



ASSOCIACIÓ KEEP CALM BARCELONA

KEEP CALM PADEL

Member Guide

MEMBER GUIDE

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WHAT IT IS, AND WHO IT'S FOR

Keep Calm Padel is part of **Keep Calm**, a not-for-profit community for English speakers in Barcelona built on inclusivity, reliability, and collaboration. Our weekly Sunday sessions are the heart of the group, and we run several other doors into the sport alongside them: a women's padel group, monthly absolute-beginner sessions, and Americana mini-tournaments.

Every level is genuinely welcome, from people who have never picked up a racket to advanced players who play every week. Games are organised by level, so you play with people at roughly your own standard, not thrown in against players who have played for years.

Keep Calm is volunteer-run and open to adults only (18+).

HOW A SESSION WORKS

Sunday Padel runs on a weekly sign-up system, organised a week in advance so everyone gets a fair shot at a game:

- A sign-up form opens Thursday at 18:00. You vote for the time slot(s) you can play that Sunday.
- The form closes Sunday at 22:00.
- During the week, organisers put together the courts and post them in the group, grouped by level.
- Sessions currently run in two back-to-back slots, roughly 18:00 to 21:00, mostly at Auriol Pàdel Cornellà, with games also played at Up Pàdel & Tennis Cornellà and Padel Delfos. Exact times and venues can shift with the season, so the weekly form and group posts always have the current details.
- Each court has one player assigned as **booker**, who books the court on Playtomic and shares the link with the other three. Everyone pays their share through the app.
- Most Sundays finish with a social at Caña + Tapa, a relaxed way to grab a drink and get to know other members after playing.

HOW TO JOIN

Join the main group here: <https://keepcalm.fit/whatsapp/padel>

Once you're in, watch for the weekly sign-up form (it goes out every Thursday) and vote for the slots you can make that Sunday. Levels are based on Playtomic scores:

- **Beginner** - first time playing, or no racket experience
- **Improver** - Playtomic 0-1
- **Intermediate** - Playtomic 1-2
- **Advanced** - Playtomic 2+

Don't have a Playtomic score yet? Start at Beginner or Improver and the organisers will help place you correctly as you play more.

Beyond the weekly Sunday sessions, look out for announcements about:

- **Women's Padel** - a women-only group for all levels, running alongside the mixed sessions, not instead of them.
- **Absolute Beginners** - sessions built entirely around first-timers, aiming to run monthly.
- **Americana** - a friendly rotating-partner mini-tournament, open to Improver through Advanced (beginners welcome too).

SAFETY AND INCLUSIVITY

If you've never played before, you're in good company. Our Beginner level exists specifically for people who have never held a racket, and there are usually other genuine beginners on the same court as you. Padel itself is lower-impact than tennis, thanks to the smaller court and underarm serve, so a wide range of fitness levels can join in comfortably (within our 18+, adults-only community).

Fair play guarantee: places are first come, first served, capped at 60 players a week. If a week fills up, you go straight onto a waiting list and move up in order as spots open, rather than being left without a game.

Weather: matches stay on unless the venue cancels the booking, or all four players on a court agree to cancel. If the venue does cancel, everyone gets a full refund through Playtomic, so there's no risk in waiting for a clearer forecast rather than cancelling early.

Padel is a physical sport. Warm up before you play, pace yourself in the heat, and let your court know straight away if you feel unwell or pick up an injury. This is a free, voluntary, social activity: everyone takes part at their own risk, and is responsible for their own fitness and decisions on court. For the full safety and data policies, see <https://keepcalm.fit/policies>.

RULES AND ETIQUETTE

A few essentials that keep games fair and fun for everyone (the full rules are linked below):

- **Post games in the right place.** Level groups (Beginner, Improver, Intermediate, Advanced) are for finding players for a specific game; Padel General is for chat, not recruitment.
- **Once you vote in the poll, you're committed.** Games are organised around who signed up, so dropping out affects three other people, not just you.
- **Give at least 3 days' notice if you can't make it,** and help find a replacement rather than just announcing you're out. Late cancellations or no-shows without notice earn a strike; a pattern of these can mean removal from the community.

- **If you're the booker**, book promptly, share the Playtomic link externally so everyone can see it, and tag your court.
- **Be honest about your level**, and respect the venue and its staff so we can keep coming back.

Full rules: linked below. General Keep Calm community conduct, WhatsApp, and event policies apply on top of these.

FAQ

I've never played padel before, can I still join? Yes. Start at Beginner level, and keep an eye out for our monthly Absolute Beginners sessions, which are built entirely around first-timers with an experienced volunteer guiding each court.

What does it cost, and what do I need? Typically €5-8 per person per session, paid through Playtomic. Racket rental is available for €4 if you don't have your own; balls are usually provided by the venue. Bring comfortable sports shoes, water, and something to wear that lets you move freely.

What if it rains? Assume the game is on unless it's officially cancelled. See "Safety and inclusivity" above, and the group's rain policy for the full detail.

What if I sign up and then can't make it? Let the group know as early as possible, at least 3 days ahead if you can, and try to find someone to take your spot. See "Rules and etiquette" above.

Is there a women-only option? Yes, the Women's Padel group runs alongside Sunday Padel and welcomes all levels, from complete beginners to experienced players.

Who organises all this? Volunteer organisers from within the community. Keep Calm is not-for-profit, so nobody is paid, and there's no membership fee.

LINKS

- Join the WhatsApp group: <https://keepcalm.fit/whatsapp/padel>
- Keep Calm policies (safety, data, conduct, 18+): <https://keepcalm.fit/policies>