



**Pacific Little League  
2005 Safety Plan**

**Play It Safe**



Pacific Little League of Edmonds & Lynnwood  
PO Box 231  
Lynnwood, WA 98046

Office: (425) 778-0848

### Pacific Little League - Safety Policy Statement

Pacific Little League Is A Non-profit Organization Run By Volunteers Whose Mission Is To Provide An Opportunity For Our Community's Children To Learn The Game Of Baseball In A Safe And Friendly Environment.



## TABLE OF CONTENTS

Pacific Little League - Safety Policy Statement.....	1
BACKGROUND AND GENERAL INFORMATION.....	3
ORGANIZATION.....	4
DISTRICT, LEAGUE and EMERGENCY CONTACT INFO.....	4, 5
LEAGUE VOLUNTEER BACKGROUND CHECKS.....	6, 7
TRAINING.....	8
SAFETY MANUAL AND FIRST AID KITS.....	9
FACILITY & EQUIPMENT INSPECTIONS.....	10
ACTIVITIES.....	10, 11
APPENDIX:	
A SAFETY CODE FOR LITTLE LEAGUE.....	12
PLAY IT SAFE: A GUIDE FOR COACHES AND UMPIRES.....	14



## BACKGROUND AND GENERAL INFORMATION

Pacific Little League (PLL) adheres to National Little League recommendations (“Safety Net”) for developing and putting into action its overall Safety Plan. The Little League Safety Net enables PLL “cover all the bases” and play it safe. It enables PLL to comply with national guidelines when tailoring its specific safety activities to local needs and continuing efforts to make the league safer for everyone.

### The Little League Safety Net:

<b>Roles</b>	<b>Areas of Focus</b>		
	<b>Activities</b>	<b>Equipment</b>	<b>Facilities</b>
<b>Education</b>	What Training is needed to raise Safety awareness?		
<b>Compliance</b>	How do you maintain the awareness you’ve created?		
<b>Reporting</b>	What issues should be tracked to identify potential safety issues?		

PLL has spent considerable time and effort in developing, publishing and distributing its 2005 Safety Plan. The PLL Safety Plan is kept current and is reviewed each year by the Washington District 1 Safety Officer. All league volunteers, parents and players have access to the National Little League’s Safety Program information as well as its ASAP Newsletters – all of which can be reached via the PLL website [www.pacificlittleleague.com](http://www.pacificlittleleague.com).



**ORGANIZATION**

Pacific Little League maintains an active Safety Officer position on its Board of Directors and coordinates its efforts through the Washington District 1 office.

<p><b>2005:</b>      <u><b>Bill Willcock</b></u>  <b>League Safety Officer</b>  <b>Pacific Little League</b></p> <p><b>918 Sea Vista Place</b>  <b>Edmonds, WA 98020</b></p> <p><u><a href="mailto:wwillcock@comcast.net">wwillcock@comcast.net</a></u>  <b>(206) 484-4079</b></p>	<p><u><b>Don Verbeck</b></u>  <b>District Safety Officer</b>  <b>Washington District 1</b></p> <p><b>2519½ Baker Ave.</b>  <b>Everett, WA 98201</b></p> <p><u><a href="mailto:donverbeck@webtv.net">donverbeck@webtv.net</a></u>  <b>(425) 339-5388</b></p>
--	---

The PLL Safety Plan is kept current and is filed with and reviewed by the Washington District 1 Administrator and Safety Officer each year. Each year the PLL Safety Plan is published and distributed to all PLL Board members, coaches, umpires, concession-stand staff and other significant league volunteers.

Contained herein, the Safety Plan has a list of emergency contact numbers as well as contact information for key league officials.

**Washington District 1 - League Officers and Key Contacts:**

Position	Name		Phone (W)	Phone (H)	Cell Phone	eMail
<b>District Administrator</b>	Monfiletto	Tony		425.774.1439		<a href="mailto:washingtondist1@aol.com">washingtondist1@aol.com</a>
<b>ADA</b>	Elliott	Mindy		425.337.4145		<a href="mailto:malindadlb@aol.com">malindadlb@aol.com</a>
<b>ADA - Safety Officer</b>	Verbeck	Don		425.339.5388		<a href="mailto:donverbeck@webtv.net">donverbeck@webtv.net</a>
<b>ADA - At Large</b>	Danberg	Steve		425.348.7385		
<b>ADA - Treas/Auxiliary</b>	Monfiletto	Royetta		425.774.1439		<a href="mailto:washingtondist1@aol.com">washingtondist1@aol.com</a>
<b>Chief Ump Consultant</b>	Mitchell	Ken		425.337.3143		<a href="mailto:bbump13@aol.com">bbump13@aol.com</a>
<b>PLL Ump Consultant</b>	Jones	Doug		206.715.6248		<a href="mailto:mrs16458@aol.com">mrs16458@aol.com</a>



**Pacific Little League Officers and Key Contacts:**

Position	Name		Phone (W)	Phone (H)	Cell Phone	eMail
President	Sheldon	Doug		425.712.1234	206.679.7575	tosheldondoug@comcast.net
Executive VP	Curtis	Kent	425.294.2146	425.742.6453	425.876.2621	kikcurtis@aol.com
VP LL: Farm & T-Ball	Budnick	Will	206.423.0933	425.672.2877	206.227.8984	jekwbud@aol.com
VP LL: Majors & Minors	Gilreath	Scott	206.443.1111	425.673.0702	206.660.2006	Scott.Gilreath@comcast.net
VP Softball	Beyer	Jeff	425.783.5678	425.741.8978	425.879.2586	pllball@comcast.net
VP Sr/Jr	King	Greg	425.899.3295	425.672.8614	425.218.5422	gnking@integrity.com
Treasurer	Dooley	Nick	206.522.8000	425.743.7242	206.909.2288	nickd@hdcocpa.com
Secretary	Frederick	Dean		425.787.3342	206.890.4011	def1966@aol.com
Safety Officer	Willcock	Bill	425.580.8523	425.771.1146	206.484.4079	wwillcock@comcast.net
Equipment Mgr	Steen	Matt		425.745.6116		jsteen@picturepeople.com
Umpire in Chief	Spalding	Bill		425.673.1764		williamspalding2000@yahoo.com
Player Agent (Maj/Min)	Perrigo	Amy		206.362.9216		perrigoconstruction@comcast.net
Player Agent (T/Farm)	Whitehouse	Amy		206.546.1337	206.972.8686	amy.wh@comcast.net
Concession Mgr	Malcolm	Julie		425.744.0865	206.459.7414	jkmalcolm@yahoo.com
Capital Planner	Lyon	Dan	425.424.1001	425.670.3794	206.499.6281	danl@accramfg.com

**Lynnwood Emergency and Key Contacts Information:**

[City of Lynnwood](#)

19100 44th Ave W Lynnwood WA 98036, 425-775-1971 / 775-1976

[Lynnwood Police Department](#)

19321 44th Avenue West Lynnwood, WA 98036, 425-744-6900

**For emergencies, call 911**

[Fire Department](#)

Civic Center Fire Station 18800 44 Ave. W. , 425-670-6264 (Business phone)

**For emergencies, call 911**

[Stevens Hospital](#)

21601 76th Ave. W. Edmonds, WA. 98026., 425-640-4000

[Parks, Recreation](#)

19000 44th Avenue West, 425-744-6475

## LEAGUE VOLUNTEER BACKGROUND CHECKS

This year, PLL requires that all league volunteers fill-out the 2005 Little League Volunteer Application Form – this applies to board members, managers, coaches, umpires, concession stand workers and other league volunteers. Using the information provided through the Application Forms, the PLL Safety Officer conducts background checks on all applicable volunteers in the state; and, cross references the league volunteer directory against the Snohomish County Registered Sex Offender data base.

### Washington State Patrol Criminal History (WATCH) System

Because Pacific Little League is a registered non-profit organization, it has access to all state criminal history via the internet at no cost. To limit unwarranted access to the Washington State Patrol Criminal History (WATCH) system, The PLL Safety Officer is responsible for contacting the Washington State Patrol for requisite account, login, and password information



The Washington State Patrol Identification and Criminal History Section (WASIS), has established the web site (<https://watch.wsp.wa.gov>) as the official internet source for providing criminal history conviction records for the state of Washington.

The database is comprised of records sent to WASIS by courts and criminal justice agencies throughout the state. The database includes conviction information, arrests less than one year old with dispositions pending, dependency proceedings, and information regarding registered sex and kidnap offenders. The WSP criminal history file also contains additional information such as arrest records that are not open to the general public.

The Criminal Records Privacy Act specifies criminal history dissemination guidelines. Conviction data may be released without restriction. Non-conviction information is not available to the public. Legislation requires that information be

kept about the person requesting the report, such as target of the search, the name of the person requesting the search, and date the search was conducted.

### **The Snohomish County Sex Offender (SCSO) Database**

Further, the PLL Safety Officer cross-references the league's volunteer directory against the Snohomish County Sex Offender database - accessed cost via the Snohomish County Sheriffs Department Web Site:

<http://www.co.snohomish.wa.us/sheriff/rso>.

### **Snohomish County Registered Sex Offenders WASHINGTON**

Individuals listed in the SCSO Registered Sex Offender Web Site have served the sentence imposed by the courts. In compliance with the Community Protection Act, these individuals have advised the Snohomish County Sheriff's Office and/or Lynnwood Police Department that they will be living in Snohomish County. These individuals are not wanted by the Sheriff's Office/Lynnwood Police.

To enter the SCSO Registered Sex Offender Site, the PLL Safety Officer commits that the information accessed is used for informational and educational purposes only. Further as representative of the league, the PLL Safety Officer commits that the information access will not be used as information to intimidate, harass anyone, or use it to take unlawful action against any listed person.



## TRAINING

### FUNDAMENTALS:

Each year, Pacific Little League conducts, coordinates and/or provides ample training opportunities for all of its managers, coaches, and interested parents. Each year, all managers and coaches are required to attend training geared toward teaching fundamental baseball skills - batting, pitching, fielding, sliding, etc... By making this training mandatory each year, PLL is able to fulfill Little League's national requirements.

This year managers and coaches can select from one of two sessions held at the Edmonds/Woodway High School on March 19<sup>th</sup> and March 22<sup>nd</sup>. The basis for the training contains an emphasis on player safety – including proper warm-up exercises, attention to hydration and heat related illness - for games as well as practices. More information for PLL training dates and instructor(s) led sessions are available from the PLL Safety Officer upon request.

### FIRST AID AND CPR:

New for 2005, PLL requires that one representative from each team (coach or manager) is required to attend First Aid Training (or all coaches and managers are required to attend training at least once every three years). PLL provides coaches and managers with references through whom they can gain First Aid training. For, example, the local Lynnwood Fire Department has been contacted for their support in this regard.

PLL coordinated CPR training for all of its coaches, board members and other league volunteers. As a result each team in PLL is required (and prepared) to have at least one CPR-trained coach or parent in attendance at each game. Dates and instructor detailed information are available from the PLL Safety Officer upon request.



## **SAFETY MANUAL AND FIRST AID KITS**

Each PLL team will be issued a Safety Manual and a First Aid Kit at the beginning of the season. At least two chemical ice packs of physical therapy quality are issued as “standard equipment” to each team at the beginning of the season. Others are available at all times the league’s field house.

The PLL Umpire in Chief is responsible for ensuring league umpire training contains an emphasis on safety training. The PLL umpires are included in all safety related communication, training, and on-field actions. The head umpire has access to extra copies of the Safety Manual as required.

Also, the PLL concession stand will have a First Aid Kit and a Safety Manual in plain sight at all times. The First Aid Kit will include the necessary items to treat an injured player until professional help arrives if need be.



## **FACILITY & EQUIPMENT INSPECTIONS**

Before each game and practice, coaches, umpires and other league volunteers will inspect equipment and facilities for purposes of ensuring player and other personnel safety.

PLL is targeted to complete its annual Little League Facility Survey in conjunction with Washington District 1 safety inspections. Additionally, PLL is targeted to complete and submit a Little League Lighting Safety Audit in conjunction with Washington District 1 safety inspections.

Annual inspection of league supplied player equipment is conducted prior to distribution of equipment to teams prior to the season. Unsafe equipment is discarded.

PLL uses reduced impact balls in its T-Ball league. Other safety-conscience equipment used by PLL includes break-away bases, protective fence tops to guard against injuries, protective screens to protect spectators from foul balls, back and side guard rails on all bleachers, and more. For a complete list, please contact the PLL Safety Officer.

## **ACTIVITIES**

PLL uses coach issued injury reports to track injuries at all league levels. Each team is equipped with a first aid kit at practices and games. Parents and league volunteers with medical/emergency training and credentials are encouraged to identify themselves when in attendance while at the league facilities to help with injury incidents requiring special attention.

PLL actively enforces its catchers gear and helmet rules during practice and warm-up. Inexperienced catchers in lower leagues are monitored for safe practices behind the plate including keeping throwing hand behind the back until ball is received. Players are strongly encouraged to wear protective cups. No player is discouraged from wearing a mouth guard and/or helmet face mask equipment.

There is a league Safety Officer mailbox available at the Field House for safety suggestions, accident reports, and volunteer applications forms. Contacting the PLL Safety Officer is also facilitated via the league's website contact list. Safety



messages are provided to a wide audience of league contacts through use of bulletin boards, newsletters, emails, etc... Further, PLL strives to create an environment where safety efforts from all levels of players, parents, coaches, and more, are recognized.

## APPENDIX

### A SAFETY CODE FOR LITTLE LEAGUE

- Responsibility for procedures should be that of an adult member of the local league.
- Arrangements should be made in advance of all games and practices for emergency medical services.
- Managers, coaches and umpires should have some training in first aid. First Aid Kit should be available at the field.
- No games or practices should be when weather or field conditions are not good, particularly when lighting is inadequate.
- Play area should be inspected frequently for holes, damage, stones, glass and other foreign objects.
- Dugouts and bat racks should be positioned behind screens.
- Only players, managers, coaches and umpires are permitted on the playing field during play 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.
- Procedure should be established for retrieving foul balls batted out of the playing area.
- 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.
- Equipment should be inspected regularly. Make sure it fits properly.



- Batters must wear approved protective helmets during batting practice, as well as during games.
- Catcher must wear catcher's helmet, mask, throat protector, long model chest protector, shin guards and male catchers must wear a protective supporter at all times.
- Except when runner is returning to a base, head first slides should be avoided.
- During slide practice bases should not be strapped down and should be located away from the base anchoring system.
- 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."
- Players should not wear watches, rings, pins or other metallic items.
- Catchers must wear catcher's helmet and mask with a throat protector in warming up pitchers. This applies between innings and in the bull-pen.



## **PLAY IT SAFE: A GUIDE FOR COACHES AND UMPIRES**

Unsafe acts are far more difficult to control than hazardous conditions. Also, they are the most challenging because they are involved almost entirely with the human element. It has been estimated that unsafe acts account for 80% of all accidents. Assuming that every effort has been made to provide safe conditions and equipment for a player, we should look at the exposure to a player's own or someone else's unsafe acts. Finding the causes is not enough—definite steps must be taken to counteract them.

### **I. Existing Safeguards**

Before looking at these accident exposures and some suggestions for their control let's look at some of the built-in safety factors that are in our favor.

1. It is obvious that non-contact sports such as baseball and track produce far fewer accidental injuries than contact sports like football and hockey.
2. Little League has proven the value of its playing rules and equipment requirements by the fact that each season less than 2 out of 100 players have accidents resulting in injuries requiring outside medical treatment. This is far better than the average accident frequency of 6 accidents per 100 participants for school baseball players in this same age group.
3. Furthermore, 9 and 10-year-old Little League children have fewer accidents than the 11 and 12-year-olds. There are probably a number of factors that account for this difference, such as:
  - (a) The ball is neither batted nor thrown as hard by younger players as by older ones.
  - (b) Nine and ten-year-olds do not put in as much time actually playing ball as the older players.
  - (c) Younger players are less easily disabled by bumps and falls than their older teammates.

With proper instruction and drill work, it is expected that most younger players will develop protective skills that will see them through the more competitive age levels of the game. It must be kept in mind too that some 9 and 10-yearold youngsters will develop faster and are better able to handle themselves than some 11 and 12-year-olds.



## II. Attitude

1. An attitude of alertness, hustle and enthusiasm that has been recommended as a guideline for the administration of your safety program should be carried down to all players to spark them in the development of better skills
2. Good sportsmanship and courtesy, which are necessary for a harmonious and safe environment, can be taught best through the good example set by all adults on and off the field.
3. Your most effective tool to inspire an attitude of self-confidence and a desire to excel is the use of much PRAISE and RECOGNITION. Of course, this must be given when deserved so as not to be cheapened by too much repetition. After all, a really good try rewarded by a word of encouragement may be a good play on the next attempt.
4. Guidance on the most constructive attitude or point of view for both adults and youngsters can be summarized by recommending a POSITIVE APPROACH to all training techniques. Again, it is emphasized that good training is most effective weapon against accidents caused by unsafe acts.

## IV. Tryouts and/or Grading Player Skills

To reduce the chances of accidents to inexperienced beginners, tryouts and/or grading player skills should be guided by the following:

1. Players should be scheduled to report for tryouts by age groups. This will not only give the younger applicants more confidence but will reduce their exposure to the harder play of older participants.
2. Since a youngster's lack of ability to handle a ball is the most likely way for the players to get hurt, a test should be made first with some short underhand throws to check skill in catching a ball before the player is exposed to normal throws or batted balls.
3. Running form and speed should be observed by checking time and form on a dash from home plate to first base. Group racing does not exhibit true potential as a runner and could result in a pile up.



4. It is better to single out a particularly awkward and inept candidate for extra attention and safe placement than to ignore flaws hoping the applicant will quit. What may be an unsafe situation is often made worse by not acknowledging it.
5. The same principle of taking precautions to protect untried beginners dictates the use of great care in delivering a pitched ball to a potential batter. It may be that player's first experience.

### V. Warm-Up Drills

The subject of warming up before a practice session has been covered as a means of safeguarding youngsters, at least to a degree, from poor physical condition and lack of limbering up. Use of the term "warming-up drills," in connection with unsafe acts, refers to ball handling practice rather than calisthenics. This involves a serious accident exposure to misdirected balls. The following will reduce the danger of being struck by a misdirected ball:

1. All unauthorized people should remain off the field during drills.
2. After the number of targets has been reduced to minimum, one of the best preventive measures is to stress that the eye must be kept on the ball. This safe practice should be drilled into both adults and youngsters so continuously that it becomes a reflex action.
3. Another danger from misdirected balls is the exposure of inexperienced batters to wild pitchers. The use of batter's helmets is a must. However, it does not justify permitting a potential pitcher throwing to an inexperienced batter until control is demonstrated.
4. The danger of being struck by a ball can be further minimized by the following plan:
  - (a) Throwing and catching drills should be set up with players in two lines facing one another.
  - (b) Random throwing should be permitted only to designated players.

### VII. Safe Ball Handling

1. Misjudging the flight of a batted ball may be corrected by drilling with fly balls which begin easy and made more difficult as a player's judgment and skill improves. Everyone should eventually be able to handle balls that go overhead.

2. In addition to a player never losing sight of a ball from the time it leaves the bat, the player should keep the glove positioned and the body relaxed for a last split-second move.
3. An infielder can best be protected by an aggressive short-hop fielding play by always keeping the “nose pointed at the ball” and the eyes glued on it. Also, if moving forward, the player is in a better position to make a throw.
4. It is safer for the player to knock a ball down and re-handle it then to let the ball determine the play.

## VI. Collisions

Collisions result in more injuries than is the case with most other types of accidents. They are usually caused by errors of judgment or lack of teamwork between fielders. It is important to establish zones of defense to avoid collisions between players. It is particularly important when players are chasing high fly balls. Once the zones are established, play situation drills should be held until these zones and patterns become familiar to the players.

The responsible player should call out the intentions in a loud voice to warn others away. Here are some general rules to follow:

1. The fielder at third base should catch all balls which are reachable and are hit between third and the catcher.
2. The fielder at first base should catch all balls reachable which are hit between second and the catcher.
3. The shortstop should call all balls reachable which are hit behind third base.
4. The fielder at second base should catch all balls reachable which are hit behind first base.
5. The shortstop has the responsibility for fly balls hit in the center of the diamond and in the area of second base. Since the glove is on the left hand it is easier for the shortstop than the fielder at second to catch fly balls over second base.
6. The centerfielder has the right of way in the outfield and should catch all balls which are reachable. Another player should take the ball if it is seen that it is not reachable by the centerfielder.
7. Outfielders should have priority over infielders for fly balls hit between them.
8. Priorities are not so easy to establish on ground balls, but most managers expect their base player to field all ground balls they can reach, cutting in front of the shortstop on slow hit grounders.



9. The catcher is expected to field all topped and bunted balls which can be reached except when there is a force play or squeeze play at home plate.

### VII. Retrieving Balls

Balls that go out of the park should be retrieved by persons who have been specifically assigned to that duty. Such persons should be youngsters who can be relied on not to endanger themselves by climbing fences or getting into a scramble for possession of a ball.

### VIII. Keep Grounds Clear

Another duty that should be given in turn to alert substitute players is the picking up of bats and proper placement in the rack. The clearing up of other loose playing equipment should be included in this assignment.

### IX. Sliding Safety

As is the case with other baseball fundamentals, a correct slide is also a safe one. It is well, too, to guard against the accident of a collision and the possibility of a player being struck by a thrown ball as that player "hits the dirt." It goes without saying that steel spikes are not being worn. The following can make the learning period safer:

1. Long grass has been found to be better than a sand or sawdust pit to teach sliding.
2. The base must not be anchored down.
3. Sliding pads are recommended.
4. The player should make approaches at half speed and keep constantly in mind that hands and feet should be in the air. Once committed to slide, the player must not change strategy. Last minute hesitation causes most sliding injuries.
5. Tennis shoes are suggested for beginning sliding and tagging practice to avoid injury to the defensive player.
6. If the ground along the baselines becomes soft on a rainy day, such weather offers an excellent opportunity to have sliding drills.
7. It should be kept in mind that head-first sliding is not recommended except when returning to a base.



## X. Batter Safety

A batter's greatest accident exposure is from the unsafe acts of others, namely wild pitches, which account for a major portion of all accidents. Again, the best defense is an alert, confident concentration on the ball. This type of injury is more prevalent in Regular than in Minor League play. Since the danger is increased as pitchers learn to throw with greater force and as more games are played, it is doubly important to take whatever counter measures necessary to offset this exposure.

1. A well-fitted, NOCSAE approved helmet is the first requirement.
2. The development of the novice batter's ability to take evasive action can be improved by getting the player to relax and concentrate on the ball from the time the pitcher starts delivery until it lands in the catcher's mitt. Players with slow reflexes can also be helped by stimulated batting and ducking practice with a tennis ball.
3. The unsportsmanlike practice of crowding the plate or jumping around to rattle the pitcher must not be tolerated. This could endanger the batter if it causes the pitcher to lose control. Umpires should stop such actions.
4. Painful finger and hand injuries can be reduced by making sure the batter holds the bat correctly when bunting. Youngsters have a tendency to lean too far over the plate and not keep the ball well out toward the end of the bat. This should be corrected.
5. When the batter becomes a base runner, that player should be taught to run outside the foul lines when going from home plate to first and from third to home, to reduce the chance of being hit by a thrown ball.

## XI. Safe Handling of Bats

A review of the batter's potential for causing injuries to others points up the following:

1. The most easily prevented type of accident is the too frequent fault of beginners throwing the bat while running to first base. This unthinking act may be corrected through individual instruction to drop the bat safely by:
  - (a) Having the player hand the bat to the coach will serve as a reminder before each ball is pitched.
  - (b) Having the player drop the bat in a marked-off circle near where running starts.
  - (c) Counting the player "out" in practice whenever the player fails to drop the bat correctly.
  - (d) Providing bats with grips that are not slippery.



2. Coaches and umpires should be on the alert to correct batters that have a tendency to step into the catcher as they swing.

## XII. A Dangerous Weapon

We use this heading to note the seriousness of an accident exposure that may sound impossible but one which has caused several very serious accidents on several occasions. The preceding precautions apply to the actions of individuals who should have control over the bat they are using. A more serious injury is waiting for the absent-minded youngster who unconsciously walks into the swing of the coach's bat when the coach is hitting flies, or the equally unwary player who walks into the swing of another player.

These situations demonstrate the need for everyone to become safety-minded, not only for their own good but also for the safety of others. The following precautions are suggested:

1. The player, usually a catcher, assigned to catching balls for the coach hitting flies should be given the specific assignment of warning away anyone who comes too close.
2. All players and adults should be trained to walk around batters practicing their swings whether an on-deck circle is in use or not. The ingrained safety habit of keeping clear may save someone a painful injury.

## XIII. Catcher Safety

The catcher, as might be expected from the amount of action involved has more accidents than any other player. Statistics show that the severity of injuries is less in Regular than in Minor League play. Again, this bears out the fact that the more proficient the player, the less chance of injury. Assuming that the catcher is wearing the required protection the greatest exposure is to the ungloved hand. The catcher must learn to:

- (a) Keep it relaxed.
- (b) Always have the back of the throwing hand toward the pitcher when in position to catch.
- (c) Hold all fingers in a cupped position near the mitt, ready to trap the ball and throw it.

The catcher should also be taught to throw the mask and catcher's helmet in the direction opposite the approach in going for a high fly.



As the catcher learns to play this difficult position, a good habit is to keep a safe distance back from the swinging bat. Estimate this as one foot farther from the batter than the ends of the outstretched fingers.

#### XIV. General Inattention

To repeat, the best protection is keeping the eye on the ball. Going one step back to the “whys” of most ball handling accidents, it appears that inattention due to inaction or boredom is an underlying accident cause with which we must deal. This situation can be partly offset by using idle time to practice basics of skillful and safe play, such as:

1. Otherwise idle fielders should be encouraged to “talk it up.” Plenty of chatter encourages hustle and enthusiasm.
2. Players waiting for a game or practice to start can pair off and play catch to improve their basic eye-on-the ball technique.
3. Practice should include plenty of variety in the drill work.
4. Put a time limit on each drill and do not hold the total practice for more than two hours, or less if interest begins to lag.
5. The players along the sidelines can be given the job of studying the form of Other players to improve their own techniques. They may then report on what they have learned to improve their own form on running, ball handling, throwing, batting and sliding.

#### XV. Control of Horseplay

No discussion of measures to control the human element in accident-prevention would be complete without going into the problem of horseplay. This includes any type of youthful High-jinks that could even remotely be the cause of an accident. Even a mild form of such childish behavior could distract any player about to catch a ball or possibly when at bat, and result in an accident. After all—team play requires 100% cooperation among all players, and good sportsmanship demands courtesy to opposing players. If show-offs and smart-alecks cannot find sufficient outlet for their high spirits in the game, quick and impartial disciplinary action must be taken.