

June 20, 2022

A NOTE TO PTPC MEMBERSHIP ABOUT KEEPING TENNIS AND PICKLEBALL SAFE

We have huge appreciation towards our membership for all they do to make the PTPC such a special place. We all share in the responsibility to keep the court surfaces in the best possible condition. But perhaps even more importantly, we all want to ensure that everyone is doing everything possible to prevent sports related injury while playing tennis or pickleball.

Both of these sports involve a lot of shuffling, turning, twisting and side-to-side (lateral) movement. Only purpose-built court shoes offer the appropriate level of lateral support, stability and traction to minimize injury. We've recently noticed several players wearing running shoes and cross trainers and some of these shoes have black soles. The problem is they expose a player to increased [risk of injury](#), and they can damage the courts by leaving black marks.

The Club policy is that [proper court shoes](#) are required at all times. If you are seen playing in running shoes or cross trainers, you will be reminded of the Club policy. We also want to encourage members to check their court shoes to ensure they have enough tread remaining to prevent slipping, and [retire their shoes](#) periodically.

In terms of [what shoes to get](#), you won't find a great selection of true court shoes at your local shoe store or sporting goods store. Their well intentioned sales people might tell you that cross trainers or running shoes will suffice. They would be wrong. Your best source for appropriate tennis and pickleball court shoes is online retailers: [TennisWarehouse.com](#), [TennisPoint.com](#), [TennisExpress.com](#), [TotalPickleball.com](#) and [PickleballCentral.com](#).

In addition to wearing proper court shoes, we have a few other Club rules to prevent either sports related injury or surface damage:

- Playing on wet courts can expose you to significant risk of injury due to slipping.
- Bikes, skateboards or roller blades are never allowed on the courts.
- Equipment like ball machines, chairs or benches should never be dragged across the court.
- If you find it necessary to chew gum, please dispose of it properly.
- The courts must never be shoveled or deiced for use in cold weather.

Thanks for taking the time to learn more about keeping tennis and pickleball safe. Please direct any questions to PentwaterTennisClub@gmail.com.

Sincerely,

Board of Directors
Pentwater Tennis and Pickleball Club