

PLEASE READ!

Before you use the court checklist

Are your shoes **NON-MARKING court shoes?**

Many sports shoes may look the part but are often not suitable for use in the sports hall as other parts of the shoe, normally the toe, can mark the floor.

Are your non-marking court shoes **CLEAN?**

Any bits of dirt in the tread of the court shoe must be removed from the shoe before using them on the court. If bits of rubber, for example from a rubber crumb sports surface, get into the tread of the friction on the court will melt the rubber leaving large marks on the floor.

Proper court shoes benefit your body too!

The fast abrupt movements in Badminton, Football, Netball and Pickleball are very harsh on the feet and ankles. Court shoes are specifically design to provide comfort and support, including cushioning for your sole and lateral support that you won't receive from a running shoe, for example.

CHECK YOUR GRIP

How old is your grip...? They don't last forever! **Does it leave your hand looking like this? If so, replace it before playing!**

Eventually a grip will begin to perish and crumble away, these small bits of grip will fall on-to the floor and get trapped between the surface and the sole of your shoe. This can happen quicker if rackets are kept in a cold and damp place, e.g. shed or garage. Regardless of whether the shoe is non-marking or not the friction will melt the piece of grip and leave a mark on the floor.

A grip will lose its tackiness long before this starts to happen so change your grips fairly regularly to avoid this problem.

