



SOFTBALL

Safety Guide

Sports Recreation

6

Key Benefits

24

Control Measures

21

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
- ✓ 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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