

## SOFTBALL AND BASEBALL

### CAUTIONS, CONSIDERATIONS AND RESPONSIBILITIES TO INCREASE THE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC SOFTBALL AND BASEBALL

High School \_\_\_\_\_

Softball and baseball are sports enjoyed by the large numbers of interscholastic and recreational players annually. Because of its popularity and the high-speed components of the game, it is important to observe and practice a number of procedures designed to enhance safety and enjoyment in these games.

#### **PREPARATION FOR PRACTICE OR CONTRAST**

1. Wear all protective equipment to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all-stabilizing straps and laces are properly worn and tightened and all fasteners secured so equipment is properly positioned.
3. Wear outer and undergarments that are appropriate for humidity and temperature.
4. Any player with a visual impairment must wear corrective shatterproof glasses or contact lenses if the impairment affects judgment or perception.
5. Players needing preventive or rehabilitative taping, padding or bracing must arrive early to complete needed procedures.
6. In hot humid weather, players should consume 4-6 glasses of water between 10 a.m. and 3 p.m., with the last consumption least 30 minutes prior to practice or competition.
7. Remove all jewelry and metal hair fasteners.
8. Players with seizure or other neuromuscular disorders or diseases, chronic skeletal problems, cardiac or renal problems, insulin/diabetic problems, or medically controlled allergies need a physician's approval to participate.
9. If ill or dizzy, notify your coach. Do not practice.

#### **LOCKER ROOM**

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned locker.
4. Close and lock locker door when away from your assigned locker.
5. Keep soap and shampoo in shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, rough housing and horseplay in locker/shower areas.
8. Identify incidents of foot or skin infections to coach(es) immediately.
9. Be especially careful not to injure a teammate with cleated shoes.

### **MOVEMENT TO CONTEST/PRACTICE SITE**

1. Be alert to variable surface textures (concrete, matting, and turf).
2. Be alert to step, ramps, dugout location.
3. Be alert to locations of bulk equipment or specific drills:
  - Ball throwing machines
  - Hitting practice and “on deck circle”
  - Pitching practice
  - Infield practice

### **CAUTIONS SPECIFIC TO SOFTBALL AND BASEBALL**

1. All protective equipment required by rule must be worn at practices and competition in those situations that require it.
2. Helmets are to be worn by batters, base runners, catchers, and base coaches.
3. “On deck” hitters are to take practice swings in a designated circle but with complete attention directed to the pitcher and batter. If no circle is designated, stand behind the backstop. Keep hand off of the backstop.
4. Swing only one bat when taking practice swings. Use a bat ring that will not slide off the thick end of the bat.
5. Batting practice, infield drills, outfield drills and pitching practice are to be done in designated areas and at designated times. DO NOT begin these practices without the direction of the coach.
6. Sliding is only to be performed in the manner taught and approved by the coach before it is tried.
7. Offensive and defensive players involved in sliding or other close plays must recognize the possibility of being hit by a thrown ball, being bumped accidentally, or of being injured by friction burn or being stepped on. Be alert to the location of the ball and opponents. Assume a protected position. Do not leave limbs extended when on the ground.
8. Burns, sprains, strains and contusions must be reported to coaches.
9. Dugout – players on the field must be alert to its location when making defensive plays. Players in the dugout must be alert to foul balls, overthrows or defensive players moving toward the dugout at high speed.

### **EMERGENCIES**

Because of the nature of softball and baseball, some injuries may occur. Most will be minor and can be managed with basic first aid. All injuries must be called to a coach’s attention. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

1. Stop all practices, scrimmages or drills.
2. Call the coach to manage the situation if he is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Call for additional assistance
  - b. Bring first aid equipment or supplies to the site
  - c. Keeping onlookers away
  - d. Directing rescue team members to the site

5. Fire or fire alarm:
  - a. Evacuate or remain outside the building
  - b. Move 100 yards from the building
  - c. Be prepared to implement the emergency procedures outlined in #4

### **ACKNOWLEDGEMENT**

We certify that we have read and understand the cautions, considerations and responsibilities required for participation on the \_\_\_\_\_ High School softball/baseball program

\_\_\_\_\_  
Athlete Signature/Date

\_\_\_\_\_  
Parent/Guardian Signature/Date