

## U3A INNER NORTH PICKLEBALL

### Safe Play and Etiquette

1. U3A Inner North is committed to providing a safe recreational sports environment where everyone is treated fairly and with respect.
2. Assist with the setting up and packing away of equipment.
3. Wear suitable clothing and non slip sneakers.
4. Warming up/stretching your body before taking to the court is encouraged.
5. Remember to take regular drink breaks to remain hydrated.
6. Make sure that there is no clothing, bags or other items left on the floor at the end of, or side of, the courts, that may be a trip or slip hazard.
7. Make sure there is no food or wet patches on the court – group leader will also check prior to play.
8. A “Ball” call shall be given to signal a stop in play so that an errand ball landing in the court be returned to its respective court, to avoid injury.
9. Running backwards is discouraged. Instead, turn then run. Alternatively let the ball go and say “good shot”!
10. Crossing a court whilst the players are engaged in play should be avoided until the rally is finished.
11. Players are discouraged from retrieving balls close to the back wall to avoid injury.
12. Regularly check the balls for cracks and the bats for breakages. If found, report to group leader.
13. Players participate at their own risk and should follow U3A “Safe Play and Etiquette” procedures. U3A insurance will only cover incidents where U3A Inner North is seen to be negligent.



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