

CANADIAN LAKES PICKLEBALL CLUB NEW MEMBER HANDOUT

The Canadian Lakes pickleball courts are private courts belonging to the Canadian Lakes Property Owners Corporation (CLPOC). The Canadian Lakes Pickleball Club (CLPBC) is a Sanctioned Organization of the Canadian Lakes Association, (CLA).

Per CLPOC, Article of Incorporation VI.B., the pickleball courts shall only be used by members (property owners and amenity holders) in good standing, their immediate families, or guests. Members of the general public shall not be allowed to use the pickleball courts, except under limited circumstances as may be approved by the (CLPOC) Board of Directors; provided that at no time shall approval impair the right of the Corporation's members to full use and benefit of the pickleball courts.

Per CLPOC Rules, IV. Section 4.01, Any person may be required to demonstrate their right or permission to use the pickleball courts, at any time, if asked by an employee of the CLPOC. A current CLPOC membership card, or guest pass shall be evidence of such right or permission.

Please refer to our website for additional Club Policies, Rules, handouts on Safety & Etiquette, and our Paddle Rack System, as well as other information, including our most current schedule of Club Play Programs.

Pickleball is a fun game for all ages. One of the beautiful things about pickleball is it is for everyone. For most of us, there are no medals or big money purses. As you progress in your skill development, you will quickly discover that much of the game is played at the Non-Volley Zone line and involves bending and reaching, not running. You will also gain more strength and balance and soon instinctively know when a shot is not returnable. Playing pickleball is fun but, as with any physical activity, you need to exercise good judgement. Don't be surprised by the new aches and pains you will experience as you learn the game. As with all new endeavors, ease into it.

Please note there is an AED (Automated External Defibrillator) and First Aid Kit located in the storage shed. If you haven't taken the class on its use, please consider doing so. <https://www.redcross.org/take-a-class/aed/aed-training> or https://www.youtube.com/watch?v=BAWGjNAj_vA.

In the event of an emergency, please call **911** and provide the dispatcher with the following address for **Legacy Park 7556 10th Street**, which is also posted at the courts.

Fill out an Accident Report (paper versions are located in a binder in the First Aid Kit) and submit it to the CLPBC Secretary.

To help prevent injuries:

- 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 start feeling tired or dizzy take a break.
- Remember that 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.

Communications

We use various forms of social media to communicate with our members.

Canadianlakespickleballclub.com - our website for obtaining additional or new information.

Canadian Lakes Pickleball Club Facebook Page – You are encouraged to join our Facebook page, and share photos.

E-mail Blasts - Information that applies to all members, will be posted on our website, and emailed to the address provided on your membership application.

Club E-mail - Members are advised to send any questions, concerns, or suggestions to the Board at pickleballcanadianlakes@gmail.com.

Annual Meetings – Meetings are held in May and August or early September. To review the minutes from past General Meetings, you are encouraged to visit our website at Canadianlakespickleballclub.com.

USEFUL LINKS:

USA Pickleball Rulebook & Official Rules:

<https://usapickleball.org/what-is-pickleball/official-rules/>

Definitions of Player Skill Ratings and Skill Assessment Sheets

<https://usapickleball.org/tournaments/tournament-player-ratings/player-skill-rating-definitions/>

Again, welcome! We look forward to meeting and playing with you soon!

Your 2023-2024 Canadian Lakes Pickleball Club Board,

Colleen Ligtvoet, President

Cheryl Janssen, Vice President

Pete Aleksynas, Treasurer

Karen Parks, Secretary

Tina Kellogg, Member-at-Large

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