

NAPLES RESERVE HOMEOWNERS ASSOCIATION, INC

Pickleball Safety Tips

revised and approved 9/14/22

Before play is started:

1. Check with your doctor if you have any physical conditions that may put your health or safety at risk by playing pickleball. Give any existing injury plenty of time and rest to heal before you resume play.
2. Be sure to warm up for at least five minutes before playing. Try a fast walk or riding a bike to the pickleball courts as an example
3. Following the warm-up period, be sure to stretch. This will increase your flexibility, which allows for better performance and decreases the possibility of injuries. Try to hit some warm-up shots when you first get on the court and after sitting out between games. You also may want to do a little stretching or take a slow walk home after playing. This will help lower your body temperature and bring your heart rate slowly back to normal.
4. The use of proper eye protection is highly recommended for all players. While hollow and lightweight, the ball used in pickleball is a hard polymer and can travel at a very high rate of speed.
5. Wear proper **court** shoes. Running shoes or similar shoes with raised treads can cause falls. Do not play with anyone wearing non-compliant shoes.
6. Be sure to avoid consuming alcohol before and during play.

During play:

1. Don't overplay your current physical condition. Know your limits and don't try to make plays beyond your abilities.
2. Learn to return lobs correctly. Never back up on your heels. Instead, turn around and go back to get to the ball. Serious head injuries can occur if you fall backwards. If you can't go after a lob safely, let it drop and say nice point!
3. If a ball comes onto your court from another court, stop play at once and yell, "Ball".
4. If you hit a ball into another court, immediately yell, "Ball".
5. If the ball is on the ground behind someone and they don't see it, alert them immediately.
6. Make sure there is nothing on the court that might create a tripping hazard such as extra balls, clothing, bags, leaves, or debris.
7. Stay conscious of where your partner is if you have an overhead slam opportunity so that you don't hit them.
8. Don't dive for balls.
9. If someone falls on the court, stop all play.

Adverse weather conditions:

1. Never play on a wet court; they can be slippery and extremely dangerous. One way to check a damp court surface is to press your toe down firmly and make a twisting motion. If you leave an obvious "wet" spot it's too wet to play.

2. Immediately leave the courts and seek shelter if a storm is approaching and lightening is in the vicinity. Florida has more fatalities from lightening strikes than any other state.

Injuries and medical problems:

1. Be sure to stay hydrated. Drink water, replenish electrolytes and eat appropriate snacks such as fruits and vegetables. Symptoms of dehydration include dizziness, weakness, fatigue, an irregular heartbeat, and fainting. Stop play on your court if you or another player displays any of these symptoms.
2. During play if pain occurs stop playing and ice the area of pain. Continuing to play will likely aggravate your problem.
3. Seek the advice of a doctor for any injury, especially for fractures, head injuries, eye injuries, etc.
4. Call 911 for any serious injury or medical problem. An automatic external defibrillator (AED) is located on the exterior wall of the Match Point bathroom facility. First Aid kits are in each bathroom and outside of the Match Point bathroom facility.