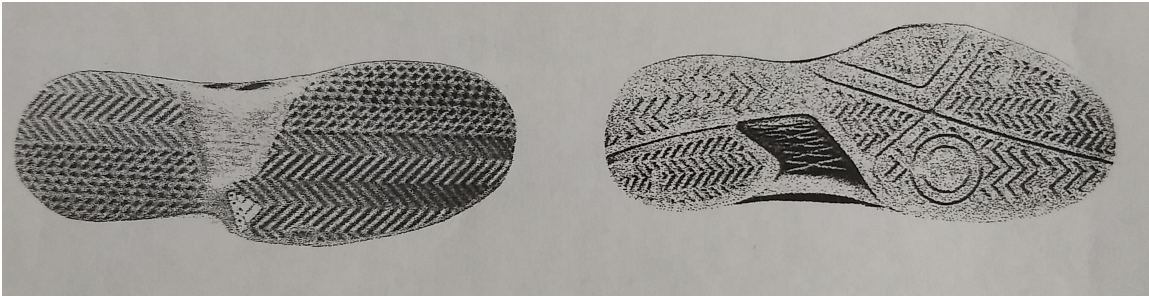


Golf Lakes Pickleball Club

Pickleball Safety

Pickleball is a great way to exercise and may be less intense than tennis or racquet ball for people with aging joints. People who play pickleball, just like any other sport, may be subject to injury. This article will focus on the safety aspects of the game. Check with your doctor if you are not sure whether this activity is a healthy fit for you.

1. By far the **MOST IMPORANT** consideration for safety is **proper shoes**. Wearing good quality footwear can help prevent trips and falls. Most court sports, including pickleball, require the body to move forward, backward and side to side (lateral movements). Court shoes allow for lateral movement and provide stability. Running shoes are **THE WORST** shoes for pickleball. They have a tendency to grab and stick to the court and can result in serious falls. The internet has many sites that sell court shoes. Below are examples of the best soles for pickleball:



2. **EYE PROTECTION** – Although the pickleball is hollow and light weight, it is made from hard plastic and moves very fast. Getting hit in the eye could cause serious damage. There are a variety of sunglasses and sports glasses on the market.
3. **WARM UP** – Warm up the muscles and do stretches prior to beginning play.
4. **STAY HYDRATED** – Bring water or a sports drink for use at courtside.
5. **NEVER PLAY ON A WET COURT**. They are slippery and extremely dangerous.

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6. **DO NOT** run backwards to get a high (lob) shot. Going backwards has resulted in many dangerous falls and injuries. Learn how to turn around to get the ball.
7. Give any current injury ample time to rest and heal before you return to play pickleball.
8. **EMERGENCY SITUATIONS. KNOW HOW TO GET HELP** We have a telephone (most players have cell phones), first aid kit and an **AED** in the fitness center. You will need to have your **FOB** to get in. Our address is posted on the pickleball gate should an ambulance need to be called.