

General Precautions for Pickleball

1. Warm up 15-20 minutes prior to being on the court.
Examples: March in place, high knees, side steps, swing arms, hip circles, jog in place.
2. Wear proper court shoes designed for tennis or pickleball.
3. Never backpedal or move backwards after a ball.
4. Keep your body balanced, stable and in control at all times.
5. Stop your forward momentum before hitting a ball especially at the NVZ line.
6. Move with your feet and not your arms. Do not reach for a ball.
7. If you lack mobility or have physical limitations let balls GO.
8. Protect your face and chest with your paddle positioned out in front of your body.
9. Hydrate before, during and after play.
10. Do not put balls in your pockets during play.
11. Purchase safety glasses if appropriate.
12. Assess your body's needs on the pickleball court and respond accordingly.

I have read the above: _____