

# ASAP news



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

## FIRST AID AT THE FIELD You Need to Be Prepared

*"What level of first aid training is required? Should we bring in someone that can train and provide certifications? What is the minimum expectation?"*

**Jill Schull, safety officer**  
**Scappoose Little League**  
**District 1, Oregon**

### Quick Start Guide:

- Pick a date; match with draft, equipment hand-outs, etc.
- Find qualified volunteer (doctor, nurse, EMT)
- Review training goals
- Require attendance by one person/team
- Hold training

First aid training is a leading issue heading into a new season. Creating a safer environment means being prepared for injuries and minimizing the negative impact they create.

Each local league's board of directors has the responsibility of determining the amount and level of training needed for the coaches working with your league's children. Certification or CPR training isn't required, although more leagues are choosing these to better prepare volunteers for any event.

The goal of a Little League first aid clinic is to train volunteers on the kinds of potential injuries they might see at baseball or softball games, and to teach them basic skills to handle these emergency situations appropriately.

Take into consideration the amount of time it takes for emergency services to arrive (3 minutes? 25 minutes?) and plan your training accordingly.

#### Create Training Goals

Your local healthcare professionals can help you to set up a quality first aid training experience, including

- Basic injury terminology
- League emergency plan review
- Evaluation of injuries
- Steps for treatment/911 OR evaluate to return to play
- Follow-up steps

For more information and a specific clinic outline, please go to: <http://www.littleleague.org/programs/asap/requirements.asp> and see Requirement 6, first aid clinic outline.

In some cases the volunteer should just determine the severity of an injury and immediately call for professional help, while minimizing the person's attempts to move or someone else's attempts to move them. It is critical that a proper assessment of an injury takes place before a player tries to move or someone moves them. Keeping the game going takes a distant second to ensuring the health of a participant.

A paid clinic delivered by a qualified health organization may be used, but the league could also use a doctor, city/county health nurse, EMT-

paramedic or other health care professional trained in first aid to train the league's volunteers on ball-related injuries. Going beyond this to have some or all of the volunteers trained in CPR and AED use is a recommended practice, but is not required.

Remember, for a league to have a qualified safety program, you must require all coaches to go through a first aid training course at least once every three years, and one representative from each team annually to receive this training.

The annual clinic allows first aid knowledge to be refreshed, and league officials to pass on league-specific information on what to do when an accident occurs, who to notify

about a facility problem, how the games should be handled when an injury occurs, and related information that a first aid course not sponsored by the local league would not cover.



# Fix Facility Faults for Season Success

**Equipment Danger!**



**Seating not Secured!**



**Exposed Nails!**



*This spring, take a walk for safety. Yes, it can be that simple to start making it "safer for the kids."*

## Check It Out

Just print out or copy your 2007 Facility Survey, and walk your facilities. Look for problems in:

- Fence lines (holes, curled or exposed wires)
- Outfield (animal/insect holes, ruts)
- Dugouts (exposed nails/wires, deteriorating boards, holes)
- Base paths/infield (uneven, rough)
- Bases (all must be disengage-able from base style in 2008)
- Infield edge (rough, uneven edge)
- Pitching mound/rubber (lifted edge, holes)
- Home plate (plate exposed black edge, depressions in batters box)
- Batters eye/pitchers eye (holes in screen, missing sections)
- Bleachers (seats safe, wood solid, metal grounded)
- Construction/equipment (put away equipment)

Then note any needed repairs to create your list for spring clean-up days.

## Improve On It?

Is this the year you add a warning track to your outfield? How about putting a pitchers eye on the fence behind home plate? Do your spectators need foul ball protection from an adjacent field? Have you had collisions at first base, so you need a double bag there? Do you need to retrofit your old bleachers with back rests and side rails? Do your

**Gaps in Seating!**



**Worn Fence Cap!**



fences need covers, or replacement covers?

As you review your facilities, look for ways you can make it better, not just stay with the status quo. It may not happen this year, but put improvements in your plan, and then work your plan for next year.

## Put It Away

Remember that all equipment needs to be moved away from fields when not in use, not just put in foul territory. A pull-behind rake can cause a player serious injury if he/she runs into it while chasing a foul ball at even half-speed. Also, chemicals or material for lining fields should be stored in a shed or other enclosed area when not in use, to keep little fingers out of it.

## Equipment Ready For 2008?

If you haven't already started playing, it's time to check equipment for the new season. If you are using your equipment, remember to do periodic spot checks, too.

Check bats for dents, cracks, and irregularities. All bats must be able to pass through the Little League official bat ring for the appropriate division of play. The bat ring is sent to all chartering leagues with rule books and materials for the new year.

Look over helmets for cracks and missing interior padding. If it's cracked, dispose of it; if padding is missing, replace it. Helmets cannot be painted or have decals applied unless the sticker came with the helmet and is approved by the manufacturer for use on it. Otherwise the helmet must not be used, as its warranty has been voided, making it a risk.

## Check Concessions First

When you begin the process of opening your concession stand for the first time, have a qualified person review the equipment, materials, and processes your stand uses. A clogged grease line can cause terrible injuries if not discovered before the season's first use. Frayed or exposed wiring must be replaced before the equipment is turned back on.

Slippery floors? Many leagues are putting grit in new paint to help with traction, so volunteers don't slip and fall on damp floors. Also, raise shelves off the floor, to help protect stock from water damage and backs from strains/sprains in lifting heavy boxes.

For other ideas, review your Facility Survey for possible improvements!

## CONCESSION STAND - WEEKLY CHECK LIST

### A) DELIVERIES

- Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_
- |                          |                          |   |
|--------------------------|--------------------------|---|
| Yes                      | No                       | 1. All products meet visual quality standards and have no off odors (no spoilage).            |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. All packaging is in good condition – not wet, no stains, leaks, holes, tears or crushing.  |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Items put away in proper order (frozen, refrigerated, dry storage); in 30 minutes or less. |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Code dates within code.  |

### B) FOOD TEMPERATURE AND SPECIFICATIONS

**Thermometer**  
 NOTE: Ensure that thermometer kit meter and probes are calibrated prior to taking temperatures. (Use ice and cold water procedure for probes, temperature reads 32°F)  
 All refrigerators and freezers must have a properly functioning thermometer in place (built in or clamped on, easily visible, and not glass).  
 Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_

- Drink Machine**
- |                          |                          |  |
|--------------------------|--------------------------|--|
| Yes                      | No                       | 5. Soft drink, Ice machine and Ice bin are free of soil.                     |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Temperature of coffee/tea water is ≥ 180°F.                               |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Cup and lid dispensers are clean and in good repair. Cup and lid holders. |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. Ice machine is clean, and sanitized. There is no standing water.          |
| <input type="checkbox"/> | <input type="checkbox"/> | 9. Water filter follower needle is not in the red zone.                      |
| <input type="checkbox"/> | <input type="checkbox"/> | 10. Ensure that syrup tanks are flushed clean and sanitized.                 |
| <input type="checkbox"/> | <input type="checkbox"/> | 11. CO2 canisters are chained and locked in the upright position.            |

- Freezer/Food Storage**
- |                          |                          |   |
|--------------------------|--------------------------|---|
| Yes                      | No                       | 12. Freezer interior is clean and sanitized |
| <input type="checkbox"/> | <input type="checkbox"/> | 13. Temperature of freezer is ≤20°F.        |

- Refrigerator/Food Storage**
- |                          |                          |  |
|--------------------------|--------------------------|--|
| Yes                      | No                       | 14. Refrigerator interior is clean and sanitized           |
| <input type="checkbox"/> | <input type="checkbox"/> | 15. Temperature of refrigerator is 33-43°F.                |
| <input type="checkbox"/> | <input type="checkbox"/> | 16. Interior light is working and is properly shielded.    |
| <input type="checkbox"/> | <input type="checkbox"/> | 17. Shelving is clean, free of rust and in good repair.    |
| <input type="checkbox"/> | <input type="checkbox"/> | 18. All items stored correctly on shelves (covered and a m |

### CONCESSION STAND - WEEKLY CHECK LIST PAGE #3

#### D) CHEMICALS

- Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_
- |                          |                          |   |
|--------------------------|--------------------------|---|
| Yes                      | No                       | 38. Chemicals stored in locked containers and not on the same shelf or the shelf above food ingredients, product packaging materials, food storage pans or tables where food is prepared. |
| <input type="checkbox"/> | <input type="checkbox"/> | 39. Maintain manufacturer's labels on or label containers accordingly.  |

#### E) OTHER

- Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_
- |                          |                          |  |
|--------------------------|--------------------------|--|
| Yes                      | No                       | 40. Concession stand workers (Team Mom and Parents) have gone through GHLL's initiation safety and food preparation training before working in the concession stand. |
| <input type="checkbox"/> | <input type="checkbox"/> | 41. Children under 16 are not allowed in the concession stand or in other areas where food is prepared.  |
| <input type="checkbox"/> | <input type="checkbox"/> | 42. A fire extinguisher with a current certification is in plain sight.  |
| <input type="checkbox"/> | <input type="checkbox"/> | 43. A fully stocked First-Aid kit is in plain sight.   |

### CORRECTIVE ACTION REPORT

If any item on this check list is checked "No" then complete the steps below:

- STOP** the person, food, process, or use of equipment, as appropriate.
- DETERMINE** if the product(s) or ingredient(s) are not safe to serve (for example contamination has occurred, or ingredient is undercooked). **If not safe, discard.**
- IDENTIFY** source of problem.
- TAKE** corrective action, as appropriate.
  - Troubleshoot equipment problem using the Equipment Management
  - Re-train Concession Stand workers.
  - Wash and sanitize hands.
  - Wash and sanitize counter/equipment.
- NOTIFY** Don MaCaskil, the Concession Stand Manager, and/or another GHLL Board member if the problem cannot be resolved.
- NOTE** corrective action below (include number identification of infraction):  
 \_\_\_\_\_  
 \_\_\_\_\_

Here are some examples of checklists that Granada Hills, Calif., Little League uses to track repair and update needs once the season is started. You could use these forms for preseason review and mid-season checks. Granada Hills was named the league with the best safety plan in the country in 2001.

### CONCESSION STAND - WEEKLY CHECK LIST PAGE #2

#### FOOD TEMPERATURE AND SPECIFICATIONS CONTINUED

- Fryer Area**
- |                          |                          |  |
|--------------------------|--------------------------|--|
| Yes                      | No                       | 19. All stainless steel walls above fryer are clean.                     |
| <input type="checkbox"/> | <input type="checkbox"/> | 20. No excessive grease buildup under the fryers.                        |
| <input type="checkbox"/> | <input type="checkbox"/> | 21. Fryer hood filters are in place and clean.                           |
| <input type="checkbox"/> | <input type="checkbox"/> | 22. Light(s) working and properly shielded.                              |
| <input type="checkbox"/> | <input type="checkbox"/> | 23. Cooking grease is stored safely in containers away from open flames. |

- Grill Area**
- |                          |                          |   |
|--------------------------|--------------------------|---|
| Yes                      | No                       | 24. All tile and countertops around grill are clean and sanitized.                    |
| <input type="checkbox"/> | <input type="checkbox"/> | 25. Propane tanks are properly connected.   |
| <input type="checkbox"/> | <input type="checkbox"/> | 26. Fuel lines from the propane tanks to the grill have been inspected for leaks.     |
| <input type="checkbox"/> | <input type="checkbox"/> | 27. All air vents, Venturi vents and valves are clear of obstructions (i.e. cobwebs). |
| <input type="checkbox"/> | <input type="checkbox"/> | 28. All grease is cleaned from under and around the grill.                            |
| <input type="checkbox"/> | <input type="checkbox"/> | 29. Propane tank valves are turned off when not in use.                               |

#### C) SANITATION

- Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_
- |                          |                          |                                |
|--------------------------|--------------------------|--------------------------------|
| Yes                      | No                       | 30. Proper handwashing, etc.). |
| <input type="checkbox"/> | <input type="checkbox"/> | 31. Handwashing, etc.).        |
| <input type="checkbox"/> | <input type="checkbox"/> | 32. Proper handwashing, etc.). |
| <input type="checkbox"/> | <input type="checkbox"/> | 33. Proper handwashing, etc.). |
| <input type="checkbox"/> | <input type="checkbox"/> | 34. Proper handwashing, etc.). |
| <input type="checkbox"/> | <input type="checkbox"/> | 35. Proper handwashing, etc.). |

### FIELD AND GAME SAFETY CHECKLIST

All umpires, managers and coaches are responsible for checking field safety conditions before each game.

Field Condition		Repair needed?			Catchers Equipment		Repairs needed?	
		Yes	No				Yes	No
Backstop repair					Shin guard OK			
Home plate repair					Helmets OK			
Bases Secure					Face masks OK			
Pitchers mound					Throat protector OK			
Batters box level					Catchers cup (boys)			
Grass surface marked					Catchers mitt (boys)			
Gopher holes								
Infield fence repair								
Outfield fence repair								
Foul ball net repair								
Foul lines marked								
Sprinkler condition								
Warning track								
Coaches boxes level								
Coaches box marked								
Dirt Needed								
Dugouts		Yes		No		Safety Equipment		
						Yes	No	
Fencing needs repair					First-aid Kit each team			
Bench needs repair					Medical Release forms			
Roof needs repair					Ice for injuries			
Bat racks					Blanket for shock			
Helmet racks					Granada Hills Little League			
Trash cans					Safety Manual			
Clean up needed					Injury report forms			
Spectator Areas		Yes		No		Players Equipment		
						Yes	No	
Bleachers needs repair					Batting helmets OK			
Hand rails need repair					Jewelry removed			
No smoking					Bats inspected			
Parking area safe					Shoes checked			
Protective screens OK					Uniforms checked			
Bleachers clean					Athletic cups (boys)			
					Little League patch			



SAFETY FIRST

BE ALERT!

CHECK PLAYING FIELD FOR HAZARDS

PLAYERS MUST WEAR PROPER EQUIPMENT

ENSURE EQUIPMENT IS IN GOOD SHAPE

MAINTAIN CONTROL OF THE SITUATION

MAINTAIN DISCIPLINE

BE ORGANIZED

KNOW PLAYERS' LIMITS AND DON'T EXCEED THEM

MAKE IT FUN!

# California DSO Helps Promote Safety

*Looking to provide some direction to your leagues for this coming season? Take a tip from California District 51 Safety Officer Rob Bohannon, who emailed his league presidents the following helpful information last month:*

District 51 League Presidents,

As the District Safety Officer for the 2008 season, my primary goal is to ensure each league complies with each safety-related requirement directed by Williamsport, Regional HQ and/or the District Administrator.

## These requirements include the following:

1. Each league has a current Safety Officer, registered with LL for the current season.
  2. Each league has completed a Facility Survey. This can be accomplished by logging onto <http://facilitysurvey.musco.com> or completing the attached PDF document (also available at <http://www.littleleague.org/programs/asap/index.asp>) A Facility Survey worksheet is also attached.
  3. Each league has completed a Volunteer Application for ALL personnel: Board of Directors, Managers and Coaches, Team Moms or other volunteer positions; and completed nationwide background check.
  4. Leagues submit an updated (and complete) Safety Manual for 2008 – due by the end of this month. Please review your league's Safety Manual with your Safety Officer to ensure the document is correct and updated to include the new changes implemented by LLB. (ex: Disengage-able Bases) Please send a copy of your league's Safety Manual to me to keep on file.
- If for some reason your Safety Plan is rejected by Williamsport, it may be due to the following issues
  - No active Safety Officer on file with Little League International
  - No detailed, published safety manual distributed in the league
  - No emergency and or key officials' phone numbers in safety manual
  - No copy of 2008 volunteer application form and/or mention of who is required to utilize the form
  - No date, or location for the fundamentals training; no mention that one representative from each team (coach or manager) is required to attend each year or that all coaches and managers are required to attend training at least once every three years
  - No date, or location for the first aid training; no mention that one representative from each team (coach or manager) is required to attend each year or that all coaches and managers are required to attend training at least once every three years
  - No mention of who walks the fields for inspection of hazards before use
  - Did not provide the current year Facility Survey form showing the new information
  - No clarification of safety procedures for concession stands, even if the league does not operate concessions
  - No mention of who inspects and replaces equipment
  - No mention of procedure for accident report tracking
  - No mention of requiring a first-aid kit at each game and practice
  - No mention of enforcing Little League rules at games/practice-proper equipment

If any league needs assistance in meeting any of these requirements, or is unable to log into the Facility Survey's website, please feel free to contact me any time.

Rob Bohannon, District 51 Safety Officer

## Materials Now Available in Español

¿Habla Español?

Reaching out to non-English speaking volunteers everywhere, Little League has translated many of the ASAP materials online into Spanish versions. If you have Spanish-speaking volunteers, these materials may help you increase safety in your league. To download these resources, go to [www.littleleague.org/programs/asap/index.asp](http://www.littleleague.org/programs/asap/index.asp).



**¡Asegúrese que estén Seguros!**

**RECUERDE:**  
**Los receptores deben usar cascos durante las prácticas de pre calentamiento y de campos interiores y exteriores.**

**REGLA 1.17**  
"...Todos los receptores deben usar una máscara, protector de garganta de tipo "colgante" y casco de receptor durante las prácticas de campos interiores y exteriores, y pre calentamientos y juegos del lanzador."

Copie y pegue en sus reglas.

# Study Finds Non-Wood Bats as Safe as Wood

*A new study is helping to provide real-world data about the relative safety of non-wood bats as compared to wood bats. The single-season comparison found no statistically significant evidence non-wood bats caused more injuries than wood bats.*

The study, conducted by the Illinois High School Association (IHSA) and underwritten by the National Federation of High Schools (NFHS) Foundation, compared the 2007 season of five Illinois high school baseball conferences using both wood and non-wood bats. The study found games using metal bats were longer with more hits, but had no more injuries.

Lead researcher Kevin Laudner, an assistant professor at Illinois State University's School of Kinesiology and Recreation, reviewed the results from 32 teams playing a combined 412 games using both wood and non-wood bats. "This was one of the first studies that looked at this subject from the injuries side," he explained in an interview with *ASAP News*.



The injuries sustained during the study – five by non-wood bats and two by wood bats – were not judged statistically different according to the researchers, based on the number of at-bats and low frequency of injuries. "Based on the data, the injuries (caused by wood and non-wood bats) were not statistically significant," Laudner stated. "Hits and extended game time, those were significant."

Only two players involved in the study lost playing time due to injuries sustained, and neither injury was from batted balls. One player was hit in the face by a pitched ball and the other had a blister on a finger. None of the injuries from batted balls, from wood or non-wood bats, required the injured player to miss any playing time.

Any injuries to pitchers were small contusions that didn't even force the pitchers to leave the games, Laudner said. He did note the study had a relatively small population, and he would like to see a larger study

conducted, to see if the results remain the same.

The study also found batters had 8.8 hits per game using non-wood bats, while the wood bats produced 6.5 hits per game, and the resulting games were slightly longer for teams using non-wood bats (2:03) versus wood bat games (1:53).

In the wood at-bats, 368 bats broke, for a breakage rate of 28.3 per 1,000 at-bats, or about one broken bat per 35.5 at-bats. Based on the games played, this amounts to about 23.5 broken bats per team for the season. The study did not track if any non-wood bats were broken or unusable.

In all, 4,682 at-bats were recorded using non-wood bats, and 4,462 at-bats were tracked for wood bats. Teams used wood bats in conference play, and non-wood bats in non-conference play. Only teams reporting both wood and non-wood bat performance were used in the study.

## SCLL SAFETY BIG FIVE

### 1. Field

- Pre-game field walk, outfield holes, rocks, check mound
- Coach supervision of on-field warm-ups and infield practice

**No coach catch or warm-up of pitchers on field!**

### 2. Pitching/Bull pen area

- 3 players: Pitcher, catcher and spotter, no exceptions!
- Spotter w/ helmet, catcher with helmet, catcher's mitt and cup

- Warm up on mound: Catcher w/helmet, catcher's mitt and cup
- Coach OK in bull pen AA only, does not replace spotter

### 3. Equipment

- All players in uniform: Pants, shirt, hat, belt, athletic supporter and socks
- Catchers: with helmet and throat guard, catcher's glove, and cup (boys); with batter wear shin guards and chest protector

### 4. Dugout area

- Adult Coach, one minimum in dugout at all times
- Equipment stored off field
- Coach at top step Field #1 or off field on Field #3

### 5. Bats

- No on-field batting or whiffle
- 1<sup>st</sup> batter of inning has bat and is allowed in front of dugout
- In the hole batter retrieves bat (must have helmet!)

# Baseball Pitchers Rules Update

*An important update to the rules for baseball has been made for 2008 to help protect pitchers' arms from over-use injuries.*

## **(Baseball Only) Regulation**

**VI – Pitchers** – (c) The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position:

League Age	Pitches Per Day
17-18	105
13-16	95
11-12	85
9-10	75
7-8	50

**Exception:** If a pitcher reaches the limit imposed in Regulation VI (c) for

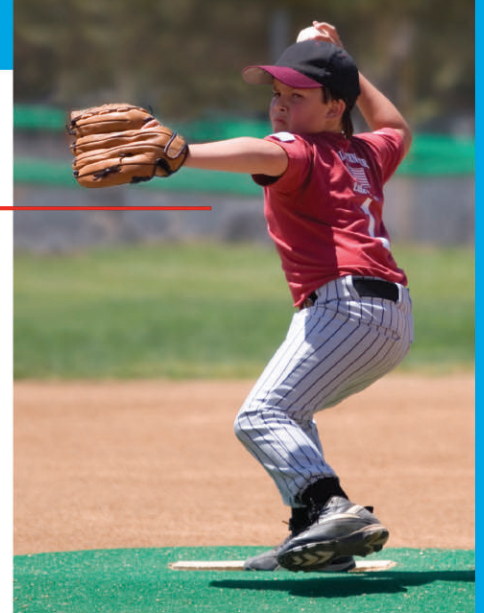
his/her league age while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs:

- 1 That batter reaches base;
- 2 That batter is put out;
- 3 The third out is made to complete the half-inning.

**NOTE:** A pitcher who delivers one or more pitches in a game cannot play the position of catcher for the remainder of that day.

(d) Pitchers league age 16 and under must adhere to the following rest requirements:

- If a player pitches 61 or more pitches in a day, three (3) calendar days of rest, and a game (see e. below), must be observed.
- If a player pitches 41 - 60 pitches in a day, two (2) calendar days of rest, and a game (see e. below), must be observed.



(e) A player may not pitch in consecutive games. **Exception:** League Age 16 and under - A player may pitch in consecutive games if 40 or less pitches were delivered in the previous game. League Age 17-18 - A player may pitch in consecutive games if 50 or less pitches were delivered in the previous game.

## Warn Spectators for Everyone's Safety

Do you post signs warning spectators of foul balls or errant throws? Little League games often are a social event as much as a sporting one. While the action on the field may not always hold the attention of spectators, reminding everyone to watch the on-field action for their own protection is just simple good sense. It may also help protect your league.

The New Jersey Supreme Court is considering a lawsuit this February brought by a woman struck by a puck during pre-game warm-ups at a hockey game. The Court is determining if the arena met the requirements for protecting fans as well as alerting them to danger away from the net areas. The nets are largely protection behind each goal, above the plexi-glass shields ringing the ice.

In the case being considered, a woman – seated just above the plexi-glass at mid-ice – was struck in the head by a puck ricocheting off the goal. The nets did not extend to her seating area. At the time, roughly 50 pucks were being hit around the ice during warm-ups. The New Jersey Law Journal reports Supreme Court Justices commented that had the arena notified spectators to be more watchful during warm-ups, the lawsuit would not now be under consideration.

Help your league's parents and children to pay attention to the game, even when the game isn't going on. It's for everyone's safety.

## CPR Emergency: Do You Train For It?



On Feb. 27, a Fletcher High School lacrosse goalie in Florida was struck in the chest while defending a shot on goal. Spectators said the 16-year-old cleared the ball and then just dropped to the field. A school trainer and his coach rushed to the goal, determined the player was not breathing and had no heart beat.

The trainer began cardio pulmonary resuscitation (CPR) immediately and 911 was called. CPR was maintained until the ambulance arrived, when the victim's heart was shocked by a defibrillator, re-establishing a normal beat. The player was reported to be improving and suffering no long-term effects.

Is your league prepared for a heart emergency? Training in CPR and having an available AED is the best insurance.

# Tips to Prevent Ball Injuries

Each year, almost 500,000 ball-related injuries are treated in hospitals, doctors' offices, clinics, ambulatory surgery centers and hospital emergency rooms. Here are suggestions to avoid such accidents.

## Plan for Your Environment

- Inspect the playing field for holes, glass, and other debris.

## Prepare

- Always take time to warm up and stretch. Research studies have shown that cold muscles are more prone to injury. Warm up with jumping jacks, stationary cycling, or running or walking in place for 3 to 5 minutes. Then slowly and gently stretch, holding each stretch for 30 seconds.
- Be knowledgeable about first aid and be able to administer it for minor injuries, such as facial cuts, bruises, minor tendonitis, strains, or sprains.
- Be prepared for emergency situations and have a plan to reach medical personnel to treat injuries such as concussions, dislocations, elbow contusions, wrist or finger sprains, and fractures.

## Dress Appropriately

- Your equipment should fit properly and be worn correctly.
- Wear a batting helmet at the plate, when waiting a turn at bat, and when running bases.
- Facial protection devices that are

attached to batting helmets are available. These devices can help reduce the risk of a serious facial injury if you get hit by a ball.

- Wear the appropriate mitt for your position. Catchers should always use a catcher's mitt.
- Catchers should always wear a helmet, facemask, throat guard, long-model chest protector, protective supporter (with cup), and shin guards.
- Wear molded, cleated ball shoes that fit properly.

## Focus on Technique

- Follow the guidelines about the number of pitches or innings thrown as specified by your league, not by the number of teams played on.
- While there is no concrete guideline for the number of pitches allowed, a reasonable approach is to count the number of pitches thrown and use 30 to 40 pitches as a maximum in a practice. (*Little League has specific rules for pitches thrown per game based on age. See page 6.*)

(These tips have been drawn from the American Academy of Orthopaedic Surgeons (AAOS) website, [www.orthoinfo.aaos.com](http://www.orthoinfo.aaos.com).)

## Safety first for Deerfield Little League

By Wendy D'Assandro

It's never forgotten playing second baseman during the summer Little League season back in Michigan. The pitcher pitched, the batter swung and I caught the line drive first with my throat, then with my glove when the ball dropped down. Ouch.

Back then, we didn't talk too much about the proper way to catch the ball; we didn't even wear hard helmets when we were batting. Times have changed.

Luckily, for the sake of the kids, safety is paramount in today's Little League. Just ask Bruce Hursh, Deerfield Beach Little League's first safety director.

Hursh is what you might call a Little League veteran. He played baseball all of his life, coached baseball before his son played Little League, and now coaches his son's team, the Rattlers. As a safety director, it's his job to make sure the coaches, parents and players know how to play it safe on the field and in the ballpark.

"Safety is the most important thing in this age group," Hursh said. "Along with teaching sportsmanship."

### Pre-Season Safety

Safety prevention begins long before Deerfield's Little League season begins. Back in February, the Little League held a free safety clinic for coaches and parents. This year, Deerfield Beach

firefighter and paramedic Randy Robertson was on hand to talk about how to keep players safe and what to do if someone is injured.

A common mistake coaches and parents make when a player needs medical attention is calling 911 from a cellular phone instead of a landline. At Deerfield Middle School's Little League Complex there is access to a landline in the building located at the center of the complex. Also housed there is a concession stand with plenty of ice and plastic bags on hand for those common bumps, bruises and scrapes.

North Broward Medical Center provides each team with a medical emergency kit and the coaches are trained in CPR.

### Safety Equipment

Hursh said some players, including his son, Bryan, wear heart guards. Made of a hard plastic, these 1/4-inch thick guards are lightweight, attach around the torso and cover the chest area to protect the heart.

"Only about 20 percent of the players wear them and they aren't mandatory, but they're very important," Hursh said. Player Kyle Bombardier wears a heart guard first because his dad said he has to, and second because he knows it could save his life. "If the ball hits me in the heart I could get really hurt," he said.

All players are required to

wear mouth guards. Male players are encouraged, but not required, to wear athletic supporters and cups - unless they play catcher. In that case, a supporter and cup are mandatory equipment.

The City of Deerfield Beach provides catchers with all of the necessary equipment, including pads and a special helmet that looks more like a hockey goalie helmet. The city also provides bats, balls and hard helmets for batting, although some players use their own helmets equipped with cages to protect their faces.

### Playing It Safe

Once the game begins, there are safety rules for coaches and players to follow. For example, coaches are allowed only on specific areas of the field during games. For players 12 years and younger, there are no on-deck batters, and there are no pitcher warm ups. When batting, players must toss the bat to the side before running to first base.

Players are allowed to practice batting in the batting cage if an adult accompanies them. And, any time a pitcher is practicing, the person catching the ball must wear a helmet with a cage.

"We're always pushing for more safety for the kids," Hursh said. "Their safety is most important." That means keeping the field and facility free of hazards, as well.

Safety manager, Hursh routinely surveys the playing

fields; if he finds anything considered dangerous, he reports it to the Parks and Recreation Department, whose job it is to fix.

Even during the games and practices, parents and coaches keep an eye on the players, keeping rowdy behavior in check. "There's no running around," Hursh said, and, just like home, you can't leave your equipment lying around where someone might trip over it. Players must also steer clear of the spectators when playing catch, and no horsing around is allowed in the dug out.

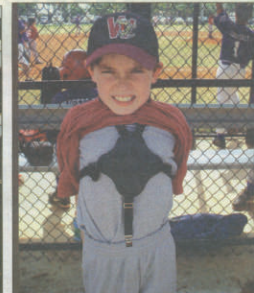
Bikes and scooters are not allowed in the park for safety reasons and because a city ordinance doesn't allow it. Of course, the best safety practice is for parents and kids to use common sense while at the ballpark.



Sometimes, accidents happen. Bryan Hursh nurses a poked eye with an ice pack.



Got Safety? Deerfield Beach has a room full of equipment to keep Little Leagueers safe.



Although not mandated, heart guards are worn by some players to help prevent injury to the heart.

## Promote Your Safety Efforts

Many leagues are taking their stories on improving safety for your players, volunteers and spectators to the public, to reassure parents that everything possible is being done to protect their children from injuries and accidents.

From heart guards to using helmets with facemasks, installing warning tracks to using reduced impact balls, leagues are again gearing up for a new season. Help your league recruit players and enhance your league in the community's sight.

Here is an example from Bruce Hursh, safety officer, about the efforts he and Deerfield Beach Little League, in Florida District 10, are making to enhance safety awareness. This article was published last summer in the *Deerfield Observer*.

Thanks, Bruce, for sharing your league's efforts to make it "safer for the kids!"

# Mouthguards Can Save the Day, Says PDA

The Pennsylvania Dental Association (PDA) recommends both children and adults wear a mouthguard when participating in any sport or recreational activity where injury to the mouth can occur, including baseball and softball.

Mouthguards can also help prevent more serious injuries such as concussions, cerebral hemorrhages, jaw fractures, and neck injuries.

According to the Academy of General Dentistry, an athlete is 70 times more likely to sustain damage to teeth when not wearing a mouthguard and almost one-third of all dental injuries are sports-related. During a single athletic season, athletes have a one in 10 chance of suffering a facial or dental injury.



without prior permission.  
chartered Little Leagues  
News may be reprinted by  
All materials in the ASAP  
E-mail: asap@musco.com  
Fax: 641/672-1996

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

© March 2008,  
Little League®  
and Musco Lighting

ASAP News is a service of  
Little League Baseball®  
and Softball  
facilitated and published by  
Musco Lighting

**ASAP News**

539 US Route 15 Hwy  
PO Box 3485  
Williamsport, PA 17701-0485



PRESORTED  
FIRST-CLASS MAIL  
U.S. POSTAGE PAID  
DES MOINES, IA  
PERMIT NO. 4053