

Bellevue East Little League Manager's Safety Training

3/11/2021



Agenda

- Safety Contacts
- Supplies
- COVID
- Player Safety
- Injuries
- Youth Protection



Safety Contacts

- BELL President – Rick Peterson
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- VP, Drafted Baseball – Ryan Stier
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- Safety Officer – Michael Molnar
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- UIC – Brian Rutherford
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Supplies from BELL

Binder (virtual) with:

- List of local hospitals, addresses, phone number
- FAQs on safety
- Your player releases: **You must have this for every player. It allows a Dr. to help them in case of emergency and you need this document with you at all practices and games**
- **COVID protocols**
- Concussion protocol requirements
- Sudden Cardiac Arrest requirements



Instant
Ice Packs



First Aid Kit



COVID



<https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>

COVID Protocols

- Masks – Always!
- Social distancing
 - On field – when possible
 - In dugout/bleachers - always
- Keep attendance at games and practices – contact tracing
- No equipment sharing (esp. Water bottles!)
- Encourage use of hand sanitizer, use often
 - Keep some on hand
- No eating, gum, spitting
- Emphasize with parents – don't bring sick kids to practice
- Report positive COVID case ASAP



COVID Game Day

- No exchange of lineups
- Umpire calls balls/strikes from behind mound
- May use dugouts if 6' social distancing can be maintained
- Players get priority for bleacher seating, if needed
- Foul balls retrieved by players
- Team in the field provides their own ball
- No postgame handshakes/fist bumps



Player Safety



Bottom Line

- **Your *First* Responsibility is to Provide a Safe Baseball Experience**
 - Use required safety equipment and practices, even when it seems like a hindrance, unnecessary, or for players that are less skilled
 - **Know your Players Individual Needs**
 - Athletic strengths and weaknesses: *Hits well, but can't catch a cold*
 - Allergies: *Food, latex, bees, sunflowers seeds, etc.*
 - Emotional Sensitivities: *How to bring out the best in them on the field and off*
 - **Always be a Positive Role Model**
 - *“Because baseball means so much in the lives of American youth, they idolize those who are their managers.”*
- Little League's Greatest Challenge by Dr. Arthur Esslinger



Purpose

- **Safety is Preventive and Reactive**
 - Preventive to reduce the likelihood of injuries and accidents
 - Reactive to reduce the impact of an injury or accident
- **Safety Rules are in place to protect everyone, not just the players**
 - Don't overlook Managers, Coaches, Umpires and Spectators
- **Rigorous safety procedures are often considered “too much”...**
 - It is often easier to ignore safety procedures hoping that an incident will not happen
 - In most cases, the incident doesn't occur

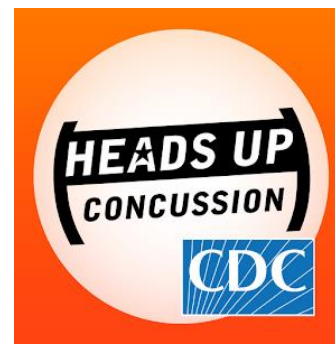


Background Checks

- The minimum requirement is a ***National*** check of all **Sex Offender Registries**
- **Little League Volunteer Application Form use is *required* for background checks – Input in JDP**
 - Required to conduct checks for all managers, coaches, Board of Directors members, league officials, umpires, elected members, and any other persons, volunteers or hired workers, who provide regular service to the league and/or has with repetitive access to, or contact with players or teams



League Safety



- **Heads Up Concussion Training**
 - Due before your first practice
- **Read and follow BELL's Safety Plan**
 - Found at bellevueeastll.org/forms-publications
 - Safety Plan is your league's safety policy
 - Little League approved each year
 - Your league assures Little League that the policies are followed
- **If you can't find your League's Safety Plan, ask the Safety Officer**



<https://www.cdc.gov/headsup/youthsports/coach.html>

<https://nfhslearn.com/courses/sudden-cardiac-arrest>

Safety and Injury Research

Plenty of published medical research on baseball injuries

- **Journal of the American Academy of Pediatrics**
 - *Baseball-Related Injuries to Children Treated in Hospital Emergency Departments in the United States, 1994-2006.* (2009)
 - *Risk of Injury From Baseball and Softball in Children.* (2001)
 - *Baseball Injuries: A Little League Survey* (1996)
 - *Shoulder Injuries in US High School Baseball and Softball Athletes, 2005-2008.* (2010)
- **Journal of Orthopedic and Sports Physical Therapy**
 - *Biomechanics of windmill softball pitching with implications about injury mechanisms and the shoulder and elbow.* (1998)
- **Journal of the American Medical Association**
 - *Evaluation of Safety Balls and Faceguards for Prevention of Injuries in Youth Baseball.* (2003)
- **American Journal of Sports Medicine**
 - *Effect of Pitch Type, Pitch Count, and Pitching*
 - *Mechanics on Risk of Elbow and Shoulder Pain in Youth Baseball Pitchers.* (2002) 4
- **US Consumer Product Safety Commission**
 - *Youth Baseball Protective Equipment Project: Final Report* (1996)
- **USA Baseball**
 - *Safety Equipment Used in Little League Baseball* (2000)
 - *Patterns of Injury In Youth Baseball* (2008)
 - *Youth Baseball Pitching Injuries* (2008)



Injury Statistics

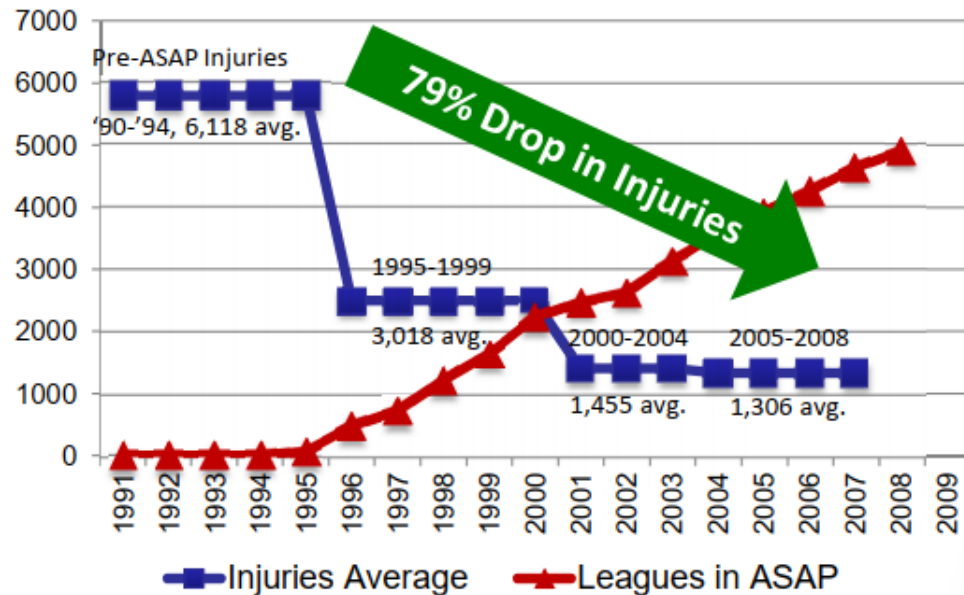
- **In 2006, there were over 110,000 youth treated in US emergency departments for baseball injuries.[1]**
 - Each season, a 1,000-player league can expect 12-13 Emergency Room visits due to baseball injuries.
- **There are an average of 4 deaths per year due to baseball injuries.[3]**
 - Direct contact by the ball is the most frequent cause of death and serious injury in baseball.[2]
- **The most common body parts injured [in youth baseball] were the face and upper extremities.[1]**
- **Almost 15% of all pitching appearances resulted in elbow or shoulder pain.[4]**
 - The most common general mechanism of shoulder injury includes pulled muscles and overuse.[5]
- **Recurring conclusion of much of the research: “Baseball is a relatively safe sport.”**



Injury Research: Outcomes

- Little League's safety rules are a direct answer to the research

- Pitch Counts
- Batting Helmets
- Catcher's Gear
- Break-away Bases
- Safety Balls
- Faceguards
- Bat BPF Rules

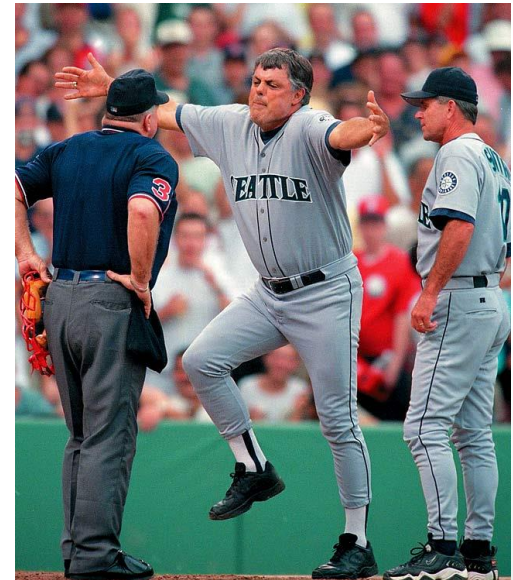


- ... and have resulted in a 79% decrease in injuries



Sportsmanship

- **Follow a Code of Conduct**
 - You need to be the prime example of good sportsmanship ... especially when things aren't going your way
- **Umpires and Adult Game Coordinators should eject you from a game for unsportsmanlike conduct**
 - You are required to leave the field and may not be present at the next physically played game



Equipment: Your Role

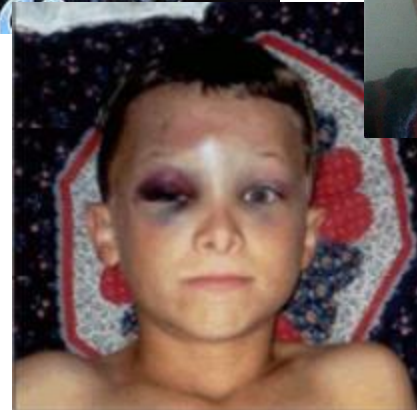
- **Having and USING the right equipment has the single biggest impact to player safety**
- **You need to ensure that equipment is used properly**
 - Bats, Helmets, Catcher's Equipment, Shoes, Protective Cups, Baseballs
- **Regularly inspect team equipment for damage and wear**
 - Includes player owned equipment
 - Report problems to the League's

Equipment Manager



Common Sense with Bats

- Don't allow bats to be handled in the dugout
- Keep your players supervised when they are handling bats
- Teach the younger players not to throw the bat
- Always wear a helmet



“15% of youth baseball deaths are from impacts with bats”

U.S. Consumer Product Safety Commission: Youth Baseball Protective Equipment Project Final Report



Fields and Facilities

- **Inspect *BEFORE* each use**
 - Look for holes, debris, animals and other things that could cause an accident or illness
- **Employ the right practices *DURING* use**
 - Keep players separated and protected when running multiple practice drills
- **Close out the field *AFTER* use**



Pitch Counts

- You must Count the Pitches !!!
- Pitch count is regulated by League Age and Calendar Day

“High pitch counts were demonstrated to produce a significantly increased risk of elbow and shoulder pain among youth baseball pitchers from the ages of 9 to 14.”
American Journal of Sports Medicine: Effect of Pitch Type, Pitch Count ...

AGE	DAILY MAX (PITCHES IN GAME)	REQUIRED REST (PITCHES)					
		0 Days	1 Days	2 Days	3 Days	4 Days	5 Days
7-8	50	1-20	21-35	36-50	N/A	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+	N/A
11-12	85	1-20	21-35	36-50	51-65	66+	N/A
13-14	95	1-20	21-35	36-50	51-65	66+	N/A



League Age

2021 Little League® Age Chart FOR BASEBALL DIVISION ONLY

Match month (top line) and box with year of birth. League age indicated at right.

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	AGE
2017	2017	2017	2017	2017	2017	2017	2017	2016	2016	2016	2016	4
2016	2016	2016	2016	2016	2016	2016	2016	2015	2015	2015	2015	5
2015	2015	2015	2015	2015	2015	2015	2015	2014	2014	2014	2014	6
2014	2014	2014	2014	2014	2014	2014	2014	2013	2013	2013	2013	7
2013	2013	2013	2013	2013	2013	2013	2013	2012	2012	2012	2012	8
2012	2012	2012	2012	2012	2012	2012	2012	2011	2011	2011	2011	9
2011	2011	2011	2011	2011	2011	2011	2011	2010	2010	2010	2010	10
2010	2010	2010	2010	2010	2010	2010	2010	2009	2009	2009	2009	11
2009	2009	2009	2009	2009	2009	2009	2009	2008	2008	2008	2008	12
2008	2008	2008	2008	2008	2008	2008	2008	2007	2007	2007	2007	13
2007	2007	2007	2007	2007	2007	2007	2007	2006	2006	2006	2006	14
2006	2006	2006	2006	2006	2006	2006	2006	2005	2005	2005	2005	15
2005	2005	2005	2005	2005	2005	2005	2005	2004	2004	2004	2004	16

NOTE: This age chart is for BASEBALL DIVISIONS ONLY, and only for 2021.



Practice, Warmups, and Games

- **Pay Attention**
 - There **MUST** be an adult coach in the dugout whenever players are there
 - Don't let players run off to use the bathroom, get a drink, etc. without being supervised
 - Don't get distracted by other things
- **The Manager is expected to be a leader, not just a baseball strategist**
 - Players learn the right and wrong way to do things from you
 - Lead by Example!!



Weather

- **Rain, wind, fog and heat occasionally prompt suspensions**
 - Cannot clearly see the ball at the plate or in the field
 - The bases and home plate become slippery
 - Mud makes the field too slippery to make quick starts and stops
 - Divots left by cleats change the way a ball bounces
- **Bellevue Parks makes the final decision on the usability of city fields**
- **Umpire's word is final**



Lightning

- **Suspend Play Immediately if**
 - Lightning is VISIBLE; or
 - Thunder is HEARD
- **Evacuate all people to automobiles or grounded buildings**
 - Dugouts, Equipment Sheds, Picnic Pavilions and playing catch in the parking lot do not provide protection
- **The Umpire in charge decides if/when to resume play, but not before 30 minutes after the last lightning or thunder**



Tip: Bring plastic garbage bags to cover team equipment until you can safely pack it up

Preventing Serious Injury



Concussions

- Concussions are serious
- Treated appropriately can avoid serious long term complications
- Be on the safe side – remove the athlete from play
- Do not allow them to return until they have seen a healthcare provider
- Coaches must take the CDC HEADS UP course on concussions
- Coaches must sign for the BELL Concussion protocol and use the BELL protocol in the event of an incident



Sudden Cardiac Arrest

- Coaches are required to review and sign for the Sudden Cardiac Arrest information sheet provided in your safety handbook
- It is highly recommended that coaches take the NFHS Sudden Cardiac Arrest online course
- You can prevent loss of a life by recognizing SCA, call 9-1-1 and begin CPR if you are qualified



Incident / Accident Reporting

- **Leagues are required to have an accounting process in place to track injuries and accidents**
 - If you don't report it, they can't prevent it from recurring
- **Don't forget to report suspicious events too**
 - Stolen equipment
 - Damage to fields and facilities
 - Suspicious persons and vehicles
 - Child predators are out there!!
- **This is the single weakest link in all safety programs**
 - Don't get left trying to explain why you didn't report something



In Case of Injury

- **Stay Calm!**
- **What do I do?**
 - Assess the situation
 - Protect others from danger
 - Provide medical assistance within your limits
 - Call 9-1-1 if it exceeds your capabilities
- **Then what...**
 - Make sure the player is accompanied to the hospital by a rostered coach if the parents aren't present
 - Notify the parents
 - Notify the league safety officer



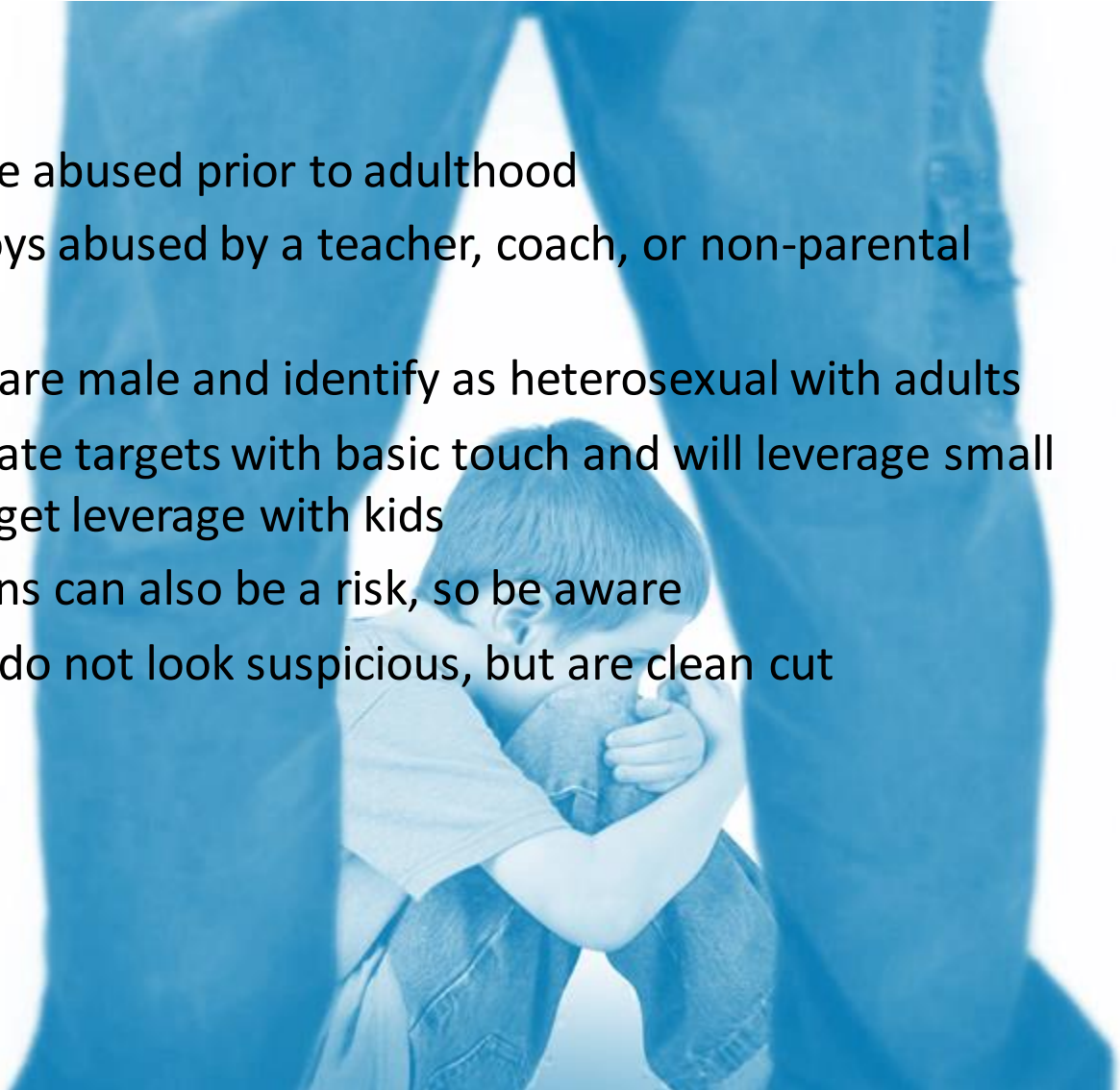
Medical Releases

- VP should have emailed you this form but if not: you can find it here: <http://www.bellevueeastll.org/forms-publications/>
- All families need to fill it out
- Upload player releases in TeamSnap under each player profile
- Keep copies of releases in your safety binder



Youth Protection

- The Facts
 - 25% of kids are abused prior to adulthood
 - Majority of boys abused by a teacher, coach, or non-parental mentor
 - Most abusers are male and identify as heterosexual with adults
 - Abusers cultivate targets with basic touch and will leverage small infractions to get leverage with kids
 - Non-adult teens can also be a risk, so be aware
 - Most abusers do not look suspicious, but are clean cut



What is Grooming?

- Preparing a target victim for molestation
- Gauging a child's response and likelihood to tell
- Gauging a child's vulnerability to words and touch
- Getting a child used to intimate interactions
- Desensitizing or increasing a child's comfort level with inappropriate behavior
- Accidental on-purpose exposure
- Accidental on-purpose fondling
- Assesses vulnerability, i.e., single-parent home



Grooming the Target Victim

- Encourages rebelliousness
- Encourages our secrecy maintenance
- Will create tension with Little League Youth Protection policies and barriers
- Will nurture tension with authority figures
- Provides taboo access to victims
- Manipulates with gifts, words, and deeds
- Methodical, continuous assault on the target victims sense of safety and boundaries



Youth Protection Begins with You

- Youth protection is most effective when everyone is aware and involved
- Please understand
 - Child molesters violate the core values of Little League, i.e., **Good Sportsmanship. Honesty. Loyalty. Courage. Respect for Authority**, to manipulate youth
- Volunteers and leaders who create a culture of awareness and safety
- Parents who monitor and participate
- Managers and coaches who increase the awareness of Little League policies
- Anyone who becomes aware of possible abuse



Youth Protection Practices



- Action plan
 - Stop the abuse immediately
 - Separate the parties involved
 - If the abuse is adult on youth, require the adult to leave the location
 - If the abuse is youth on another youth, separate the offender from the group while maintaining adequate supervision.
 - Request any assistance you need
 - Notify the proper authorities. If the activity is criminal or requires medical assistance, call 911 immediately
 - Contact the BELL Safety Officer or President immediately. Your Safety Officer or President will provide information for response notifications



Barriers to Abuse

- A minimum of two-deep leadership is required at all practices and games – applies to social media as well
- One-on-one contact between adults and youth is prohibited
- Privacy of youth must be respected
- Inappropriate use of cameras, imaging, or digital devices is prohibited
- No secret organizations
- No hazing or bullying
- Do not strand a player
- Discipline must be constructive
- Appropriate attire for all activities is required



Acceptable Contact

Acceptable

- Shake hands
- Pat a boy on the back
- Give a high-five
- Fist Bump
- Touch when demonstrating or teaching a skill, such as batting stance, or when taking action to prevent an accident.

Unacceptable

- Give long hugs or initiate frontal hugs
- Give massages
- Engage in wrestling or other physical horseplay
- Give pats on the buttocks
- Administer corporal punishment
- Play favorites



Youth-on-Youth

- Bullying
- Grooming
- Approximately one-third of sexual molestation occurs at the hands of older youth
- Youth in leadership positions might manipulate the target victim
- For the majority of behavioral and clinically diagnosed pedophiles, pedophilia begins in adolescence
- Victims of adolescent pedophiles are most often 4 to 6 years of age or younger
- Siblings, younger youth, or less cognitively astute youth are typically target victims



Points of Information

- Youth-on-youth sexual behavior is by far the most underreported type of sexual victimization, yet when properly responded to holds the most corrective and rehabilitative value
- Youth engage in a range of behaviors for a host of reasons – normal development curiosity, exposure to media, witnessing sexual behavior, and/or experiencing abuse



Bullying

- The bully often will threaten reprisal for telling or exclusion from a group activity
- Victims may think adults won't or can't help them, or they may feel ashamed for not defending themselves
- Bullying is not a rite of passage, and under no circumstances is it allowed in any Little League activity



Bullying

- The fear and anxiety of bullying causes youth to not only avoid bullies, but also to avoid the places where they hang out, which may include Little League activities
- To reduce the likelihood of bullying in BELL, managers and coaches should set a positive example and create an anti-bullying culture throughout the season



Need Safety Support?

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