

Everett School District No. 2
BASEBALL SAFETY GUIDELINES
High School

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines are as follows:

- 1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.**
- 2. Advise the coach if you are ill or have any prolonged symptoms of illness.**
- 3. Advise the coach if you have been injured.**
- 4. Engage in warm-up activities prior to strenuous participation.**
- 5. Be alert for any physical hazards in the locker room or in or around the participation area. Advise coach of any hazard.**
- 6. Recognize your surroundings; i.e., batters warming up, thrown bats, batted or thrown balls, on-deck circles (one person at a time).**
- 7. Use hard hats while batting/running bases/hitting in batting cages (baseball).**
- 8. Familiarize yourself with surroundings and grounds; i.e., fences, field conditions such as holes, lips on infield edges, etc., when playing on away fields.**
- 9. Be aware of the potentially serious injuries to your ankles, knees, and legs if you do not follow the correct procedures in base running. Sliding headfirst into bases should be avoided.**
- 10. Follow instructions regarding communication between players; i.e., talking and calling each other off on "pop flies" and Texas leaguers, etc.**

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the baseball program.

Athlete's Signature

Date: _____

Parent or Guardian's Signature

Date: _____

High School
Revised 7/26/02

Please Print Name: _____ Student ID _____

Office use only:

Emergency/Physical:	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Academics:	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Eligibility/Parent Permission/Athl Code:	Yes <input type="checkbox"/>	No <input type="checkbox"/>	ASB Card:	Yes <input type="checkbox"/>	No <input type="checkbox"/>