

ASAP news



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

Building on Safety Excellence

Take a tip from a national winner and make improvements in your plan

"I refuse to settle for average when excellent is achievable."

With those words, Painesville, Ohio, Little League president Chuck Asbury both motivates and challenges his league, from board members to volunteers. His league capitalized on this view to work together to make the best safety plan in the country in 2006.

Following up with his league two years later gives an insight into two core ASAP principles: improving every year and looking at the unique needs in your league.

"Kelly (Hitchcock, league safety officer) is looking for ways to improve still," Chuck points out. "We could have said, 'We have the best there is and now it's over.' She isn't that way. She's looking for ways to improve it."

One way they are doing that is to implement mandatory facemasks for batting helmets. They had implemented facemasks for 5- to 8-year-olds when they won, and now have implemented face guards for 9- and 10-year-olds. The coaches "were very receptive after we told them we were phasing it into every division over time," he said. They installed disengage-able bases before they were required.

Chuck Asbury, league president, calls board members after Painesville, Ohio, Little League's new lighting system was turned on the first time this summer. The league had the best safety plan in the nation in 2006 and won the 200-foot-field lighting system from ASAP co-sponsor Musco Lighting. Musco and AIG Insurance support the ASAP program.



But some of the improvements have been due to diligence and commitment to improving safety. "We used to be kind of lax in pre-game checks; but when I personally went into dugouts and looked at equipment, that changed. Every manager is very good in checks and pre-game warm-ups now," Chuck noted.

Or if coaches did resist, he re-evaluated having them as a coach in the future. "As an administrator, I had to look at whether having people that don't support the program are the best for our league. I refuse to settle for average when excellent is achievable," he stated. Better candidates often will not step forward if they feel they are not needed, or will be in conflict with an existing coach, he noted.

"Injuries can be avoided by having coaches take the proper actions and

precautions... Do we have an excellent league? By no means. But we're working toward that year by year."

He said every league needs a safety plan. "If people don't think they have the time to work on the safety manual, then I think they have the wrong people helping them. I have the best board working for the benefit of our league's children," he said. "Kelly and I joke about it often; when I first asked her to be my safety officer, she asked me what I wanted to achieve. I said I just wanted a safety manual that would make it safer for the kids. We hadn't ever had one before this.

"Safety is the number one priority to me," Chuck stated. And his league continues the effort of building on their safety plan, to make it "safer for the kids."

Make Safety Information

Take a cue from these leagues, and bundle your information on safety procedures.

We've bundled a bunch of great ideas from the best resource we have: Your safety plans! This year, make your manual something your coaches and other volunteers can easily carry with them, and think about including some of these ideas from other leagues.

"4 E's of Safety"

EDUCATION:

Safety precautions, instruction, training, communication and drill work

EQUIPMENT:

Safe use and upkeep of fields, equipment, concession area, bleachers and parking lot

ENTHUSIASM:

Can prevent a painful disabling injury

ENFORCEMENT:

When treating an injury remember –

Protection
Rest
Ice
Compression
Elevation
Support

**Canton Little League,
District 16, Michigan**

Use the 4 E's of Safety & PRICES reminders as a type of checklist for prevention and treatment of accidents/injuries.

Cell Phone is a Safety Tool

Make sure someone at your practice or game has a cellular phone to use! Be sure to have your original medical release forms with team at all times.

**Edwards AFB,
District 51, California**

Being able to quickly provide medical personnel with a release form can allow for more timely treatment.

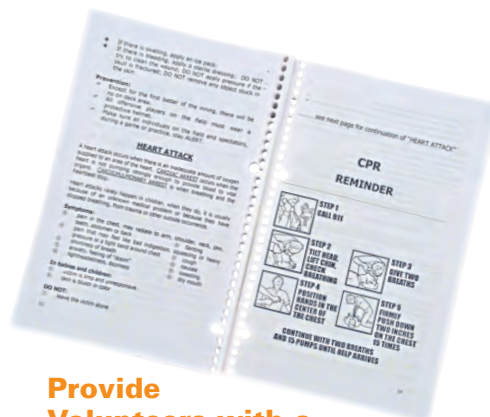


Evaluate Special Risks

Risks unique to our facility (Railway Tracks & Service Road)

**Saratoga Little League,
District 12, California**

Knowing your facilities' risks can help you tailor a safety plan that best fits your league.



Provide Volunteers with a CPR Reminder Flier

**South Vineland Little League,
New Jersey, League ID: 230-03-14**

While not required, coaches/volunteers should be trained in CPR, and a reminder flier in their manual can help refresh their minds on this life-saving skill. Make it part of an overall first aid section, for an easy reference guide for volunteers in case of emergencies.

Issue a Safety Manual and First Aid Kit

"Each team will be issued a Safety Manual and a First Aid Kit at the beginning of the season. The manager or team representative will acknowledge the receipt of both by dating and signing a contract which specifies they have these items

and will have them present at all practices, batting cage practices, games (season and post-season games), and any other event where team members could become injured or hurt."

**Westside Little League,
District 61, California**

Making sure each team has a Safety Manual and First Aid Kit is a smart injury prevention and treatment tactic.

Central Place for Information

Check the bulletin board on the north side of the maintenance building for safety updates and other league news. Safety suggestions may be left in the suggestion box near the bulletin board or given directly to the safety officer.

**Wright Little League,
District 1, Wyoming**

The more safety ideas the better!

Volunteers are Vital

Take advantage of everyone that wants to help. Find someone to be the team safety representative. This person need not have medical training but would be another set of eyes that would help spot potentially dangerous situations.

Kirby Little League, District 19, Texas

More help equals more perspectives on ways to prevent accidents or injuries.

Easier to Find and Follow

Being able to quickly give directions to emergency crews could take many minutes off of their arrival time.

Other Ideas

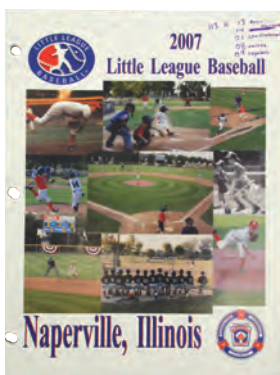
Pay phone locations

Knowing phone locations ahead of time makes for quick reaction in an emergency situation.

Make a common plan in your town.

Naperville Little Leagues, District 13, Illinois

Working with the other leagues in your town can help you produce a safety plan that meets your own league's needs, plus it is cost-effective to the quality of the manual.



Make a common plan in your district.

District 19 Little Leagues, Texas, West Virginia, and California Districts

Working with your District staff can produce a unified safety plan that meets your own league's needs, and is pre-approved by your District Administrator.

Promote Parking Lot Safety

Reduce your speed when you enter our parking lot. Always be on the lookout for children running between cars in our parking lot. We rarely have children ride their bicycles to games but if they do, we ask that they be parked and locked during the game. We do not allow anyone to ride bicycles around the complex. Roller blades and roller skates are banned from our facility.

Northwest Little League, District 19, Texas

Measures taken in and around parking lots can prevent possibly fatal accidents.



Locator Maps

Map of fields to be used to help emergency crews find your location.

Prescott Valley Little League, District 3, Arizona

Requirements that can easily be included in booklets:

- ✓ Have an active safety officer on file with Little League
- ✓ Publish and distribute a safety manual to coaches/managers
- ✓ Post and distribute emergency and key officials' phone numbers
- ✓ Use 2008 Volunteer Application Form and check for sex abuse
- ✓ Provide and require fundamentals training, with at least one coach or manager from each team attending (fundamentals like hitting, sliding, fielding, pitching, etc.)
- ✓ Require coaches/umpires to walk fields for hazards before use
- ✓ Complete the 2008 Annual Little League Facility Survey
- ✓ Require first-aid training for coaches and managers, with at least one coach or manager from each team attending
- ✓ Written safety procedures for concession stand; concession manager trained in safe food handling/prep and procedures
- ✓ Require regular inspection and replacement of equipment
- ✓ Implement prompt accident reporting, tracking procedure
- ✓ Require a first-aid kit at each game and practice
- ✓ Enforce Little League rules including proper equipment

November/December 2007 3



Building an Effective Safety Plan

It's a new year. Are you working to improve your safety plan?

It only takes a second for an injury to occur, if you haven't taken steps to avoid it.

Here are some examples of real injuries in real leagues. Look around your facility; do you have any of these issues to correct?

Facilities

Bleachers are a great place for people to get together and cheer on their team, but are also a source of risk. Be aware of these:

- Spectator is hit from behind by a hit ball from another field, another is hit by a thrown ball from a player warming up in common areas around bleachers;
- Woman falls off the back of bleachers without railings; and
- Small child falls between steps and seats of tall (over three seats) bleachers.

What to do:

Put up screens behind/overhead to protect spectators from adjoining fields' play. Limit players to using fenced field space or enclosed areas for warm-ups, even for pitchers. Put side rails and back rests on bleachers taller than three seats. Put interior risers below seats to close up area between treads and under side of seats, to protect small children. These are the standards for new construction, so why not retrofit for safety?

The field has risks as well. Here are just three examples:

- Player fractures her leg sliding into a stationary base;
- Player cuts his arm on an outfield fence, climbing it to retrieve a ball; and

- Woman is electrocuted when she touches a metal fence near a light pole.

What to do:

Implement disengage-able bases immediately to protect runners (mandatory in 2008). Put some kind of protective topper on outfield fences, and implement rules against climbing fences. Have your lighting checked annually for safety and light levels, especially for older lighting, to make sure no shorts are endangering people at your facility.

Activities

Injuries to players and volunteers still happen, but must these? A little common sense, reminders on the safety code and adult supervision goes a long way in preventing many injuries.

- Player's face is cut by a thrown water bottle when he and another player are goofing around before a game, requiring 12 stitches;
- Minor League pitcher is knocked unconscious by a line drive after a coach moves the pitcher closer to home plate to throw more strikes; and

- A 3-year-old wanders onto the field during Tee Ball practice and is hit in the head by a player at bat, causing a severe head injury.

What to do:

Institute "no rough-housing" rules and ask ALL adults to help monitor it. Keep all non-participants off the field, even "helper" parents who haven't had

background checks, and ask for help from fans in monitoring.

Equipment

Are your safety procedures protecting players and volunteers, even from themselves?

- Player's wrist is broken from a pitching machine-thrown ball, when no adult is present;
- Spectators are injured when a volunteer leaves the keys in a golf cart and a player drives it into a crowd;
- Coach is knocked unconscious by a thrown bat in dugout;
- Player hits a spectator in the face with a bat tossing it over a fence to a teammate; and
- Player has teeth knocked out by a bat, playing tag in the parking lot after a game.

What to do:

Have clear and strong policies that only adults are allowed to operate equipment — especially pitching machines, mowers, and other motorized vehicles like golf carts — and make sure all participants follow them. Implement a strong safety code, where bats are carried to dugouts, never thrown. Several leagues have instituted a "bats in bags, not in hands" policy for transporting any bat to and from fields, so bats don't get swung where someone could be hit by them. The new season is the right time to make upgrades to your safety plan. Don't say "we'll do it next year" again.

The Manuals Are in the Mail!

The 2008 Safety Officer Manual on CD is in the mail, and should be arriving at your door soon! The information has been updated for 2008, including all kinds of great ideas from leagues like yours in the Common Sense section to help you improve your safety plan.

Plus, it has all the materials you need to submit your safety plan and earn the league cash award for having a qualified safety plan. If you don't receive yours in the next two weeks, check with your league president. Call the ASAP Hotline to request one if you didn't receive it.

It's An Emergency!

WHO DO I CALL?

Accidents and injuries are by definition stressful times. If the injury is severe, it can compound the anxiousness of the most experienced volunteer. Help your volunteers by providing valuable resources they can turn to in time of stress. On the next several pages, we've outlined some ideas from the best safety plans in the country.

First, create a phone list. Make sure it is in all the coaches' safety manuals, and is also posted throughout your facility in easy to see locations. Below are some great ideas for valuable contacts to include.

Key Personnel

Make a list of the board members who should be contacted following any emergency situation. Start with the league president, safety officer, maintenance director and any other board of directors members who should be contacted in case of an accident or facility problem.

Maintenance Staff/Volunteers

Even if a situation hasn't caused an injury, failure to fix a problem may too quickly lead to one. Include the names and telephone numbers of the people who need to know a problem exists. If your league doesn't own the facility, include the name and number of those who are responsible for maintenance, for the safety of your players, volunteers and spectators.

Emergency Services

While 9-1-1 is becoming the standard emergency number to call, ambulance services, fire, sheriff or police departments and other law enforcement

or emergency services may have specific numbers, depending on your community. Make sure these are easily available on your phone list.

Utilities

If you have gas lines, electrical distribution boxes or other utilities on or crossing your facility, make sure you have emergency contacts for them, in case of leaks, breaks, surges or other problems.

It may not be something your volunteers can handle; leave these issues to professionals.

Others?

Depending on your community, you may have other numbers that should be included. Take the time to talk with your board of directors, and get feedback and input from as many people as possible, so you don't miss a number obvious to someone else.

Sample List — Idea from many leagues

Emergency Phone List

For Hometown Little League

EMERGENCY

Hometown Police/Fire/EMT: 911
 Hometown Hospital Ambulance: 555-3333
 AAPCC Poison Control Center: (800) 222-1222

Non-Emergency Contact Numbers

Hometown Police - Non-Emergency 555-0000
 Hometown Fire Dept. - Non-Emergency 555-1111
 Our County Sheriff - Non-Emergency 555-2222

UTILITIES - EMERGENCY

Tri-County Gas Dept. (800) 555-0001
 Metro-Area Electric Co. (800) 555-0002
 Hometown Water Dept. (800) 555-0003

UTILITIES - Non-Emergency

Tri-County Gas Dept. 555-0011
 Metro-Area Electric Co. 555-0022
 Hometown Water Dept. 555-0033
 Hometown Waste/Sewer 555-0044

Area Hospitals (see attached driving directions)

Our County General Hospital 555-3333
 100 100th Avenue
 Hometown, State, ZIP

Hometown Sport Clinic 555-4444
 200 200th Street
 Hometown, State, ZIP

Hometown Medical Center 555-5555
 300 300th Road
 Hometown, State, ZIP

HOMETOWN Little League

Hometown Park and Recreation Dept. 555-4321
 123 Main Street
 Hometown, State, ZIP

Main Little League Complex Office 555-1234
 100 Little League Drive
 Hometown, State, ZIP
 Snack Bar Phone 555-6789
 Rain-Outs Automated Message 555-9876

Safety Committee

Safety Officer, John Doe 555-0001
 Co-Safety Officer, Jennie Brown 555-0002
 • Facilities Chair, Ed Fields 555-0003
 • Equipment Chair, Sue Bats 555-0004
 • Activities Chair, Jeff Games 555-0005
 • Training Chair, Pam Clinic 555-0006

Hometown LLB Board of Directors Officers

President 555-0007
 Vice President 555-0008
 Player Agent 555-0009
 Treasurer 555-1000
 Secretary 555-2000
 Chief Umpire 555-3000
 Information Officer 555-4000

District Staff

District Administrator (555) 123-4567
 1234 Maple Drive
 Yourtown, State, ZIP
 District Safety Officer (555) 123-9876

Little League Support Numbers

LL Regional Office (555) 123-4567
 FAX - LL Regional Office (317) 897-6158
 1234 E. Little League Drive
 Regiontown, State ZIP

LL International Office (570) 326-1921
 FAX - LL International Office (570) 322-2376
 PO Box 3485 or 539 Route 15 Hwy.
 Williamsport, PA 17701 S. Williamsport, PA 17702

It's An Emergency!

WHAT DO I DO?

When accidents happen, people need to know what to do. Help them by putting together a plan of action before the situation turns critical. Make a procedures plan and include it in the safety manual, as well as being available throughout your facilities.

Keep It Simple

When an injury occurs, people will be under a lot of stress. Make sure your directions are clear and easy to follow. Use bullet points or 1, 2, 3 type directions on your list for volunteers to follow. If you have 911 emergency phone service in your area, start with them.

Stay on the Line

Instruct anyone who makes that initial call not to hang up until the dispatcher or emergency response line staff person hangs up. Make sure they give the dispatcher all the available information they can, to be prepared for whatever the emergency situation.

Give Directions

The volunteer in charge of the injured person may never have been to your facility before; make sure you list the address and cross-streets nearest your facility. If possible, provide GPS location coordinates for the facility and/or the field the accident victim is on.

Provide a Guide

If the ambulance needs to get on the field, include directions to the gate on the field; send an adult to the entrance to the facility or nearest cross-street to direct the EMT driver to the exact location of the victim.

Ask for Assistance

Your community might have specific agencies or procedures they want to have followed. Check with the 911 center or emergency response department in your area for help in putting together an emergency response procedure.

Sample Procedures — Idea from Unicoi County, TN, Little League

Emergency Contact Procedures

For Hometown Little League



Police



Fire



Rescue



Sheriff

The most important help you can provide to a victim who is seriously injured is to call for professional medical help. Make the call quickly, preferably from a cell phone near the injured person. If this is not possible, send someone else to make the call from a nearby telephone. Be sure that you or another caller follows these steps.

1) First dial 9-1-1.

2) Give the dispatcher the necessary information.

Answer any questions that he or she might ask.
Most dispatchers will ask:

- **The exact location or address of the emergency?** Include the name of the city or town, nearby intersections, landmarks, etc. as well as the field name and location of the facility, if applicable.

Our address is:

Cross-streets are :

- **The telephone number from which the call is being made?**
- **The caller's name?**
- **What happened** — i.e., a baseball-related accident, bicycle accident, fire, fall, etc.?
- **How many people are involved?**
- **The condition of the injured person** — i.e., unconscious, chest pains, or severe bleeding?
- **What help is being given** (first aid, CPR, etc.)?

3) Do not hang up until the dispatcher hangs up.

The dispatcher may be able to tell you how to best care for the victim.

4) Continue to care for the victim until professional help arrives.

5) Appoint someone to go to the street and look for the ambulance or fire engine and flag them down if necessary.

This saves valuable time. Remember, every minute counts.

It's An Emergency!

WHERE IS IT?

Your facility is probably as familiar to you as your home. If you haven't seen where something goes, you've probably been told several times. But not everyone will know where to find something, especially when time counts like with an injury or other emergency. Make a map of your facility, or facilities, to help people find what they need as quickly as possible. Below is an example of a site map.

Your site map doesn't have to be fancy, but it should be as accurate as possible and show items in enough detail that people aren't confused by it. Give details like locations of the gates for entering fields, parking and cross-streets, and where services (rest rooms, concession stand) are. If you have large first aid stations with larger assortments of supplies, including an AED, make sure to mark this location(s) and say what is there.

Also, include any emergency shut-off locations for gas, water, etc., even if it takes a professional to shut these items off.

List It and Show It

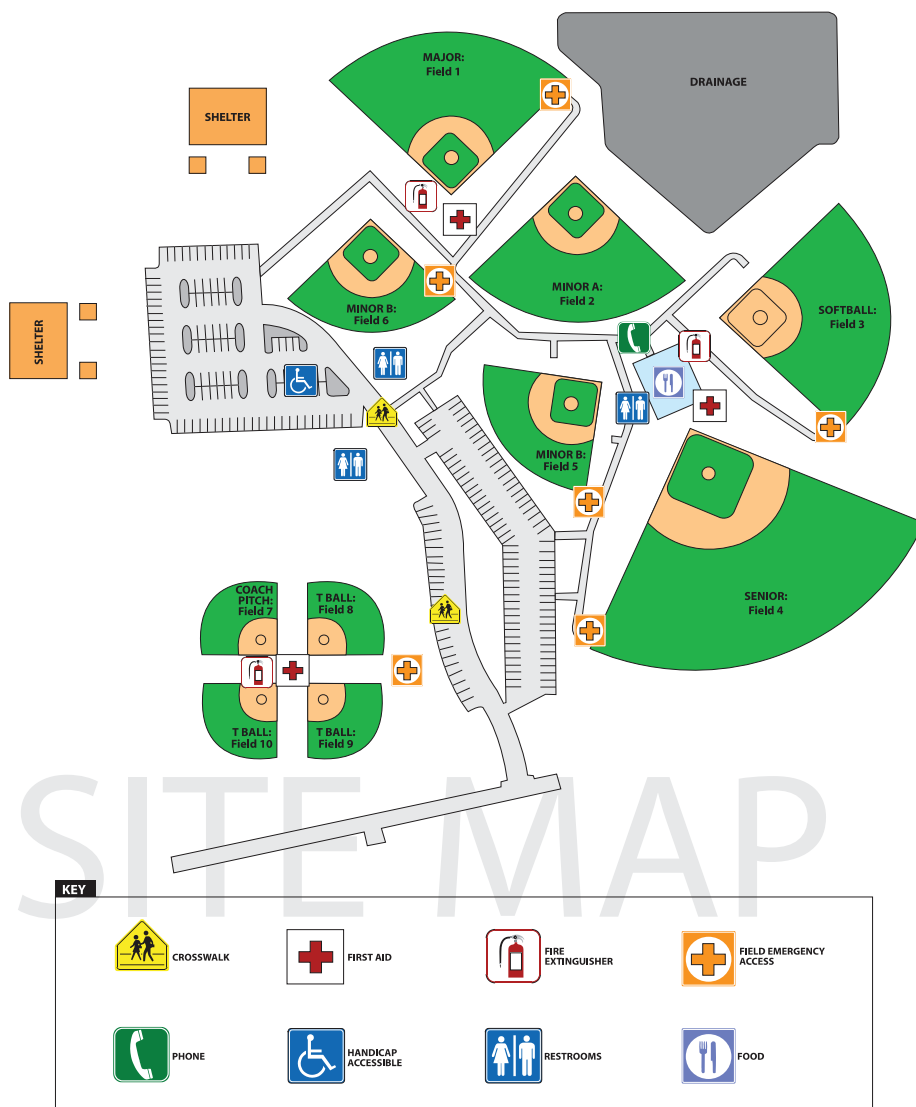
Some people are visual, and a map with a picture showing the placement of the fire extinguisher will get them on their way, but others learn best from words and can be confused by a map, especially if they are new to a facility. Give your volunteers both, so either can be used.

Plan for the Future

Making a map will help you explain where emergency supplies or shut-offs are, and it will also help you plan. If you have a large facility and only one fire extinguisher, not only would everyone need to know where to find that one, it can help you to plan to add more.

Sample Map — Idea from various leagues

Hometown Little League Complex



Get Training in 2008!

Plan now to attend a league administrator clinic at one of the five US Regional Centers in the coming months. From umpire schools to player agent workshops to AI & AI Coach/Manager clinics or Michele Smith Softball clinics, the Regional Centers are going all out to make training opportunities available to local league administrators.

For more information on your regional center's clinics, go to:

<http://www.littleleague.org/clinics/index.asp>



After a successful launch of mandatory pitch counts last season, Little League International has refined the mandatory pitch count used in all baseball divisions of Little League.

Little League Refines Baseball Pitching Rules for 2008

Regular season changes:

- A pitch limit for pitchers league age 7–8 has been added, with a maximum of 50 pitches per day.
- A pitcher may not move to the position of catcher for the remainder of that day. A recommendation of Drs. Andrews and Fleisig, it is intended to further prevent overuse injuries. The position of catcher, according to Andrews and Fleisig, has the second-most overuse injuries, which can be exacerbated by moving from pitcher to catcher in the same day. (However, moving from pitcher to any of the other seven positions, or from catcher to pitcher, apparently does not cause the same concerns.)
- Pitchers league age 16 and under who deliver 41 or more pitches in a game must also rest for a game, in addition to the number of days rest prescribed.

Pitchers league age 17–18 who deliver 51 or more pitches in a game must also have a game of rest, in addition to the number of days rest prescribed. This enhancement is designed to help ensure that teams develop more pitchers, and to help ensure that scheduling anomalies do not result in undue advantages for some teams.

- The “automatic” intentional walk was removed. If a pitcher wishes to walk a batter, he/she must do so by pitching four pitches intentionally outside the strike zone that are not struck at by the batter, and are called “balls” by the umpire. All such pitches will count in determining that pitcher’s pitch count.

The complete regular season pitching regulation for baseball may be found at: www.littleleague.org/media/RS_Pitching_Regulation_Changes_Baseball_2008.pdf

All materials in the ASAP
E-mail: asap@musco.com
Fax: 641/672-1996

**24 Hour Hotline:
800/811-7443**

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