

## More Pickleball Safety

As much as our Village Pickleballers love pickleball, we want them all to be aware of safety precautions so they don't get injured. We have great empathy for our fellow players who are prevented from playing PB for weeks or even months because of injuries.

Here are a few more words of Safety wisdom:

1. Know your limitations. Know what your body can and cannot do on the court. A 25-year-old will probably have less limitations than a 65-year-old.
2. Respect your body. It's better to lose a point than to dive, move backwards, or fall and hurt yourself.
  - \*Tuck and roll to avoid a hard landing and absorb the brunt of the impact
  - \* Protect your sensitive areas like your head by covering it with your arms
3. Talk with your partner about your limitations and on who is going to hit the ball. This helps avoid collisions and other confusions.
4. Improve your balance in order to help you stay upright and avoid falls. These activities might include walking, biking, weight training, Pilates and yoga.
5. Hydrate! Before, during, and after playing PB, be sure to drink water. PB might cause you to sweat, so it's important to replace the electrolytes lost on the court.
6. Protect yourself from the Sun by wearing sunscreen, wearing a hat, and finding shade.

Just a friendly reminder: The only time you are allowed to call a ball "In" or "Out" is when it's on your side of the net. If the receiving side cannot agree on the call, the ball is In. There should be no dispute.

Just for laughs: Where do Village Pickleball players go for their first senior formal dance?

Answer: To the PickleBall. Tee heeeeeeee!

