

Message from the President



Karen Rust

I hope you have all had a terrific summer full of fun on the courts and challenging competition for those who enjoy pushing their limits.

Throughout the late summer and early fall, your Pickleball Canada Board of Directors, staff and volunteers have continued to advance goals that are consistent with the development of pickleball in Canada, including:

- The Pickleball Canada Board of Directors developed three standing committees: Finance & Audit, Governance, and Sport with all Directors expected to take part in at least one committee;
- Pilot courses were held for NCCP *Instructor 2: Developing Recreational Players*;
- The project to update and ensure Pickleball Canada's by-laws are in compliance with the Canada Not for Profit Corporations Act and the Canadian Sport Governance Code was resumed;
- Pickleball Canada joined Sport Tourism Canada and made plans to participate in the Sport Events Congress in November 2022;
- Completed the application for funding from Sport Canada as a Canadian National Sport Organization; and
- Continued growth in the number of registered members with Pickleball Canada – now approaching 40,000!

During this fall season of transition, many of us are getting indoor play organized for the winter months and others are preparing to migrate south where they will continue to enjoy playing pickleball in the great outdoors. Wherever you are, I hope you will continue to have positive experiences playing this great sport.

Sincerely,
Karen Rust
President, Pickleball Canada



Speakin' with Deakin



Steve Deakin

How excited are you to be returning to competitive play?

I am extremely excited to be returning to tour play. It's been just over a year since I stepped on court with the world's best so I would be lying if I said I am not a little nervous. I am walking into an evolving game with new dynamic players that will test me early on. This is what feeds me and I will rise to the challenge. The first few events back will be used to get my timing/stamina back to tour level. I am very grateful for this opportunity to play again.

What are you most looking forward to?

A couple of things come to mind. This one may sound silly but I am looking forward to the sound of the "pop pop" of the ball as I walk into the venue on game day to warm up. Along with that, the large crowds at the PPA events fuel me and give me a rush.

How has your training, both physically and mentally, changed with just weeks to go?

There has been a definite shift in this as time ticks away. I was extremely busy this summer on the teaching end of my business and decided to take the month of September off to solely focus on my game and continuing rehabilitation. I am 100% focused on returning to play. I know there will be challenges to overcome the next 6-8 weeks. The trick for me is to not expect perfection these first few events back. I am my hardest critic in this regard but I have clear goals that I have set to get me back to the form I am used to. Overall, I am feeling confident those goals will be achieved. Every day matters now with my training leading up to Oct 7 match day. No days off haha.

How do you mentally persevere to turn it around when things aren't going well?

I have not been healthy on court for nearly a year and a half. This can wear any athlete down mentally. It can create doubt in their ability and performance. Having to "protect" an injury while playing hurt is overwhelming. I have luckily turned a corner with this injury and will continue to get stronger every week. Will my return be perfect? Will I have pain? Will I be sharp? Am I good enough? Strong enough? This list of questions I ask myself grows but all I know is that I am absolutely grateful to be returning to play. I am going to stick with that and put reasonable expectations in place. Living in gratitude is how I persevere mentally at the end of the day.

What's your favourite activity to cross-train?

I have been spending a lot of time recently in my home gym while not on court. I enjoy skill specific weight training but have always had a soft spot for cycling.

What's next for you after Las Vegas?

I plan on spending a week in Edmonton to visit my daughter and teach a little before I head to DC for the next PPA event.

And from one young reader, what is your favourite pizza :)?

I love hearing from young readers! I absolutely love pizza and am very picky with regards to what I like. It has to be made in a wood oven with a thin crust and topped with triple pepperoni and arugula with a side of ranch dressing to dip in. That's right. I said it. Arugula haha.

Coach's Corner



Start the Point Like You Mean It

Mark Renneson

Not long ago I was working with a group of 8 players who were all hovering around the 3.0 level. They were a keen bunch and were willing to work hard. Our focus that morning had been on starting the point effectively: using the serve and the return to cause trouble for their opponents. We had practiced hitting the serve with speed and with spin. We worked on returning the ball not down the centre of the court but towards the weaker opponent. It was good. It was fun. It was normal.



Photo Credit: Rick Thiem

But after a quick water break and discussion about some local club controversy (should they tell Gary that his serve is illegal?) it was time to move on. It was time for us to work on the third shot.

I sent two players to the far side of the court to act as the returners. I hit the serve and they dutifully returned the ball and established their position at the net. When the return came back to me I caught

it and asked the group: “so, what should I do with this next shot”. Everyone, as though they had all read the same instruction manual, agreed that (obviously) I should drop the ball in the kitchen.

I nodded and asked the returners to play the point again. I served, they returned the ball and formed a wall at the NVZ. This time, instead of catching the ball, I hit it. But I didn’t do what the group advised. I didn’t drop the ball in the kitchen with a slow, arching shot. Instead, I stepped into the ball and drove it low and hard down the line. The player at the net got his paddle on the ball but couldn’t handle the speed of my shot; he just didn’t have enough time to react. His ball popped up high and was easy for me to put away as a winner.

The players stood there in silence, shocked that I didn’t play the drop that everyone had expected. “You can do that?” asked one woman. “Of course”, I said, “you can do whatever you want. The players looked at each other, bewildered. It was at this point that I noticed her. Susan, about 50 years old, put her head down and covered her face. She was crying.

“Are you alright?” I asked. She nodded, her face now wet with tears. “I’m sorry,” she said. “It’s just, well, another coach has been telling me that I have to play a third shot drop. And I’ve been trying really hard but, well, it’s just really frustrating to miss so often. I felt like a failure. And now to hear someone tell me it is ok to do something else, well, that makes me really happy. It’s a huge relief”. And with that, she threw her arms around me and gave me a hug.

Many people erroneously believe that the ‘right’ thing to do on a third shot is to drop it in the kitchen. That if you hit the ball hard you are somehow playing pickleball poorly. You get called a “banger” or a “slammer”, you are derided for your lack of skill. But the thing is, in pickleball you don’t get points for doing the ‘right’ thing. You get points when you put the ball in play once more than your opponents.

It is true that against strong volleyers or if you are hitting from low to the ground, the drive may not be an effective shot. If you don’t hit it well enough, good volleyers can handle the ball and not just put it back in play, but can hit offensive shots against it. So it is important that the third shot drop is something you learn to hit, especially as you move up in the ranks.

But if your drive is better than your opponent’s volleys, or if the return is short, high and you’re moving into the court and getting close to your opponents, the drive can be a great option that is more effective and less risky than the drop. Instructors make an important tactical mistake when they take the third shot drive off the table. It is a legitimate shot that can help you to win points.

But instructors make another, more important, mistake when they teach that a person has to play a drop. They put unnecessarily difficult expectations on their students — especially those who are just getting into the game. The drop is an advanced shot that takes excellent touch and paddle control. It is a shot that if hit poorly (i.e. too short or too high), almost automatically results in you losing the point. It is indeed something one must develop to play the game at a high level. But for novice and intermediate players, a regular third shot drive can serve them very well.

When instructors promote the drop as being the “proper” third shot to play, they are revealing something about themselves. They are showing that either: 1) they have a poor understanding of pickleball tactics; or 2) they are out of touch with the realities of most novice and intermediate players who are looking to have fun and play a little better.

Susan, the woman who was brought to tears, is an example of the collateral damage inflicted when you use a one-size-fits-all model for coaching. She was told that she had to do something that she was not equipped for. And because the authority — the instructor who gets paid to tell people what to do — told her she had to do it if she wanted to play properly, she saw herself as a failure when she missed her shots.

The coach (unintentionally, I’m sure) took the fun game of pickleball and turned it into an exercise in humiliation and fear. So much so that when these burdens were lifted from Susan, they were replaced by tears.

Instead, let’s talk about the options that are on the table and when we might choose one over the other. Let’s discuss the advantages and drawbacks of playing different kinds of shots in different situations. Let’s encourage players to learn to do more advanced things, but let’s not try to force them into a one-dimensional game style.

Let’s not put people like Susan in a position where they feel like a failure but see no clear way out. Instructors often have much more power and influence than they think. We also have a duty to be aware of the myriad ways in which that influence can impact our students. When it comes down to it, being an instructor is not really about teaching tactics and technique.

It’s about teaching people.

Mark Renneson is Tennis Canada’s Head of Pickleball Coach Education. He oversees Canada’s National Pickleball Instructor Certification Program which is a joint project between Tennis Canada and Pickleball Canada. He can be reached at mrenneson@tenniscanada.com



Line Calling Responsibilities

Alan Thompson

I continue to be asked questions about Line Calling situations. What follows is an attempt to explain these situations, one more time.

Recreational Play

- If you are not absolutely positive that the ball is OUT... it is to be called IN
- If you **think** the ball is out... it is IN (Thinking something is not definitive. Does not demonstrate certainty)
- If you cannot immediately call the ball out... it is to be called IN
- If you see the ball land, but are not sure if it touched the line or not... it is to be called IN

The team who's end the ball hits, has the responsibility for making the line call with the code of ethics in mind. I.e., "Players must strive for accuracy and operate under the principle, that all questionable calls must be resolved in favour of the opposition."

- A Player cannot claim a replay because the ball was not seen or there was uncertainty.
- If a player makes an initial line call, and then asks the opponents their opinion and they have clearly seen the ball "IN" or "OUT", that call will stand. If they are unable to make a definitive call, the original line call stands.
- Rule 6.D.5 clearly states that, "A player should not question an opponents call!"
- Calls on the opponents end of the court are their responsibility, and to question it is poor etiquette.
- If at a tournament your opponents continually make poor Line Calls and there are no officials, you can approach the Tournament Director or the Officiating desk to request a Referee.

With the before mentioned in mind, let's discuss what you think you see, and what the call should be, bearing in mind that in Officiated play, balls that make contact with the court or the Line will be called in.

- If you are in a position over the ball and looking down at it and the line, and there is an overlap where the ball hides a portion or all the line below, (**fig 1 & 2**) this ball cannot be called out. Rational – The Player cannot be certain that the ball has not made contact with the line... therefore it must be presumed "IN".
- The playing partner to the Player above may be in a better position to make the call. If they are looking across the court or back toward the base line. If this player can see the

playing surface on the other side of the line the ball can then be called “OUT” with a certainty that it did not make, contact with the line. (**Fig 4**)

NB: Fig 3 shows the same ball location as **Fig 4** but the view is that of the player closest to the ball, and not able to call the ball “OUT”.

- Good judgement should be used in making this call, as often the player’s head and eyes must move in the direction of the struck and landing ball. With this motion the eyes often cannot adjust quickly enough to see the true position of impact. The ball often appears to travel further than it does. This was found to be the case in a study of out calls made at Wimbledon, and why Line Judges are trained to have their head and eyes focused on the line prior to the ball arriving at the scene.

Officiated Play

When there is a Referee on the court, players are responsible for making line calls on all lines other than the NVZ line, as this is one of the Referee’s main functions. Line calls are to be made, loudly, clearly & promptly, which includes the centre line on the serve. If there are Line Judges present it is their responsibility to make the calls, except for the Centre Line which remains the player’s responsibility.

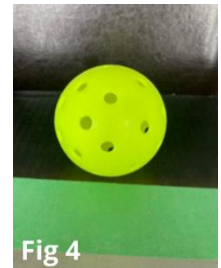
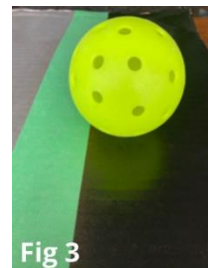
NB: Promptly is defined as calling “OUT” prior to the ball being hit by the opponents or before the ball becomes dead.

- If you wish to question an opponent’s Line call, you do not speak to them directly, you ask the Referee if they can make the call. If the Referee has clearly seen the ball IN or OUT they will make the appropriate call. If they have not seen the ball clearly, the opponents call stands.
- Players do need to understand that making Line Calls is not a high priority on the Referee’s list of responsibilities. Their focus is on the NVZ and the players feet in around that area. They are specifically trained not to follow the ball after it has been struck by a player who has volleyed a return and has momentum toward the NVZ.

Other important aspects of Line Calling

- “OUT” calls should be promptly signalled by voice and/or hand signal. I.e., raising the hand in the air.
- An “OUT” call made after the ball bounces is a Line Call. The ball is considered dead, and play shall stop. Any question about the accuracy of the call can be made to the Referee at this time.
- If a Player, or their partner calls a ball “OUT” prior to the ball bouncing, this is to be considered Player communication and NOT a Line Call, and play is to continue.

- After completion of a rally, players may overrule a partner's line call, an Officiating Teams line call, or an opponent's "IN" call, to their own disadvantage.



Practice, Practice, Practice

Opinion by Wayne Kerr

Whether you are a beginner or a seasoned player, practice will help your game. There are tons of drills for you and a partner(s) to do, listed in books, magazines and online. Occasionally we have some spare time on our hands but our friends may not be available. What can you do if you don't have a partner readily available? Sure you could sit on the couch and watch Netflix but that won't help your game improve. You can practice alone.

Find a wall to hit against. A driveway or parking stall has plenty of space. A sturdy piece of plywood leaned against a sawhorse makes a good practice wall. I have found that a wall tilted back 15 degrees give or take a little provides a realistic return. Vertical walls work great, too. Many basements have a wall or a space that can be used.

Where-ever you find the flat surface to practice on, a wall is a great place to work on technique and accuracy (especially if you are able to add a target to the wall). Draw or tape a 36" net-height line (this is the height of the net at its highest points) on the wall. (NOTE: If you are a junior, get permission before putting any marks on the wall.) You can add a 12" X 24" (30 X 60 cm) box just above the center to aim at. Most walls will have at least enough space to practice dinking and volleying. For dinking practice try and see how many balls you can keep in the box. As you get better add underspin or topspin to the ball. For extra challenge, shrink the size of the box down to 10" or even 8".

Walls work really well for volley practice as well. Start with basic block volleys, keeping your paddle well in front of your body. Aiming at the top line of the box will give you plenty of clearance above the net. Vary the pace of the volleys as you improve. Adding topspin to your volleys will improve your forehand and backhand 'roll' volleys.

If, by chance, you have lots of space you can even practice forehand and backhand drives and serving.

Should you find yourself alone on an empty pickleball court there are many aspects of the game you can work on. I try to keep at least half a dozen balls in my bag just for these occasions. Practicing your serve is easy and one of the most important components of the game. Once you can consistently get the serve in play it is time to improve placement, depth and pace. A water bottle or backpack make good targets. This is a perfect time to try out new serves you may eventually add to your arsenal.



Whenever I get to the court early I like to hit some third shot drops from the baseline from both ends of the court. This gives me a good sense of the wind conditions and helps me find my touch game. I usually hit both straight ahead drops and cross-court ones. This is the perfect time to practice good technique. There are no distractions and you can drop-bounce the ball right where

you want it. Since we often have to move and improvise shots during matches you can also toss the ball away from yourself to make the shot more difficult to execute.

An empty court also provides an opportunity to work on the accuracy of your drives. Since driving the ball up the middle is an important shot in doubles, start by trying to hit the center line from various positions along the baseline. The two most basic fundamentals to this exercise are avoiding hitting the ball into the net or sending it beyond the baseline. Adding topspin to your drives will give you extra margin of error, since you can clear the net by a few more inches while landing the ball inside the baseline. Be sure to practice $\frac{3}{4}$ speed or even slower drives. 'Placement over power' is a good mantra when practicing drives and serves. A ball that crosses the net and dips downward can be very difficult for opponents to handle. For those who don't want to pick up balls or only have a ball or two with them, you could pick out a target on the back fence to aim at.

As your accuracy improves it is time to start aiming for the corners of the court. This is especially important if you play singles, but will also pay dividends for your doubles game. Hit balls from both the forehand and backhand corners of your side of the court trying to

get balls to land in either corner across the net. Set objects 2-3' (60-90 cms) from the side and baseline to be your targets. You will quickly discover whether your forehand or backhand is the more accurate of your strokes. For many people it is their forehand. Keep practicing your backhand, it will improve. In the meantime lots of players, if they are mobile enough, avoid hitting backhands - especially when playing doubles. If this is you it is doubly important that you can place your forehand where you want or need to. Practice hitting forehands from the left corner of the court. Remember that the center line is still the best target from there. In a match be prepared to cover balls that are returned to the center of the court. You will likely have to move much further than if you'd used your backhand.

You can practice most things by yourself, even dinking and return of serve. Be creative. Of course it is of paramount importance that we practice good technique. If you don't have access to a certified coach or a higher level friend who is willing to help there are many good YouTube and Facebook videos to get advice from. Try making a video of yourself to see if your technique is proper.

While practicing alone may not be as much fun as a game or training with a friend(s) it can help you improve. For those, like myself, who love to practice, acquiring a ball caddy is a good investment. Have a great season and remember pickleball is the most fun you can have on any court.

Party on, my pickleball friends!

National Pickleball Day – August 13, 2022

Saturday, August 13, marked National Pickleball Day 2022 in Canada. The second Saturday of August each year is designated National Pickleball Day, an opportunity for the pickleball community to celebrate the sport that brings us together, also serving as an excellent recruitment opportunity for clubs across the country.



This year, National Pickleball Day was truly a national event, with players young, old, beginner, and advanced coming together to spend a day of fun on the courts. Pickleball Canada received submissions from members in eight provinces sharing their stories, pictures, and what pickleball means to them.

A few highlights of the stories received include:

- **Fredericton, New Brunswick** – The Fredericton Pickleball Club celebrated National Pickleball Day with 5 hours of outdoor fun league play in beautiful weather.
- **Vaudreuil-Dorion, Quebec** – The Vaudreuil-Dorion Pickleball Club hosted a successful initiation event with 32 new players registered. The club used four courts to teach new players the game, while on another four courts members demonstrated the sport and paired up with newly initiated players.
- **Grand Bend, Ontario** - One and a half years ago, Dave Tomlinson's group started with 6 players outside on a seldom used municipal basketball court. On National Pickleball Day, 31 attending players spent the day on that same court, now 3 pickleball courts, that had a \$20,000 face lift. The group continues to lobby for more courts, demonstrating the increasing demand for pickleball in their community.
- **Winnipeg, Manitoba** – Jeffrey Xie founded the LF South Winnipeg Pickleball Club just one week before National Pickleball Day and celebrated by teaching a group of beginner players the game of pickleball. Jeffrey is passionate about bringing pickleball to newcomers to Canada and demonstrating how sport can help immigrants build new connections and adapt to life in Canada.
- **Cortes Island, British Columbia** – Don Hall and his group of dedicated pickleball players celebrated the day playing pickleball on their small, rural island off the coast of British Columbia.

As pickleball continues to see rapid growth throughout the country, Pickleball Canada continues works to develop key programs and policies needed to advance the sport for all, for life.

Mark Saturday, August 12, 2023, on your calendars as National Pickleball Day 2023! We cannot wait to see the growth and development of pickleball from this year to next.

If you have additional stories from National Pickleball Day 2022 that you would like to share with us, please send it to Kaitlyn Green, Project Coordinator at Kaitlyn.green@pickleballcanada.org.



Pickleball Community Contributors

Move for Freedom

Dill With It!

Jo Li

On August 6, 2022, Jo Li's team named "Dill With It!" participated in Move for Freedom, an annual fundraising event by Ally Global. Ally Global is a Canadian non-profit that aids survivors of human trafficking by providing safe homes, education, and job training.



The team of 20 friends and family members played pickleball to raise a grand total of \$20,283 to help survivors of human trafficking in Nepal, Cambodia and Laos. Move for Freedom takes place across

Canada with teams participating from Cambodia and Cancun as well. Jo's team participated from Lou Moro Park in Burnaby, British Columbia. Other teams across British Columbia and Canada performed different activities from mountain climbing to spike ball, and together 550 Move for Freedom participants and 1,368 donors raised \$607,564.00 for Ally Global this year.

[Here is a brief video highlighting the details of the event, featuring team Dill With It!](#)

Jo's daughter, Carleigh, spearheaded the groups' participation in Move for Freedom in 2021. Carleigh shared stories of teams that would be participating, and Jo noticed that in all the activities that would be completed, no one was playing pickleball. So, Jo asked her friends and family to form a team. Motivated by simply doing what they could to help survivors of human trafficking, the team set an initial goal of raising \$10,000 in 2021. They surpassed that goal, raising \$11,800.

In November of 2021, Carleigh travelled to Nepal for a month for work and spent a lot of time at the Ally Global Safe Homes. She met many women and children impacted by human trafficking and the stories of the people she met in Nepal further motivated Jo to grow her team for 2022, and to set a fundraising goal even higher than last year.

Move for Freedom will take place next in July 2023 with exact dates to be determined. If you are interested in creating your own team, head to [Ally Global's website](#) to learn more. If you live in the Lower Mainland and are interested in joining team Dill With It!, you can send [Jo an email](#).



Pickleball Motivation

Vestibular Therapy for Acoustic Neuroma

Cathy Kaczmarek

In 2016, Cathy had translabyrinthine surgery to remove a 1.7cm benign brain tumour that was located in her acoustic canal. The five hour surgery was successful and her neurosurgeon was able to remove the whole tumour. Unfortunately, this type of tumour has a tendency to regrow if all of the residual is not removed, so she continues to monitor it by MRI every two years. This surgery often results in hearing loss, and in Cathy's case, her hearing and vestibular nerves were severed on the right side of her brain with little facial paralysis. For eight weeks, she would travel to Toronto General Hospital to attend vestibular therapy, which was helpful in her recovery. While adjusting to this new reality, one day her neighbour invited Cathy to play pickleball. In what is a familiar scenario for many that introduce pickleball to their friends and family, her first thought was "what a funny name, pickleball".

Cathy found that the first time she played was certainly a challenge, requiring extra focus to keep an eye on the ball. Back and forth, side to side. But she noticed that this practice was most effective in training the brain to accept the missing vestibular nerve. She would practice hitting the ball against any wall she could find. Cathy was determined to fight this imbalance, and quickly came to love this addicting sport.

Six years later, Cathy is playing as often as she can find those to play with. Her vestibular balances continue to be a challenge, but the love of pickleball has motivated her to push through and she has seen serious improvement as she continues to rise to the next level of play. Pickleball has given Cathy confidence and the social aspect of the game has brought her so much joy. She extends a thank you

to her neighbour, Debbie, and pickleball for giving her promise that she could get through the challenges her vestibular imbalance has presented.

Cathy shares her story with the Pickleball Canada community with the hope that it gives promise and motivation for those also suffering from vestibular imbalances, or working through their own challenges. She reminds all of us to practice “patience ’til you.....POUNCE!”. We thank Cathy for sharing her story with us, as it serves as an important reminder to find what you love and stay positive through the tough times.

Health and Safety

Personal Health & Safety on the Pickleball Courts

Ken Wasiuta

We play Pickleball for numerous reasons; exercise and fitness, the wonderful social aspect and making numerous friends, keeping ourselves busy during an already busy retirement and for some of us... the thrill of competition! However, do we really perform our own personal Health & Safety assessments when we need to?

Not that long ago when I was still working for a large Government Department, I was tasked with sitting on our Department’s Health & Safety committee and performing job safety reviews and risk analysis of our working environment. If a work place job site or situation was determined to be unsafe for whatever reason, the worksite would be shut down until the unsafe aspects of the location were corrected or made safe for return to work by all employees!

We are quick to jump onto a Pickleball court and swing paddles around our partners’ heads, smash plastic balls at our opponents bodies at will while running backwards looking up to the sky, and tripping over balls rolling under our feet!

Houston, I think we have a problem!

Yes, in real life we take chances when we don’t have someone watching over us like a Health & Safety team leader or a trained first responder covering his/her eyes!

So what can we do to make our lives safer on the Pickleball courts? First thing, let’s perform a personal Health & Safety assessment to see if we are able to play safely and bring that same level of safety to others playing with us.

- Am I feeling well enough to play today? COVID has taught us to monitor our bodies for illness and not to risk spreading our cough, cold or influenza to our fellow players.
- Am I recovered well enough from any injuries that might affect my game play or risk further injury to me or my fellow

players? Avoiding rest or recovery time to heal old wounds could result in further injury or fatigue that causes you to fall and injure your partner as well!

- Before leaving for the courts, check your bag for proper safety gear! Protective eyewear is very important as we have all heard of the permanent eye injuries sustained by Pickleball players of recent who suffered life changing eye injuries as a result of taking a ball to their unprotected eyes! Protect your peepers! **WEAR YOUR SAFETY GLASSES!**
- If you don't use a glove to play, make sure you have a towel handy to wipe the moisture off your paddle grip when it gets wet and replace that grip when it starts to wear out! New grip kits are not that expensive at your local Sports Store! Tennis or badminton grip tape is equally effective. Maybe your paddle is badly worn or cracked. Time to reassess your need for a safer upgrade.
- And make sure your bag has the balance of your game ready armour like knee braces, leg braces and elbow straps to hold your body together like I do!
- Check your footwear! Make sure your Pickleball shoes are in good condition before hitting the courts. Worn soles or broken laces can lead to slips, trips and unwanted falls during game play! Rubber soled sneakers are great for most playing surfaces.
- Make sure you have proper clothing for the elements. Wear layers so you can peel off a jacket or warm up pants as you progress through warm ups or game play. Bulky clothing can also trip you up or cause miss hits. Dress smart!
- Prepare for the elements. Wear a hat, sunglasses and sunscreen when playing outside. And play smart... too much heat is just as dangerous as trying to play in a rainstorm! Lightning is not to be taken lightly... when thunder sounds, take cover!
- Hydrate, hydrate and hydrate! We often get so caught up in a big match that we forget to take adequate water breaks. Bring lots of water and drink often while playing, between games or side changes or take a time out and hydrate! Time outs are allowed during rec play just like in tournaments.
- Keep any emergency medications in your bag in an easily accessible pocket or side bag. I keep a small first aid kit in a brightly coloured pouch attached to my gear bag for quick access in the event of minor incidents. A small face cloth is perfect for cuts and scrapes to help clean a wound for bandages. Be prepared, as we were told as kids!

- Don't forget to check out your courts for any debris, spills or loose surface materials. Clean courts are safe courts! Sweep it up!
- And stretch those muscles before jumping into play. Warm ups and stretching help prevent minor injuries that could lead to major injuries. Hitting the courts cold often leads to pulled muscles or strains that could have been prevented with some stretching.



There are many more things to think about when performing your own personal risk assessment. Each one of us may have different concerns and conditions to deal with.

Hopefully this gives you an idea about some level of safe play and more time to have fun on the courts!

Pickle on my friends!



Contributors:

Karen Rust
 Steve Deakin
 Mark Renneson
 Alan Thompson
 Wayne Kerr

Jo Li
 Cathy Kaczmarek
 Ken Wasiuta
 Carla Anderson
 Kaitlyn Green



On the lookout for Contributors

We would love to share your stories, club events, photos, news, etc. Let us know if you have any ideas for content that would serve our membership.

We invite you to contact Kaitlyn Green at scoop@pickleballcanada.org

We know you are out there, and we are looking forward to hearing from you!