

ASAP news



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

Requirement 8 of 13 To Meet Safety Plan Minimum Requirements

Using Facility Surveys

What exactly is the National Facility Survey, and how does it help? Many people think filling it out one time will "cover their bases" for years to come.

The truth is, you won't know what has changed at your facility if you don't look. Use the survey to look for concerns and ways to improve, even if facilities haven't deteriorated. If an area has gotten worse, this is the perfect reminder to work on it now. The worst situation your league can face is fixing a hole in a field or a broken seat in your bleachers only after a child or parent is injured.

Some questions suggest changes to avoid injuries that have not and need not happen. Here are a few to consider:

If your concession stand is by homeplate and no one has been hit by a foul ball, count yourself lucky and consider overhead netting. People standing with their backs to the field don't respond quickly. The same is true for fields that share a common foul line and spectator area.

Dark screening at backstop and center field is a major league upgrade at minor league prices. An inexpensive pitcher's eye, the wood or fabric dark screening behind the catcher on the backstop, helps pitchers more quickly pick up a ball off the bat, and react. The batter's eye, behind the pitcher in center field,

allows the batter to see the ball right out of the pitcher's hand and react faster to avoid injuries from wild pitches.

Have you considered breakaway or quick-release bases? Studies continue to show leg, ankle and foot injuries – the majority of base runners' injuries – can largely be avoided with these safety devices.



Safety takes effort: (above) Adding protective tubing to fence tops reduces risk of players being injured reaching for home-run balls; (top right) bleachers are more safe with handrails and back guards; (below) ball returns help get balls into play safely; (bottom) and safety bases reduce sliding injuries.

Quick Hitters:

- Do you use double first bases?
- Do you ground metal bleachers?
- Do you inspect wooden bleachers annually?
- Do bleachers have hand and back guard rails if required (see local codes)?
- Do you install warning tracks for all fields?
- Do you have fenced, limited access bull pens?
- Do you provide fence caps to protect fielders from injury on wire fence edges?



- Do you test light levels annually before each season?
- Do you have an electrician check lights' electrical system for safety annually?
- Do you clearly separate parking areas from spectator areas?
- Do you have telephone access at all fields?
- Do you provide first aid kits to all teams?

These are all part of the Facility Survey. Taking a fresh look each year at your fields can help your league avoid accidents and injuries that you didn't even know could happen. If you adopt these changes, you need *never* know.



Emphasize Fun

Expert admonishes grownups to emphasize fun and not to pressure

An expert admonishes grownups to emphasize fun, not pressure young athletes when they're competing.

From: www.littleleague.org

By DAVID KARP, Times Staff Writer

Published January 23, 2004

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TAMPA – As he surveyed the giants of baseball, Rick Wolff did what any father would do. He thought of his son.

Back then, Wolff massaged the egos of the best players in baseball as mental skills coach for the Cleveland Indians, back when the Indians were good.

It was spring in Arizona, and Wolff's mind was on the future. His son was 8. He asked his players – who had fame, wealth and talent – if they would want the same for their boy. They all answered the same way.

“Rick, I would never, ever expose my kid to the kind of craziness I went through,” they said.

Wolff, who left his coaching career to lecture and write, told that story Thursday night to about 60 Little League parents who wanted instruction on how to best help kids in sports.

The audience at Plant High School looked like professionals who achieve — and who want their children to achieve too. So, to help, the Tampa Bay Little League group and More Health, a nonprofit that teaches children about health,

flew Wolff in from New York to talk to parents about how to behave.

Wolff, chairman of the Center for Sports Parenting, has written 17 books on the subject, including *Coaching for Dummies* and *Good Sports: The Concerned Parents Guide to Competitive Sports*. And oh, he has raised three kids, including a 20-year-old son who plays baseball at Harvard, just like Dad did.

As Wolff spoke Thursday at the auditorium at Plant, the parents silently listened. When Wolff spoke about parents who grilled their kid after a game, and a few would laugh. They recognized the traits in themselves.

Talking to a child after a game is one of the worst things to do,

Wolff said. It's one of the reasons that nearly 50 percent of children ages 5 to 12 surveyed don't want their parents to attend their games, he said.

“When we drop our kid off at Little League, one of the last things we say is go out and have fun,” he said. “But what we are really saying is go out and be a star.”

Kids pick up on the real meaning very quickly. And it's one reason so many want to quit.

Children notice when parents sit in the stands and tell their children how to play.

Eye on the ball!
Don't crowd the plate! That's it!
Uh, uh, uh, don't round that base!

The children thought you wanted them to have fun, Wolff said. But the chanting really tells them they're being evaluated.

After the game, don't talk to children about the game. Kids, especially

at the Little League age, have moved on. But

the parent is doing the post-game analysis, Wolff said.

He suggested waiting a day to casually ask your child how they felt about the sport. And cushion the conversation by offering praise, he said.

“Your job is to be supportive, and to stick up for these kids,” Wolff said.



Not Pressure *HAVE FUN!*

young athletes when they are competing by David Karp

Wolff asked the audience how many of them played baseball as kids.

A roomful of hands went up.

How many played pro ball?

No hands.

How many played the majors?

No hands.

How many parents told their kids about the mistakes they made - the times they struck out with the bases loaded, the times they dropped the fly ball.

One person raised a hand.

“You have to let them know baseball is the most difficult game in the world,” Wolff said. “You have to understand failure will be around you all the time.”

Putting pressure on children at early ages seldom makes them better players. And he cited examples:

Michael Jordan, one of the greatest players in professional basketball, was cut from his high school team.

Basketball star Scottie Pippen was only 5 foot 11 as a high school senior. He got one college basketball scholarship - they wanted him to be the team's equipment manager.

Slugger Sammy Sosa didn't start playing baseball until he was 14. His career hasn't suffered, Wolff said.

Try to make Little League teams as even as possible in skill levels. The goal should be teams that all have .500 records.

Instead of holding a draft, as most Little Leagues do, in which coaches try to out-scout the best 10-year-old in the League, do something anticompetitive. Get all the coaches together and create evenly-balanced teams, so that any team

could play just as well as another. Then, let the coaches decide who gets to coach each team by picking teams randomly from a hat.

He said this has been done successfully in many places.

When it comes time to choose all-stars, let the children decide by secret ballot, Wolff said.

“The kids know who the best players are,” he said. “They don't need the parents to tell them who the stars are.”

One parent raised his hand to ask Wolff how he could actually convince a Little League to take competition out.

He asked: What has to happen? Does there have to be crisis? Does some parent have to get arrested for throwing objects on the field before a Little League can change?

No, Wolff said.

“It just takes parents to say, this makes sense,” he said.

The parent listened, but didn't say anything back.

The Golden Rules

Sports psychology expert Rick Wolff offers five simple messages for adults involved in Little League:

1. Parents need to come to grips with one fact: Your childhood is over. Don't put your dreams on your children.
2. Listen to your children, don't lecture to them. Let them tell you what they enjoy about sports.
3. Coaches: Remember, every child wants to play during games as much as possible. As a coach, it's your job to make sure that happens.
4. Yelling and screaming discourages a child's desire to do well in sports. No one wants to be criticized, especially when playing a difficult game.
5. Baseball is a hard [game]. Remember to tell your child how tough baseball was for you.



Stretching with Michele Smith

Two-time USA Softball Olympic Gold-Medalist

Children are naturally flexible, with young muscles still growing and developing, so your coaches may not think stretching is very important. But take it from two-time USA Softball Olympic Gold-Medalist Michele Smith, a proper pre- and post-workout routine can help care for the muscles that allow the players to take the field.

Dynamic Warm-Up

"I encourage coaches to begin any practice or game with a dynamic warm-up," Michele stated. For younger players, 10 minutes total of blood-pumping, body-moving activity can help raise the body's core temperature and loosen up muscles for the practice or game. Older players may need 15 minutes of warm-up. These are not static stretching exercises, but active dynamic warm-ups.

Start by having players run from foul pole to foul pole, then do some agility exercises:

- High knees (short jog, lift knees high),
- Butt kicks (short jog, try to kick feet backwards up toward bottom),
- Karaoke run (crossover steps laterally),

- Jumping jacks (standard),
- Arm windmills (forward and reverse),
- Neck circles (left & right, full rotation).

"The goal is to work on all the body parts: trunk, arms, legs and neck," Michele said. "Muscles stretch more easily if the body is warmed up properly before you stretch."



If muscles are still tight after the dynamic warm-up, then do some specific stretching for the area. Pitchers especially, but all players need to really work on their shoulder muscles, to make sure they are loose before throwing. And coaches should be reminded to have their players do stretching and warm-up exercises any time they have been idle for a period.

Michele pointed out that planning can help reduce the amount of stretching needed. Some coaches have players warm up their arms, do a few defensive drills, stand around waiting to hit and then start back throwing. Instead, start players hitting, then go to throwing drills, making sure they stretch out their arms before throwing. It saves

time stretching and saves injuries to arms. But warm up and stretch the trunk before hitting, too, or players risk injuries like groin pulls. Ask Mike Piazza of the New York Mets how easy it is to overcome a pulled groin.

Then Cool Down

After a practice or game, don't just send your kids home. Michele noted that muscles need to be worked a little to get new oxygen in, to remove the waste by-products of exercising. "Have players run a lap around the field, then sit in a circle and stretch muscles to get fresh blood in them, and help strengthen them."

She suggests arm windmills, neck circles and hurdler's stretches for the quads and glutes (thighs and bottom). Twisting exercises that stretch the side muscles and back are also good. Here's one: Sit on the ground, placing the foot of a bent leg on the opposite side of an outstretched leg's knee, and twist your torso across the upright knee. Then switch legs and twist the other way.

"A good cool down will help cool the muscles and slow the heart rate," Michele said. "It's important not to over-stretch in the cool down phase," she noted, since the muscles are being relaxed. If any sore spots are found during stretching, apply ice.

Michele said warm ups are a good time for players to visualize what they will be doing: hitting, pitching, throwing out base runners, etc. Cool downs are a time to reflect on the practice on what went well, and what may need improvement. But above all, these tips can keep players playing, and not sidelined with muscle injuries.

"If you're injured, you can't play the sport you love," Michele pointed out. "We need to warm up and cool down to prevent injuries. Young kids are so flexible, they don't realize they can pull muscles. So for younger players, this is as much about instilling good routines for the players for later life."

Do you belong on the field?

“I wanted to pass along a ‘best practice’ we’ve come up with in our league for the background check process. We have about 600 kids in the league and somewhere around 150 volunteers/coaches/managers. My biggest issue in implementing the Background Check policy was figuring out how I was going to know, on a day-to-day basis, who had been screened and passed. I obviously can’t get to know all 150 volunteers personally or by site!

“I came up with a button that I designed, with our league logo, that is personalized with each volunteer’s name and the current year. Anyone onfield (practice or game) with the players at any level, at any time, must have their customized button either on their hat (where most coaches/managers keep them) or on their chest on the left front. They have to be in full view if they are on the field, or else they can’t be on the field.

I found an Internet vendor (Buttonstar) that helped me with the button – it’s really been great. Opening day was Saturday and I drove around throughout the day to different fields – everyone had their buttons on and I was assured that our league had done its job on the Background Check policy. Next year we’ll do the same thing – we’ll just change the button’s background color and put 2004 on it so that it stands out from this year’s button.

“I actually had the button company make up a sample button and send it to your attention – you’ll probably get it tomorrow. I just wanted to pass this along – I don’t know what other leagues are doing; we’ve started to get inquiries about our buttons from other area leagues that we interleague with, asking how we came up with it and where we got it. I’m sure there are other vendors out there – Buttonstar has worked great for us – they’re extremely responsive and very reasonably priced (\$1.50/button). We actually increased our sponsors fees this year to cover the

cost of the background checks and implementation, so we’re all set from a budget perspective.

“Let me know if you have any questions – as I said, this is working out really well for us and I thought I should pass it along.”

Brad Paige
President
Kennebunk-Kennebunkport,
Maine, Little League

“Dear Brad, Thank you for the great idea. We have also received input from leagues who use Photo ID cards like we use at the World Series for the same purpose of quick ID at the games and more important at practice.”

Daniel P. Kirby
Director of Risk Management
Little League Baseball, Incorporated

Editor’s Note: This idea was sent to Corey Wright, assistant East Region Director of Little League Baseball, who passed it to Little League International Headquarters and ASAP. We thank Corey and Brad for passing on this great idea of how local leagues can help the average participant know who is and is not supposed to be on the field with the children. If you have an idea to share, you can send it directly to ASAP by emailing asap@musco.com, or calling 800-811-7443 and leaving a message with your tip. And thanks for making it “safer for the kids.”



Keeping Them Safe

SAFETY CODE – Dedicated to Injury Prevention

Responsibility for Safety procedures should be that of an adult member of the _____ Little League.

Arrangements should be made in advance of all games and practices for emergency medical services.

Managers, coaches and umpires should have training in first-aid. First-aid kits are issued to each team manager.

No games or practices should be held when weather or field conditions are bad, particularly with lightning.

Play area should be inspected frequently for holes, damage, stones, glass and other foreign objects.

All team equipment should be stored within the team dugout, or behind screens, and not within the area defined by the umpires as “in play”.

Only players, managers, coaches, and umpires are permitted on the playing field or in the dugout during games and practice sessions.

Responsibility for keeping bats and loose equipment off the field of play should be that of a player assigned for this purpose or the team’s manager and coaches.

During practice and games, all players should be alert and watching the batter on each pitch.

During warm-up drills players should be spaced so that no one is endangered by wild throws or missed catches.

All pre-game warm-ups should be performed within the confines of the playing field and not within areas that are frequented by, and thus endanger spectators (i.e., playing catch, pepper, swinging bats, etc.)

Equipment should be inspected regularly for the condition of the equipment as well as for proper fit.

Batters must wear Little League approved protective helmets during batting practice and games.

Catcher must wear catcher’s helmet, mask, throat guard, long model chest protector, shin guards and protective cup with athletic supporter at all times (males) for all practices and games. **NO EXCEPTIONS.** Managers should encourage all male players to wear protective cups and supporters for practices and games.

Except when runner is returning to a base, head-first slides are **not** permitted.

During sliding practice, bases should not be strapped down or anchored.

At no time should “horse play” be permitted on the playing field

Parents of players who wear glasses should be encouraged to provide “safety glasses.”

Player must not wear watches, rings, pins or metallic items during games and practices.

The Catcher must wear catcher’s helmet and mask with a throat guard in warming up pitchers. This applies between innings and in the bullpen during a game and also during practices

Managers and Coaches may **NOT** warm up pitchers before or during a game.

On-deck batters are not permitted (except in Junior/Senior/Big League Divisions).

All managers are required to attend _____ Little League-sponsored managers clinic and all coaches are invited as well.

Our _____ Little League runs background checks on all of the managers, coaches and other applicable volunteer applicants.

Coaches Code of Conduct

CODE OF CONDUCT – Coaches are Role Models

“Our Little League is in the process of putting together a newsletter for the coaches stating Coaches Code of Conduct. I thought in the past in one of the ASAP newsletters I saw one but I cannot find it. Our local league is putting a newsletter together on this and it would help if Little League already had some information on this and additional ideas for a list to be handed out and signed by the Managers and Coaches as to their conduct during games and practices to help guide them.”

George Colby

Easton, Conn., Little League, District 2

Editor’s Note: Here is a Code of Conduct that is used in many safety plans. On the next page (pg 8) is a Volunteer Code of Conduct that serves as a reminder of the important role coaches and managers have in the development of youth people. It stresses that sports should be about fun, physical exercise and character development, and not winning.

Speed Limit 5 mph in roadways and parking lots while attending any _____ Little League function. Watch for small children around parked cars.

No Alcohol allowed in any parking lot, field, or common areas within the _____ Little League complex.

No SMOKING or Tobacco products of any kind (including spit tobacco) allowed in any common areas within the _____ Little League complex.

No Playing in parking lots at any time.

No Playing on and around lawn/maintenance equipment.

No Profanity allowed in any parking lot, field, or common areas within the _____ Little League complex.

No Swinging Bats or throwing baseballs at any time within the walkways and common areas of the Little League complex.

No throwing balls against dugouts or against backstop.

No throwing rocks and no climbing fences.

Only a player on the field and at bat, may swing a bat (Ages 5 - 12).

Observe all posted signs. Players and spectators should be alert at all times for Foul Balls and Errant Throws.

During game, players must remain in the dugout area in an orderly fashion at all times.

After each game, each team must clean up trash in dugout and around stands.

All gates to the field must remain closed at all times. After players have entered or left the playing field, gates should be closed and secured.

No children under age of 16 are to be permitted in the Snack Bars.

Failure to comply with the above may result in expulsion from the _____ Little League field or complex.



Good Procedures to Implement

Checklist for Managers, Coaches, and Umpires

Here are some good procedures for your league to implement and follow on several required areas of the safety plan. Requirements 7, 10, 12 and 13 are all included in the checklists below. These come from several leagues whose volunteers are providing safety leadership through their efforts to increase awareness and help volunteers do the right thing at the right time.

A. Safe Playing Areas

Regular safety inspections of all fields, (practice and game), structures, and dugouts, is the best way to eliminate conditions that cause accidents. Managers, coaches, and umpires should routinely check playing area for:

1. Holes, damage, rough or uneven spots, slippery areas, and long grass
2. Glass, rocks, foreign objects
3. Damage to screens or fences, including holes, sharp edges, or loose edges
4. Unsafe conditions around backstop, pitcher's mound, or warning track
5. Proper attire by the catcher at all times, including in the bull pens and in between innings

B. Safe Equipment

All equipment shall be inspected before each use. Regular safety inspection of equipment is essential. Managers, coaches, and umpires should:

1. Be sure all equipment is LL approved
2. Inspect all bats, helmets, and other equipment on a regular basis. Dispose of unsafe equipment properly.

3. Keep loose equipment stored properly
4. Have all players remove all personal jewelry
5. Parents should be encouraged to provide safety glasses for players who wear glasses
6. Repair or replace defective equipment

C. Safe Procedures

Managers and coaches must:

1. Have all players' medical release forms with you at every practice and game
2. Have a first aid kit with you all practices and games
3. Have access to a telephone in case of emergencies
4. Know where the closest emergency shelter is in case of severe weather
5. Ensure warm-up procedures have been completed by all players
6. Stress the importance of paying attention, no "horse playing allowed"
7. Instruct the players on proper fundamentals of the game to ensure safe participation
8. Each practice should have at least 2 coaches in case of an emergency

D. Weather Conditions

Before the Storm

1. Check the weather forecast before leaving for a game or practice
2. Watch for signs of an approaching storm
3. Postpone outdoor activities if storms are imminent

Approaching Thunderstorm

1. Take caution when you hear thunder. If you hear thunder, you are close enough to get struck by lightning. During a game, the umpire will clear the field in the event of an approaching storm.

2. Move to a safe environment immediately. Do not go under a tree or stay in the dugout.
3. If lightning is occurring and there is not sturdy shelter near, get inside a hard top automobile and keep the window up.
4. Stay away from water, metal pipes, and telephone lines.
5. Unplug appliances not necessary for obtaining weather information. Avoid the telephone except for emergency use only.
6. Turn off air conditioners.

If caught outdoors and no shelter exists

1. Find a low spot away from trees, fences, light poles, and flagpoles. Make sure the site you pick is not prone to flooding.
2. If in the woods, take cover under shorter trees.
3. If you feel your skin begin to tingle or your hair feels like it's standing on end, squat low to the ground, balancing on the balls of your feet. Make yourself the smallest possible target, tuck your head between your legs, and minimize your contact with the ground.

What to do if someone is struck by lightning

1. The person who has been struck will carry no electrical charge; therefore, they are safe to touch.
2. Call 9-1-1 as soon as possible for help.
3. Check for burns to the body.
4. Give first aid as needed.
5. If breathing and/or heartbeat have stopped, perform CPR until EMS arrives.
6. Contact the league Safety Officer or President ASAP.

Volunteer Code of Conduct

Must Understand and Comply with Code

(The following is an example of a Volunteer Code of Conduct Contract which Little Leagues may emulate.)

The _____ Little League Board of Directors has mandated the following Code of Conduct. All coaches and managers will read this Code of Conduct and sign in the space provided below, acknowledging that he or she understands and agrees to comply with the Code of Conduct. Tear the signature sheet on the dotted line and mail to _____, Safety Officer.

Little League Code of Conduct:

No board member, manager, coach, player or spectator shall, **at any time**:

- ◆ Lay a hand upon, push, shove, strike, or threaten to strike an official.
- ◆ Be guilty of heaping personal verbal or physical abuse upon any official for any real or imaginary belief of a wrong decision or judgment.
- ◆ Be guilty of an objectionable demonstration of dissent at an official's decision by throwing of gloves, helmets, hats, bats, balls, or any other forceful unsportsman-like action.
- ◆ Be guilty of using unnecessarily rough tactics in the play of a game against the body of an opposing player.
- ◆ Be guilty of a physical attack upon any board member, official manager, coach, player or spectator.
- ◆ Be guilty of the use of profane, obscene or vulgar language in any manner at any time.
- ◆ Appear on the field of play, stands, or anywhere on the Little League complex while in an intoxicated state. Intoxicated will be defined as an odor or behavior issue.
- ◆ Be guilty of gambling upon any play or outcome of any game with anyone at any time.
- ◆ Smoke while in the stands or on the playing field or in any dugout. Smoking will only be permitted in designated areas which will be 20 feet from any spectator stands or dugouts.
- ◆ Be guilty of publicly discussing with spectators in a derogatory or abusive manner any play, decision or a personal opinion on any players during the game.
- ◆ As a manager or coach, be guilty of mingling with or fraternizing with spectators during the course of the game.
- ◆ Speak disrespectfully to any manager, coach, official or representative of the league.
- ◆ Be guilty of tampering or manipulating any league rosters, schedules, draft positions or selections, official score books, rankings, financial records or procedures.
- ◆ Challenge an umpire's authority. The umpires shall have the authority and discretion during a game to penalize the offender according to the infraction up to and including expulsion from the game.

The Board of Directors will review all infractions of the Code of Conduct. Depending on the seriousness or frequency, the board may assess additional disciplinary action up to and including expulsion from the league.

I have read the _____ Little League Code of Conduct and promise to adhere to its rules and regulations.

Print name of Manager

Team name and division

Signature of Manager

Date

Coach #1

Coach #2

Accident Notification Form

"I called today and asked about what form I fill out for an injured kid. You are going to send me one in the mail and I was going to look on-line for what I need. Is this the Incident Tracking Form? When I called they said something about an Accident Notification Form and I can't seem to find it on the website. Can you help?"

John Voyles
Safety Officer
Oviedo, Fla., Little League

Here is an example of the Accident Notification Form you need to use in cases of players injured who do or may require medical attention. It should be filled out by a league official and signed by the league president and sent to Little League International Headquarters. Look for it on-line in the League Officials section under the "Insurance" header on the left-hand side (<http://www.littleleague.org/common/insurance/index.asp?cid=5>).

The Incident Tracking Form (on the next page) is for your league to use in all accidents – those requiring medical attention and those not. Doing this tracking will help your league determine if additional training is needed for specifics like sliding (if several players in a division are hurting their legs or ankles, but not enough to go to the hospital); or if players are getting hurt on a specific field from bad hops, the field may need dragging or other work, etc.

"Do you have examples of injury or accident processes that can be distributed to league parents? I'm looking for ideas for a document to be included in our parent handbook that explains the process in layman's terms."

Pat Gallagher
Safety Officer
Capitola Little League, Soquel, Calif.

That's a great question. Here's an example of what we have in the sample safety manual. Attached is a tracking form for your coaches to fill out as

well (on next page); but if an accident occurs, you should fill out and submit the Accident Notification Form.

Accident Reporting Procedures What to Report

An incident that causes any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid must be reported to the league safety officer within 48 hours of incident. This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury or periods of rest.

When to Report

All such incidents described above must be reported to the Safety Officer within 48 hours of the incident. The Safety Officer for 2004 is:

_____ who can be reached (day) at _____ or (evening) at _____

How to Make the Report

Reporting incidents can come in a variety of forms. Most typically, they are telephone conversations. At a minimum, the following information must be given:

- Name and phone number of the person involved
- Date, time, and location of the incident
- As detailed a description of the incident as possible
- Preliminary estimation of the extent of any injuries
- Name and phone number of the person reporting the incident.

Safety Officer's Responsibilities

Within 48 hours of receiving the incident

report, the Safety Officer will contact the injured party or the party's parents and:

- (1) Verify the information received;
- (2) Obtain any other information deemed necessary;
- (3) Check on the status of the injured party; and
- (4) In the event that the injured party required other medical treatment (i.e., Emergency Room visit, doctor's visit, etc.) will advise the parent or guardian of the _____ Little League's insurance coverages and the provisions for submitting any claims.

If the extent of the injuries are more than minor in nature, the Safety Officer shall periodically call the injured party to (1) check on the status of any injuries, and (2) to check if any other assistance is necessary in areas such as submission of insurance forms, etc. until such time as the incident is considered "closed" (i.e., no further claims are expected and/or the individual is participating in the league again).

CNA		LITTLE LEAGUE BASEBALL [®]		ACCIDENT NOTIFICATION FORM		INSTRUCTIONS																																				
<p>Send Completed Form To: Little League Baseball, Incorporated 539 US Route 15 Hwy, PO Box 3485 Williamsport PA 17701-0485 Accident Claim Contact Numbers: Phone: 570-327-1674 Fax: 570-326-2951</p>																																										
<p>1. This form should be completed by parents (if claimant is under 19 years of age) and a league official and forwarded to Little League Headquarters within 20 days after the accident. A photocopy of this form should be made and kept by the claimant/parent. Initial medical/dental treatment must be rendered within 30 days of the Little League accident.</p> <p>2. Itemized bills including description of service, date of service, procedure and diagnosis codes for medical services/supplies and/or other documentation related to claim for benefits are to be provided within 90 days after the accident date. In no event shall such proof be furnished later than 15 months from the date the medical expense was incurred.</p> <p>3. When other insurance is present, parents or claimant must forward copies of the Explanation of Benefits or Notice/Letter of Denial for each charge directly to Little League Headquarters, even if the charges do not exceed the deductible of the primary insurance program.</p> <p>4. Policy provides benefits for eligible medical expenses incurred within 52 weeks of the accident, subject to Excess Coverage and Exclusion provisions of the plan.</p> <p>5. Limited deferred medical/dental benefits may be available for necessary treatment incurred after 52 weeks. Refer to instruction 3 above. Refer to the league president, or contact Little League Headquarters within the year of injury.</p>																																										
League Name				League I.D.																																						
Name of Injured Person/Claimant		PART 1	Date of Birth (MM/DD/YY)	Age	Sex	<input type="checkbox"/> Female <input type="checkbox"/> Male																																				
Name of Parent/Guardian, if Claimant is a Minor			Home Phone (Inc. Area Code)	Bus. Phone (Inc. Area Code)	() ()																																					
Address of Claimant				Address of Parent/Guardian, if different																																						
<p>The Little League Master Accident Policy provides benefits in excess of benefits from other insurance programs subject to a \$50 deductible per injury. "Other insurance programs" include family's personal insurance, student insurance through a school or insurance through an employer for employees and family members. Please CHECK the appropriate boxes below. If YES, follow instruction 3 above. Does the insured Person/Parent/Guardian have any insurance through: Employer Plan <input type="checkbox"/> Yes <input type="checkbox"/> No School Plan <input type="checkbox"/> Yes <input type="checkbox"/> No Individual Plan <input type="checkbox"/> Yes <input type="checkbox"/> No Dental Plan <input type="checkbox"/> Yes <input type="checkbox"/> No</p>																																										
Date of Accident	Time of Accident	Type of Injury																																								
		DAM OPM																																								
Describe exactly how accident happened, including playing position at the time of accident:																																										
<p>Check all applicable responses in each column:</p> <table border="0"> <tr> <td><input type="checkbox"/> BASEBALL</td> <td><input type="checkbox"/> CHALLENGER (5-18)</td> <td><input type="checkbox"/> PLAYER</td> <td><input type="checkbox"/> TRYOUTS</td> <td><input type="checkbox"/> SPECIAL EVENT</td> </tr> <tr> <td><input type="checkbox"/> SOFTBALL</td> <td><input type="checkbox"/> T-BALL (5-8)</td> <td><input type="checkbox"/> MANAGER, COACH</td> <td><input type="checkbox"/> PRACTICE</td> <td><input type="checkbox"/> (NOT GAMES)</td> </tr> <tr> <td><input type="checkbox"/> CHALLENGER</td> <td><input type="checkbox"/> MINOR (7-12)</td> <td><input type="checkbox"/> VOLUNTEER UMPIRE</td> <td><input type="checkbox"/> SCHEDULED GAME</td> <td><input type="checkbox"/> SPECIAL GAME(S)</td> </tr> <tr> <td><input type="checkbox"/> TAD (2ND SEASON)</td> <td><input type="checkbox"/> LITTLE LEAGUE (9-12)</td> <td><input type="checkbox"/> PLAYER AGENT</td> <td><input type="checkbox"/> TRAVEL TO</td> <td>(Submit a copy of your approval from Little League Incorporated)</td> </tr> <tr> <td><input type="checkbox"/> JUNIOR (13-14)</td> <td><input type="checkbox"/> OFFICIAL SCOREKEEPER</td> <td><input type="checkbox"/> TRAVEL FROM</td> <td colspan="2"></td> </tr> <tr> <td><input type="checkbox"/> SENIOR (14-16)</td> <td><input type="checkbox"/> SAFETY OFFICER</td> <td><input type="checkbox"/> TOURNAMENT</td> <td colspan="2"></td> </tr> <tr> <td><input type="checkbox"/> BIG LEAGUE (16-18)</td> <td><input type="checkbox"/> VOLUNTEER WORKER</td> <td><input type="checkbox"/> OTHER (Describe)</td> <td colspan="2"></td> </tr> </table>								<input type="checkbox"/> BASEBALL	<input type="checkbox"/> CHALLENGER (5-18)	<input type="checkbox"/> PLAYER	<input type="checkbox"/> TRYOUTS	<input type="checkbox"/> SPECIAL EVENT	<input type="checkbox"/> SOFTBALL	<input type="checkbox"/> T-BALL (5-8)	<input type="checkbox"/> MANAGER, COACH	<input type="checkbox"/> PRACTICE	<input type="checkbox"/> (NOT GAMES)	<input type="checkbox"/> CHALLENGER	<input type="checkbox"/> MINOR (7-12)	<input type="checkbox"/> VOLUNTEER UMPIRE	<input type="checkbox"/> SCHEDULED GAME	<input type="checkbox"/> SPECIAL GAME(S)	<input type="checkbox"/> TAD (2ND SEASON)	<input type="checkbox"/> LITTLE LEAGUE (9-12)	<input type="checkbox"/> PLAYER AGENT	<input type="checkbox"/> TRAVEL TO	(Submit a copy of your approval from Little League Incorporated)	<input type="checkbox"/> JUNIOR (13-14)	<input type="checkbox"/> OFFICIAL SCOREKEEPER	<input type="checkbox"/> TRAVEL FROM			<input type="checkbox"/> SENIOR (14-16)	<input type="checkbox"/> SAFETY OFFICER	<input type="checkbox"/> TOURNAMENT			<input type="checkbox"/> BIG LEAGUE (16-18)	<input type="checkbox"/> VOLUNTEER WORKER	<input type="checkbox"/> OTHER (Describe)		
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<p>I hereby certify that I have read the answers to all parts of this form and to the best of my knowledge and belief the information contained is complete and correct as herein given.</p> <p>I understand that it is a crime for any person to intentionally attempt to defraud or knowingly facilitate a fraud against an insurer by submitting an application or filing a claim containing a false or deceptive statement(s). See Remarks section on reverse side of form.</p> <p>I hereby authorize any physician, hospital or other medically related facility, insurance company or other organization, institution or person that has any records or knowledge of me, and/or the above named claimant, or our health, to disclose, whenever requested to do so by Little League Baseball and/or CNA or its representative, any and all such information. A photostatic copy of this authorization shall be considered as effective and valid as the original.</p>																																										
Date	Claimant/Parent/Guardian Signature (In a two parent household, both parents must sign this form.)																																									
Date	Claimant/Parent/Guardian Signature																																									

Incident/Injury Tracking Report

A Safety Awareness Program – Activities/Reporting

League Name: _____ League ID: ____ - ____ - ____ Incident Date: _____

Field Name/Location: _____ Incident Time: _____

Injured Person's Name: _____ Date of Birth: _____

Address: _____ Age: _____ Sex: Male Female

City: _____ State _____ ZIP: _____ Home Phone: () _____

Parent's Name (If Player): _____ Work Phone: () _____

Parents' Address (If Different): _____ City _____

Incident occurred while participating in:

- A)** Baseball Softball Challenger TAD
- B)** Challenger T-Ball (5-8) Minor (7-12) Major (9-12) Junior (13)
 Senior (13-15) Sr./Minor (13-15) Big League (16-18)
- C)** Tryout Practice Game Tournament Special Event
 Travel to Travel from Other (Describe): _____

Position/Role of person(s) involved in incident:

- D)** Batter Baserunner Pitcher Catcher First Base Second
 Third Short Stop Left Field Center Field Right Field Dugout
 Umpire Coach/Manager Spectator Volunteer Other : _____

Type of injury: _____

Was first aid required? Yes No If yes, what: _____

Was professional medical treatment required? Yes No If yes, what: _____
 (If yes, the player must present a non-restrictive medical release prior to to being allowed in a game or practice.)

Type of incident and location:

- | | | |
|---|---|--|
| <p>A) On Primary Playing Field</p> <p><input type="checkbox"/> Base Path: <input type="checkbox"/> Running or <input type="checkbox"/> Sliding</p> <p><input type="checkbox"/> Hit by Ball: <input type="checkbox"/> Pitched or <input type="checkbox"/> Thrown or <input type="checkbox"/> Batted</p> <p><input type="checkbox"/> Collision with: <input type="checkbox"/> Player or <input type="checkbox"/> Structure</p> <p><input type="checkbox"/> Grounds Defect</p> <p><input type="checkbox"/> Other: _____</p> | <p>B) Adjacent to Playing Field</p> <p><input type="checkbox"/> Seating Area</p> <p><input type="checkbox"/> Parking Area</p> <p>C) Concession Area</p> <p><input type="checkbox"/> Volunteer Worker</p> <p><input type="checkbox"/> Customer/Bystander</p> | <p>D) Off Ball Field</p> <p><input type="checkbox"/> Travel:</p> <p><input type="checkbox"/> Car or <input type="checkbox"/> Bike</p> <p>or <input type="checkbox"/> Walking</p> <p><input type="checkbox"/> League Activity</p> <p><input type="checkbox"/> Other: _____</p> |
|---|---|--|

Please give a short description of incident: _____

Could this accident have been avoided? How: _____

This form is for Little League purposes only, to report safety hazards, unsafe practices and/or to contribute positive ideas in order to improve league safety. When an accident occurs, obtain as much information as possible. For all claims or injuries which could become claims, please fill out and turn in the official Little League Baseball Accident Notification Form available from your league president and send to Little League Headquarters in Williamsport (Attention: Dan Kirby, Risk Management Department). Also, provide your District Safety Officer with a copy for District files. All personal injuries should be reported to Williamsport as soon as possible.

Prepared By/Position: _____ Phone Number: _____

Signature: _____ Date: _____

Face Guards are **IMPORTANT!**



The January-February 2003 issue of the ASAP News cited a major study on baseball and softball injuries. It detailed the proven reduction of facial injuries through the use of reduced-impact balls and face guards/face shields on batting helmets. Many leagues are looking at the option of providing more protection, especially for the younger aged players, to reduce the severity and frequency of facial injuries.

Here are some readers' letters on the subject. If you have an experience to share, please call the ASAP Hotline at: **800-811-7443**; or write to: **A Safety Awareness Program, PO Box 808, Oskaloosa, IA 52577.**

"I am a parent of a Little League child, age 11, and a coach of a team in District 5, Wood-Ridge, NJ as well as the Player Agent for the league. Our league does not use any type of face guard. Last Wednesday, my son was hit in the face with a pitch. The result was a fractured jaw in 2 places, 6 teeth pulled, and emergency surgery to wire his jaw shut. It needs to stay wired shut for 6 weeks.

"I believe this injury could have either been totally avoided or, at the very least, minimized if he had been wearing a face guard. I would like to know the 'official' Little League guideline regarding face guards. As I understand it now, face guards are 'optional.' If that is, indeed, the case, I would like to know what steps I need to take to change the guideline and make the face guard a required piece of protective equipment in both my town, as well as all of Little League.

"No child should go through what my son is going through when it can so easily be avoided."

Ken Turtoro
Player Agent
Wood-Ridge, NJ, Little League

Editor's Note: Leagues and districts may submit suggested rules changes to Little League International Headquarters; these are reviewed every three years at the Little League Congress, which is this month. While occasionally severe, the low incidence of facial injuries now makes it difficult to warrant the cost of requiring face shields for all leagues' helmets. That does not mean that your league or any league could not make face shields mandatory, proactively reducing the possibility of facial injuries. For the players who have been injured, the sometimes long and painful recovery process could be avoided with face shields. Read on for other views.

"Has there been any discussion on mandatory face shields for batters while playing softball or baseball?"

Robert M. Kearns

"Here's one league president's factual account: In 1998 alone, we had 5 dental claims for batters. One kid undergoes annual dental work (and will continue to do so for at least another 3-4 years). Surprisingly, the paperwork is really not that fun.

"We went league-wide mandatory face-shields on helmets and have not had a claim since."

Jon Toner

"Can anyone provide me information published by respectable sources concerning the use of face masks on batting helmets. I want to make it mandatory in our league in any division that has live pitching. Of course I am meeting major opposition. I am sure I will not make any real progress but I want to load my guns with stats, literature, etc."

Tony

"(W)e have been successful with proven results of the implementation of first voluntary and now mandatory use of safety helmets just to speak of one program guideline. I distinctly remember one incident the first week of the season. There was a play at second base... the catcher strong and in control, tries for the out... the ball reaching the fielder just missing the short-stop's glove. The runner was not totally aware where the ball was, looks toward the pitcher and was hit square in the face, going down. As he lay flat on his back, you can only imagine the worst with the crowd now silent in response to this terrible moment. The coaches ran out to aid the child, only to find that he was only stunned and even laughing at what just happened to him (because of the face-shield). The lesson learned was that we had made the right choice in saving a child from serious injury. It was a proud moment for us."

Mario A. Sais
President
North Brownsville, Texas, Little League

You've Got Questions

We've Got Answers

Here's a reminder for everyone of the link to the Little League website that shows the status of submitted safety plans: <http://www.littleleague.org/programs/asap/plans.asp>. After you get to the web page, just enter your state's two-letter abbreviation (for example, Alabama is AL, Alaska is AK, Arizona is AZ, etc.) then the two-digit district number (08, 23, etc.) and you will see all the safety plans for your district. This allows you to see the date your plan was received by Little League, what review stage it is in, and if it hasn't been approved, the missing points.

"I am writing to request a newsletter be sent to us. We have been trying to bring our league up to the proper standards. We are not currently receiving this and feel that it would be very helpful to us. We are the Boswell Jr. Baseball/Softball Association."

Tonya Hill
President

The mailing list for the ASAP News printed pieces is handled through Williamsport, and only the League Safety Officer of record (or League President if there isn't a SO), District Safety Officer and District Administrator receive the printed newsletter. For League Safety Officers, just have your League President update your league records with LLB headquarters in Williamsport, and the newsletters will come automatically.

However, even if you aren't the Safety Officer, the ASAP News is also available online at www.littleleague.org and you can download the newsletter free and print off as many copies as you may wish. You can also sign up for E-News, which will alert you to when the latest issue of the ASAP News has been released on the website, as well as giving you updates on rules changes and other important Little League information.

"I am requesting some more information on the ASAP program. I am in the process of taking over the safety officer position in my town and could use some updated paperwork (Program kit, ASAP News, registration forms, etc.). My town has a new league president and he and I are committed to make our league and our parks the best they can be for our children and all the children in this league."

Jeffrey T. Mitchell
Acra, NY

The Safety Officer position is an important one, responsible for helping raise awareness of potential safety risks to your league on an on-going basis. Please call the ASAP Hotline at 800-811-7443 and leave your name and address if you did not receive the 2004 Safety Officer Manual and League Resources CD. The CD contains all the information you need to put together a (or improve on your existing) league safety plan.

"Are you allowed to use the DeMarini F2 double wall bat in Little League play? Seems to me this is asking for trouble and safety issues abound."

Mike Swaim

You can check LLB's website for all approved equipment if you check under League Officials, then the left hand bar that says Approved Equipment. Under non-wood bats, you will find the DeMarini bats that are approved. While much concern has been raised about the newer equipment and potential risk this may pose, Little League's injury data to pitchers, the most at-risk players, has not supported seeing increased injuries to pitchers, or players as a group.

Little League is committed to providing the best program and safest environment possible, but until injuries show these bats are not safe, it is difficult to make

the case that they shouldn't be used. LLB will continue to monitor all new equipment and the injuries to players to determine if any equipment should not be used.

"I have a question about players on a Little League roster. If a rostered player has a broken wrist and is in a cast can that player be in the dugout? And if that player misses 4 consecutive league games, does the team need to pick up another player to fulfill their 12 player limit?"

Todd Hinkle

Someone who has been injured, if on the official roster and part of the team, may sit in the dugout with his/her team. However, replacing the player will be up to the local board to set in the by-laws prior to the season. How many games may be missed would be dependent on the number of games the teams play, as well as other factors, but must be determined locally, with the best interests of the team and the players.

"Is there a place that we can submit our safety manual on-line?"

Mark Gemmill,
Safety Officer
Camden-Wyoming LL

Little League headquarters needs to see a copy of the actual safety manual which has been distributed to your league, and does not accept electronic copies. If you need to fax information in to update your previously submitted safety manual, it may be faxed to 570-322-2376.

Written copies need to be mailed to: Little League International Headquarters 539 Route 15 Hwy.

So. Williamsport, PA 17702

Safety plans are due on May 1st to qualify for the 20% player accident insurance premium credit.

You've Got Questions

We've Got Answers

"Our league is in the process of starting a new Challenger Program for 2004. Since we are all new to this program we are wondering if there are specific safety concerns of which we need to be aware. Any suggestions or advice you can give us would be appreciated."

Kevin Thomas
President
Hopkins Area, Minn., Little League

There is not a list of safety issues related to the Challenger Program to assist you. Many leagues use a non-traditional safety ball like an IncrediBall or RagBall to reduce chances of injuries. Also, review the Challenger Rule Book for specific issues. Look to see if you have any facility issues that would be dangerous or restrictive for children with physical disabilities (dugout doorway sizes, holes or dips in playing surface), then look at the equipment you have and make sure it is the most protective version (batting helmets with face guards, infielders wearing protective cups/pelvic protectors, perhaps even batting vests, etc.) and review the policies you will have for the buddies, to make sure children, both buddies and participants, will not be at risk from swinging bats, etc. As some of these children will not have as fast a reaction time, they may need better protection than someone who is not in the Challenger Program. But those are just some suggestions. Do any readers have experiences to share with this league? Please call the ASAP Hotline at 1-800-811-7443 or write to asap@musco.com to pass on your experiences.

"In your opinion, should a parent volunteer who signs up to coach in Little League be allowed to coach if they:

- "1. Do not attend the 3-hour safety, coaches and umpiring clinic.*
- "2. Do not attend a coaches' skills clinic.*

"I am looking for some outside advice on this matter. I am the safety director in our league and our board is having a discussion on this matter next week. The parents have had a background check-but are we liable if a parent is not properly trained to work with our children and a drill is run that is not proper and a serious accident occurs. Looking for a sound, professional answer to bring back to my board."

Tom McCabe

This is a great question, and cuts to the core of the Little League program. Your league is responsible for setting minimum standards for the expectations of all volunteer applicants. The safety and security of the children in your program are directly affected by the abilities of the volunteers coaching them, and it would be unconscionable for you to NOT set minimum standards.

Requiring attendance (at least once every three years for senior coaches/managers) at safety and first aid clinics is the best way to help coaches and managers deal with emergencies that occur from time to time. Preparing them to teach children to play the game is not the same as their being able to play themselves. Part of your fundamentals training should include the proper handling of fragile egos and the emotional maturity of the children they will be entrusted with. No Little League coach should go out and rant and rave like a MLB manager, and they need to understand the differences inherent in dealing with young children, and how the players change with their age and abilities. Please set standards, and enforce them. That is the only way to prove you value the children in your program.

"My son is entering the Capital Little League program in Olympia, Wash. for 13- to 14-year-olds, this spring. As a

pediatrician I encourage him to wear eye protection when he is at bat and playing the infield. What are the Little League rules on wearing eye protection? The medical literature (http://www.physsports.com/med.com/issues/2000/06_00/vinger.htm) specifies the ASTM F803 standard used for racquetball to be the best choice for baseball. Does Little League have a position on this issue? When I have asked the local officials of the little league program they say it is up to the national organization to make these specifications. I have seen other coaches make an issue of whether a player's eye wear is "prescription" and make an argument that it will distract the pitcher. I have written notes for some of my patients stating they should be allowed to wear eye protection for medical reasons so that they would not be forced under these circumstances to remove their eye protection. I would like to clarify the issue before my son is put on the spot for trying to protect his vision."

Carl A. Lindgren MD
Olympia, WA

This is a decision that should be made by parents. A player can wear any eye protection prescribed by a doctor, and all players are encouraged to wear all safety equipment so prescribed. If a player has prescription glasses, safety glasses are the preferred alternative to protect the eyes from injury if a ball or collision should cause impact to the face. Protective eye wear, whether goggles or shatter-proof, flip-type sunglasses are perfectly proper and legal to wear, and while not mandated, are recommended if a player has any concern for the protection of their eyes. If any league has a question about this, they may contact either their regional office or the international headquarters in Williamsport for confirmation.

You've Got Questions

We've Got Answers

"What is the preferred rule regarding lightning? I know that the closer in time lightning and thunder occur, the closer the lightning is. Is there a threshold time lag below which the field should be evacuated? Do you recommend the handheld gadgets that purport to measure more accurately the distance lightning is away?"

Jim Allen
President
North Miami Beach, Fla.,
Optimist Little League

The lightning threshold is something your league will need to decide for itself, but we do suggest an automated lightning detector or lightning predictor system to take away the guesswork. These make it possible for the league to set a maximum safe range for lightning before you remove players from the field, without having people question the decision. Both SkyScan (a lightning detector) and Thor Guard (a lightning predictor) have been given good reviews by leagues using them. The basic difference is a detector tells you how close lightning is to you, while a predictor tells you about massing electrical potential for lightning strikes before they occur.

Specifically, if you are trying to set a standard for play, the "flash-to-bang" count is fairly high for safety's sake. We recommend leagues suspend play when lightning gets within 8 miles of your facility, since the distance between lightning strikes in the same storm can be 10 miles. The National Weather Service suggests taking cover if a storm is 6-10 miles away and moving in your direction (see the story on pages 2-3 of the April 2002 *ASAP News*). So if you can hear thunder, the storm is within 10 miles of you. If the time between the flash of lightning and the thunder is 30 seconds or less, it means the lightning was within six miles, so clear the field.

The difficulty in implementing these standards are people's relative inflexibility in understanding that their past experience isn't indicative of their true danger. Two coaches were killed last year in Illinois when they went on field to discuss when they should resume the game after clearing it of players. So clear the field and keep people off the bleachers, out of dugouts, away from fences. Make your policy clear and easily defined, so you don't have people claiming the game was stopped because they were ahead or behind or whatever. Have it be explained to the umpires, who are in charge of the game once the game starts and will have to stop play. Explain it to the coaches and managers before the season starts so they understand and will follow the umpire's ruling. Maybe even give a handout to parents, so they will help coaches and umpires stop the game when the lightning starts. We've been told that it is difficult for umpires to be responsible for stopping the game for lightning, since their focus is the play on field, and not rumblings or flashes off and away. So get as many people as possible informed of your policy and then enforce it.

"The Parks Department and the Recreation Department of my town are having a disagreement between dirt and grass infields. Because I am the Parks and Rec commissioner I have to decide. To me, grass is better to slow the ball and pad the players. But they are saying that dirt gives a more predictable bounce. Please help if you can."

Daniel Birchfield

That's a good topic, but one for which there is no set answer. Different areas, and different programs, handle it differently. On the Little League World Series stadium in Williamsport, and all regional facilities, the infields are grass.

"I am looking for a source for handbooks for baseball and softball injury course for Little League coaches. It is time for our annual course and I will need about 30 copies. If you could contact me with any information I would appreciate it."

Mark Keyes
Safety Officer
Central Accomack Little League

If you look at the Jan./Feb. 2004 issue of the *ASAP News* available on Little League's website, (www.littleleague.org) you can find an outline from the old Emergency Management Training Program which could help you put on your own clinic. It may be most beneficial to use local resources to implement this training, which can be tailored to the needs of your specific league and area. Any qualified nurse, doctor, paramedic, EMT, or first aid trainer can put on the first aid training for your league; it doesn't need to be a paid or certified program to qualify. See the Hotline Tip on page 12 if you need a source of First Aid Guides to go with your local training. Several people have also found training materials available through the American Red Cross, among others. While not required, many leagues have a dedicated group (like the league board) be certified in CPR as well as providing the first aid training. Other leagues require CPR training for all their coaches and managers. Still others provide basic first aid training and have professional medical personnel from the league's volunteers at the fields each night. So several options to pick from.

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

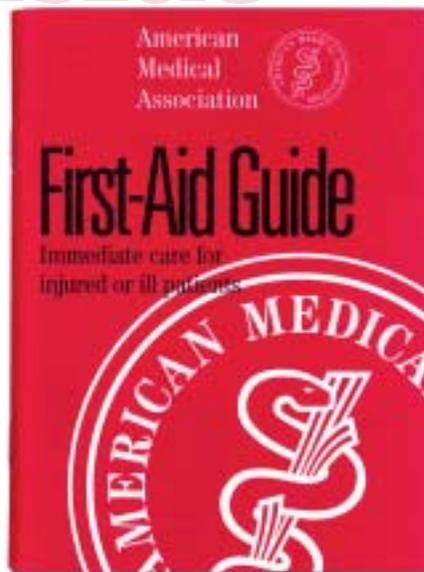
What's Inside **First-Aid Booklets Available**

2 Emphasize Fun.
Grownup's are not to pressure the young when competing.

4 Michele Smith.
Preparing for Play.

8 Procedure Checklist.
Checklist for managers, coaches and umpires.

10 Accident Form
An example you need to use if a player is injured.



First aid books from the American Medical Association are available from a league president who also runs a distributing company. Marty Drobiarz, president of Old Say Brook, Conn., Little League, is offering the "First Aid Guide", a 92-page first aid handbook that fits into first aid kits or equipment bags, for \$1 each. "If you call the AMA, they'll say they have run out," said Drobiarz, "but I found a distributor who has several thousand of these." The distributor only sells to retailers, so if your league is interested in providing first aid manuals along with the first aid training, call Drobiarz at Northeast Medical Products at 800-878-5549 to purchase however many you need. Thanks for passing on the information, Marty!

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