

PICKLEBALL COURT GUIDELINES

GENERAL

- All guests must be accompanied by a resident/Club Member when using the courts
- All guests must first check in at the Health & Fitness Club Member Services desk to receive a complimentary seven-day pass. The new guest must take the pass to the pickleball court and present it to the other players if they are attending the scheduled "Meet and Play" times. After seven days, the guest must join the Club as a member or purchase a day pass. Members may bring a maximum of two guests during scheduled "Meet and Play" times
- Court users must comply with scheduled hours of operation: 8 am - 7 pm
- Required paperwork must be completed and reviewed by qualified staff prior to use
- Court shoes or non-marking athletic shoes are required
- Kindness and respect must be practiced at all times
- Always maintain appropriate sound levels and language with respect to other players, court neighbors, and neighborhood

COURT SAFETY

- A safety orientation led by qualified staff must be completed prior to court use
- Eye protection (eye glasses, sunglasses, goggles) must be worn while on the court
- Open toed shoes are prohibited
- Remove all tripping hazards before using court
- Running backward is prohibited (to prevent falls)
- Courts are closed when wet and during hazardous weather
- If courts are found to have safety issues, do not use and immediately notify Director of Health & Fitness

GAME RULES/ETIQUETTE

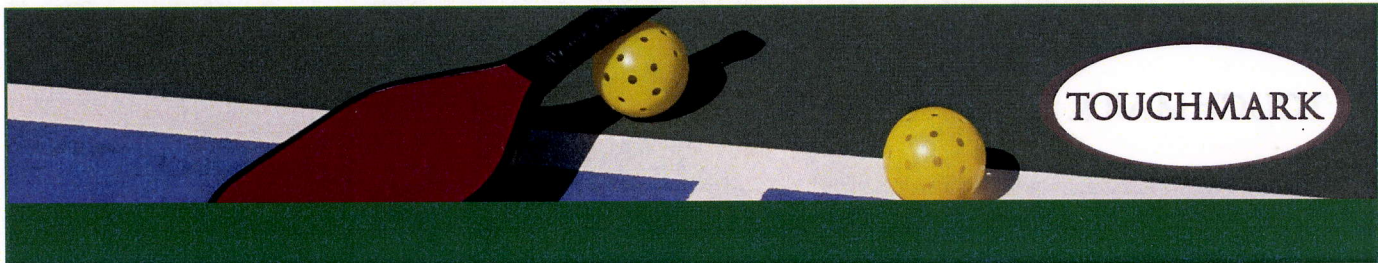
- Call "ball on court" when ball lands in neighboring court and then wait for the other players to retrieve it
- Before crossing an active court, wait until point is over and then ask permission
- For noise reduction purposes, all paddles and balls must be approved by qualified staff prior to use (Approved paddles and balls are available for checkout)

I have read and agree to follow all of the guidelines listed above for use of the Touchmark at The Ranch pickleball courts.

Participant Name (Printed)

Participant Signature

Date



PICKLEBALL SAFETY ORIENTATION

Thank you for attending this Pickleball Safety Orientation prior to using the pickleball courts. Our goal is to provide you with the information necessary to ensure your safety as well as thoroughly answer any questions you may have.

- All required paperwork must be completed and signed before you use the courts
- We strongly recommend you check with your doctor before you begin any exercise program. Pickleball can be a strenuous sport, so a conversation with your health care provider is highly encouraged
- Work at your current fitness level and listen to your body to prevent overexertion. Take breaks when needed, drink water, and eat a snack to keep energy levels up
- A first aid kit is affixed to the fence inside of the pickleball courts. During this orientation, we will show you where it can be found. If there is an injury, please alert staff immediately
- Wear light, breathable clothing (Staff can provide you with a copy of the Health & Fitness Club dress code should you need it)
- Eye protection is required as well as proper footwear. No open toed shoes are allowed on the courts. Hats and sunscreen are strongly recommended
- Please follow game etiquette. Using kindness and respect ensures a fun experience for everyone
- Please remember to warm up/stretch and then cool down/stretch. During this orientation, you will be given instructions and a handout to assist you with this important step
- It is critical to drink water before, during, and after the game. The American College of Sports Medicine advises the following regimen:
 - 17 - 20 oz. of water 2 - 3 hours prior to gameplay
 - 8 oz. of water 20 - 30 minutes prior to gameplay
 - 7 - 10 oz. of water every 10 - 20 minutes during gameplay

Participant Name (Printed)

Participant Signature

Staff Signature

Date

TOUCHMARK AT THE RANCH HEALTH & FITNESS CLUB
3150 TOUCHMARK BOULEVARD • PRESCOTT, AZ 86301 • 928-708-3133 • TOUCHMARKFITNESS.COM