand signal with your hand/arm pointing up.
10. Only make line calls on your side of the pickleball court and always strive for accuracy.
11. Only call "out" balls when space is clearly visible between the line and where the pickleball lands outside of the court.
12. Give the benefit of the doubt to your opponents.
13. If you and your partner disagree on whether a ball is out or not, the ball is "in."
14. Spectators should refrain from making line calls.
15. Do not question opponents' line calls unless there is a referee.
16. You may ask your opponents to make a line call on your side of the court, but at that point, you give up your right to make the call.
17. An "out" call prior to the pickleball bouncing is deemed partner communication and not a line call.
18. You may overrule a line call that is to your disadvantage (and in favor of your opponents) at any time.