

Pickleball club safety checklist

For club leaders and organizers. Print it, or keep it at the courts.

Last reviewed October 4, 2026

Before play

- ☐ Check the court surface for anything that could make someone slip or trip. ^[1]
- ☐ Lighting is even and glare-free, so players can track the ball. ^[2]
- ☐ Each court has at least the 30 by 60 foot playing surface USA Pickleball sets as a minimum (34 by 64 for new courts). ^[3]

Emergency readiness

- ☐ An AED is at the courts or can be brought within 3 minutes, with signs showing where it is. ^[4]
- ☐ A first aid kit with an instant cold compress is at the courts, checked regularly and restocked. ^[5]
- ☐ The street address, cross streets and landmarks are posted for anyone calling 911. ^[4]
- ☐ A written emergency plan, posted at the courts, says who does what, and the group practices it at least once a year. ^[4]

Heat and weather

- ☐ A heat plan says when to shorten, delay or reschedule play, and how often to take rest breaks. ^[6]
- ☐ Water is available at all times, and breaks are taken in the shade. ^[6] ^[7]
- ☐ Play stops when thunder is heard and waits 30 minutes after the last thunder. ^[8]

Players

- ☐ Players are encouraged to wear eye protection that meets ASTM F3164. ^[9] ^[10]
- ☐ Players wear supportive shoes made for court sports. ^[11] ^[1]
- ☐ Time and space for a dynamic warm-up before games. ^[1] ^[12]

Sources

Lower extremity injuries in adult pickleball players: a systematic review of injury types, mechanisms, and risk factors

Okhovat A, et al. Cureus, 2026

The main causes of leg injuries, and the prevention steps the authors recommend.

Pickleball court lighting

USA Pickleball

Even, glare-free lighting for tracking the ball.

Official rulebook, section 3: court and equipment

USA Pickleball, 2026

Minimum and recommended playing surface around each court.

National Athletic Trainers' Association position statement: emergency action plan development and implementation in sport

Scarneo-Miller SE, et al. Journal of Athletic Training, 2024

A written, posted and rehearsed emergency plan, the venue address for EMS, and AED access within 3 minutes.

Make a first aid kit: what to include

American Red Cross

What a first aid kit should hold, and checking and restocking it.

National Athletic Trainers' Association position statement: exertional heat illnesses

Casa DJ, et al. Journal of Athletic Training, 2015

Shortening or rescheduling play in the heat, planned rest breaks in shade, and free access to water.

Heat and athletes

Centers for Disease Control and Prevention, 2024

How to exercise safely in hot weather.

Lightning safety

National Weather Service

Going indoors when thunder roars and waiting 30 minutes after the last thunder.

Wear eye protection when playing pickleball

American Academy of Ophthalmology, 2026

Pickleball eye injury types, who is most at risk, and when to see an ophthalmologist.

F3164-24 Standard specification for eye protectors for racket sports (racquetball, squash, tennis, pickleball)

ASTM International, 2024

The eye protector standard that covers pickleball.

Sports injuries

National Institute of Arthritis and Musculoskeletal and Skin Diseases, NIH, 2024

Risk factors for sports injuries, signs that need medical care, and rehab before returning.

Common pickleball injuries and prevention

Squali B, et al. Orthopaedic Nursing, 2026

Common pickleball injuries and recommended prevention steps.

General safety information, not medical or legal advice. See the [disclaimer](#). From pickleballsafety.com.