

Considering a return to pickleball? Patience, caution advised

By **Leanne Hamaji**

Club correspondent

Some Rossmoor Pickleball Club (RPC) members who refrained from playing pickleball during the past year of the pandemic might be considering a return to the sport.

The RPC board welcomes club members who are now comfortable resuming play and asks that they consider the following before returning to the sport:

- Read, understand and follow the COVID-19 pickleball restrictions found on the RPC website, www.rossmoorpickleball.net. The pandemic is still in full swing.

The restrictions placed on pickleball by Contra Costa County and California continue to ensure your safety and the safety of others. The latest Red Tier protocols allowing doubles with restrictions are also posted around the Creekside Courts.

- Become familiar with the new 2021 USAPA rules, especially changes for calling a ball out, serving and announcing the score. The new rules can be found on the club's website, under "About Pickleball."

- There is no need to renew your membership for 2021. If you were a member in 2020, the RPC board rolled your membership over to

out slow and build endurance for the game over time.

- Ensure that your paddle is approved by GRF. In December 2020, GRF stipulated that paddles used in Rossmoor needed to be listed on the "green" list at <https://pball.grandpickleball.org/paddlerule.pdf>.

If the make and model of your paddle is not on the list, purchase a new paddle in the near future. You are welcome to use the 5% discount code for Pickleball Central found on the RPC website.

- Re-evaluate your skill level. If you haven't played in a long while, consider rejoining the sport at a level lower than when you last played.

- It will be fun to see familiar faces again but introduce yourself to the new faces. The RPC has gained many new members during the pandemic.

- Read your emails to stay up-to-date. The RPC board sends emails to club members as they learn about changes to pickleball restrictions. Often, that information is within the club's monthly email newsletters. It is your responsibility to remain aware of and follow the changes.

- Indoor pickleball at the Fitness Center will not resume until Contra Costa County reaches the Orange Tier. At that time, there



Chris Givens, left, and Peter Scully play in 2018.



Dick Harrow, Kay Baxter and John Bennhoff sit at the Creekside courts in 2019.

the sport and the Rossmoor Pickleball Club, visit www.rossmoorpickleball.net. For questions, contact club President Leanne Hamaji at Lhamaji@gmail.com.

2021.

will probably be a new set of restrictions.

• Get comfortable with the fact that things have changed. The nature of the pandemic along with the county's restrictions have, in some ways, changed the dynamic of pickleball.

• Tournaments, club social gatherings and in-person meetings are not being held at this time.

• Be patient but enjoy the game. This past year has been trying at times, but club members feel fortunate and appreciative that they have been able to play pickleball safely during the pandemic.

For example, singles-only play and rally scoring have been the focus for the past year. Socializing is reduced due to masks, social distancing and limited people allowed to wait on each court.

For information about

• Take it slow. To avoid the risk of injury, start

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