



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

May 1 Deadline

Are You 'Playing It Safe?'

Leagues gear up for a safer season with safety programs

If you missed the Spring Clinics at the Regional Headquarters around the country, you missed a good opportunity to hear about exciting changes and to receive important training on several issues. Here are some highlights of the safety issues discussed:

Submit Your Safety Plans by May 1st

The deadline is May 1, 2000 for submitting your safety plan to Little League Headquarters, PO Box 3485, Williamsport, PA 17701. The registration form, facility survey and safety manual showing how you meet the 12 requirements are the basics.

\$250,000 Claimed in 1999; How Much Will It Be In 2000?

Dan Kirby, risk management director for Little League, pointed out of the nearly \$1 million available to leagues through the 20 percent credit last year, only a quarter was claimed. The player accident insurance premium credit is available to any league which carries Little League/CNA Insurance and files a qualified safety plan by the May 1 deadline.

Safety Making A Difference

Virginia was reclassified to a lower division last year which resulted in an insurance reduction after improving in safety and reducing accidents. "There were 167 percent more injuries for districts which didn't have 50 percent or more of their leagues with safety plans," Kirby noted. Virginia, a test state for ASAP, had 81 percent participation in 1999, the highest in the nation.

Missed Coaches Won't Break Credit Qualification

It's required of your safety plan to provide mandatory first aid training to your coaches, but if they can't all attend, you will still qualify. Kirby noted the exemption allowing less than 100 percent attendance. However, at least one coach from every team must be trained in first aid to qualify; more are preferred.

Plans Need to Be Comprehensive

The qualified safety program needs to meet the needs of all participants, from players to volunteers. While the needs of the players are usually easy to see, Kirby noted the volunteers are just as susceptible to injury. "Last year we had one serious and one fatal injury in the concession stand," he related. "One was a woman who was burned severely when a grill back-flashed from a bad coupling which hadn't been checked after the winter. The other was a man who was killed from a CO₂ tank that blew because it wasn't secured. If these leagues had had safety programs, maybe these things would have been noticed and these people wouldn't have been injured or killed." Kirby noted information

must also be distributed and plans implemented to qualify.

Early Numbers Are Up

The safety plans from 115 leagues were submitted by March 1. That contrasts with 64 leagues having sent in their plans by the same date in 1999. That's good news for improving safety in Little League across the country.



DA Peggy Petko tells Central Region Spring Clinic attendees how she requires her leagues to have safety plans, in order to host post-season tournaments.

NCAA approves bat restrictions

According to the NCAA, the NCAA Executive Committee has approved a batted-ball exit speed standard of less than 97 miles per hour for bats used in all intercollegiate baseball competitions among NCAA member schools.

The committee's decision supports a recommendation from the NCAA Baseball Research Panel that solid northern ash wooden bat performance should become the standard for setting limits on all baseball bat performance.

In addition, the Executive Committee approved the panel's recommendation of January 1, 2000, as the implementation date for the standard. It also declared a three-year moratorium on changes.

The panel noted that the moratorium will allow researchers to further assess the impact of the new standard and to conduct additional tests on wood and non-wood bats, as well as collecting information related to performance standards for baseballs.

"The moratorium will give the baseball community time to adjust to the new standards and for the panel to do further research," said Executive Committee Chair Charles T. Wethington Jr., president of the University of Kentucky. "Of course, we reserve the right to make adjustments in the standards for bats and balls at any time, if necessary."

The panel, which convened last March to review issues related to the performance of non-wood bats and baseballs, concluded that a batted-ball exit speed should be adopted for non-wood bats that equates to the highest average exit speed using Major League Baseball-quality, 34-inch, solid wood bats.

The new standard is based on testing of solid northern ash wood bats performed in an independent laboratory at the University of Massachusetts at Lowell. The lab also will certify that all non-wood bats used in intercollegiate competition do not exceed the standard.

The committee reaffirmed two other standards approved in August 1998 that limit the diameter of the bat, from 2- $\frac{3}{4}$ to 2- $\frac{5}{8}$ inches, and reduce the difference between weight and length for bats to three units (a 34-

inch bat can weigh no less than 31 ounces).

A protocol developed by the panel for testing and certification of bats also has received Executive Committee approval. The protocol is available at NCAA Online (www.ncaa.org) under "Press Releases."

In a related matter, the Executive Committee announced that Easton Sports, Inc., has indicated that it will drop a lawsuit filed by the company against the association in August 1998.

Little League Baseball issued a statement on non-wood bats last year:

"At present, injury data in all divisions of Little League Baseball and Softball shows there has been a *decrease* in reported injuries to pitchers as a result of batted balls over the six-year period beginning in 1992. Data on injuries to pitchers is being used because the pitching position is closest to the batter, and the pitcher is the least likely among all fielders to be fully prepared when the ball is hit.

"During that same six-year period, the number of injuries to other fielders as a result of batted balls have remained relatively constant or decreased.

"Additionally, injury rates overall in youth baseball have fallen, while injury rates in activities such as basketball, football and in-line skating have risen, according to a recent report by the National Safe Kids Campaign. The report said baseball injuries fell by 2.63 percent from 1987-95.

"Annually, less than three-tenths of one percent of U.S. Little Leaguers are injured in games or practices to the point of requiring medical treatment. Injury data for Little League are obtained through analyzing medical claims on accident insurance provided by Little League through CNA Insurance. More than 95 percent of the chartered Little League programs in the U.S. are enrolled in the Little League Group Accident Insurance plan.

"In conclusion, there appears to be no indication that would cause Little League to mandate a limit on the weight of bats, based on the most current facts. However, Little League Baseball will continue to monitor this situation closely, and will react accordingly and appropriately when indicated."

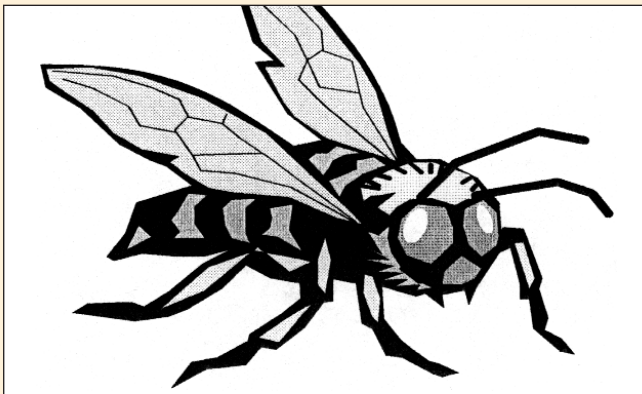


Prepare for allergy attacks, insect stings

“I have attached a page from our safety manual that is especially important this year due to our mild winter. The upper midwest has one of the highest percentages of respiratory conditions in the nation. We are already seeing a significant number of asthmatic episodes and the managers and coaches need this awareness so that they may ask the parents of their players to provide inhalers for practices and games.

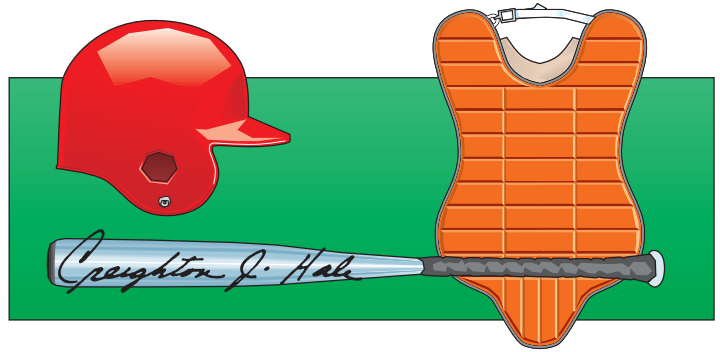
“Bee sting allergies and food allergies are other areas that can be life threatening. Epi-pen in-servicing is done at the pre-season manager’s meetings. Separate lists of these concerns are given to each manager along with the list of minor allergies and health conditions. Education and prevention are the keys to ensuring a safe season for all.”

**Theresa DeVerna, RN, safety officer
Edwardsburg, Mich., Little League — District 14**



REMEMBER: ASK YOUR PLAYERS' PARENTS/GUARDIANS:

- Is your child allergic to any kind of insect bites or bee stings? (A *true* allergy involves difficulty breathing and/or facial swelling with possible hives.) A care plan must be developed with the Safety Officer if an insect or food allergy exists. An allergy to nuts *can* be a life threatening condition.
- Does your child have asthma or any respiratory illness? If so, a care plan must be developed with the Safety Officer.
- Is there anything the coaches should know about your child in case of emergency?
- Parents/guardians must inform the coaches of any other person who is allowed to pick up their child.



Dr. Hale honored with sports medicine award

WILLIAMSPORT, PA — The 2000 James R. Andrews Award for Excellence in Baseball Sports Medicine was presented to Little League Baseball Senior Advisor Dr. Creighton J. Hale on Jan. 29 in St. Petersburg, Fla.

The award is presented annually at the American Sports Medicine Institute’s Injuries in Baseball Course to an individual or group that has significantly improved baseball sports medicine. Dr. Hale’s research dramatically added to the safety of youth baseball with innovations such as the radial-ribbed batting helmet, non-wood bats and full chest protector with neck collar.

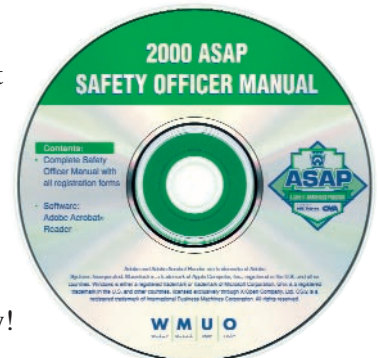
“It is a great honor to be recognized by one’s peers,” Dr. Hale said. “Little League has always been at the forefront of safety in youth baseball, and will continue to be.”

Dr. Hale has been with Little League Baseball since 1955 when he moved to Williamsport and was hired as Director of Research. In the last 45 years his role expanded as he became Assistant to the President (1956), Vice President (1958), Executive Vice President (1971), President (1973), then Chief Executive Officer (1983) and, most recently, Senior Advisor (1996).

Dr. Hale has received numerous national awards and recognition for his work in improving the safety of baseball. In 1995, the International Grove area of Little League Headquarters was named in his honor.

Didn't get yours?

Call the ASAP Hotline at 800/811-7443. Leave your name, address and league name and ID number and we'll send the 2000 Safety Officer Manual on CD right out! Please spell your name and league name. Call today!



Suggestions for Warm-up Drills



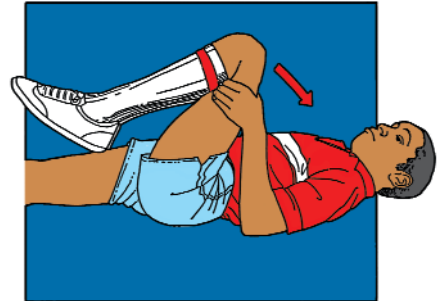
Heel Cord Stretches

Lean up against a wall. Reach one leg behind you. Keep the knee straight, heel on the ground, and toes pointed forward. Slightly bend the leg that's closer to the wall. Lean forward. You should feel the stretch along the back of your calf. Repeat with the other leg.



Head and Neck Circles

Make a circle with your head, going around first in one direction five times. Then reverse and make five circles in the opposite direction.



Low Back Stretches

Lie on your back, bring one knee up, and pull the knee slowly toward your chest. Hold and repeat three times. Switch legs and repeat.



Shoulder Stretches #1

Stand or sit, holding your throwing arm at the wrist with your other hand. Put your arm over your head and pull gently, feeling your upper arm against your head. You should feel the stretch inside your shoulder.



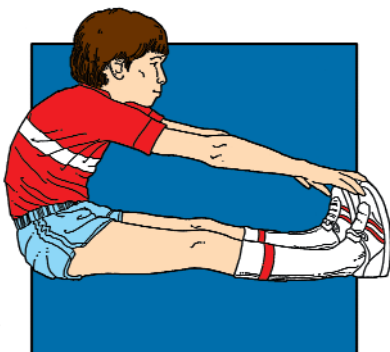
Shoulder Stretches #2

Stand or sit, holding onto the elbow of your throwing arm with your other hand. Gently pull your throwing arm across your chest. You should feel the stretch inside your shoulder, especially at the back.



Shoulder Stretches #3

Stand or sit with your pitching arm out to the side and your elbow bent. Move your arm back until you feel the stretch in the front of your shoulder.

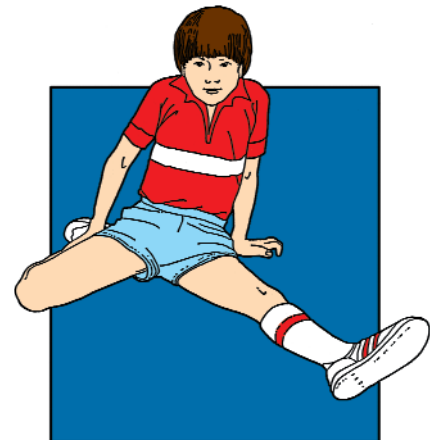


Thigh Stretches #1

Sit on the floor. Stretch both legs out in front of you. Reach forward, touching your toes. Eventually, you want to lean forward far enough to put your head on your knees. You should feel the stretch along the backs of your legs.

Thigh Stretches #2

Sit on the floor with one leg stretched out in front of you. Bend the other knee and put your foot behind you. Lean backwards. You should feel the stretch along the front of your thigh.





Safety planning tops questions list

Q: *“My question concerns the safety plan. Does this apply to every level of Little League from Big League down to Tee Ball League? Secondly, the requirement for first aid training for coaches and managers; does this also pertain to every level?”*

**Ed Wodalski, safety officer
DC Everest, Wis., Little League**

A: Yes, the safety program you implement for your league should address each division of play and age group in your league.

Some portions of your plan will need to be directed to certain age groups, but you should consider them all when putting a safety program together. For instance, your Tee Ball or Minor League players would benefit from information on safe bike riding techniques, while your Senior or Big League players could use information about the dangers of spit tobacco and cigarette use. Having all these items included in your program will make it well-rounded and helpful to all your players. Secondly, all coaches need to have some first aid training. Whatever division they coach, they are responsible for their players’ safety and well-being. The requirements of the safety plan call for mandatory training, but an exemption has been made allowing less than 100 percent attendance. To qualify, at least one coach or manager from every team must attend first aid training; more are preferred.

Q: **From asap@musco.com email address:** *“I was given the asap@musco.com address for information regarding safety issues and questions. I am unable to open this site. Could you assist with any information to get to the little league safety website?”*

A: The Little League Web site has ASAP information. The asap@musco.com is just an email address to send questions, comments or tips for use in the ASAP News, the monthly safety officer newsletter. If you go to: <http://www.littleleague.org/manuals/asap> you will find the Safety Officer Manual, which helps safety officers develop and implement a safety program for their leagues. This is the same material which was sent on the 2000 Safety Officer Manual on CD earlier this year. If you did not receive this manual, please call the ASAP Hotline at **800/811-7443** and leave your name, address and league name and a manual will be mailed.

Q: *“I am a new safety officer this year, and I am trying to replace first aid manuals in our teams’ first aid kits. The book is *Prevention and Emergency Management of Little League Baseball and Softball Injuries*. Please send any info available.”*

**Paula J. Duncan, safety officer
Brooklyn Center, MN American Little League**

A: The booklet you refer to is used in the *Prevention and Emergency Management of Little League Baseball and Softball Injuries* seminar, a free first aid clinic for Little Leagues. The manual is given to all coaches who attend. First aid training is one of the 12 requirements for your league to have a qualified safety program, and be eligible for a 20 percent credit on your LL/CNA player accident insurance premium. To take part in this training, call Dianne Fisher at Little League Headquarters in Williamsport at 570/326-1921 for more information and to receive the free student manuals and instructor’s handbook.

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



Or write to us at:
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What's Inside

PAGE

1

PLAY IT SAFE!

Are you putting
together a plan
for safety?

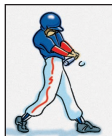


PAGE

2

BATS IN FOCUS

NCAA approves
bat restrictions
for coming year



PAGE

5

SAFETY CHATTER

Safety plans are
center stage for
SO questions



HOTLINE IDEAS

FROM READERS

"I have a suggestion not only for safety but training education purposes, too. I'd like to see all the leagues start their own video library, for dads and moms who are called to coach Tee Ball or any other division. A lot of them don't know what to teach. So if we can teach the dads and moms what to teach, the kids would be a lot better off; they would benefit a lot from that. You can do this through your local library. Ask your library to see if the league would buy the tapes, would the library control them as far as checking them out and back in. Plus, you would also be getting your kids into your local library to support your library."

**Tim Laughlin, district safety officer
Delaware District 3**

(Editor's Note: Training information is now available on the
MyTeam.com Web site or littleleague.org)

"We are creating a 'zero tolerance' policy for kids causing problems around our sports complex this year. Last year we had a lot of trouble with non-Little Leaguers getting into fights, stealing and causing problems."

**Brian Ridner, safety officer
National Little League of Albany, NY**

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

The 2000 Safety Officer Manual
will soon be to you! Didn't get it?
Call the ASAP Hotline!

ASAP News

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