

## PHYSICAL EDUCATION ACTIVITY CLASS SOFTBALL RISKS

### SERIOUS, CATASTROPHIC, AND EVEN FATAL INJURY MAY RESULT FROM PARTICIPATION IN ANY SPORT OR PHYSICAL ACTIVITY

The vast majority of participants in physical education and sport activity participate safely by following certain safety guidelines such as those described in this document.

Fitness and fun are common outcomes in physical activity, but there also is physiological stress on the participant. IF YOU HAVE ANY PHYSICAL CONDITION WHICH LIMITS YOUR PARTICIPATION, CHECK WITH YOUR PHYSICIAN BEFORE BEGINNING THIS CLASS.

All movement activities contain RISKS FOR THE PARTICIPANT INCLUDING, but not limited to: sprain, fracture, and/or ligament damage; falling or other contact resulting in brain damage; paralysis; even death.

SOME OTHER RISKS SPECIFIC TO, BUT NOT LIMITED TO, **SOFTBALL** AND SUGGESTIONS FOR REDUCING THESE RISKS ARE IDENTIFIED HERE:

Cardiovascular risk. Vigorous physical activity places stress on body systems, especially heart and lungs. Begin and continue vigorous activity by following guidelines suggested by the course instructor. If any symptoms of cardiovascular difficulty appear, stop activity immediately and seek appropriate help. Begin your program gradually and increase the work done only gradually.

Injury to head, trunk, and limbs may result from use of sport equipment, facilities, or from contact with another person. Use equipment and the facilities only in the way they are designed to be. Maintain a safe distance from others during all activity. Exhaustion or dehydration. Fatigue is common with vigorous activity. Take appropriate rest breaks and rehydrate as needed. Wear appropriate clothing and footwear for each activity. Be especially careful under hot conditions.

Overuse injuries from repetitious activity. Vary your activities and wear appropriate footwear.

Being struck by thrown or batted ball. Thrown or batted ball can travel at very high speeds. Give careful attention at all times to the ball and anticipate its direction and velocity. Be in a ready position to make the play and/or protect yourself. Maintain careful spacing during warmup, drills, and play. Pitchers must be especially attentive and ready for a hard hit ball. Batter's teammates must be ready for a foul ball to go in any direction.

Being struck by bat. Catchers and others must maintain a safe distance from anyone swinging a bat. In drills or warmup, swing bats only in designated areas. After hitting a ball, set -- do not throw -- the bat into the designated area when starting to run the bases.

Collision with another player. VIA INSTRUCTOR'S DIRECTIONS, base runners should avoid contact with fielders and fielders with runners through proper positioning and careful play. Fielders should "call" for the ball they are going after, to avoid collisions; other player(s) moves away from a ball called by another.

Other conditions and safety procedures. ADHERE TO ANY OTHER WARNINGS AND SAFE PARTICIPATION INSTRUCTION AS GIVEN BY THE INSTRUCTOR DURING THIS COURSE.

Lightning, rain, snow or other hazardous weather conditions. If lightning arises or hazardous weather conditions occur, get into a building or other nearby shelter, or into a depression. Stay away from trees. Keep equipment in the bag.

Do you have questions about safe play or risks associated with **softball**? Ask the course instructor.

**NOTE: You must read, sign, and date the "Physical Education Assumption of Risk and Release" for this class and return it to your instructor to: Participate, attend, be given attendance points, and/or remain enrolled in this course.**

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