



SAFETY GUIDANCE

1. Stretch and warm-up before playing; stretch and cool-down after playing.
2. Don't overplay your current physical condition. One game too many can cause problems. Know your limits!
3. Hydrate. This means "drink water". Drink BEFORE you are thirsty, otherwise it is too late.
4. If you hit a ball into another court, immediately shout "Ball" !
5. If a ball comes into your court from another court, STOP PLAY AT ONCE. Same if you hear "Ball!" shouted from another court. Also, don't just swat the ball back – look up to see which court is calling for the ball back and return it safely and directly to them **along the floor.**
6. If a ball is going towards another court, DO NOT, chase it onto the other court. Stop, yell "Ball!" and let the other people stop play and retrieve the ball.
7. NEVER dive for balls.
8. NEVER enter an active court to play your ball. Better and safer for everyone to lose the point.
9. If you are crossing an active court to get onto a vacant court or to leave a court, wait until their current point is over. Ask them for permission to cross their court. **Never walk across another court, at Thornbury, always walk outside the pillars nearer the wall and do not squeeze between the nets to get on/off a court when the ball is in play on an adjacent court.**
10. If you are near your partner with an overhead slam opportunity where you may hit them, stop play. Let the ball drop. Lose the point. DO NOT hit your partner. Be aware of your partner's position.
11. If you can go back more safely for an overhead than your partner YOU cover the overhead. Likewise let them cover for you if the situation is reversed.
12. When going backwards for a lob, turn and run towards the ball. DON'T SHUFFLE BACKWARDS. So many falls happen because someone shuffles instead of turning and running. This is a hard thing to do correctly and needs to be practised.
13. If a ball breaks, safely remove it from the court.
14. If ANYTHING falls on the court, quickly remove it.
15. If someone falls on the court, all play STOPS until their needs are addressed. The Thornbury Leisure Centre and Jubilee Centre have staff trained in first-aid and they should be called to assist when needed.
16. If you see someone who displays signs of dizziness, weakness, lack of concentration, keep an eye on them. Recommend a time out if necessary.
17. Always wear appropriate kit, especially proper footwear, wearing inappropriate footwear is asking for problems when playing on court.

GET ON COURT AND PLAY SAFE !