## 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
PHYSICAL ACTIVITY SAFETY CHECKLISTS

BASEBALL (HARDBALL)

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