



BASEBALL & FAST-PITCH SOFTBALL SAFETY GUIDELINES

*Prior to participating, both student and parent/guardian must read, sign and return this form.
Keep a copy for your reference and records.*

Valley School strives to protect each student from injury while engaging in interscholastic activities. The guidelines and/or practices described below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents or guardians should recognize that conditioning, nutrition, proper technique, safety procedures, and well-fitting equipment are important aspects to the safety and enjoyment of this sport.

When a person is involved in any athletic activity, an injury can occur, especially in a sport that involves contact with objects and/or other players. Baseball and fast-pitch softball can be highly competitive, and is a game in which physical contact, collisions and impacts may occur. The information provided in these safety guidelines is to inform the participant of proper techniques and potential dangers involved when playing baseball or fast-pitch softball. Student athletes will abide by the following guidelines when participating in the program (practices, warm-ups, drills, games, exercises, competitions) and are expected to follow the directions and standards of the coach(es).

GENERAL GUIDELINES

1. Proper warm-up is essential before strenuous activity takes place.
2. Proper protective equipment required by rule must be worn at practices and in competition.
3. Be sure all equipment is fitting properly before each day's activity. If any piece of protective equipment does not fit or is damaged, report this condition to your coach immediately.
4. If a piece of equipment becomes damaged or broken during an activity, report to the coach immediately for repair or replacement.
5. Always wear approved helmets in all instances of batting, catching, base running and base coaching.
6. If you wear eyeglasses, contact the coach for proper fitting of safety lenses, appropriate frames that are compatible with baseball/softball. If you have a bi- or tri-focal lens, contact your licensed eye care specialist to provide the best len(s) combination for playing where tracking a fast moving object is paramount.
7. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for baseball/softball.
8. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
9. Perform only those skills and techniques as instructed and/or supervised by your coach.
10. Notify the coach immediately if injured or ill.

GUIDELINES SPECIFIC TO PLAY

1. The bat can be potentially dangerous. Use only approved bats and use bats for their intended purpose.
2. Only one person at a time may be in the on-deck circle. Swing only one bat while taking practice swings. Use a bat ring that will not slide off the thick end of the bat.
3. Be aware of the potentially serious injuries to your ankles, knees and legs if you do not follow correct procedures in base running.
4. Be aware of your surroundings both home and away, including but not limited to batters warming up, thrown bats, thrown or batted balls, out-of-play markers or boundaries including fences or railings, and field conditions such as holes, lips on grass infields and lighting conditions.
5. Slide only as directly by the coach, using only techniques taught by the coach.
6. Be aware of instructions regarding communication between players; for instance, calling off players on fly balls, awareness of backstops and field boundaries, and cutting off throws, etc.

STUDENT/PARENT ACKNOWLEDGEMENT

I have read and understand the technique guidelines, safety rules and procedures provided herein. I also understand the necessity of using the proper techniques while participating in the baseball/fast-pitch softball program.

_____	_____	_____
<i>Student Name (printed)</i>	<i>Student Signature</i>	<i>Date</i>
_____	_____	_____
<i>Parent/Guardian Name (printed)</i>	<i>Parent/Guardian Signature</i>	<i>Date</i>