

Lisburn Pickleball Club - Safety Guidelines

Many sports carry an inherent risk of injury which is voluntarily assumed when one participates in a sport and pickleball is no exception.

The following guidelines are intended to mitigate the potential risk of injury to players

1. It is an individual player's responsibility to ensure fitness to play.
2. It is recommended that all players warm up / cool down.
3. Appropriate clothing and footwear must be worn. The wearing of suitable eye protection should also be considered.
4. The undernoted protocol applies with respect to Club sessions:-
 - No personal belongings (other than paddles and water bottles) to be brought into the sports hall
 - The paddle box to be located in the upstairs gallery
 - Only those playing on court to be in the sports hall
 - Once game concluded, players should return to the upstairs gallery (be alert to play on other courts , keeping well clear of players on other courts and await a break in play before passing behind the court (s))
 - Place paddles in the appropriate section of the paddle box
 - Those waiting to play should remain in the upstairs gallery until it is their turn to play / there is a four / a court is available (when entering the sports hall, be alert to play on other courts , keep well clear of players and await a break in play before quickly passing behind the court (s))
5. Play must never be dangerous for our partners, opponents or those playing on other courts . Running onto another playing court to retrieve a shot or a ball should be avoided.
6. If a ball goes rogue or a ball crosses from another court, call "ball" to alert others to the risk. When a stray ball encroaches your court, play should be stopped, the ball retrieved and returned safely to an identified player on the other court.
7. Lobs and overhead shots - turn and run back, do not track backwards as this is a primary cause of falls & injury