The Wenatchee School District strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper technique, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines are as follows:

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert for any physical hazards in the locker room or in or around the participation area. Advise coach of any hazard.
6. Recognize your surroundings; i.e., batters warming up, thrown bats, batted or thrown balls, on-deck circle (one person at a time).
7. Use hard hats while batting/running bases/hitting in batting cages (baseball).
8. Familiarize yourself with surroundings and grounds; i.e., fences, field conditions such as holes, lips on infield edges, etc. when playing on away fields.
9. Be aware of the potentially serious injuries to your ankles, knees, and legs if you do not follow the correct procedures in the base running. Sliding head first into bases should be avoided.
10. Follow instructions regarding communication between players; i.e., talking and calling each other off on "pop flies" and Texas leaguers, etc.

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

__________________________________________  Date
Athlete's Signature

__________________________________________  Date
Parent's/Guardian's Signature