



## TUALATIN FASTPITCH SOFTBALL ASSOCIATION SAFETY POLICY

Having fun, building skills and providing an environment for the physical and emotional well being of our youth is the mission of Tualatin FastPitch Softball Association. Safety is the cornerstone of this mission. This policy gives general guidelines to Managers, Coaches, Parents and Players to help provide a safe playing environment for our youth.

### General Safety:

- ➔ Call 911 immediately for any serious injuries. Tualatin Valley Fire and Rescue can respond in approximately 3 minutes. Be sure to tell them which field you are on and have a spotter look for TVFR personnel and guide them to the injured person. It is recommended that a manager or coach have a mobile phone at every practice and game. Do not leave the injured person unattended.
- ➔ Always have players warm up prior to practices and games. Provide water breaks and encourage players to drink appropriate fluids before, during and after playing.
- ➔ Throwing areas should be organized in outfields and away from spectators and other teams.
- ➔ Maintain a well-stocked first-aid kit. A first aid kit is required at all practices and games. To restock any supplies contact
- ➔ All accidents/incidents where first aid is required must be reported to the TFSA within 24 hours. All accidents/incidents must be reported on the TFSA "Preliminary Accident Report" form.
- ➔ Blows to the head should be monitored carefully for possible concussions. If a child receives a head injury, the manager or coach should observe for signs of nausea and/or disorientation. These are telltale signs of a concussion; it is recommended that the child be immediately referred to a qualified physician for an examination.
- ➔ Medical release and medical information forms for each player will be with the manager at all practices and games. If the manager is not in attendance a coach must have the forms at the field.
- ➔ During practice and games, all players should be alert and watching the batter on each pitch. Do not allow players to swing bats in the vicinity of other players or spectators.
- ➔ During warm-up drills players should be spaced so that no one is endangered by wild throws or missed catches.
- ➔ At no time should "horse play" be permitted on the playing field.
- ➔ Players should not wear watches, rings, pins or other metallic items.

### **Field Safety:**

- ➔ Always inspect the playing field for foreign objects, broken glass, and etc. before any game or practice.
- ➔ Be very alert of players with bats.
- ➔ Managers and Coaches instruct players the proper sliding techniques. Encourage your players' parents to provide the players with sliding pads and leg gear.
- ➔ Where rules allow, players who are base coaches must have a batting helmet on before leaving the dugout.
- ➔ Managers, coaches, players and parents are responsible to keep a neat and clean playing field.

### **Equipment Safety:**

- ➔ Inspect all equipment before each use. Any defective equipment must be reported to the equipment manager for replacement.
- ➔ Catchers must wear a mask while warming up a pitcher. It is recommended that they be in full gear.
- ➔ It is recommended that all players wear softball cleats.

### **Incllement Weather:**

- ➔ Any lightning must be monitored carefully. If the thunder is heard within 15 seconds of a lightning strike games and practices must be cancelled immediately and the fields cleared.
- ➔ In case of rain, Managers, Coaches and Umpires will decide if a field is safe for play. Managers should meet prior to a game (before player arrival) to determine playability and safety of the field. Use better judgment and always consider the safety of the players first.

### **Coaching Duties:**

- ➔ Provide a safe environment.
- ➔ Properly plan the activity.
- ➔ Provide adequate and proper equipment.
- ➔ Match or equate players. Assign players to positions that match their skill level.
- ➔ Warn of inherent risks in the sport.
- ➔ Supervise the activity closely.
- ➔ Evaluate athletes for injury and or incapacitation.
- ➔ Know emergency procedures and first aid.
- ➔ Keep adequate records.
- ➔ Continually educate yourself with the game of softball and learn proper techniques and skills.

**➔ THINK SAFETY FIRST**