



General Youth Baseball Safety Measures & Guidelines

Safe Play

- All coaches should emphasize safe, fair play. This includes knowing the rules and:
- Never allow a player to pick up a bat unless given permission to by a coach
- teaching players how to slide correctly
- Kids should ALWAYS wear a helmet when handling a bat. In T-Ball, the helmets are more for protecting kids heads from getting hit by bats than by balls
- If a player has a bat, try to have a coach nearby to supervise.
- Do Not teach multiple children batting techniques at once. If you would like to do a group batting practice drill only do so with YMCA staff supervision.
- Even when hitting off of a tee, the batter should always wear a helmet. Tell all the players to
- Never go near another player that is holding a bat. You never know when that player with the bat will decide to swing it without looking to see if anybody is nearby.

Game Play

- Always warm up and stretch before practice and games.
- When playing catch, this should be done on the foul line of your Home or Away bench once. One player should remain on the foul line while their partner moves back.
- Please always ensure proper spacing with throwing, fielding, and hitting
- During games, appoint somebody to manage the on-deck hitter. They will be swinging a bat to warm up, and there will be kids coming and going past them.
- If kids are still learning to catch the ball, try to use T-balls when possible so if they get hit, it won't hurt as much (Coach Pitch)

Equipment

- Wearing and using the right gear can help prevent injuries. Safety rules for most leagues include:
- Batting helmets must be worn whenever a player is at bat, waiting to bat, or running the bases. Some leagues may even require pitchers to wear them. Helmets should always fit properly and be worn correctly. If the helmet has a chin strap, it should be fastened. If it has an eye shield or other faceguard, this should be in good condition and securely attached to the helmet.
- A catcher should always wear a helmet, facemask, throat guard, full-length chest protector, athletic supporter with a cup, shin guards, and a catcher's mitt whenever catching pitches, whether it's in the game, in the bullpen, or during warm-ups.

- All players should wear athletic supporters. Most (particularly pitchers, catchers, and infielders) should wear protective cups.
- Baseball spikes should have molded plastic cleats rather than metal ones. Most youth leagues don't allow spikes with metal cleats:

Pitching (Kid Pitch)

- Too much pitching can lead to serious injuries. These guidelines can help prevent pitching injuries:
- Follow league rules for the maximum number of innings kids are allowed to throw. This is usually from four to 10 innings per week.
- 9–10 years old: 75 pitches a day or 100 pitches a week
- If pitchers feel pain in their throwing arm, they should not be allowed to pitch again until the pain goes away.