

# Pickleball Safety Tips

*Pickleball is friendlier on the body than most other sports. However, like any other sport, there is a risk of injury that comes along with playing the game. To help reduce the risk of injury on the pickleball court and play pickleball safely, consider the following pickleball safety tips:*



Be aware of your playing area & its obstacles



Avoid backpedaling on the pickleball court



Stretch & warm up your body before you play



Wear proper court shoes & eye protection & use appropriate equipment



Know your body & give it enough rest



Communicate with your partner to avoid confusion



Improve your balance & learn to fall without injury



Wear sunscreen & a hat when playing outdoors



Avoid wet pickleball courts



Hydrate!



Work with a professional to improve your fundamentals



Have a plan in case of an emergency on the court

**Help foster a safe & healthy pickleball community by following, and encouraging others to follow, these pickleball safety tips. For more safety information & other information on the sport of pickleball, visit [www.thePickler.com](http://www.thePickler.com)!**

*Pickler*

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