RISK ASSESSMENT WIZARD



SOFTBALL

Safety Guide

Sports Recreation

6	24	21
Key Benefits	Control Measures	Checklist Items

KEY BENEFITS

Teamwork

Develops communication, cooperation, and strategic thinking through coordinated team play.

Hand-Eye Coordination

Improves coordination through batting, catching, and throwing skills development.

Speed & Agility

Enhances explosive speed, quick reactions, and athletic agility through gameplay.

Cardiovascular Health

Provides aerobic exercise through running, fielding, and active participation.

Upper Body Strength

Develops arm, shoulder, and core strength through throwing and batting actions.

Social & Inclusive

Accessible to all skill levels with opportunities for social interaction and team bonding.

KEY HAZARDS & CONTROL MEASURES

Ball Impact

- ✔ Mandatory batting helmets with face guards
- ✔ Full catcher's protective equipment
- ✔ Pitchers may wear face masks
- ✔ Spectators behind protective screening

Bat Swing Hazards

- ✔ Designated on-deck circles with spacing
- ✔ Clear batting practice areas
- ✔ No swinging bats outside designated zones
- ✔ Catcher positioned safely behind batter

Sliding Injuries

- ✔ Teach proper sliding technique
- ✔ Use breakaway bases where available
- ✔ Maintain base areas free of hazards
- ✔ Consider sliding shorts for protection

Throwing Injuries

- ✔ Proper warm-up before throwing
- ✔ Pitch count limits for youth players
- ✔ Teach proper throwing mechanics
- ✔ Adequate rest between pitching sessions

Collisions

- ✔ Clear communication protocols ("I got it")
- ✔ Enforce collision avoidance rules
- ✔ No home plate collisions (most leagues)
- ✔ Designated fielding priorities

Weather Hazards

- ✔ Monitor weather conditions
- ✔ Lightning policy and shelter locations
- ✔ Water breaks in hot conditions
- ✔ Postpone in dangerous conditions

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

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

Equipment Checks

- [ ] Batting helmets certified and undamaged
- [ ] Catcher fully equipped
- [ ] Bats legal and undamaged
- [ ] Balls in good condition
- [ ] Gloves appropriate for positions
- [ ] Face guards available

Field Checks

- [ ] Field inspected for hazards
- [ ] Bases properly anchored
- [ ] Backstop and fencing secure
- [ ] Dugouts clear and organised
- [ ] Weather conditions assessed
- [ ] Protective netting in place

Safety Readiness

- [ ] First aid kit accessible
- [ ] First aider identified
- [ ] Emergency action plan known
- [ ] Ice available for injuries
- [ ] Water for all players
- [ ] Umpire(s) briefed on safety

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