



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

Making It Safer

Safety on the *RISE*

Leagues make it 'safer for the kids' with record participation

Way to go! The counting is over, and this year more players, volunteers and fans are covered under safety plans than ever before. Thirty-eight percent of all leagues in the country, 2473 chartered Little Leagues, implemented a safety plan this year, five percent more than in 2000.

Several areas in the country pushed their comfort levels in developing safety programs much faster than the national average. Virginia still leads all states at 94 percent, but 15 states now have 40 percent or better participation. The state with the largest number of leagues in the country, California, has now surpassed 56 percent of leagues with qualified safety plans.

West at 50 Percent

The West Region also surpassed the rest of the regions, with 50 percent of all leagues implementing qualified safety plans this year. The next leader, the East Region, had 36 percent, while the South Region had 34 percent and the Central Region had 31 percent.

"I think that's significant," noted Risk Management Director Dan Kirby, when announcing the new numbers. "When I look at the West Region, it has 49 percent of all District Administrators in the awards categories of 50 percent participation or better for their leagues. It's certainly encouraging.

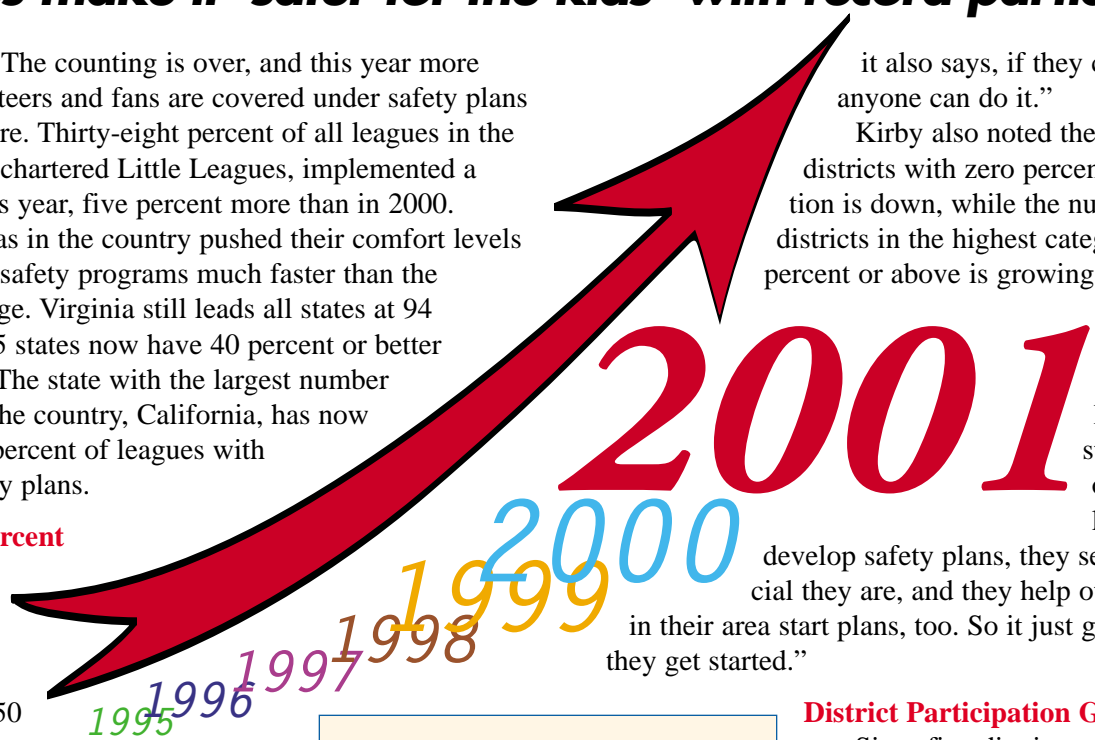
"It's also encouraging to see the largest state in participation, California, with over 50 percent," Kirby continued. "With over 800 leagues in that state alone, it takes considerable dedication to achieve that level of performance. But

it also says, if they can do it, anyone can do it."

Kirby also noted the number of districts with zero percent participation is down, while the number of districts in the highest category of 90 percent or above is growing. "The reason

we want to see more districts leave the zero status is that once a couple leagues

develop safety plans, they see how beneficial they are, and they help other leagues in their area start plans, too. So it just grows, once they get started."



ASAP Safety Participation	
Year	Percent
1995.....	0.5
1996.....	7
1997.....	11
1998.....	18
1999.....	25
2000.....	33
2001.....	38

District Participation Grows

Sixty-five districts are in the highest category of 90-100 percent participation by their leagues, while 20 districts now are at the 75-89 percent participation level, and another 62 have passed 50 percent. The DA's and DSO's in the awards categories will be recognized at the Little League World Series.

Some of the states deserving of recognition from 2000 to 2001 are: Rhode Island, moving from 43 percent to 64 percent; Oregon, from 25

percent to 44 percent; West Virginia, 39 percent to 54 percent; Montana, from 52 percent to 65 percent; South Dakota, from 22 percent to 33 percent; Washington, 54 percent to 62 percent; Idaho, 50 percent to 58 percent; and New York, 28 percent to 35 percent.

Heat, Humidity Spell Danger

High heat with humidity form dangerous combination

June, 2000 ASAP News

On hot summer days, protecting your players from potentially deadly injury may depend on what you *don't* do.

Children's heat regulating processes are not fully developed, and their skin surface is proportionately greater than that of an adult's. So exposing players to prolonged workouts or games in high heat, or mild heat with high humidity, is a risk you shouldn't take.

Because their body surface to weight ratio is high, a child's skin actually works against them, taking in more heat than they can absorb internally; so where an adult's temperature might slowly climb as they become overheated, on a hot, humid day a child's will skyrocket, leaving little time to react.

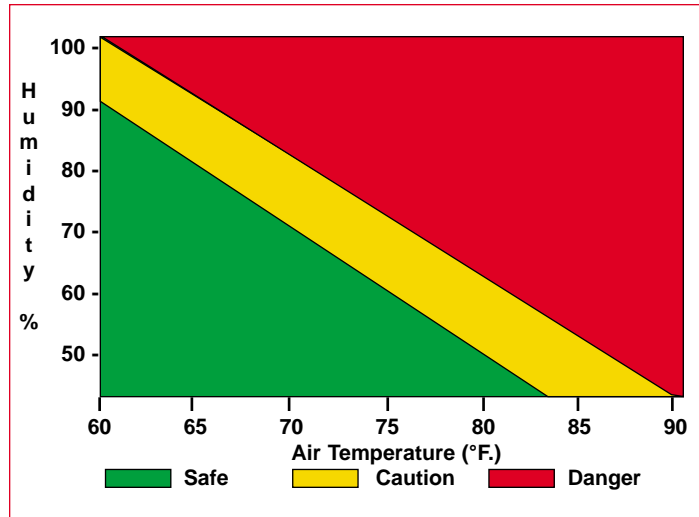
To protect players from heat illnesses — heat stress, heat exhaustion and heat stroke — make sure all your players are properly hydrated before games and practices. Make sure your coaches know to schedule drink breaks every 15 to 30 minutes during practices on hot days, and to encourage players to drink between every inning.

If you are not sure how much fluid to drink, you can monitor your hydration using one of these methods.

1. Weight: Weigh before and again after practice. For every pound players lose during the workout they will need to drink two cups of fluid to rehydrate their bodies. Doctors recommend players drink enough clear fluids to be back to their normal body weight before playing/practicing again in high heat.
2. Urine color: Check the color of your urine. If it's dark gold like apple juice, you're dehydrated. If you are well hydrated, your urine will look like pale lemonade.

When to Play

With All-Star games already upon us, make sure coaches aren't over-scheduling practices. Practices should always occur in the morning before noon or in the evening, as temps start to moderate.



On hot days, many leagues have a mandatory break every three innings for all participants — especially needed for umpires, catchers and pitchers — to cool off and rehydrate.

What, When to Drink

- Drink 10 to 16 ounces of cold fluid about 15 to 30 minutes before workouts.
- Drink 4 to 8 ounces of cold fluid during exercise at 10 to 15 minute intervals.
- Drink a beverage that contains a small amount of sodium and electrolytes like potassium and chloride.
- Start drinking early in your workout because you will not feel thirsty until you have already lost two percent of your body weight; by that time you will already be significantly dehydrated.
- Avoid carbonated drinks, which can cause gastrointestinal distress and may decrease the fluid volume.
- Avoid beverages with caffeine due to its diuretic effect.
- Research has found that sports drinks containing between 6% and 8% carbohydrate (sugars) are absorbed into the body as rapidly as water and can provide energy to working muscles that water cannot.



(See May, 1999 ASAP News for more info and full-size poster: "When It's Hot, Drink Before You're Thirsty." at <http://www.littleleague.org/manuals/asap/newsletters>)

Detect, prevent heat injuries

Know how to recognize & treat heat injuries to keep your players safe

May, 1999 Safety Newsletter

“With the heat approaching in some areas and already there in other areas, here is something to be alert for. Not only should you keep an eye on the players, during a game, but also the umpires. Hopefully we will not have any problems as long as we follow the advice below.”

**Lee Joyce, Safety Officer
Deer Park Little League
Virginia District 7**

✓ **Heat Stress:**

What is heat stress? Basically take a hot job, add a hot day, and add high humidity and it all can add up to **heat stress!**

This condition occurs when the body is unable to regulate its temperature. This is the body’s way of saying, “I can’t take the heat anymore.” There are three kinds of heat-related problems you may experience: heatstroke, heat exhaustion, and heat cramps. They can occur separately or in combination.

Mild Disorders:

Fainting: Lets you know that your body is having difficulty coping with the heat. As you know when you faint, you fall and when you are on the field and fall you can get hurt or hurt others.

Heat Cramps: Tend to attack the muscles that do the hardest work, especially when it is hot. A good rule is to drink half a glass of water every 15 minutes for an hour if you experience heat cramps.

Prickly Heat: Is a rash caused when sweat doesn’t evaporate. Sweat ducts become clogged and sweat glands became inflamed.

Lee Joyce is the Virginia District 7 safety officer. Here is one of the e-mail newsletters Joyce prepared as District Safety Officer. To join the e-mail list, contact: vastatell_safety@dp11.org

✓ **Heat Exhaustion:**

This is a more serious disorder that develops when the body loses more fluid through sweating than it is taking in.

Symptoms:

- Sweating profusely
- Near normal body temperature
- Clammy skin
- Pale or flushed complexion
- Weakness
- Dizziness
- Nausea

First Aid:

- Move the person to shade or a cool place.
- Have patient lie on their back with feet elevated.
- If conscious, give half a glass of water every 15 minutes.
- Get medical help.

✓ **Heat Stroke:**

Heat stroke is a **medical emergency!** Heatstroke occurs when the body’s heat regulating system breaks down under stress and sweating stops. Unless the victim receives quick treatment, death can occur.

Symptoms:

- No sweating (or victim may be sweating profusely)
- High body temperature (105° or more)
- Hot, dry, flushed skin
- Confused, delirious behavior
- Loss of consciousness or coma

First Aid:

- Call immediately for medical help, and then start first aid
- Move the victim to a cool place
- Cool the victim quickly by giving a cool bath (sponging with cool water) and by fanning
- Treat for shock
- Offer a conscious person half a glass of water every 15 minutes

✓ **Hot Weather Tips**

Safety Concerns:

There are other problems with heat that you may not realize until it is too late. Heat stress can alter your coordination, lessen your concentration, reduce strength and alertness, and make you irritable.

Ways to Avoid Heat Stress:

Acclimatize: This means allow your body to adjust to the heat naturally. The best way to do this is to gradually increase the time you spend in the heat until you reach the total amount of time desired.

Drink Water! One of the most important things to do is drink plenty of water during hot weather. The body can lose as much as three gallons of fluid a day while working in hot, humid weather. Drink some cool water every 15-20 minutes.

Use Salt: Add salt to your food but don’t over-do it, such as taking salt tablets. If you have high blood pressure, heart problems or circulatory ailments, consult your physician.

Eat Lightly: Light, nutritious meals, preferably cold are better for you due to the fact that they are easier to digest. Fatty foods are hard to digest, and hot weather makes them that much harder to digest.

Asthma Emergency Signs

Seek Emergency Care If A Child Experiences Any Of The Following:

- + Child's wheezing or coughing does not improve after taking medicine (15-20 minutes for most asthma medications)
- + Child's chest or neck is pulling in while struggling to breathe
- + Child has trouble walking or talking
- + Child stops playing and cannot start again
- + Child's fingernails and/or lips turn blue or gray
- + Skin between child's ribs sucks in when breathing

Asthma is different for every person.

The "Asthma Emergency Signs" above represent general emergency situations as per the National Asthma Education and Prevention Program 1997 Expert Panel Report.

If you are at all uncertain of what to do in case of a breathing emergency...

Call 9-1-1 and the child's parent/guardian!

Michigan Asthma Steering Committee of the Michigan Department of Community Health



'Can players play with casts?'



"We have a player in our league who has a hard cast on his arm, up to his elbow. I believe I have read it in my safety information that no player can play with a cast. I am being asked if he can play in the outfield. Please let me know Little League's rules regarding casts."

**Sallie Wilhelmi, safety officer
Cactus Foothills LL**



"What is Little League's stance on a player playing with a fractured wrist with a hard cast to his elbow? Would it be OK for him to put foam around it?"

Thanks, Don



According to Rule 1.11 (k) "Casts may not be worn during the game." There is no exception for what position a player is at, nor for putting foam around the cast. LLB Risk Management Director Dan Kirby has stated in neither games nor practices are players allowed to participate until the cast has been removed and a doctor has released the patient to play. A doctor saying the player may perform before the cast has been removed does not replace the rule above. The rule is not just for the player's safety, but for those around him. Players interact with other players both on field and at bat, and pose a risk both to re-injure themselves before they are healed and possibly injuring another with the cast. Finally, the league's insurance will likely not cover a player returning before an injury is healed. So if a casted extremity is injured while practicing or playing in a game, it would be excluded from insurance coverage as a pre-existing condition. It's just not worth the risk to the league to allow players with casts to participate until the cast is removed.



"I have been advised by our District 12 safety director that batting helmets with stickers on them are not to be used during Tournament Play. Our League buys nothing but Rawlings MPH helmets. For 10 years we have put a sticker that reads Lincoln Glen Little League on the front of these helmets. Rawlings has told us that this in no way results in voiding the warranty as most colleges and pro baseball teams do the same thing to their similar Rawlings helmets. The inability to use these helmets would cause an undue hardship on our league as we would need to purchase an additional 50 helmets within the next week. What do you suggest?"

**Keith Dorsa, safety director
Lincoln Glen Little League, San Jose, Calif.**



Kirby said he sees nothing wrong with using the helmets as long as you have written permission from the manufacturer. You need to be able to show a letter on Rawlings letterhead to your district safety officer that you have permission to put the sticker on the helmet. The issue is one of compliance as well as safety. Putting just any sticker on a helmet, with unknown adhesive, could cause an interaction between the helmet and the sticker, weakening the helmet at that spot, and thus risking the safety of the wearer and potentially voiding the manufacturer's warranty on the performance of the helmet under normal playing conditions. So you risk liability issues and you risk the safety of your players in using them if they aren't safe. If you cannot get written permission from the manufacturer for the stickers, you should discontinue use of the helmets and replace them. **NOTE: Helmets should not be painted, nor stickers applied, without written permission from the manufacturer of the materials being used or applied.**

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

Check past ASAP News issues

*The following is an index to the issues available at:
<http://www.littleleague.org/manuals/asap/newsletters>*

June 2001

Safety Effort Takes Effort: Virginia leads way
Check your league's safety plan status
Lighting guidelines: Check your lights each year
Q&A: 'Are safety railings required?'
Q&A: 'Can coaches catch pitchers?'

May 2001

The ASAP Effect: ASAP proves value
'Now is the time!' Sign up with Little League E-News
Rules changes approved in Ottawa

April 2001

Deadline Looming: Postmark safety plan by May 1
Safety Plan Ready? Check! Check here to make sure
Sport Parent Code of Conduct: Contract for parents
National Youth Sports Safety Month
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March 2001

A True 'Rite of Spring': Leagues fix problems
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Warn kids of railroad tracks' danger
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January/February 2001

How Avon Grove Hit #1: Pennsylvania league best
AAP: Female competitors at risk for concerns
Guidelines changed for giving CPR
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Get Ready for 2001!: Plan now for a perfect season
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Tips for Safety Officers
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September 2000

Be Prepared for Accidents: Free first aid course
Regions' safety participation highlighted

August 2000

Avon Grove Area #1: Pennsylvania league takes honors
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League saves funds making own ice packs
'Sunwise:' Cut kids' skin cancer risk
Tips for healthy sun safety
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Q&A: 'Do catcher's masks need guard?'

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Prepare for allergy attacks, insect stings
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Check — carefully — for problems

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Getting safety plan up and going: May 1 deadline

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Properly stocked first aid kit helps players' health

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Background Check Protects Players

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Study: Pitchers should strengthen legs, too

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Warning tracks keep fielders aware of 'danger zone'

Q&A: 'Do rules prohibit grass base paths?'

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Students umpire LL games for love, college money

Can protective cup be required locally?

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October, 1998

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Virginia Beach builds on safety awareness

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See all the info
on all the past
issues of News



HOTLINE TIPS

FROM READERS

"We contacted the village public works department to stripe a cross-walk across the street from the area where people park their cars and then they walk through the crosswalk safely to the fields. And we also asked them to put up a 'Children At Play' sign on the road where people travel. So my suggestion to other leagues is, if they have to park on a residential street and walk to the park, make sure the public works paints a crosswalk, or two or three, so you can safely walk your children to the park."

**Tom Lutzow, safety officer
Dundee, Ill.**

"Here's a tip for parents, coaches and all personnel at the ballpark when leaving and going to their cars in the parking lot: Instead of walking directly to the driver's side, have them walk around to the passenger side and then come around the rear end or front end. They can then make sure no player is sitting, or any equipment is laying, behind their car or vehicle. All my leagues have been asked to do this, and I will reiterate it at the next meeting."

**Bernard Ashley, District Administrator
Georgia District 8**

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24 HOUR TOLL-FREE
800-811-7443

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Fax: 641/673-4852

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