

## **Baseball / Softball Cautionary Statement**

### **Preparation for practice or contest:**

1. Wear all protective equipment, pads, braces and supportive undergarments 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. Clothing and shoes should fit properly, be comfortable, and allow for maximal physical efforts. Clothing should be kept clean and sanitary.
4. Both outer and under garments should be appropriate for humidity and temperature.
5. Players should ingest the equivalent of 4-6 glasses of water each day.
6. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgement or perception.
7. Players needing protective tape, padding, or bracing, should arrive early to receive necessary treatment.
8. Remove all jewelry and metal hair fasteners.
9. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
10. No horseplay, roughhousing, hazing or initiations.

### **In the locker room:**

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker room.
3. Keep floors free of litter. Place all belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. Use foot powder in designated areas.
7. No horseplay, roughhousing, hazing or initiations.
8. Identify incidents of foot or other skin infections to coach(es) immediately.
9. Be especially careful not to injure a teammate with cleated shoes and do not wear cleated shoes in the building or locker room at any time.

### **Travel to contest / practice site:**

1. Be alert to:
  - a. variable surface textures such as concrete matting or turf.
  - b. steps, ramps, dugout locations.
  - c. locations of bulk equipment or specific drills such as ball throwing machines, hitting practice and on deck circle, pitching practice.
2. Do not accept rides home from strangers.
3. No horseplay, roughhousing, hazing or initiations

### **Hazards specific to baseball / softball:**

1. All protective equipment required by rule must be worn at practices and competition during 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 hands off 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, and pitching practice are to be done in designated areas and at designated times. DO NOT begin these practices without direction from the coach.
6. Sliding technique is to be performed as a progression and approved by the coach before it is tried. Lower extremity injuries may still occur when players are experienced in sliding techniques.
7. Offensive and defensive players involved in sliding or other close plays must recognize the possibility of being hit by a thrown ball, being accidentally bumped, or of injury due to friction burn, being stepped on, or skeletal injury. 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 and team bench - players in the dugout or team bench area must be alert to foul balls, over throws, or defensive players moving towards the area at high speed.
10. Indoors - always look before taking practice swings during drills. If you are chasing balls into a hitter's area, get his/her attention before going near him/her.
11. Pitchers in batting cages will always wear protective helmets.
12. On a pitched ball that appears to be headed towards a hitter, all hitters will be instructed to turn their front shoulder towards the catcher and tuck their chin to avoid being hit in the facial area.
13. Never catch without protective equipment.
14. Never slide head first into a catcher at home plate.
15. Weight training regimens will have separate standards and progressions designed to enhance safety and physical conditioning.

### Emergencies

Because of the nature of baseball and softball, some injuries will occur. All injuries must be called to a coach or trainers attention. Most will be minor and can be managed with basic first aid. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drills, DO NOT move the victim.
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. helping with the injured person.
  - b. calling for additional assistance.
  - c. bringing first aid equipment.
  - d. keeping onlookers away.
  - e. directing the rescue squad to the accident site.
5. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building.
  - b. Move and remain 150 feet away from the building.
  - c. Be prepared to implement the emergency procedures outlined in #4.

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Printed Athlete Name

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Date

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Athlete Signature

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Printed Parent/Guardian Name

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Date

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Parent/Guardian Signature