



# SOFTBALL

## Safety Guide

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## 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
- ✓ Pitchers may wear face masks
- ✓ Full catcher's protective equipment
- ✓ Spectators behind protective screening

**Bat Swing Hazards**

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

**Sliding Injuries**

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

**Throwing Injuries**

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

**Collisions**

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

**Weather Hazards**

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

## 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

### Equipment Checks

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

### Field Checks

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

### Safety Readiness

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



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