



GEAR UP.

Don't put your body on the line for sport when protective equipment can save you from injury

The Facts

- Protective equipment should be worn during training and games
- The equipment should fit correctly
- The equipment should be well maintained
- Equipment should be used in accordance to manufacturers guidelines and recommendations
- It is important to 'break in' new equipment:
 - To become familiar with the fit and feel of the equipment (especially fielder's glove)
 - To soften or mould equipment to the body part
- Remember injuries usually mean time on the sideline,
PREVENTION IS THE KEY

The Equipment

Batting

Compulsory

- Doubled eared helmet - protect the ear and temple region against ball impact
- Helmets can not be used if they are cracked or if the internal padding is damaged

Batting

Optional

- Batting glove - to assist with grip and for protection against blisters
- Sliders - worn underneath shorts or pants to protect against abrasions
- Shin guards - to protect against lower leg injuries



Government
of South Australia



DISCLAIMER: The information in this brochure is of a general nature. Individual circumstances may require modification of general advice from an appropriate professional eg. Doctor or Coach.

The Equipment (continued)

Fielding

- Fielding glove - that is the correct size and in good condition will prevent injuries to fingers and hand
- Shin guards - to protect against lower leg injuries
- Knee pads - to protect knee area from injuries
- Hat - for sun protection

Mouth guard - Highly recommended to prevent dental injuries

Softball Catchers

Compulsory

- Energy absorbing chest padding
- Catchers mask and helmet, including throat guard
- Leg guards - to protect knees and shins
- Suitable glove to catch pitching - correct size and in good condition
- All catching equipment must fit correctly

Cleats - Highly recommended for club level players

- To assist safe movement

Softball Umpires

Compulsory

- Chest protector
- Mask, including throat guard
- Leg guards

Be Sun Smart

- Wear a hat that protects your face, neck and ears
- Apply plenty of SPF 30+ sunscreen (reapply every 2 hours)
- Wear sunglasses
- Stay in the shade where possible
- Cover up with cool lightweight clothing (shirt with a collar and long sleeves if possible)

For further information contact:

Sports Medicine Australia (SA Branch)
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Or visit our Websites:

www.smartplay.net
www.smasa.asn.au

For sport specific information contact:

SoftballSA
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