



Extra Innings Training, LLC

Facility Rules & Safety Guidelines

Extra Innings Training Facility Rules:

- 1) Tennis or turf shoes only – **no cleats**.
- 2) No food or drink is allowed inside the training area – **water only**. A water refill station is available. No chewing gum.
- 3) Only properly registered players and coaches are allowed in the training area. Spectators are welcome to use the viewing window and monitor in the waiting area.
- 4) Use proper safety equipment at all times.
- 5) Adhere to the code of conduct.

Extra Innings Training Safety Guidelines:

To ensure a safe training environment, please adhere to the following safety guidelines at all times:

- 1) Remove loose jewelry or other accessories that could be snagged or pulled, such as dangling earrings and long necklaces.
- 2) Use proper safety equipment:
 - a. Athletic cups for male participants when appropriate.
 - b. Helmets in batting cages.
- 3) Stay hydrated by drinking plenty of fluids before, during, and after your training session.
- 4) Stretch and warm up before beginning.
- 5) Don't chew gum during training.
- 6) Stop an activity and notify your coach if you feel pain.

Cameras in Use:

There are security cameras placed throughout the facility for the safety of both players and coaches. The video-only feed (CCTV/no audio) displays on the viewing monitor in the waiting room. Your presence and participation in events at the facility constitutes your consent to video surveillance and the use of cameras.