

## Pickleball Basics

### Pickleball Safety Suggestions.

1. Always **warm up** the major muscle groups, and include stretches for your legs, ankles, arms, shoulders, back, etc.
2. **Footwear.** You shouldn't ever think about playing unless you have the proper footwear.
3. **Eye Protection** should always be worn. It's not just the ball, but the possibility of contact from your partner's paddle, or an object you may hit in the event of a fall. What to look for in the right pair is something lightweight, durable, and with grip that won't fail once you start to sweat. A durable frame stands up to impact from the ball or your teammate's errant paddle. Proper grip keeps them securely on your face. A wraparound design will give you the best coverage and visibility. When it comes to lenses, look for colors that boost contrast so you can easily spot and track the ball. This means either a brown or rose copper lens color. You can also get a mirror coating to help block more light transmission. It's best to avoid polarized lenses because they can affect depth perception.
4. **Keep your footing** and don't play on wet courts. **NEVER RUN BACKWARDS!**
5. If a loose ball rolls across the court, call "**BALL**" very loudly and stop your game immediately. The point will be replayed.
6. **Stay hydrated.** Don't hesitate to pause a game for a water or rest break if you need it. .
7. **Keep the playing area clear** of all obstacles they may be a trip hazard: bags, bottles, paddles, balls, etc.
8. Don't try to play beyond your **physical condition**. If you don't think you can reach a ball, it may be better not to go for it. Don't try to play beyond the level that you are capable of playing.
9. If you feel **pain**, give serious consideration to halting play for a few minutes to determine if you need to stop. Playing through the pain is probably not the best idea.