



Chimacum High School

Athletic Department

Dave Porter, Athletic Director
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SOFTBALL CHECKLIST

| School: | | Date | |
|---|----|--------|------------------|
| Completed by: | | | |
| Item / Issue | OK | Not OK | Comment / Action |
| Use batting helmets, gloves and catcher's equipment. | | | |
| Modify or play without a catcher if this position cannot be filled safely. | | | |
| With indoor softball, changes are made because of limited space. | | | |
| Bats and other equipment are kept out of playable areas to avoid trip hazards. | | | |
| Slow or moderate pitch versus fast pitch is preferred. Consider the use of a softer softball. | | | |
| The field, bases and batting cage are checked prior to the start of class. | | | |
| Bases are flat and movable. | | | |
| Students are reminded to: <ul style="list-style-type: none"> • Drop a bat versus throwing the bat. • Avoid sliding. • Not use weighted donuts on bats for batting warm up. | | | |
| All throwing drills go in a parallel direction with adequate space in between. | | | |
| Sport specific warm ups and stretching exercises are used. | | | |
| Water is available. | | | |

Other comments or concerns: _____

Received by: _____

Athletic Director

Date