



Baseball/Softball Safety Guidelines

When a person is involved in any athletic activity, an injury can occur, especially in a contact sport. One should be aware that the information presented in these rules and procedures is to inform the athlete of proper techniques or the inherent dangers involved with this particular activity. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching and proper fitting equipment are important to the safety and the enjoyment of the sport.

An athlete is required to report any and all injuries that occur during practice or contests immediately to his/her coach. If a doctor is seen following an injury, the athlete must provide the coach with written instructions from the attending physician detailing restrictions and when it will be safe to return to practice/contests. Proper warm-up exercises are essential prior to participation in any strenuous activity including practices/contests.

The following guidelines should be followed when engaging in the sport of baseball/softball.

1. Proper equipment for catchers should always be worn. (protective cup, neck flap, helmet, mask, shin guards, and chest protector). The catcher's helmet and mask combination shall meet NOCSAE standard. Any helmet or helmet and mask combination shall bear the permanent NOSCAE stamp and have full ear protection (dual ear flaps).
2. Travel to/from off-campus facilities for practice/contests should take place in school approved transportation vehicles only, unless a Parent/Guardian Driver Approval form (2320F4) is on file.
3. Perform only those skills and techniques as instructed and/or supervised by your coach.
4. The bat can be potentially dangerous. Use it only for intended purposes. All non-wood bats shall meet the BESA performance standard and shall be so labeled.
5. Be aware of surroundings, i.e., batters warming up, thrown bats, batted or thrown balls, on-deck circle (one person at a time).
6. Always wear a batting helmet while batting/running bases/hitting in batting cages.
7. When playing on away fields, familiarize yourself with surroundings and grounds, i.e., fences, field conditions such as holes, lips on infield edges, etc.
8. Be aware of the potentially serious injuries to your ankles, knees, and legs if you do not follow the correct procedures in base running. Sliding head first into bases should be avoided. Proper sliding techniques shall be followed. Metal cleats are illegal in softball.
9. Be aware of instructions regarding communication between players, i.e., talking and calling each other off on "pop flies" and Texas leaguers, etc.
10. All athletes will read printed literature regarding safety procedures as provided by the coach.
11. Participants are prohibited from wearing jewelry and a sports bra by girls is strongly recommended. Religious and medic-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. The medic-alert medal must be taped and may be visible.

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Athlete: The above information has been explained to me and I understand the list of **rules and procedures**. I also understand the necessity of using the proper techniques while participating in the **baseball/softball** program.

X _____
Athlete's Signature

Date

Print Name

Parent/Guardian/Custodian: I have read the above safety guidelines.

X _____
Parent/Guardian/Custodian Signature

Date