

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BASEBALL (HARDBALL)

Baseball is a sport played with a bat and ball by two teams of nine players on a field with four bases marking the course the batters must take to score runs.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a National Coaching Certification Program/Baseball Canada-trained/certified coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill (If participating in an organized baseball program, Baseball Canada requires that all coaches have certification appropriate for their level of competition.)

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in baseball

Safety rules for baseball are learned

Skills/movements are learned in proper progression, especially higher-risk activities such as sliding

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Instructor controls higher-risk activities (e.g., sliding practice)

Designated person is present with basic knowledge of first aid

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries. Pitchers are limited to a maximum of 60 pitches per game and no more than two games per day

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Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
Bases are secured
Diamond is groomed and level, and free of holes, rocks, or other obstacles
Backstop is free of holes or broken wires, and is checked prior to each game or practice
Entrance gates to diamond must stay closed at all times
Dugout is screened to protect players and coaches
If the field is deemed to be unsafe, a game/practice must be rescheduled to a new field or new date, and a report must be submitted to appropriate authorities
When training indoors the site is suitable for the activity being practised (e.g., a school gymnasium may be suitable for a pitching practice but not for batting practice)

Equipment

Equipment to be used is suitable and in good condition
Equipment (bats, helmets) are checked by a qualified person before every session
Bats are the appropriate size (length and weight) for each participant
CSA-approved helmets are worn by batters and base runners as well as players in the on-deck circle
Helmets must have ear flaps on both sides
Catchers must wear approved equipment
Instructions are given regarding the proper care and maintenance of baseball equipment
Equipment not being used as part of the game must be kept out of the playing area
First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed when safety a concern (or in accordance with league rules)
Appropriate clothing is worn (pants, team shirt, and baseball hat), permitting unrestricted movement
Clothing must meet requirement of the club or competition
Application of sunscreen/insect repellent is advised, depending on circumstances

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan has been encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher