

# PHYSICAL ACTIVITY SAFETY CHECKLISTS

## SOFTBALL (SLO-PITCH, MODIFIED, OR FAST PITCH)

Softball is a team sport descended from baseball that is played with a larger and softer ball by two teams of nine players on a field with four bases, which mark the course the batters must take to score runs. The three forms of softball are: fast pitch, modified pitch (orthodox), and slo-pitch.

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 trained/certified National Coaching Certification Program/Softball Canada 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 a league, there may be a coaching certification requirement.)

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

Softball safety rules (e.g., safe base running) and etiquette (e.g., dropping the bat after hitting the ball) are learned prior to participation

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

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

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### 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**

Safety rules and procedures are enforced (e.g., non-participants are in a safe area and an adequate distance from the batter)

Designated person is present with basic first aid training

Emergency action plan is in place to deal with accidents/injuries

### Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session

The facility is checked prior to use for hazards

Bases are secured

Diamond is groomed and level, 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 the appropriate authorities

When training indoors the site is suitable for the activity being practiced (e.g., a school gymnasium may be suitable for a pitching practice but not for batting practice)

Instructions for use of facility are posted

### 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

Safety bases are used

Helmets (CSA-approved) are used in accordance with Softball Canada directives

Catchers wear approved protective equipment as per Softball Canada directives

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 or secured when safety is a concern

Appropriate clothing is worn (t-shirt and shorts), permitting unrestricted movement

Clothing must meet requirements of club or competition

Suitable protection from the sun and insects is used

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### 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 is 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

