

North Shore Girls Softball League Safety Guidelines and Policies For specific ASA positions, see their “Softball Safety Awareness Guide”

For issues not specifically addressed below, all safety and equipment specifications will be per ASA rules. The following items are points of emphasis or enhancements to existing ASA guidelines.

PERSONAL SAFETY

1. Before practices and games, parents are required to escort their daughter all the way to the field (for instance, no drop-offs in the Rec Center parking lot assuming the player will get up to the field and coaches OK).
2. At the end of practices and games, coaches should not release a player until speaking or making eye contact with their responsible parent/guardian. This will assure that each girl is leaving the field in the correct hands.
3. A female chaperone needs to be present at all practices and games. Players may only go to the restroom when escorted by this female chaperone, the player’s own parent, or a team member’s female parent.
4. From the ASA: “The sexual and physical abuse of children remains a societal problem that requires attention. While not specific to the sport of amateur softball...ASA will not tolerate any abuse.” “ This includes striking, hitting, indecent remarks or unwanted physical contact, among others. “ Any concerns of such abuse should be reported to law enforcement and the North Shore Board immediately.
5. “ASA also expressly prohibits forms of emotional or verbal abuse. These include, but are not limited to such forms of abuse as: yelling, insulting, mocking, demeaning behavior or making abusive statements...” Any concerns in this regard should be immediately reported to the Board.

INJURIES

1. Each team bag is equipped with a first aid kit, which contains bandages, tape, finger splints, and instant cold packs (among other items). These kits should suffice for minor injuries. The cold packs should be used judiciously for significant injuries, and are most likely to be useful in reducing swelling from ankle sprains, hand injuries, or impact injuries to the face/head. For re-stocking of first aid supplies, contact equipment@nsgsl.com.
2. For more severe injuries, consider the following: do not attempt to move a player that cannot leave the field under her own power, who appears confused or dazed, was knocked unconscious, or has a possible broken bone. 911 should be called in these situations.
3. Encourage frequent drinking/hydration to prevent dehydration and heat injury.

ON-FIELD SAFETY MEASURES

1. Facial impact injuries are a significant concern. Therefore, **all pitchers** in all divisions and, in the 8U division and above, **all corner infielders** (first base and third base) are required to wear protective facemasks. Please be aware that there does not yet exist an industry certification assuring uniform minimum safety capabilities for protective facemasks. In general, however, North Shore believes that greater use of such equipment is more likely than not to promote player safety. Accordingly, masks are encouraged for all other fielders as well.

2. During pre-game or practice drills where multiple girls are rotating batting (for example: soft toss, tee work, etc) all players involved in that drill should be wearing helmets. Practice swings should be minimized.
3. During throwing warm-ups, encourage players to confirm eye contact from their partner before releasing their throw. Also, to prevent being struck from errant throws, coaches should have all the girls throwing in the same direction, and each throwing pair should be adequately spaced from the adjacent throwing pair.
4. During games, only one on-deck player should have a bat at any time. She should not enter the on-deck circle until the batter in front of her has proceeded to home plate. As well, she should wait until any returning batters or base runners have entered the dugout.
5. When warming up pitchers, anyone under the age of 18 must wear a catcher's mask.
6. Sliding should be strongly encouraged on any close plays at second, third, and especially home plate. This will minimize the risk of collision injuries.

For any concerns, or additional ideas on how to make North Shore safer, contact safety@nsgsl.com or president@nsgsl.com.