



# BASEBALL SAFETY GEAR



## Helmet

Batting helmets must be worn when running bases, hitting, and when on deck. Helmets should fit properly. If it has chin straps they should be fastened. If it has an eye shield, faceguard, or c-guard it should be in good condition and attached securely.



## Gloves

Batting gloves keep hands from getting sore while hitting and enhance grip on the bat.



## Chest Protector

This can protect you from a hard thrown or hit ball right at your chest. Chest protectors which are sold to protect a player's heart from impact from a ball are still being studied for their effect.



## Sliding Shorts

Some players also like to wear sliding pants which go under the uniform to protect against scrapes and cuts when sliding. All male players should wear an athletic supporter with a cup.



## Cleats

Players should also wear baseball spikes. Molded plastic cleats should be worn rather than metal cleats. These keep you from slipping or tripping in the dirt or mud when there is a wet field.



## Catchers Gear

Catchers must wear a helmet, mask, full body chest protector, shin guards, and a cup.