

Valleystream Pickleball Club (VPC or Club) Safety and Etiquette Policies

Pickleball Safety Considerations (as referred to in the Code of Conduct)

To ensure safety and smooth operations on the pickleball courts:

1. Wear proper court shoes (not running shoes)
2. Wear shirts that cover the midriff
3. Wear protective eyewear
4. DO NOT run into other active courts when playing or chasing your ball
5. STOP PLAY immediately if a loose ball comes on your court or behind it-shout "BALL ON COURT". Then replay your rally.
6. Keep yourself well hydrated "drink before you are thirsty".
7. Don't overplay your current physical condition, ("JUST ONE MORE GAME") has caused too many accidents.
8. When going to and from courts, be aware and stay well clear of active courts.
9. When going backwards for a lob, turn and run move sideways; do not backup. ("Backing up is one of the major causes of injury in pickleball")
10. If someone falls on court, ALL PLAY STOPS until their needs are addressed.

****DeFibrillator Unit and First Aid Kit are in the Club House****

Paddle Rack Etiquette (used during Drop-in Play)

- Please put Your Name on your paddle.
- The players located in the "Next" slot take the next available court, before any other players move to the courts, i.e., "no jumping the queue", even if that means waiting until the "Next" slot is filled.
- Do not move other players' paddles in the rack without their explicit consent.
- During Drop-In play, if you wish to lineup a game, place your paddles in the next open available slot and wait until you are in the "Next" slot.
- When courts are busy and you are on deck, have your foursome ready to move as a foursome. Be mindful when crossing ALL ACTIVE COURTS, wait until play stops.

Playing Etiquette (as referred to in the Code of Conduct)

We need to keep in mind that we are playing Pickleball for FUN, sport and recreation.

- Begin each game by acknowledging the other players, introducing yourself if you don't know them.
- Follow all pickleball rules, including:
 - Calling the score so your opponents can hear, before serving the ball; violation is loss of serve.
 - Waiting for the receiver to be ready before serving.
 - Making line calls on your side of the net and NOT the other side.
 - Accepting as FINAL the opponent's decision if you asked them for help with a line call. Never ask for or accept line calls from spectators.
 - Calling a ball "IN" if you did not see where the ball bounced; in or out.
- During the game:
 - Own your faults by calling yourself, i.e. If you or your partner lands in the NVZ (kitchen) on a volley or step on or over the line when serving.
 - When a ball is out of bounds, call "out" as well as using a hand signal with your hand/ arm pointing up.
 - Don't call it before it lands. Wind and Spin are big factors.
- Never yell at, swear at, or say a hostile or sarcastic word to your partner or opponent in anger.
- Unsolicited coaching on court is not to be done. If someone is new or asks for your input, do so briefly being mindful of the flow of the game.
- Congratulate each other at the end of the game. Respectfully bump fists or paddle ends.