

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 young man or woman 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 enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place.
2. Proper equipment for catchers should always be worn.
3. Perform only those skills and techniques as instructed and/or supervised by your coach.
4. Travel to and from off-campus gyms for practice/contests should take place in coach-approved transportation vehicles only.
5. The bat can be potentially dangerous. Use it only for its intended purpose.
6. Be aware of surroundings; i.e., batters warming up, thrown bats, batted or thrown balls, on-deck circle (one person at a time).
7. In baseball, always use hard hats while batting, running bases, and hitting in balling cages.
8. When playing on away fields, familiarize yourself with surroundings and grounds; i.e., fences, field conditions such as holes, lips on field edges, etc.
9. 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.
10. Be aware of the instructions regarding communication between players; i.e., talking and calling each other off on "pop flies" and Texas leaguers, etc.
11. Contact the coach immediately if you are injured.

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.

We agree that neither the school district, nor the staff of the school district, nor the student organization of the school district shall in any way be held liable for any accident or injury in any way received on account of or while engaged in any athletic activity sponsored by the district. We further agree that neither the district nor any of their staff or student organizations shall be responsible for the payment of any bills rendered for medical services as a result of such accidents or injuries.

This information has been provided by the Interscholastic Activities Safety and Care Handbook.

ATHLETE'S SIGNATURE _____ GRADE _____ DATE _____

PRINT NAME (ATHLETE) _____

PARENT/GUARDIAN SIGNATURE _____ DATE _____