



Chimacum High School

Athletic Department

(360) 302-5900

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