

Pickleball Safety Tips

● Safety Equipment

- Purchase court shoes that are lightweight and have good lateral support.
- A Hydro flask, double wall, insulated 32oz. or larger, fill it with cold water.
- Polycarbonate safety sun glasses are a good choice for eye protection.
- Sun block, SPF 50 or higher. Make sure to apply it to those ears.
- A vented baseball cap will help keep the sun out of your eyes and your head cool. White is an excellent choice as it will help reflect the sun.
- Wear loose comfortable clothing that will not inhibit your movement.

● Physical Safety

- Stretch before you play: Legs, hips, glutes and shoulders.
- Always warm up on the court with dinking, drives, serves and returns.
- Never run backwards to hit an overhead ball, turn and run forward after lob shots.
- Take regular hydration breaks between games and when doing drills.
- Pickleball is addicting but don't overdo it, listen to your body. Take breaks as needed.
- Always remember to close the gate after you enter the court. If someone runs into the edge of the gate while playing, it isn't going to be pretty.
- Never leave a pickleball on the court and continue to play with a second ball - it's a twisted ankle waiting to happen.

● The Fun Stuff:

- **The pickleball paddle.** If you get the "Pickleball Bug" you will want to invest in a quality pickleball paddle. Some of the top brands are: Joola, Selkirk, Gearbox, Engage and others. The pickleball paddle handle and grip are very important and must feel good in your hand. Paddle handles are made in different lengths and diameters so try before you buy. A good abrasive paddle surface will allow you to spin the ball better. **Pete Carlsons** in Palm Desert has a nice selection of paddles to choose from. You can put them in your hand and see which one feels best to you.
- **The Pickleball.** Franklin X-40 pickleball are a great choice. Choose the optic yellow color, which have high outdoor visibility, and are USA Pickleball approved.
- **The Pickleball Bag.** Look for a bag that will hold all your stuff. The choices online are endless. Most bags will accommodate 2 paddles, several balls, a cell phone, keys, water bottle and so on. Have Fun!