



PLAYING IT SAFE BASEBALL SAFETY CHECKLIST

Preseason:

- Be trained in CPR & sports first aid.
- Discuss risk of injury.
- Make sure that you have all players' Medical Release forms and that they are in the coach's binder. You should review to ensure that you know if any players have special medical issues.
- Make sure that all parents or guardians who are interacting with kids have completed the background check forms and that they have been approved.
- Prepare your season plan and initial practice.
- Make sure you have extra blank injury reports or access to the online form on the League website on hand to take to practices & games.
- Review all team equipment to ensure that it is safe and working properly. Report any damaged equipment to the Equipment Coordinator so that they can supply you with replacement equipment.
- Evaluate the field you'll be playing on and report any safety concerns to the Field Maintenance Coordinator or the Safety Officer that need addressing.

Before Practice :

- Plan practices with players' physical condition, skill level, and tactical understanding in mind.
- Inspect the field for safety hazards; remove hazards and report conditions that you can't remedy to the Field Maintenance Coordinator or the Safety Officer.
- Have your First Aid Kits and make sure that they are fully stocked.
- Have an emergency plan in place and be prepared to enact it if needed.
- Be prepared to respond to minor injuries.

In Practice & Post-practice:

- Use warm-ups and cool-downs.
- Use appropriate practice plans; adjust them as necessary. Especially in terms of players' conditioning and high heat or humidity.
- Take drink breaks every 30 minutes.
- Match athletes appropriately.
- Supervise athletes closely.
- Keep adequate records.

In Games:

- If you use the safe procedures noted above, you should be ready to play ball and have fun!