



Continuing the Little League tradition of making it "safer for the kids."

## Top Safety Program:

# Avon Grove Area #1

## Pennsylvania league takes top honors with strong program

Avon Grove Area Little League, of West Grove, Pa., claimed the national top award for having the best safety program, winning a Musco lighting system for a 200-foot field, the first lighted diamond in the league.

Combining a strong fundamentals program with exceptional community and league support of the safety initiative, Avon Grove Area Little League Safety Officer Dr. Jim Knox implemented the best safety program in the country during 2000.

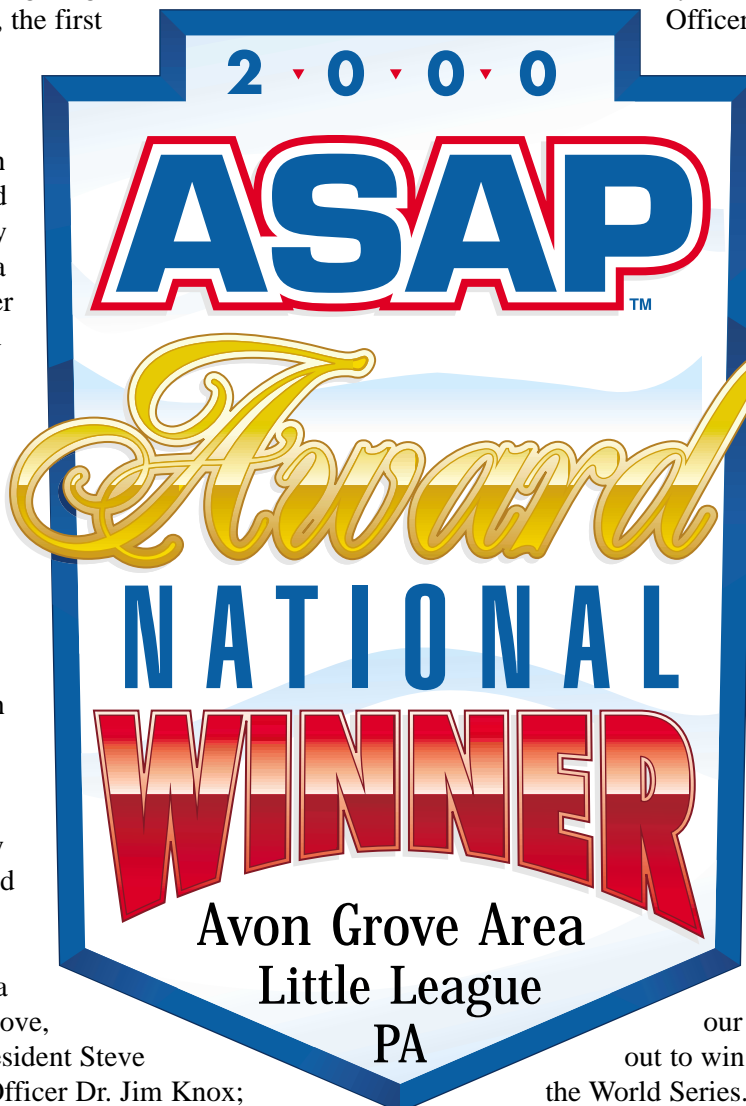
All four regional first place finishers were honored on Howard J. Lamade Stadium prior to the International Pool Championship game on Thursday, August 24.

The top finishers in each region were:

- **Central:** Bolingbrook, Ill., Associated Little League, represented by President Lori Kure and Safety Officer Keith Urbain;
- **East:** Avon Grove Area Little League, West Grove, Pa., represented by President Steve Sundberg and Safety Officer Dr. Jim Knox;
- **South:** Windcrest Little League, San Antonio, Texas, represented by President Regina Walthers and

Safety Officer Judy Ahern; and

- **West:** Granada Hills, Calif., Little League, represented by President Richard Hoover. Safety Officer Jerry Lambert was unable to attend.



This year the number of leagues submitting safety programs rose to one in three leagues, with 33 percent total. But based on the number of teams involved in the leagues which have safety programs, roughly four out of every 10 Little Leaguers is now involved in a league which has a safety program implemented, with just over 39 percent of all leagues in the country participating.

Avon Grove built an outstanding program in just two years of dedicated effort. In 1999, Avon Grove league President Steve Sundberg and Safety Officer Dr. Jim Knox determined to build the best safety program they could. "The lights were motivation and validation of

our efforts, and that's what we set out to win," Sundberg admitted during the World Series.

A complete review of Avon Grove Area's safety plan will be in the next issue of *ASAP News*.

# Protect pitcher during warm-ups

Warm-ups should be the least worrisome time for a coach.

After all, the players are taking it easy, throwing the ball around, and generally getting loose to be able to play more effectively when the time comes. Right?

But with multiple balls in action at one time, the risk multiplies, too.

James Murtha, District Safety Officer, Pennsylvania District 27, knows how dangerous the infield can be between innings.

“We had a severe accident when a pitcher was hit in the head by a thrown ball while a team engaged in field warm-ups between innings,” Murtha explained.

His potentially life-saving tips are:

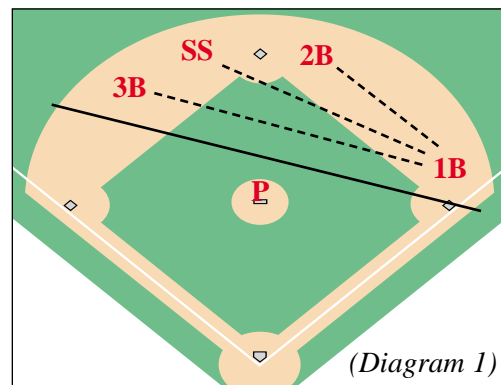
1. *Make the pitcher wear a helmet during warm-ups.*

2. *Cut the infield in half.* (See Diagram 1)

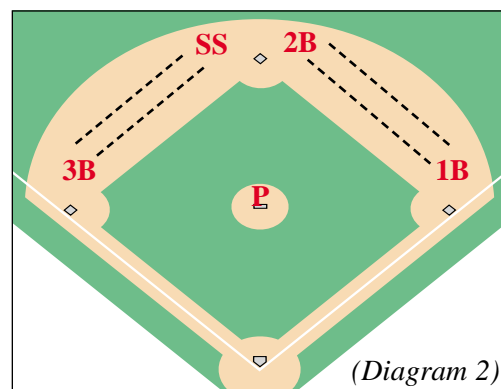
To do this, have the third baseman stand about where the shortstop normally would be, and the shortstop stand behind second base. Then the balls thrown back and forth to third and the shortstop will not have the possibility of hitting the pitcher.

3. *Create infield partners for warm-ups.* (See Diagram 2.)

Have the first and second basemen and the shortstop and third baseman pair up and throw back and forth along the basepaths. The fielders can take turns throwing grounds to each other, but again, the pitcher will not be in danger from off-target throws.



(Diagram 1)



(Diagram 2)

## Senator's office may provide information

“I contacted my senator in regards to doing background checks on potential volunteers. Here is the information I received: In New York we have what is called a Sex Offender Registry Information Line.

“Here is how it works: You call a 900 phone number; it costs \$5 per call to do a background check. Of course you would have to provide the individual's name and at least one of the following: Complete address, driver's

license number, social security number, or birth date.

“According to the Governor's Office, 43 states now require sex offenders to register with the state. Of those states, 26 have a form of community notification. I urge everyone to check with their senator's office. They can be very helpful in this matter.”

**Al Alesi, district safety officer  
New York District 19**

## League saves funds making own ice packs

“Our league has been low on funds, and decided to make our own ice packs. Now it only costs us \$36 for the materials, when it had been over \$200 to buy them,” explained Safety Officer Sally Dreckmann.

The Manchester, N.H., Central Little League bought a commercial freezer to store the bags, and provides small coolers for teams to carry the ice packs. “We figure by next year the freezer will have paid for itself,” she said.

The ice packs are made by mixing:

- One cup water, and
- ¾-cup rubbing alcohol.
- Then freeze mix in a self-closing bag for future use.

“This was a tip I got from our local hospital,” said Dreckman. “The rubbing alcohol and water form a gel which doesn't become solid, just like a regular ice pack. It's safe to use on any bruises or sprains.”

# 'SunWise:' Cut Kids' Skin Cancer Risk

While some exposure to sunlight can be enjoyable, too much can be dangerous. Overexposure to ultraviolet (UV) radiation in sunlight can result in a painful sunburn. It can also lead to more serious health effects, including skin cancer, premature aging of the skin; cataracts and other eye damage; and immune system suppression. Children are particularly at risk of overexposure, since most of the average person's lifetime exposure occurs before 18.

The SunWise program, offered by the Environmental Protection Agency, is designed to provide a free and easy way to teach children how to protect themselves from overexposure to the sun and how to develop sun-safe behaviors, said Linda Rutsch, the program's coordinator.

"In the long run, the SunWise program hopes to reduce instances of skin cancer, but for now we want to educate children about the harmful effects of the sun," Rutsch said.

Dr. Joel Wilentz, a Hallandale, Fla. dermatologist, said although adults are often warned about overexposure, children are often allowed to play in the sun unprotected.

"The skin never forgets its exposure to the sun," Wilentz said. "One bad sunburn during childhood doubles the chance of getting skin cancer later in life." It's estimated that 80 percent of a person's lifetime exposure to the sun

occurs before the age of 18, he said.

The SunWise program teaches children about sunscreen, use of proper clothing, and limiting exposure to the sun at the times when it is strongest, Rutsch said.

"The SunWise program is designed to provide maximum flexibility," Rutsch said. "The time commitment necessary to implement SunWise is minimal, but the potential payoff in lower skin cancer rates is very high."

The program also includes information about sun exposure through the EPA's Web site, and allows SunWise project members to study daily measurements of ultraviolet radiation, Rutsch said.

Most people are not aware that skin cancer, while largely preventable, is the most common form of cancer in the United States, with more than one million cases reported annually. By following a number of simple steps, you can still enjoy your time in the sun while protecting yourself from overexposure. (*See chart below.*)

Other than staying indoors, no single step can fully protect from overexposure to UV radiation, so use as many of the following actions as possible.

For information, visit: <http://www.epa.gov/sunwise> or call 800/296-1996 for fact sheets on sun safety.



## Tips for healthy sun safety

### Limit Time in the Midday Sun

The sun's rays are strongest between 10 a.m. and 4 p.m. When possible, limit exposure then.

### Seek Shade

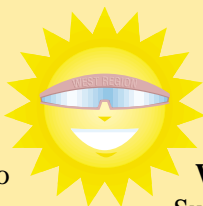
Staying under cover is one of the best ways to protect yourself from the sun. Remember the shadow rule: "Watch Your Shadow — No Shadow, Seek Shade!"

### Always Use Sunscreen

Choose a sunscreen with a Sun Protection Factor (SPF) of at least 15 or higher and apply liberally on exposed skin and reapply every 2 hours. Even water-proof sunscreen can come off when you towel off, sweat, or spend extended periods of time in the water.

### Wear a Hat

A hat with a wide brim offers good sun protection to your eyes, ears, face, and the back of your neck - areas particularly prone to overexposure to the sun.



### Cover Up

Wearing tightly woven, loose-fitting, and full-length clothing is a good way to protect your skin from the sun's UV rays.

### Wear Sunglasses Blocking 99-100% of UV Rays

Sunglasses that provide 99-100% UVA and UVB protection will greatly reduce sun exposure that can lead to cataracts and other eye damage. Check the label when buying sunglasses.

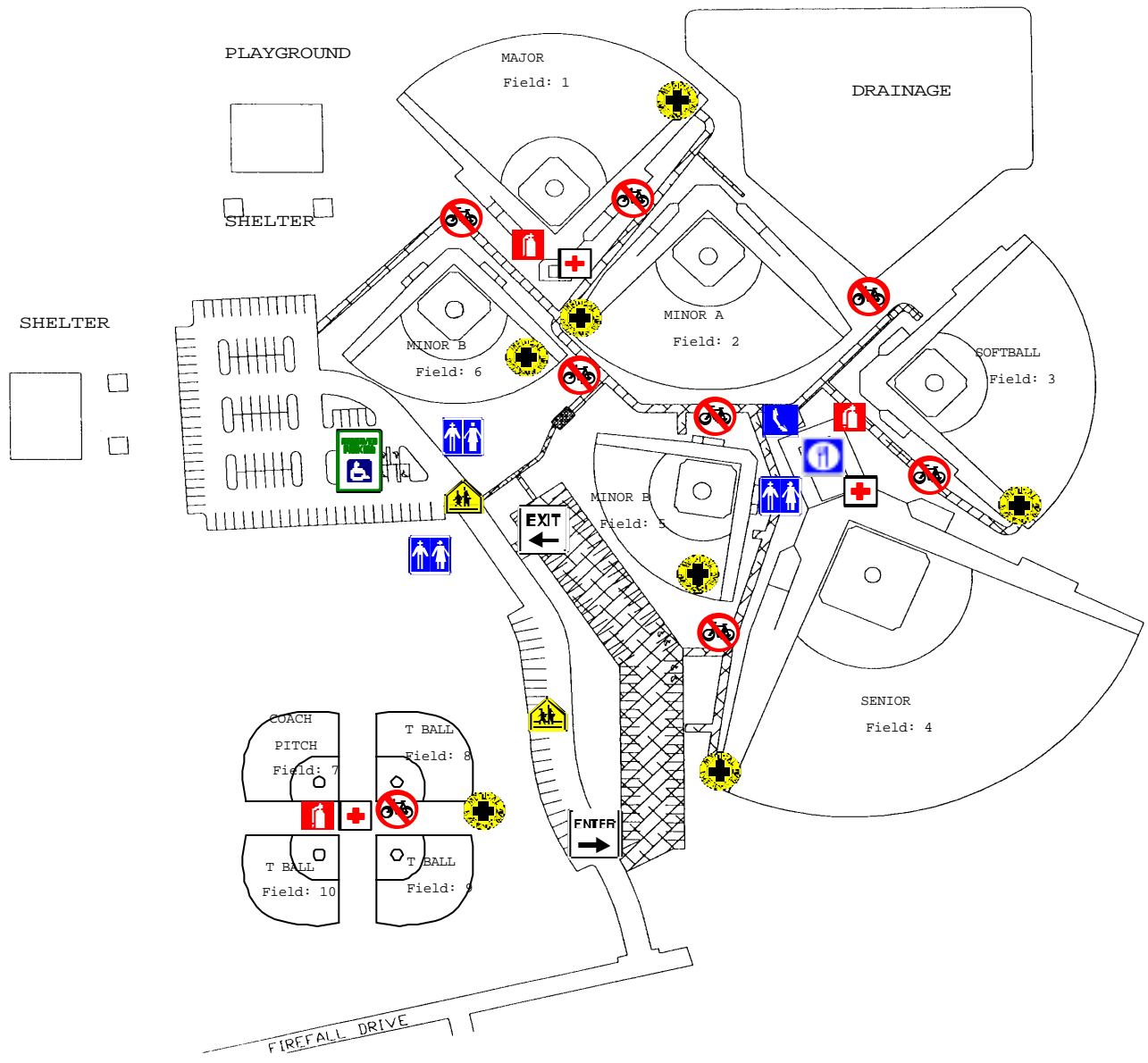
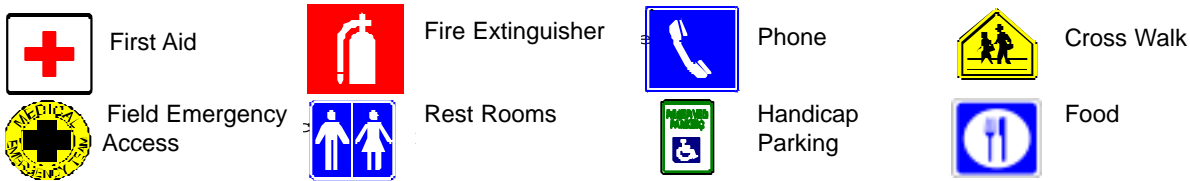
### Avoid Sunlamps and Tanning Parlors

The light source from sunbeds and sunlamps damages the skin and unprotected eyes. It's a good idea to avoid artificial sources of UV light.

### Watch the UV Index

The UV Index provides important information to help you plan your outdoor activities in ways that prevent overexposure to the sun. The UV Index is issued daily in selected cities across the U.S.

### 3.9 Complex Services And Access Diagram



## Post info for easy access

Take a tip from Virginia Beach, Va., Little League: Label all your emergency access, first aid and other important public notice sites around your park. Then place these signs in high visibility areas, as well as including them in your Coaches' Safety Manual.

The information could save a life, if an ambulance

needs to quickly get onto a field to administer CPR or other first aid. The other information, like where to find fire extinguishers and telephones, could be just as important to help in an emergency.

Virginia Beach won the national award for having the best safety plan in 1998, and keeps improving.



# 'How do we avoid lightning?'



*"I have a couple of questions regarding electrical storms:*

*"1. As an electrical storm approaches, should a game be postponed, or is it acceptable for the kids to evacuate to automobiles to allow time for the storm to pass?"*

*"2. Does Little League have any guidelines for electrical storms? What does Little League regard as 'best practices?'"*

*"Have read the ASAP news articles on this subject and investigated the purchase of SkyScan devices."*

**Dave Dancause, safety officer  
Cape Elizabeth, Maine, Little League**



As a general rule, equipment is available for tracking storms, like SkyScan, which makes it safer to play when clouds are threatening, stated Risk Management

Director Dan Kirby. "You certainly don't want kids exposed to the risk thunderstorms pose, even while waiting to see if a storm will miss you. Players and spectators shouldn't be in the dug-out and shouldn't be leaning against the fence, but should be evacuated to the safest place." Inside a building or inside cars with windows rolled up is the best alternative to a building. How long you should wait depends on the storm itself, and how quickly it passes out of the area. If you don't have a detector, you should wait at least until you can no longer see any lightning strikes. But remember: lightning strikes can be up to 10 miles apart, so err on the side of caution and safety in retaking the field.



*"Many catchers are now wearing the hockey style masks. My understanding is they still need to wear a dangling throat protector as required by Little League*

*rules. Some coaches claim they have been told they do not need the dangling throat protector. Question: Are any hockey style or other style catchers helmets approved for use without the dangling throat protector?"*

**Tom Howard, safety officer  
Howell Central Little League, Howell NJ**



ALL hockey style catchers masks are required to have an additional "dangling" style throat protector, as are all catchers' masks, by Little League Rule (Rule 1.17):

"...Catcher's helmet must meet NOCSAE specifications and standards. All catchers must wear a mask, 'dangling' type throat protector and catcher's helmet during practice, pitcher warm-up and games." This piece protects the catcher's vulnerable throat area from harm when the head is tipped back. Because of the danger to catchers from swinging bats, it is important that the critical head-neck area remain protected even while a catcher is following the flight of a foul ball.



"I submitted our safety manual, and we received our insurance credit, however board members have asked why I have not received the ASAP pin."

**Larry Guarnieri, safety officer  
Little League of the Islips, District 35 N.Y.**



"Windup" the pitcher, the 2000 Disney character pin is currently being prepared to send out to all safety officers who submitted Facility Surveys. You can expect your pin in about a month.



Have a question or tip to share?  
Call the ASAP Hotline:  
800-811-7443,  
or e-mail: [asap@musco.com](mailto:asap@musco.com)



Or write to us at:  
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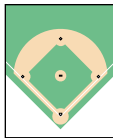
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ups don't put  
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**SAFETY CHATTER**  
'How can we  
avoid danger  
of lightning?'



## HOTLINE IDEAS

## FROM READERS

*"Here in the east, we've had a lot of rain this summer. One way we've provided good, dry balls to play with is something people have been doing for drying fields for a long time. We take a 5 gallon bucket with plenty of cat litter in it. You put the wet ball in for 10 or 15 minutes, take them out, roll them around to get the cat litter off, and they come out dry. We use a lot of clay-type cat litter to dry fields after rain, and this is just natural to dry balls. It pulls the moisture out and dries the ball so it's ready for play. Also, we have a rule on chin straps for helmets: If the helmet has a snap or hole for a snap, then the helmet must be used with a chin strap. We consider it incomplete safety equipment and require a strap, if the helmet was designed to have a strap attached. If the helmet doesn't have the holes or snaps, then it was designed for use without a chin strap."*

**John Hall, Assistant District Safety Officer  
District 3, Delaware**

**This safety officer will receive an ASAP cap for calling in safety ideas. What is your league doing to become safer for the kids?  
Call the ASAP Hotline!**

**ASAP HOTLINE**  
**24 HOUR TOLL-FREE**  
**800-811-7443**

**The 2000 Safety Officer Manual**  
has been delivered! Didn't get it? Visit:  
[www.littleleague.org/manuals/asap](http://www.littleleague.org/manuals/asap)

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Little League Baseball®, Inc.  
facilitated and published by  
Musco Lighting, Inc.  
P.O. Box 808  
Oskaloosa, Iowa 52577

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