

## Healthy Living OKC Pickleball Guidelines

### **Due to the COVID-19 pandemic:**

- We all must wear a mask when not playing.
- We all must maintain a “social distance” when not playing.
- Each player must handle their paddle only. If it is necessary to touch someone else’s paddle (e.g., to give a paddle to someone or to rearrange the paddles on the table), touch only the body and not the handle of the paddle.
- We can have a maximum of 20 players in the gym at any one time.

### **Schedules**

- Schedules, which are always subject to change, are posted in the following places:
  - The gym door
  - The Healthy Living OKC monthly newsletter (emailed)
  - [healthylivingokc.com](http://healthylivingokc.com) > Online program directory
  - [hlpb.org](http://hlpb.org) > Schedule
  - [facebook.com/groups/1784151901730868/](https://www.facebook.com/groups/1784151901730868/)
- Certain time slots on the schedule are reserved for specific skill levels (i.e., Level 1, Level 2, Level 3, or All Skill Levels) or Ladies Only.

### **Reservation System**

- Our SignUpGenius reservation system allows players to reserve up to five time slots per week.

- To reserve a spot in a pickleball time slot, utilize the links posted in:
  - Healthy Living OKC texts (text “HLOKC” to 52236 to sign up to receive texts)
  - [healthylivingokc.com](http://healthylivingokc.com)
  - [facebook.com/healthylivingokc](https://www.facebook.com/healthylivingokc)
  - [hlpb.org](http://hlpb.org)
  - [facebook.com/groups/1784151901730868/](https://www.facebook.com/groups/1784151901730868/)
- Each player may sign up for up to five time slots per week.
- Please ensure you sign up for time slots appropriate for your skill level.

### **Substitutions and Late Arrivals**

- If you are registered for a time slot and arrive at the pickleball table more than 15 minutes late:
  - Your registered position is forfeited and a substitute player can take your place for the duration of the time slot.
  - You must put your name on the substitute board and you cannot bump a substitute off the court.
- All unregistered players for a particular time slot must sign-in on the substitute board as this establishes the order of play for substitutes.
- If you are the 21<sup>st</sup> person in the gym and you are not registered for that time slot, you *must* leave the gym area. If someone refuses to leave, call Rob McLemore at (405) 2001-6877.

- For more information about substitutions and late arrivals, click the “Substitutions and Late Arrivals FAQ” link on our [hlpb.org](http://hlpb.org) home page.

Rob McLemore immediately at (405) 201-6877.

## **Nets**

- Do not put our nets out before a pickleball time slot starts.
- Improperly moving nets may cause damage to floors and to the nets. Lift the net from the very middle. One person can do this.
- Do not pick up from the two ends - if you elect to pick up from the two ends someone **MUST** support the middle and take most of the weight in the middle with the two ends just lightly supporting the nets. This method requires three people.
- Do **NOT DRAG** the nets. Do not allow basketball players to pick up by the ends or drag. Be polite but let's move the nets for them so they don't accidentally damage them.
- Releasing the tension on the nets at the end of play will prevent the posts from slanting in.

## **Other**

- When one time slot ends and another begins:
  - Stop all games.
  - If you were playing during the first time slot and are also scheduled to play in the following time slot, stop your game and put your paddle on the table.
- Absolutely no bullying is allowed! Please report anyone attempting to bully you to