



ASSOCIACIÓ KEEP CALM BARCELONA

KEEP CALM BASKETBALL

Member Guide

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WHAT KEEP CALM BASKETBALL IS

Keep Calm Basketball is part of the Keep Calm community for English speakers in Barcelona, a not-for-profit, volunteer-run group built on inclusivity, reliability and collaboration. We play pick-up basketball on public courts around Barcelona, anchored by a regular weekly game with spontaneous games filling in the rest of the week.

It's social basketball, not a league or a tournament. Every game, every group is 18+.

HOW A SESSION WORKS

There are two ways a game happens:

- **The regular weekly game.** The group voted for a set weeknight slot: **Wednesdays around 19:00** (the exact time can flex a little, so watch the group) at the public courts near **Sants**, usually **Parc de l'Espanya Industrial**, right next to Sants station. It's normally **3 on 3 half court**, adjusted on the day to however many people show up.
- **Spontaneous games.** Anyone can post "anyone up for a game today?" in the WhatsApp group and see who's in. No booking, no organiser required, just post a time and a court.

The courts are public, free, and first-come first-served. If our usual spot is busy or there's an event set up in the park, we move to the nearest free basket nearby.

The one thing that has to happen for any game to go ahead: someone needs to bring a ball. Pick-up games only happen if a ball actually turns up, so before heading down it's worth checking in the group that someone's bringing one. If you own a ball, bring it along, the more the better.

HOW TO JOIN

Join the Keep Calm Basketball WhatsApp group at keepcalm.fit/whatsapp/basketball. Introduce yourself, then watch the group for the weekly game announcement and any spontaneous games. There's no sign-up form or booking system, you just show up.

Fancy a game and nothing's scheduled? Post it yourself: say where and when, confirm someone's bringing a ball, share the location pin, and see who's in.

SAFETY AND INCLUSIVITY

All levels are genuinely welcome here, not as a formality. We've had plenty of "haven't played in years" and "I'm a beginner but learning fast" players show up and have a great time. It's a run around with friendly people, not a tryout, so don't let skill level be the reason you don't come.

A few concrete things that keep it that way:

- **Teams get mixed and balanced on the day**, so nobody's stuck facing a lopsided game because of who happened to show up.
- **Experienced players are expected to be patient with beginners** and help them learn, not carry the game past them.
- **Stay hydrated**, especially in summer, and warm up before playing to avoid injuries. Proper court shoes matter too, they protect your ankles and knees on hard courts.
- **If you're unwell or picking up a knock, sit one out**. Nobody's expected to push through an injury for a pick-up game.

For the full safety, data and conduct policies that apply across every Keep Calm activity, see keepcalm.fit/policies.

RULES AND ETIQUETTE

- **If you say you're coming, make the effort to show up**. Pick-up games live or die on numbers, and dropping out silently leaves people standing around a court. If your plans change, say so in the group.
- **Don't assume someone else has a ball**. Check before you head down.
- **Keep it fair**. Mix up teams, balance skill levels, call your own fouls honestly, and keep the whole thing friendly rather than competitive.
- **Respect the court and the space**. Courts are public and shared, so share baskets or wait your turn if it's busy, take your rubbish with you, and keep noise reasonable, especially in residential areas nearby.
- **Help newcomers find the game**. Respond to game posts so the poster knows the numbers, and share the location pin.

These add to, rather than replace, Keep Calm's community-wide rules on [WhatsApp conduct](#), [event participation and cancellations](#) and [safety and liability](#).

FAQ

Do I need to bring a ball? Not necessarily, but someone has to. If you own a ball, bringing it is always welcome and makes the game more likely to happen. If you don't, just check the group beforehand that one's sorted.

Do I need to be experienced to join? No. Complete beginners, casual players and more experienced players all play together, and teams are balanced on the day so everyone gets a fair game.

What if there's no game scheduled? Post one yourself: say where and when, confirm a ball's coming, share the location pin, and see who shows up. Anyone in the group can start a game, not just the organisers.

Does it cost anything? No, it's free. We use public courts.

LINKS

- [Group rules](#)
- [Community policies](#)
- Join the group: keepcalm.fit/whatsapp/basketball

Bring a ball, bring good vibes, see you on the court 🏀