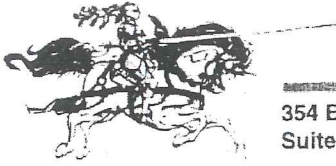


"Home of the Golden Knights"



Union School District

UNION HIGH SCHOOL

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Union JR./SR. HIGH SCHOOL INJURY WARNING

BASEBALL

Baseball is a game played on a field with two teams of nine active participants. The offensive team, or the team at bat, is attempting to score runs by hitting a pitched ball with great force, running around three bases and returning to the initial point, home base. The defensive team, or the team that is out in the field, is trying to prevent the offensive team from scoring runs by fielding the batted ball, often moving at high velocity, and throwing it, at high velocity, toward another player at one of the bases to which the offensive player is running. During this interaction there is some possibility of a catastrophic injury occurring. The ball is smaller and harder and there is the potential for catastrophic injury as a result of being struck by the ball in baseball. Particular attention should be paid, then, to all circumstances where a player may be struck by a pitched, batted, or thrown ball.

Possible Catastrophic Injuries

1. Loss of vision, paralysis, or death as a result of being struck in the head by a pitched, batted, or thrown ball, or by metal cleats.
2. Paralysis, death, or other permanent impairment of physical functions resulting from being struck by a bat or colliding with another player or some part of the structure housing the playing field. Such impacts can result in injury to the head, neck, back, or specific organs.

Prevention of Catastrophic Injuries

Warning of Dangers and Dangerous Behavior

The following warnings should be clearly and very specifically communicated to all players:

1. Lack of knowledge concerning the correct performance of the skills and of the game increases the possibility of injury.
2. Protective equipment is designed to reduce the risk of injuries to players. Not using it, or misusing it takes away its effectiveness.
3. Protective equipment, as well as other equipment, that is broken or which is of inferior quality should not be used. This leads to greater chance of injury.
4. Lack of knowledge, misunderstanding, or improper use of the rules and strategies of the game increase the chance of injury.
5. Ineffective teamwork, such as not "calling" for a fly ball, puts players in a position of possible injury.
6. Throwing the bat after hitting a pitched ball puts others in a position of possible injury.

- 7. Being inattentive during a game results in increased chance of injury to the inattentive player as well as others.
- 8. Every playing field has potentially dangerous areas. Not knowing of possible “dangerous areas” and how to respond to them contributes to the possibility of injury during play.

Activity	Possible Injury	Cause	Prevention
Batting	Head or brain injury, loss of sight, organ damage	Being struck by the ball	Batting helmet, alertness, knowledge of moving away from a pitch.
Baserunning	Head, neck, or back injury	Hit by a thrown ball, collision with defensive player	Knowledge and application of rules and strategy. Alertness.
Sliding	Head, neck, back, or organ injury	Collision with base or defensive player	Correct technique and appropriate use of skills.
Fielding	Head, neck, organ, or eye injury	Collision with another player or obstacle. Being struck by the ball.	Teamwork, “calling” for the ball, alertness, appropriate positioning
Pitching	Head or eye injury	Being struck by a batted ball	Correct pitching technique and development of fielding skills

This warning does not cover all potential injury possibilities in playing baseball, but it is an attempt to make the players and parents aware that fundamentals, coaching, and proper conduct are important to their safety and enjoyment in playing baseball at Union Junior/Senior High School.

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

ATHLETE'S
SIGNATURE _____ DATE _____

PARENT'S
SIGNATURE _____ DATE _____