



BASEBALL

Safety Guide

Sports Recreation

6

Key Benefits

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Checklist Items

KEY BENEFITS

Hand-Eye Coordination

Improves hand-eye coordination and fine motor skills essential for hitting and catching.

Strategic Thinking

Enhances strategic thinking and decision-making in game situations and play execution.

Teamwork

Develops teamwork and communication skills through coordinated team efforts.

Agility & Flexibility

Increases flexibility and agility with running, fielding, and throwing activities.

Mental Focus

Boosts mental focus and concentration required for consistent performance.

Cardiovascular Health

Supports cardiovascular health and overall physical fitness through active participation and training.

KEY HAZARDS & CONTROL MEASURES**Player Collision**

- ✓ Provide training in safe fielding and base-running techniques
- ✓ Encourage effective communication on the field
- ✓ Enforce rules regarding player interference and obstruction
- ✓ Ensure players wear appropriate protective gear

Pitched Balls

- ✓ Ensure pitchers are trained to throw safely
- ✓ Require batters to wear helmets with faceguards
- ✓ Enforce rules against intentionally hitting batters
- ✓ Educate players on how to avoid incoming pitches

Bat Impact

- ✓ Enforce rules about proper bat handling and control
- ✓ Provide designated warm-up zones away from others
- ✓ Educate players on bat safety and awareness
- ✓ Supervise on-deck areas closely

Wet/Slippery Surfaces

- ✓ Inspect the field for wet or slippery areas before play
- ✓ Delay or postpone games if conditions are unsafe
- ✓ Ensure players wear appropriate cleated footwear
- ✓ Maintain field with proper drainage systems

Base Collision

- ✓ Use breakaway bases that dislodge upon strong impact
- ✓ Train players on proper base-running and sliding techniques
- ✓ Regularly inspect bases for stability and damage
- ✓ Teach proper sliding form

Outfield Fence Collision

- ✓ Pad outfield fences to absorb impact
- ✓ Educate players on spatial awareness near fences
- ✓ Use warning tracks to alert players
- ✓ Train outfielders on safe fence approaches

Faulty Equipment

- ✓ Regularly inspect bats, helmets, and gloves for damage
- ✓ Repair or replace faulty items promptly
- ✓ Ensure all equipment meets safety standards
- ✓ Use age and skill-appropriate equipment

Inadequate Warm-Up

- ✓ Implement mandatory warm-up routines with dynamic stretching
- ✓ Allocate sufficient time for warm-ups before games
- ✓ Include sport-specific exercises
- ✓ Educate players on injury prevention

Poor Weather Conditions

- ✓ Monitor weather forecasts and adjust schedules accordingly
- ✓ Provide guidelines on appropriate clothing for conditions
- ✓ Ensure hydration is available during hot weather
- ✓ Cancel or postpone games during thunderstorms

Safeguarding

- ✓ Implement a comprehensive safeguarding policy and train all staff
- ✓ Conduct background checks on coaches and volunteers
- ✓ Provide clear reporting procedures for concerns
- ✓ Foster a safe and inclusive environment

PRE-SESSION SAFETY CHECKLIST**Risk Assessment**

- Complete and review risk assessment for this activity
- Brief all staff on key risks and emergency procedures
- Ensure all identified hazards have control measures in place

Field & Equipment

- Field free of debris and hazards
- Pitcher's mound maintained
- Bats in good condition
- Batting helmets available
- Bases properly secured
- Backstop and fencing intact
- First aid kit accessible

Players

- Appropriate baseball attire
- No jewellery
- Any injuries declared
- Catcher's gear complete
- Proper cleated footwear
- Gloves in good condition
- Water bottles available

Supervision & Documentation

- Qualified coach(es) present
- First aider identified
- Practice plan appropriate
- Appropriate ratios maintained
- Attendance completed



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