

ASAP news



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

The 2002 season is just around the corner.

Developing a safety program could be the best effort you can give to improve your league. Now is the time to get started, or brush up your plan from last year. Your ASAP safety plan must be postmarked by May 1, 2002, but send it in as soon as you are done to speed its review.

At the start of 2001, Little League reported a 58 percent reduction in injuries since ASAP was started in 1995. An astounding decrease in injuries thanks to committed volunteers all around the country. And that was with just one-third of the leagues in the country participating.

Changing Injury Trends

For years Little League had seen the same general number and types of injuries occurring each year; not the same ones in the same places year after year, but the same trends. Sliding injuries caused by poor technique, injuries to infielders from bad hops or trips, and similar trends.

Now, volunteers like you are breaking the trends, breaking the chain of repetition. Safety officers are taking advantage of the ASAP Safety Officer Manual to develop and implement safety plans that are making a difference. If one-third of leagues can reduce injuries by over half, what could we do if half of all leagues were involved? Or two-thirds?

Are you ready?

This is a sport. Injuries will never completely disappear. However, ASAP is striving to raise the awareness of everyone involved in the program to prevent needless injuries to players caused from improper technique, dangerous facilities and faulty equipment.

see how your league and district is doing! Now, leagues and district personnel can use this resource to see when a plan was submitted, what its review status is, and whether it has been approved. If time allows, districts can offer help for any leagues' plans that haven't been approved. Or, leagues can review their omissions, revise the plan and resubmit it.

Remember, the sooner you get your plan in, the more time Little League will have to alert you to any concerns which could keep you from being approved to earn the 20 percent

player accident insurance credit on your Little League / CNA Insurance. Last year over 100 plans did not receive approval due to unresolved questions.

If you haven't received your ASAP Safety Officer Manual on CD, call 800/811-7443 today and leave your name, league name and address and we'll get one right out. Together, we're all making it "safer for the kids." ♦



With everyone working together, we're seeing dividends from reduced player and volunteer injuries, increased insurance coverages and reduced premiums in states with the best participation.

Improvements just keep coming!

Little League has upgraded their tracking system for leagues that have submitted safety plans.

Go to: www.littleleague.org/plans.asp to

Facilities Safety Checklist

- ▶ Do you provide a first aid kit for each team?
- ▶ Do you have telephone access at each field?
- ▶ Do bleachers have hand and back guard rails?
- ▶ Do bleachers have spectator foul ball protection?
- ▶ Do you ground all metal bleachers?
- ▶ Do you inspect wood bleachers annually?
- ▶ Do you use breakaway bases?
- ▶ Do you use double first bases?
- ▶ Do you install warning tracks for each field?
- ▶ Do you test light levels annually before each season?
- ▶ Does an electrician test lights' electrical systems annually?
- ▶ Are batters' eyes installed in each center field?
- ▶ Are pitchers' eyes installed behind each backstop?
- ▶ Are fence caps used to protect players from wire fence edges?
- ▶ Are fenced, limited-access bull pens available for warm-ups?
- ▶ Do you separate parking areas clearly from pedestrian areas?



Safety Fix



Getting Ready for A New Season

Spring is here: Time to fix it, build it, or prepare it for another season. Make sure when your volunteers begin working around your complex they are working safely. Post these recommendations to keep safety in mind even before the season starts.

1. Hand-y Safety Reminder

Your hands perform your work, so they're directly exposed to all kinds of hazards. Approximately 70 percent of people who injure their hands while working aren't wearing gloves.

Gloves should be worn to protect from cuts, abrasions, burns, punctures, skin irritations and electrical shocks. The gloves worn should be designed to protect against the particular hazard to which you are exposed.

The following are recommended gloves for particular work activities:

- Metal mesh gloves – prevent cuts from knives or other sharp objects.
- Leather gloves – protect against rough objects, chips and sparks, or moderate heat.
- Cotton fabric gloves – protect against dirt, splinters, slippery objects, or abrasions. **DO NOT** use this type of glove if you work with rough, sharp or heavy materials.

- Rubber, neoprene, vinyl or other types of gloves – protect against particular chemicals.

2. See the Hazards to Sight

Shatterproof safety glasses with side protection, safety goggles and face shields provide good eye and face protection. They come in a variety of styles that keep things out of your eyes and let you see clearly.

The following is a list of work activities and the recommended eye and face protection:

- Chipping, grinding, machining, woodworking, sawing, drilling, chiseling, riveting and sanding activities present a hazard from flying particles, objects, particles, etc. Recommended personal protective equipment (PPE) - safety eyeglasses with side protection, goggles or a face shield.
- Chemical handling present a hazard from splashes or mists. Recommended (PPE) - splashproof goggles.
- Light from welding brazing or soldering activities present an optical radiation hazard. Recommended (PPE) - welding shields, goggles or face shields.

3. Up or Down, Footing Safety

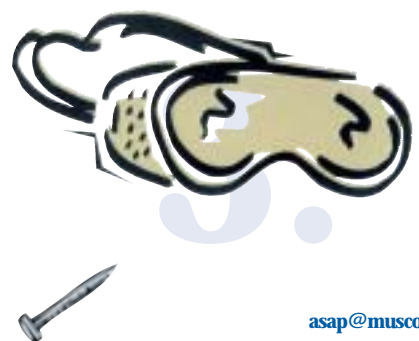
Remind your volunteer workers that when they choose work shoes, they should consider dangers from above and below.

Volunteers performing maintenance probably go for steel-toed shoes or boots. That protects their feet from anything that could fall on them. But they should also check whether the soles of the footwear are puncture-resistance. That way a nail, wire, or other sharp object won't injured their foot if they accidentally step on one.

Thanks to Lee Joyce, DSO, Va. District 7 and his Safety Email Server for this material.

To subscribe to Lee's email tips, go to: www.dpll.org/safetyform.htm

This website address will allow safety officers to register online for the Safety Officer Email. ♦



rst!

1.

2.

3.

Warning tracks for baseball players

When a player steps on the crushed rock, cinders, red brick or similar material, they know they are getting close to the fence and should be careful.

Winter is the perfect time to start planning improvements to your facilities. After walking your fields last fall, you probably had plenty of ideas which could improve players' safety. And one area you should think about is a warning track for your outfielders. The ASAP Hotline has had several callers asking about dimensions and proper materials for building warning tracks. Here is some basic information.

A warning track is usually a ten-foot wide cinder strip between the outfield and the fence. When a player steps on the crushed rock, cinders, red brick or similar material, they know they are getting close to the fence and should be careful.



Over 15 percent of Little League fields currently use warning tracks, and that number is rising, according to what you've told us in the Facilities Surveys turned in for the ASAP Awards Contest.

The booklet "Play It Safe" recommends giving players training on using warning tracks.

"In this case it is simply a matter of giving the outfielders an opportunity to practice getting the feel of the warning track under their feet," Play It Safe states. "They must learn to judge their distance from the fence and the probable point where the ball will come down. It would be worse than futile to not only miss catching a ball by a wide margin but also be injured by a collision with the fence," it says.

First method:

- Four-inch excavation filled with material

Second method:

- Five- to seven-inch excavation
- Three to four inches of coarse fill: crushed rock, cinders, etc.
- Covered by two to three inches of finer aggregate.

Fill material:

Both methods call for using any of these for the top covering:

- No. 2 crushed stone;
- Crushed common red brick;
- Limestone of a "dirty" $\frac{3}{8}$ inch grade;
- Clay mixed with coarse sand.

Little League Baseball's Howard J. Lamade Stadium in Williamsport uses crushed red brick for the warning track on the World Series field, but any of the above will work. Just use the most available type or one that's best for your area. As with any construction project, make sure all materials conform with local building codes. ♦

SLOW



**BALL PLAYER
CROSSING**

Copy and post at crosswalks.

You've Got Questions;

"I am the Texas District Safety Officer and after reviewing the 2002 ASAP Safety Officer Manual, I noticed that one of my responsibilities is to devise a District Safety Plan. I have seen league safety plans but not one for a district. Is there a sample of a district safety plan that I can look at on the internet or is there a list of ideas that can be included in such a plan? I will appreciate any help that you can give me."

**Scott A. Patterson,
District Safety Officer
Texas District 4**

We don't have a district safety plan example for you, but it is very similar to a generic league safety plan. We hope by working on a district safety plan you can develop a core plan which will help the majority of your leagues develop their own plans. So to that extent it should include the 13 basic requirements for a qualified safety plan, again from a generic or example format.

These would include:

- Active safety officer on file with LLB
- Explain when and how leagues should find volunteers to perform pre-season training clinics for both first aid and fundamentals training, or set up District clinics
- Create an emergency telephone numbers list of key district (or league) numbers
- Develop a procedure for inspecting equipment and facilities prior to every game
- Gather and ensure the completion of the annual Facility Survey of each league's fields

- Ensure leagues enforce all LLB rules, including wearing all catchers equipment
- Provide written procedures for concession stands
- Suggest a method to report and track injuries
- Use the LLB Volunteer Application Form to facilitate background checks on all volunteers (the background check itself isn't mandatory, just having the volunteers fill out the form is)
- Provide each team with a first aid kit (leagues can decide for themselves what to put in it, but each team needs one)
- And finally, create a document in the form of a published district / league safety manual which conveys all this information above. Give it to everyone involved (i.e., managers / coaches, facilities workers, concession stand workers, board members, etc.). For a district plan, this would mean giving to your league presidents and safety officers.

Talk to your leagues to see who has submitted in the past, and ask for copies to start from this spring. Then have all leagues submit a copy of their plans to you prior to the May 1, 2002 deadline. Put all the good ideas together into a safety manual or safety program and keep working on it to refine as you go. Pass these ideas back to the other leagues in the district. This is what we recommend to leagues, and the same is true at the district level.

You will likely want to include information on safety at tournaments and All Stars, too, as you figure out what you need to know or do for safety at these events.

And remember, once you've created the master plan, you can build on your work, and you won't need to start over every year. Keep copies and get help where you find it (local doctors, nurses, EMT's, long-time coaches in your district, other district administrators and DSO's, to name a few).

Good luck, and we hope you find the task as revealing of good practices in leagues as situations which can be improved to help your district.



We've Got Answers

Q “We are trying to figure out if there is an age limit for working in a snack bar. Some of us are opposed to children working in the snack bar, but some think it is OK. Is there is an age limit for insurance purposes or any reason? Can you tell me what the average age limit is in other safety plans please? Any input would be greatly appreciated.”

Kim Stone
Safety Officer
Glendora National Little League

A Dan Kirby, the risk management director at LLB HQ feels leagues should use common sense in this area. If children aren't old enough to get a work permit in your state (often 14 or 16 years of age), why would you want to risk their safety in a potentially dangerous setting? Spills, burns, cuts, falls and other dangers are all common place in larger concession stands. Children often don't see the danger of stepping in front of someone with a tray of coffee, or a knife in their hands, putting themselves in danger unknowingly. And this doesn't address other potential risks, such as something like a grease fire occurring and a child being burned because she/he didn't know the correct method to put it out. So unless you are just passing out chips and pops, it is not wise to put children at risk by having them behind the counter. Will insurance cover accidents? Absolutely. But if a child is hurt seriously, and you are taken to court by angry and upset parents and lose a lawsuit, no insurance can cover punitive damages a jury may lay against your league and your officers individually, for placing a child in a dangerous situation, even if the child wanted to do it. That's what punitive damages are for, to send a message about certain behavior to discourage anyone from doing the same thing. Little League Baseball recommends you adopt the minimum age set by your state labor agency.

Q “Hi, I have a couple questions about the ASAP program. I am involved with Calgary East Little League. Our Vice President had said he read somewhere that all leagues are being sent a disc with the ASAP program on it; is this correct? We have printed the ASAP program from the website and our safety officer has found it very useful. I was just wondering if we should expect anything like this in the mail? Do you send out a copy of the manual for free as well? If you could send us a copy of the Safety Officer Program Kit that would be great.”

Teresa Kelly
Calgary East Little League
Calgary, Alberta

A Thanks for your interest in improving Little League Baseball through safety. I would be happy to send you the 2002 Safety Officer Manual on CD, which has an electronic version of the complete manual, as well as past issues of the ASAP News safety newsletter. Currently, leagues in Canada are not in the ASAP program. You are encouraged to take advantage of the materials we're sending you to make your league as safe as possible. We hope in the future to include Canadian leagues in the program and send these materials out as a matter of course. Also at this time, the awards program just includes the US leagues. However, the rewards of a safe environment in your league aren't restricted to an awards program. The 2002 Safety Officer Manual is in electronic format, and is available on both the Little League web site as well as the CD we mailed to you. So once you receive it, you will have the latest version. ♦



Have a question or tip to share?

Call the ASAP Hotline:
800-811-7443

or email:

asap@musco.com

or write to us at:

ASAP
100 1st Ave. West
Oskaloosa, IA 52577

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“During one of our board meetings, our equipment manger brought up the subject of cleaning our equipment. For example our batting helmets and face guards. He asked what we should use to clean and disinfect. In our area we are being helped by Dr. Robert Glapinski, DO. He told us all we would have to do is wash or spray them with Lysol. Then we use alcohol to wipe the face guards. We are also working on our newsletter for the area which would include a question and answer section for Dr. Glapinski.

David Hall

Vice President and Safety Officer
Capac, Michigan Area Little League

“I just read the question from Daniel Tougas, safety officer, Rhode Island District 4, and would like to add another possible solution. There are several types and lengths of throat guards. We solved this problem by purchasing the 4-inch length throat guard and attaching it to the bottom wire cage with velcro straps. Most of the time the straps that come with the throat guard are long enough to loop over the bottom wire and allow the guard to ‘dangle’ freely. If the loops are too short, you can purchase longer ones at different sporting or hardware stores.”

Dewey Hudman

District Administrator, Florida
District 17



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