

## Pickleball Guidance for L&M u3a Members

L&M u3a play Pickleball on an outdoors court at Lancaster Tennis Club from March to October, depending on the weather, and is great fun.

We play with a light plastic ball, hitting it across a net which is a bit lower than a tennis net using lightweight "paddles" roughly double the size of table tennis bats.

The rules have been evolved to limit aggressive play and to encourage placement and tactics above strength and power. This makes the game particularly suited for older players since it can be learned quickly, games last minutes rather than hours and skill is the winning weapon. It does not need extensive coaching to learn how to play to a reasonable standard.

### However, a certain level of fitness is needed:

- Pickleball involves bending, stretching and lunging therefore a certain amount of **flexibility** is needed and also suitable clothing giving free movement.
- It often involves **twisting and turning** so knees and hips can be affected.
- **Good balance and coordination** is needed to reduce injury risk. If you are liable to have dizzy spells in particular, please consult your doctor before playing.
- **The biggest source of injury in Pickleball is running backwards**. If you run backwards while looking up at the ball there's a strong probability of either losing your balance and falling or of losing your footing and falling. **DO NOT RUN BACKWARDS!** If the ball goes over or behind you either let it go (it's just a point lost in a game) or, if you must still compete, turn, run forwards to get behind the ball and play it.
- **Suitable footwear is essential**. The court surface is hard.
- We do not play when the court is slippery due to rain, or if there is a strong wind.
- Sometimes the court has sand which has blown onto it and which therefore needs to be swept away. There are brooms in the clubhouse.
- Always remove balls from the court during play as they may end up under a player's feet.
- **In the event of an accident**, there is a First Aid box in a drawer in the kitchen in the clubhouse for minor injuries. For more serious injuries, please call an ambulance even if a first aider is present call for an ambulance. The address is Lancaster Tennis Club, 17, Lune Road LA1 5QU.
- There is a WhatsApp group which allows members to check that there is play at relatively short notice.

If you are in any doubt about the physical suitability of this game for you, please consult your doctor.

Please note: u3a only provides Public Liability insurance for its activities. Members are responsible for arranging any personal insurance they feel they should have.