

Student's Name (please print) _____

CAUTIONS, CONSIDERATIONS, AND RESPONSIBILITIES TO INCREASE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC BASEBALL AND SOFTBALL WORTHINGTON SCHOOLS

Baseball and Softball are sports enjoyed by 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.

The school has purchased protective helmets that are certified by the National Operating Commission for Safety of Athletic Equipment (NOCSAE). This certification indicates that research has been conducted to verify the protectiveness and shock absorption capabilities of the helmet. In addition, high quality padding has been purchased for protection of other body parts. However, to achieve maximal protection from any equipment, careful fitting and proper wearing methods are imperative. Each player will receive instruction and demonstration of all protective equipment. Proper wearing and use of all protective equipment is the exclusive responsibility of the player after the orientation has been completed.

PREPARATION FOR PRACTICE OR CONTEST

1. Clothing and shoes should fit properly, be comfortable and allow for maximal physical efforts.
2. Clothing should not prevent heat dissipation or restrict movement.
3. Players should ingest the equivalent of 4 - 6 glasses of water each day.
4. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if impairment affects judgment or perception. Glasses should be held in place with an elastic strap.
5. Avoid horseplay or rough house.
6. Remove jewelry, metal hair clips and head coverings.
7. If ill or dizzy, notify your coach. Do not practice.
8. **ALL STUDENTS MUST HAVE THE APPROPRIATE PHYSICAL EXAMINATION CARD ON FILE BEFORE PRACTICING.**

LOCKER ROOM

1. Secure all personal belongings in your locker. Leave no valuables in locker.
2. Be alert to slippery floors.
3. Be alert to changes in floor texture and to elevated thresholds between shower and locker room.
4. Keep floors free of litter. Remember to close locker doors.
5. Refrain from rapid movements, horseplay and rough house in the locker/shower areas.
6. Identify incidents of foot or other skin infections to coach(es) or trainer immediately.

MOVEMENT TO THE COMPETITION/PRACTICE SITE

1. Be alert to:
 - a. Variable surface textures (concrete, matting, and turf).
 - b. Steps, ramps, dugout location.
 - c. Locations of bulk equipment or specific drills.
 1. Ball throwing machines
 2. Hitting practice and "on deck" circle

3. Pitching practice
4. Infield practice
2. Observe safety regulations on vans/buses to and from contests.

CAUTIONS SPECIFIC TO BASEBALL AND SOFTBALL

1. All protective equipment required by rule must be worn at practices and competition or those situations that require it.
2. Helmets are to be worn by batters, base runners, catchers, and base coaches.
3. "On deck" batters 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.
4. Swing only 1 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 at their designated times. **DO NOT** begin these practices without the direction of the coach.
6. Sliding is to be performed as a progression 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, of being accidentally bumped, or of injury due to friction burn, being stepped on, or skeletal injury. 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.
10. If weight training is part of your conditioning program, observe all weight room safety procedures. Do not condition with weights on your own without discussing your program with a coach.

EMERGENCIES

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

1. Stop all practices, scrimmages, or drills.
2. Call a coach or trainer to manage the situation.
3. Sit or kneel in close proximity.
4. Assist by:
 - a. Calling for additional assistance.
 - b. Bringing first aid equipment or supplies to the site.
 - c. Keeping onlookers away.
 - d. Directing the rescue squad to the site.
5. Fire or fire alarm:
 - a. Evacuate or remain outside building.
 - b. Move 100 yds. from the building.
 - c. Be prepared to implement emergency procedures outlined in #4.

INSURANCE

Student accident insurance is not provided by the Worthington Schools. All medical expenses incurred by an athlete must be paid by the parent and/or their insurance policy. I, the undersigned, understand that I must either use my own accident insurance or enroll my child in a school insurance program which has been made available for me to purchase. Otherwise, I realize that my son/daughter will not be covered by accident insurance.

ACKNOWLEDGEMENT

We certify that we have read and understand the cautions, considerations, and responsibilities required for participation in a Worthington Schools Baseball/Softball Program.

PARENT SIGNATURE

DATE

STUDENT SIGNATURE

DATE