



PLAY SAFE

WARM-UP, STRETCH OUT, GET DINKING & HAVE FUN

1. Wear a **good pair of court shoes** (no black soles, walking, running, cross trainers, or street shoes).
2. **Always warm up your body before playing** with some easy stretches, back, arms, shoulders, hamstrings. If in doubt consult with a certified physiotherapist or doctor who can factor in any medical problems you may have.
3. **Keep well hydrated**, drink plenty of fluids before, during and after playing.
4. Please **do not run backwards** to get to a ball over your head, it is too easy to fall or collide with a wall and hurt yourself.
5. **Carefully run forward** to get that low bouncing ball so you don't fall and hurt yourself.
6. Always **yell 'BALL ON COURT' loud and clear and NEVER run onto the adjoining court** to retrieve your ball; the players on that court will throw it back to you.
7. **Never walk behind players** while they are playing; wait until they are between points and let them know you want to cross behind their court.
8. **Don't take an extra ball** or balls with you on the court. Only one can be used and strays should never be left lying on the other courts. Always retrieve the stray ball.
9. **Do not take extraneous materials (bags, bottles, towels) on the court** or hang them on the net posts. These items create unsafe courts and impede visibility.
10. **All U18's players to be supervised by a parent** or guardian during a session.

INJURIES OR FEEL UNWELL ON COURT – PLEASE COME AND FIND US FOR ASSISTANCE

IN CASE OF FIRE & FIRE ALARMS

Please exit the gym calmly by the nearest exit as signed. Please meet in the tennis courts outside the gym for a roll call. Do NOT enter the gym unless advised by PIKLRZ, site staff or emergency crews.