



Kansas City Metro Senior Softball League (KCMSSL) Health & Safety Guidelines

General Health & Wellness

1. **Medical Clearance** – Players should consult with their healthcare provider before participating, especially if they have existing health conditions.
2. **Hydration** – Drink plenty of water before, during, and after games to prevent dehydration.
3. **Stretch & Warm Up** – Perform proper warm-ups, including stretching and light jogging, before games to reduce injury risk.
4. **Know Your Limits** – Listen to your body; if you experience dizziness, shortness of breath, or chest pain, stop playing and seek medical attention.

Injury Prevention

5. **Protective Gear** – Wear appropriate safety gear, including fielding masks, and shin guards as needed.
6. **Proper Footwear** – Wear turf shoes or molded rubber cleats to prevent slips and falls and to reduce knee and ankle strain. Metal cleats are prohibited on many fields for safety reasons.
7. **Field Awareness** – Be mindful of uneven ground, bases, and other players to avoid collisions.
8. **Safe Base Running** – Use the designated double-base system at first base and home plate and avoid unnecessary aggressive slides.
9. **Athletic Support** –
 - Men: An athletic supporter (cup) is strongly recommended for added protection.
 - Women: Properly supportive sports bras and padding are encouraged to prevent discomfort and reduce injury risk.

Heat & Weather Safety

10. **Hot Weather Precautions** – On high-temperature days, take extra hydration breaks and wear lightweight, breathable clothing.
11. **Cold Weather Considerations** – Dress in layers and keep muscles warm to prevent strains.
12. **Lightning & Severe Weather** – Games will be postponed or delayed if lightning is observed within 10 miles or if heavy rain makes fields unsafe. We follow the individual Parks and Rec Dept guidelines, and where there is no on-site Parks official, the coordinator will issue a 15-minute delay when lightning occurs within 8 miles of the fields, and the games are cancelled if a second strike occurs.



COVID-19 & Communicable Disease Awareness

13. **Stay Home if Sick** – If you are feeling unwell, have a fever, or show symptoms of illness, do not attend games.
14. **Hand Hygiene** – Wash or sanitize hands frequently, especially after using shared equipment.
15. **Respiratory Etiquette** – Cover coughs and sneezes with a tissue or elbow to prevent spreading germs.

Emergency Preparedness

16. **Emergency Contacts** – Ensure your emergency contact information is up to date with your conference coordinator.
17. **AED & First Aid** – Know the location of Automated External Defibrillators (AEDs) and first aid kits at each field.
18. **Concussion Protocol** – Any player suspected of having a head injury should stop playing immediately and seek medical evaluation.
19. **Call 911 for Medical Emergencies** – Do not hesitate to seek emergency assistance for serious injuries or health concerns.

Sportsmanship & Conduct

20. **Respect Fellow Players** – Play competitively but safely, avoiding unnecessary roughness or aggressive behavior.
21. **Profanity & Criticism** – Profanity, abusive language, or criticizing fellow players, umpires, or teams will not be tolerated. Treat everyone with respect, both on and off the field.
22. **Umpire & League Official Compliance** – Follow instructions from umpires and league officials regarding safety rules and game conduct.

By following these guidelines, we can ensure a safe, respectful, and enjoyable experience for all members of the Kansas City Metro Senior Softball League.