

Important Safety Talking Tips

All coaches and team safety representatives will discuss these important Safety Tips at the first practice before official games begin with all players and assistant coaches.

Practicing daily safety is the most important thing we can do for our players as well as all participants of the league. Safe play means a fun and a rewarding season for all players.

Bat safety- Coach's need to stress to players, BE AWARE OF WHO IS AROUND YOU WHEN YOU PICK UP A BAT. Your fellow player can seem like they come out of nowhere. Swinging a bat is only to be done in the batter's box or in the warm up circle.

Helmets- An NOCSEA approved helmet is require to be worn by all players during practice or in games while batting or base running. This includes anytime the player is on the field. Check your player's helmets for a proper fit.

Horseplay- This will not tolerated, period. From the time your player arrives at the field it should be about learning the game of Baseball. Save the horseplay for the backyard. While it is expected that player have a fun and enjoyable time, they should be focused on the game itself. All coaches are expected to control this during all practices and games. Enlist your Assistants to help monitor this.

Dugout behavior- Many accidents happen within the dugout, particularly with the younger teams. Coaches need to monitor this behavior closely. It is recommended that the Head Coach appoint an Assistant Coach to assist with this during each game. Food is strongly discouraged in the dugout. It is up to each coach to determine if seeds, gum, and quick energy items are allowed for players.

Throwing- Ensure that the players know that their teammate is looking at them when playing catch. The best way to control this is to emphasis raising the mitt as a "target". Coaches also need to be alert.

Hydration (water)- All players need to bring (lots of) water to all games and practices, even on cooler days. Regardless of the outside temperature, a player's body temperature rises during physical activity. Hydration is a very important part of proper nutrition. Coaches should schedule water breaks often during practices. Make the players and parents responsible for bringing their own water.

Cups- Coaches are to strongly encourage all players to wear a cup. All players performing the catcher job are required to wear a cup. This includes warm up catchers.

Proper stretching and warm up- This needs to happen before each practice and game. The team safety representative should be responsible for the routine.

PLAY HARD, PLAY SAFE, PLAY BALL