



ASAP *news*

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

Crunch Time!

Deadline Looming

Postmark safety plan by *May 1st* to qualify

"So much to do, so little time..."

This is what one recent caller lamented on the ASAP Hotline, so if you feel the same way, you're not alone.

Your league's safety plan must be postmarked by May 1, to qualify for the 20 percent player accident insurance premium credit on your Little League/CNA Insurance.

All plans will be judged by the criteria set in the Safety Officer Manual, and the four regional first and second place winners will be announced in late July or early August. The four best plans' developers will earn a trip to the Little League World Series in late August. The regional first place winning plan's league president and safety officer will be recognized on-field at the World Series, as well as gaining \$500 in safety equipment for their league.

The safety plan judged to be the best in the country will win a Musco lighting system for a 200-foot field, worth over \$20,000.

Building a safety plan which addresses the 12 requirements will not only earn you a credit on your player accident insurance premium, but will also

reduce the number of kids and adults who are injured in Little League annually. That's the goal: to create awareness, through education and information, of opportunities to provide a safer environment for kids and all participants of Little League Baseball.

Did you know?

The number of safety plans submitted has steadily been growing, but we need your help to push the safety effort past its next milestone.

In 2000, almost 33 percent of all leagues across the country submitted qualified safety plans. Even better is the fact that about 40 percent of all teams in Little League were then covered under an active and qualified safety plan, helping them avoid injuries.

By doing so, leagues of all sizes earned a total insurance credit of almost \$350,000. That's great!

But did you realize that means almost \$650,000 went unclaimed by leagues who did not submit safety plans? Don't be left out. Start your safety plan today, and start reaping the rewards of a safer environment for everyone in your league this year. You can make a difference in your league.

Little League Baseball
E-NEWS
Fast... Fresh... Free!



Want to improve safety? Spread the ASAP News!

Stuck by your mailbox waiting for the latest *ASAP News* to arrive? Wait no more!

The *ASAP News* is available on the Internet, and has been for about a year. But now if you or anyone in your league would like to be notified when it is available each month, you can sign up now for an automatic email letting you know! The *ASAP News* reaches the Web audience several weeks before it reaches your home, due to printing and mailing time needs. This is free, and can be downloaded by anyone in your league, official, umpire, coach, or parent.

The sign-up is quick and easy, and allows you to be notified of the latest issue of *ASAP News*, rules changes, Little League news releases, World Series updates and scores, and much more. Check it out!

Got to: <http://www.littleleague.org/enews> to sign up for all the latest information from Little League, including the latest safety news from *ASAP News*.

Safety Plan Ready? Check!

Check here to make sure you've covered 12 minimums

Is getting ready for the new season getting to you?

To ease your stress, check out our check-list below. We've put together the 12 minimum requirements for a safety plan to qualify for the 20 percent credit on your Little League/CNA player accident insurance premium.

Remember, this is a credit on your insurance, not a discount, so your league will receive it after all the plans have been evaluated and the qualifications met, usually in late July. The average league submitting a qualified safety plan receives around \$155 for their credit.

What you should know

First, if you did not receive a 2001 Safety Officer Manual on CD, you need one. Call the ASAP Hotline (800/811-7443) and give your name, league name and a mailing address to which you'd like the information to go. We'll get the Safety Officer Manual right out to you.

Requirements

To implement a safety plan to qualify for the 20 percent player accident insurance credit, you will need to address 12 basic requirements. Those were outlined in the Safety Officer Manual, but let's review. **NOTE: Even if you submitted a qualified safety plan last year, you must re-submit one each year with mandatory training issues.**

- 1. Have an active safety officer.** If you are the league president, you need to appoint a safety officer who can devote a fair amount of time to your league's safety.
- 2. Publish and distribute a safety manual including:**
 - A policy statement and safety code;
 - Emergency procedures for injuries.

(Refer to the safety manual for coaches from Fairfax, Va., Little League, national winner in '99, a good example for part of your safety plan.)
- 3. Post and distribute emergency phone numbers:**
 - Include ambulance and police/fire station numbers;
 - The phone numbers of key league officials.
- 4. Complete Facility Survey for all your fields.** If your league submitted one last year, just submit a copy with any changes noted. No changes? Just change the date.
- 5. Require coaches/umpires to walk fields looking for hazards before a field is used for any purpose.**
- 6. Inspect all equipment before use.**
- 7. Hold mandatory pre-season coaches training on first-aid and coaches training on proper mechanics/fundamentals.**

- List the **dates** and **locations** this training was held in your safety plan to qualify.
 - To request the free Emergency Management Training Program for first-aid training, call Little League Headquarters (570/326-1921); ask for Dianne Fisher.
 - Local coaches — high school and college — are great resources for training Little League coaches. Many will gladly help to improve the quality of players.
- 8. Require a first aid kit at each game and practice.**
 - Local hospitals, clinics or medical supply companies may donate supplies to help.
 - 9. Enforce rules, including wearing proper equipment.**
 - Most Little League rules have some basis in safety — follow them;
 - Make sure players have required equipment at all times, including catchers during warm up.
 - 10. Concession managers trained in safe food handling/preparation and safety procedures.**
 - Local restaurant owners are a good resource for training assistance;
 - Check out the April, 2000 ASAP News for tips;
 - Training should cover safe use of equipment.
 - 11. Implement prompt accident reporting and accident tracking procedure.**
 - Accident forms sent to safety officer within 24-48 hours of incident is recommended;
 - Accident forms are available through Little League; tracking reports are available in your SO manual.
 - *12. Have telephone access at all activities, including practices.**
 - Have emergency access to a phone anytime kids are in practices or games — on-site, neighbors, cell, etc.
 - Many cell phone companies will give you old cell phones which would be otherwise destroyed; they still work for calling 9-1-1, they just don't receive calls; ask your local cell phone service.

** Highly recommended, not required.*

When you fill out your registration form, make sure you list on the back page where each of the requirements can be found in your submitted paperwork. Blanks for this information are included beside the checklist. This saves time and unnecessary delays in getting your plan approved for the player accident insurance credit, as well as getting it forwarded to the awards judges. ***You will be notified by mail after your plan is received, and if it qualifies.***

Sport Parent Code of Conduct

Preamble

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these “six pillars of character.”¹

I therefore agree:

1. I will not force my child to participate in sports.^{2,9}
2. I will remember that children participate to have fun and that the game is for youth, not adults.^{6,9}
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.⁹
4. I will learn the rules of the game and the policies of the league.^{7,3}
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.¹⁰
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.^{3,6,7,8}
7. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.^{5,2}
9. I will demand that my child treat other players,

coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.^{6,9}

10. I will teach my child that doing one’s best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.²
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.²
12. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.^{2,5}
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.¹⁰
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.⁹
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.^{4,7}
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.⁶
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.⁴

Parent/Guardian Signature

(See next page for list of references.)

Keep parents in check with ‘Sport’ contract

If your league has been struggling with a way to handle increasingly volatile spectators, here’s a way which the National Youth Sports Safety Foundation has for getting parents to take responsibility for their own actions at competitions. We suggest parents sign this contract at the beginning of each season to reinforce the proper attitudes of spectators, and the impact they have on players.

Last year, more than thirty heads of Massachusetts’ chapters of national sports and medical associations, educational organizations, and professional associations met at Children’s Hospital in Boston to participate in a consensus meeting to develop a sport parent code of conduct for the state. Little League Baseball was represented and assisted the formation of the contract above.

National Youth Sports Safety Month

The month of April has been proclaimed National Youth Sports Safety Month. The national health event was initiated by the National Youth Sports Safety Foundation, Inc. in 1993 to promote safety in sports participation.

More than sixty national medical and sports organizations support National Youth Sports Safety Month, including the American College of Sports Medicine, The President's Council on Physical Fitness and Sports, and The United States Olympic Committee.

Each year the campaign focuses on a different aspect of injury prevention. Past campaigns have addressed: the emergency plan, pre-participation physicals, individual risk factors, coaching education, eating disorders recognition of sports injuries, and safety equipment.

This year the focus will be on emotional injuries in youth sports. Resource materials for National Youth Sports Safety Month are available on-line, including:

- Emotional Injuries Fact Sheet
- Tips for Kids
- How To Be A Supportive Coach
- Golden Rule of Coaching
- Sport Parent Code of Conduct
- Ways to Promote Youth Sports Safety

Tips for Kids:

- The most important thing is to *Have Fun!*
- Remember youth sports are only a game designed for your enjoyment. Play to please yourself and have a good time.
- Learning how to play the game is more important than winning and losing.
- Some children grow faster than others and some have better coordination earlier than others. Everyone catches up eventually. Be patient.
- Who you are as a person does not depend on your wins and losses.
- Treat other athletes and your coaches with respect. Everyone is trying their hardest.
- Honor the rules of the game.
- Be a good sport and support your team mates.

About the NYSSF

The National Youth Sports Safety Foundation, Inc. (NYSSF) is a national non-profit, educational organization dedicated to reducing the number and severity of injuries youth sustain in sports and fitness activities. The foundation is the only organization in the country solely dedicated to this objective.

At the heart of the foundation's mission is a commitment to promote the healthy development of youth, and to keep them physically active and in sports for life.

Sport Parent Code of Conduct References

The **Sport Parent Code of Conduct** has been compiled from the following national organizations and local youth sports' Parent Codes of Conduct:

1. Arizona Sports Summit Accord
2. Character Counts
3. Heartland Soccer Club
4. Kidsports
5. Mt. Laurel Soccer Club
6. National Alliance for Youth Sports
7. National High School Athletic Coaches Assoc.
8. Pop Warner
9. Rosemont Area Athletic Association
10. USA Hockey



Additional recommended resources for conduct and sportsmanship for coaches and athletes: Arizona Sport Summit Accord, United States Olympic Committee (USOC) Coaches Code of Ethics, and the Character Counts Coalition.





'Are there batting cage rules?'



"Please send me a recommended list of batting cage safety rules that our league can follow. We have a new structure that uses a pitching machine."

**Lynn Eisbeg, safety officer,
Alpine/West Menlo Little League,
Portola Valley, Calif.**



The following guidelines are based on questions Little League Headquarters asks of leagues before a batting cage is listed as an additional insured. Based on the list, rules you should implement:

1. Adult supervision is required at all times when the batting cage is in use.
 2. If it uses a machine to deliver the balls, the pitching machine must be operated by an adult.
 3. Only one batter and one pitcher/pitching machine operator are allowed in the cage at a time.
 4. The pitcher/pitching machine operator must use an "L" fence protector.
 5. Lock/secure the batting cage at all times when not being used by the league.
 6. Enforce helmet use for everyone in the batting cage: hitters and pitchers.
 7. Place second fence around the batting cage at a safe distance to keep people from being struck by balls hit into the netting, causing the netting to flare out.
- Also, talk to the Risk Management Department at Little League Headquarters about adding this item to your insurance policy, if you haven't already done so.



"Are parents who just come out to help umpire covered by insurance?"

**John Evito, safety officer
Arupa Little League, Riverside, Calif.**



People asked to help umpire a game would be covered, states Dan Kirby, risk management director for Little League Baseball. However, the same would not be the case for people helping at practice, stepping in as a coach. Coaches and managers **MUST** be approved by the league president, and go through a formal process of being appointed to a team. It is unsafe and undesirable to have people sidestep the appointment process, which could include background checks. These people are not appointed, so would not be covered under the insurance policy for volunteers. However, a team can have as many coaches as they have people wanting to be appointed. Only one manager and two coaches can be on the field for any game, but having more coaches who have been appointed by the league can help prevent team practices where only one approved adult is available.



"Our township is upgrading our fences along the sidelines from four foot fences to six foot fences, from the dugout extending 80 feet toward the outfield corners. We'd heard Little League was looking at requiring fields be enclosed. Is this so? The areas were left open to allow ambulances to drive over outfields to get to outlying fields, to avoid the sometimes congested parking lots."

**Lisa Gaydos,
Kendall Township Little League, Smith Creek, Mich.**



Regular season games are not required to be enclosed, according to Kirby. Because of multi-use fields, where a baseball field's outfield might be used for soccer, Little League is not looking at requiring enclosed fields for regular season games. Post season tournament games need to be enclosed, even if just with temporary fence.

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:
ASAP
100 1st Ave. West
Oskaloosa, IA 52577



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What's Inside

PAGE

1

DEADLINE TIME
May 1st is coming! May 1st is coming!



PAGE

2

SAFETY CHECK
Think your safety plan is ready? Check!



PAGE

5

SAFETY CHATTER
'What are batting cage requirements?'



HOTLINE IDEAS

FROM READERS

How to survive a heart attack when alone

(Since many adults are alone when they suffer a heart attack, this article seemed in order.) Without help, the person whose heart stops beating properly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough. The cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital. Tell as many other people as possible about this, it could save their lives!

The 2001 Safety Officer Manual

has been delivered! Didn't get it? Visit:

www.littleleague.org/manuals/asap or call **800/811-7443**.

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

Have a tip, question or request? Call the ASAP Hotline.

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