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# Ocee Park Athletic Association



## 2008 Safety Manual

*Play Hard - Play Safe*

**OCEE PARK**  
**Baseball & Softball**  
Johns Creek, Georgia

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TOTAL OF 24 PAGES

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# 2008 Safety Manual

As a coach or parent, the single most important part of participating in youth sports is the safety of the children. This manual has been put together as a guide to help keep all those who participate in the Ocee Park Athletic Association program safe from injury.

It is the responsibility of ALL of us to keep a watchful eye for any safety rule violations and to take the necessary steps to prevent any unsafe practices.

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## OCEE PARK RULES:

### **COACH'S CERTIFICATION, VOLUNTEER APPLICATIONS, and MEDICAL WAIVERS**

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- Every manager and coach must receive **ASEP Coach's Certification** available from Babe Ruth League and ASEP. All parent volunteers are encouraged to help at practices, but a certified coach **must** be present in order to conduct a practice or game.
- Every Manager, Coach, Umpire, League Official, and Volunteer who will interact with children must submit a **Volunteer Application Form** with a copy of a **photo ID**. These forms will be used for mandatory background checks, and must be submitted before someone may interact with the children.
- Children's **Medical Waiver Forms** must be at every practice and game in case of emergency. These forms should be in the manager or coach's possession, such as in a folder kept in the team's equipment bag.
- A Defibrillator and First Aid kit available for use near Fields 1-4 is located in the Umpire Office.
- The Umpire Office must remain **unlocked** during OPAA activities to provide access.
- A Defibrillator and First Aide Kit available for use near Lang, Jacobs, and Conklin Fields is located in the north side of the equipment shed, which must also remain **unlocked** during OPAA activities. The First Aid kit for Tee-Ball is located in the steel lockbox on the sideline of the Tee-Ball field. Please notify any Board Member or Duty Officer if the kits need to be replenished.
- Ice is always available in the concession stand. Coaches on Tee-Ball, Lang, and Jacobs should try and have a cooler with ice available if possible.

## **PLAYER SAFETY**

### **First Aide Kits and Defibrillators**

A defibrillator is an electrical device used to counteract fibrillation of the heart muscle and restore normal heartbeat by applying a brief electric shock.

- ***Only a player on the field*** at bat, in a cage, or at a Soft-Toss net under the supervision of a coach may swing a bat. (Exception: Juniors/ Seniors may swing while on deck.) Any player swinging a bat must be under the supervision of a coach.
  - Batters **must** wear approved protective helmets anytime they swing a bat. This includes at a Soft-Toss net and in a batting cage. Also includes hitting practice using tennis or whiffle balls.
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- Tee-Ball (5-6 yr old), Farm and “A” League (7-8 year old) Baseball players must have a cage attached to batting helmets.
  - **(After 2006): All Softball players, in every division, must have a cage attached to batting helmets.**
  - “AA and AAA League” (9-10 year old) Baseball players must have a cage or C-Flap attached to batting helmets.
  - Majors, 13-15 Juniors, and 16-18 Seniors Baseball do not require a cage or C-Flap.
  - Altering helmets by painting or adding decals (by anyone other than the manufacturer) may void the warranty. Helmets may not be repainted and may not contain tape or re-applied decals.
  - **(After 2006): Metal Cleats are not permitted in any division of baseball or softball EXCEPT for the 16-18 Seniors baseball division (this is a new division for Spring 2008).**
  - Catchers must wear catcher’s helmet, mask, **dangling throat guard**, long model chest protector (13 Prep/13-15 Seniors may wear short model), shin guards and protective cup with athletic supporter (males) at all times for all practices and games. **NO EXCEPTIONS.** Managers should encourage all male players to wear protective cups and supporters for practices and games.
  - If you are missing any required safety equipment, notify the Equipment Officer immediately!
  - **No soft-toss using the fence as a backstop.** Soft-toss nets are available in the extended outfields as well as at the cages.
  - Players must not wear watches, rings, pins or metallic items during games and practices.
  - Managers and Coaches may not act as catcher to warm up pitchers before or during a game. Players must be used to warm up the pitcher. For this purpose, the minimum protective gear for the catcher is a helmet, mask, and throat guard. This applies between innings and in the bull-pen.
  - 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** or batting cages and not within areas that are frequented by, and thus endanger, spectators (i.e., playing catch, pepper, swinging bats, etc.)
  - *During games*, players must remain in the dugout area in an orderly fashion at all times.
  - *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 Head First Slides (except Juniors and Seniors baseball).** 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. Recommend sliding practice in the outfield grass without shoes.
  - Parents of players who wear glasses should be encouraged to provide “safety glasses”
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## General Safety Rules

- Responsibility for Safety procedures should be that **of all adult members** of Ocee Park Athletic Association
- Arrangements should be made in advance of all games and practices for emergency medical services.
- Managers, coaches, umpires, and League Officials must have training in first-aid.
- No games or practices should be held when weather or field conditions are not good, particularly when lighting is inadequate.
- Play area should be inspected prior to each practice and game for holes, damage to sprinkler head covers, damage to fencing, 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”.
- ***After each game, each team must clean up trash*** in dugout and around stands.
- Only players, coaches, umpires, and League approved Official Photographers are permitted on the playing field or in the dugout during games.
- Equipment should be inspected regularly for the condition of the equipment as well as for proper fit.
- With the exception of the delivery of required supplies and equipment for the concession stand, equipment shed, or maintenance, **there are to be no vehicles in the park area. Coaches are NOT permitted to drive into the park to drop off equipment.**
- The gate to the front of the park is to remain locked during the park’s hours of operation.
- There will be no bikes, scooters, wall ball, etc. allowed on the circular area surrounding the concession stand areas.
- **No one under the age of 18** is allowed to operate or drive the golf cart, gators, or Sand Pro tractor.
- ***Speed Limit 5 mph*** in roadways and parking lots while attending any Ocee Park Athletic Association function.
- ***No Alcohol allowed*** in any parking lot, field, or common area within the Ocee Park complex.
- ***No Swinging Bats*** or **throwing baseballs** at any time within the walkways and common areas of the Ocee Park complex.
- ***No throwing balls*** against dugouts or against backstop.
- ***No throwing*** rocks.
- ***No climbing*** fences or walls.

## Storage Shed Procedures

The following applies to all of the storage sheds used by Ocee Park Athletic Association and apply to anyone who has been issued approval by Ocee Park Athletic Association to use those sheds.

- **The equipment storage side of the shed should remain locked at all times.** Should coaches need additional equipment, please contact the OPAA Equipment Officer.
  - All individuals with access to the OPAA equipment shed (e.g., Managers, League
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Officials) must be aware of their responsibility for the *orderly and safe storage of pitching machines, field chalk line markers, rakes, shovels, bases, etc.*

- **Pitching Machines: Check all chords, wheel, and overall condition of the pitching machine prior to use.** Pitching machine tires should be inflated to 17 psi.
- Should a Pitching Machine or any other equipment become damaged, notify the OPAA Equipment Officer as soon as possible!
- Any witnessed “loose” chemicals or organic materials within these sheds

should be cleaned up and disposed of as soon possible to prevent accidental poisoning.

- Ocee Park Athletic Association goes to great lengths to provide as much training as possible. Attend as many of the clinics as possible, including CPR/AED classes offered prior to every season.

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**See a need to add to the safety code?**

**Contact: Joel Dudman, OPAA Safety Officer, [Safety.equipment@oceepark.com](mailto:Safety.equipment@oceepark.com)**

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## Concession Stand Operation Safety Points

### 15 Steps to Safe and Sanitary Food Handling

The following information is intended to help run a healthful concession stand.

Following these simple guidelines will help minimize the risk of food-borne illness.

#### 1. Menu.

Keep your menu simple, and keep potentially hazardous foods (meats, eggs, dairy products, protein salads, cut fruits and vegetables, etc.) to a minimum.

Avoid using precooked foods or leftovers. Use only foods from approved sources, avoiding foods that have been prepared at home. Complete control over your food, from source to service, is the key to safe, sanitary food service.

#### 2. Cooking.

Use a food thermometer to check on cooking and holding temperatures of potentially hazardous foods. All potentially hazardous foods should be kept at 41o F or below (if cold) or 140o F or above (if hot). Ground beef and ground pork products should be cooked to an internal temperature of 155o F, poultry parts should be cooked to 165o F. Most foodborne illnesses from temporary events can be traced back to lapses in temperature control.

#### 3. Reheating.

Rapidly reheat potentially hazardous foods to 165o F. Do not attempt to heat foods in crock pots, steam tables, over sterno units or other holding devices. Slow-cooking mechanisms may activate bacteria and never reach killing temperatures.

#### 4. Cooling and Cold Storage.

Foods that require refrigeration must be cooled to 41o F as quickly as possible and held at that temperature until ready

to serve. To cool foods down quickly, use an ice water bath (60% ice to 40% water), stirring the product frequently, or place the food in shallow pans no more than 4 inches in depth and refrigerate. Pans should not be stored one atop the other and lids should be off or ajar until the food is completely cooled. Check temperature periodically to see if the food is cooling properly. Allowing hazardous foods to remain unrefrigerated for too long has been the number ONE cause of foodborne illness.

#### 5. Hand Washing.

Frequent and thorough hand washing remains the first line of defense in preventing foodborne disease. The use of disposable gloves can provide an additional barrier to contamination, but they are no substitute for hand washing!

#### 6. Health and Hygiene.

Only healthy workers should prepare and serve food. Anyone who shows symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, jaundice, etc.) or who has open sores or infected cuts on the hands should not be allowed in the food concession area. Workers should wear clean outer garments and should not smoke in the concession area. The use of hair restraints is recommended to prevent hair ending up in food products.

#### 7. Food Handling.

Avoid hand contact with raw, ready-to-eat foods and food contact surfaces.

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Use an acceptable dispensing utensil to serve food. Touching food with bare hands can transfer germs to food.

8. Dishwashing.

Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never reuse disposable dishware. Wash in a four-step process:

1. Washing in hot soapy water;
2. Rinsing in clean water;
3. Chemical or heat sanitizing; and
4. Air drying.

9. Ice.

Ice used to cool cans/bottles should not be used in cup beverages and should be stored separately. Use a scoop to dispense ice; never use the hands. Ice can become contaminated with bacteria and viruses and cause foodborne illness.

10. Wiping Cloths.

Rinse and store your wiping cloths in a bucket of sanitizer (example: 1 gallon of water and 1/2 teaspoon of chlorine bleach). Change the solution every two hours. Well sanitized work surfaces prevent cross-contamination and discourage flies.

11. Insect Control and Waste.

Keep foods covered to protect them from insects. Store pesticides away from foods. Place garbage and paper wastes in a refuse container with a tight-fitting lid. Dispose of wastewater in an approved method (do not dump it outside). All water used should be potable water from an approved source.

12. Food Storage and Cleanliness.

Keep foods stored off the floor at least six inches. After your event is finished, clean the concession area and discard unusable food.

13. Set a Minimum Worker Age.

Leagues should set a minimum age for workers or to be in the stand; in many states this is 16 or 18, due to potential hazards with various equipment.

14. The attached concession safety poster is to be prominently displayed in all restrooms and within the concession stand itself.

15. The concession manager shall conduct a safety training session for all concession employees prior to the start of each season and as necessary as new concession workers are hired.

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# Volunteers Must Wash Hands

## HOW



## WHEN

**Wash your hands before you prepare food or as often as needed.**

### Wash after you:

- ▶ use the toilet
- ▶ touch uncooked meat, poultry, fish or eggs or other potentially hazardous foods
- ▶ interrupt working with food (such as answering the phone, opening a door or drawer)
- ▶ eat, smoke or chew gum
- ▶ touch soiled plates, utensils or equipment
- ▶ take out trash
- ▶ touch your nose, mouth, or any part of your body
- ▶ sneeze or cough

**Do not touch ready-to-eat foods with your bare hands.**

Use gloves, tongs, deli tissue or other serving utensils.  
Remove all jewelry, nail polish or false nails unless you wear gloves.

### Wear gloves.

when you have a cut or sore on your hand  
when you can't remove your jewelry

### If you wear gloves:

- ▶ wash your hands before you put on new gloves

### Change them:

- ▶ as often as you wash your hands
- ▶ when they are torn or soiled

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## Safety Program Checkpoints

As a safety-focused program, OPAA goes to great lengths to implement both equipment and procedures to insure that all visitors to our park can enjoy themselves in as safe and secure an environment as can be provided.

As a program, our mission is for every player, manager, coach, umpire and spectator to enjoy our facilities and programs throughout the year with no preventable injuries occurring. The nature of sports is such that accidents and injuries will occur. We strive to prevent all injuries that we can and to minimize the effects of injuries that are not preventable.

To insure the safety of all who attend functions within our park, please take note of the following safety-related items:

- OPAA has a Safety Officer position integral to the governing Board. Please contact the Safety Officer as noted previously or the daily Duty Officer immediately if you notice any safety issues that need immediate attention.
  - As part of League Safety requirements, OPAA completes an annual facility survey that addresses various aspects of our playing fields and surrounding grounds. This survey is used, in part, to help us plan for further safety improvements at the park. If you have suggestions for helping us improve park safety please contact our Safety Officer.
  - Team Parents (and all parents) are empowered and encouraged to enforce safety rules within the entire park. Managers and coaches will cover all safety procedures/policies as well as the Code of Conduct with parents at each pre-season parent's meeting.
  - CPR/AED certification courses for all managers, coaches, umpires, board members and any OPAA family member wishing to receive this vital training are offered prior to each season. The cost of training is paid for by OPAA. Watch for notices regarding training schedules on our web site and through park broadcasted emails.
  - Basic first aid education for coaches/managers regarding common sports-related injuries including heat illnesses and the proper use of warm-up periods prior to any physical exertion is covered at every pre-season coach's meeting. Parents know their children best. Immediately report any symptoms related to heat illness that you notice within your child immediately.
  - Safety training sessions for managers, coaches and umpires are also part of our pre-season coach's meetings as well as the pre-season umpire training sessions.
  - OPAA **REQUIRES** the use of age-appropriate equipment for all participants. This includes protective cups for catches (also recommended for all players, especially infielders), reduced impact balls for t-ball leagues and league-appropriate face guards and C-flaps. Note that cages are required on helmets at ALL softball levels. OPAA also recommends that players use mouth guards. While not a formal requirement, the use of mouth guards is strongly recommended especially for batters and infielders.
  - Please note that many of our fields are equipped with warning tracks both in the outfield and along foul lines. These are vitally important for the safety of our players, especially those at higher levels of play that make aggressive plays near fences. Do not place ANYTHING on these warning tracks (i.e. equipment not being used, etc).
  - All outfield fences are "capped" with yellow, protective covers. These covers help prevent injuries from occurring as players near the outfield fences. Do not remove or in any way tamper with these protective covers.
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- Note that high screens are installed on many of our fields to help keep foul balls from leaving the field of play. However, these screens do not stop all foul balls. Parents and other observers of games are asked to be vigilant in watching for foul balls leaving the field of play.
  - While cell phone service is readily available at all areas of our park, there is a standard, land-line phone located within the Umpire's Office should an emergency call need to be made. Please limit the use of this phone to emergency calls only.
  - While our bleachers are equipped with hand-rails as well as side and back safety fencing, please take care when moving about on the bleachers. Please do not allow children to run on the bleachers or use them as a play area. This is not only a safety hazard for the child, it is also distracting to the players on the field.
  - Note that a golf cart is available to help those with difficulty walking get to the farther areas of our park. See any board member should you need the services of this cart. Please note that NO ONE is allowed to use or ride in the cart without supervision of a board member. Also, please note that the field tractor is for use ONLY by properly trained individuals.
  - Note that our concession stand is open every night during the regular season to provide refreshments during our games. Anyone interested in helping in the concession stand should contact the concession stand coordinator. Note that the concession stand adheres to policies and procedures involving safe food preparation and handling. All concession stand workers are trained in these procedures and expected to follow them closely. If you observe any safety issues within our concession stand operations, please notify the Concession Stand manager or Safety Officer immediately.
  - Given the large number of participants in our program, there are many vehicles entering and leaving our parking area on a regular basis. As a driver, please follow all posted traffic flow instructions posted in the parking area. As a pedestrian, please closely supervise and child while in the parking area. In many ways, this area is more dangerous for the children than our playing fields. Please be especially vigilant in and around the parking areas. As noted previously, the speed limit in our park is 5 MPH. Please obey this speed limit at all times.
  - Parents interested in current and proposed league policies and general league news are encouraged to visit our web site ([www.oceepark.com](http://www.oceepark.com)).
  - Information regarding safety issues that need to be disseminated quickly will come via park email distribution. When you receive messages from the park, please take the time to carefully read them. They always contain information pertinent to current events and issues. We try to limit the amount of email sent in this manner and will only use it when timely information dissemination is required.
  - Finally, there is an OPAA "drop box" mounted on the exterior of the main facility building right next to the concession stand. Should you have any suggestions/observations regarding any issues, including safety concerns, in and around the park, we encourage you to drop a note in the drop box or contact any board member directly.



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## First Aid Kit

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# Contents

## General Supplies

- Athletic tape (1 1/2" white adhesive) - 2 or 3 rolls
- Adhesive bandages - assorted sizes
- Elastic wrap (3 " and 4 " wide) - 1 of each
- Bandage scissors
- Latex free gloves - 3 pairs
- Sterile gauze pads (3" and 4" squares) - 1/2 dozen of each
- Plastic bags for ice
- Plastic bags for biohazard
- Contact lens case
- Saline solution
- Insect sting swab
- Petroleum jelly
- Hydrogen peroxide
- Antibacterial ointment
- Alcohol
- Antibacterial soap

## Additional Supplies

- Medical Treatment Authorization Form
- Injury Report Form
- Writing Pen
- Ice
- Nail clippers
- Sunscreen
- Tweezers

## Supplies for Individual Athletes

- Epi Pen (for allergic reactions)
  - Inhalers
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*“The heart of youth baseball is what happens between the manager/coach and the player”*



**Ocee Park Athletic Association**  
Johns Creek, Georgia

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## A Safety Awareness Program



### 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 Director of Safety. This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury or periods of rest.

**Who and When to Report:** - All such incidents described above must be reported to the OPAA Safety Officer *within 48 hours* of the incident. The Safety Officer for **2008** is Joel Dudman. He can be reached at the following: **404-569-8252, or [safety.equipment@oceepark.com](mailto:safety.equipment@oceepark.com)**.

**HOW TO MAKE THE REPORT:** - Please fill out the "Injury/Incident Tracking Form," which is attached to this manual, or found in the Umpire's Office next to the Concession Stand. Please deliver this Form to the Safety Officer.

**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 OPAA insurance coverage and the provisions for submitting any claims, if needed.

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).

**When treating an injury, remember:**

*Are your "expectations" reasonable and consistent?*

**Remember, safety is everyone's job.**

**Prevention is the key to reducing accidents to a minimum. Report all hazardous conditions to the Safety Officer or another Board member immediately. Don't play on a field that is not safe or with unsafe playing equipment. Be sure your players are fully equipped at all times, especially catchers and batters. And, check your team's equipment regularly.**

### Some Important Do's and Don'ts

**Do...**

Reassure and aid children who are injured, frightened, or lost. Provide, or assist in obtaining, medical attention for those who require it. Know your limitations. Assist those who require medical attention - and when administering aid, remember to:

- **LOOK** for signs of injury (*Blood, Black-and-blue deformity of joint etc.*).
  - **LISTEN** to the injured describe what happened and what hurts if conscious. Before questioning, you may have to calm and soothe an excited child.
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- **FEEL** gently and carefully the injured area for signs of swelling, or grating of broken bone.
  - Have your players' Medical Clearance Forms with you at all games and practices.
  - Make arrangements to have a cellular phone available when your game or practice is at a facility that does not have any public phones.

### **Don't...**

- Administer any medications
- Provide any food or beverages (other than water)
- Hesitate in giving aid when needed
- Be afraid to ask for help if you're not sure of the proper procedures (i.e., CPR, etc.)
- Transport injured individuals except in extreme emergencies
- Leave an unattended child at a practice or game
- Hesitate to report any present or potential safety hazard to the Director of Safety immediately.

### **Communicable Disease Procedures**

1. Bleeding must be stopped, the open wound covered, and the uniform changed if there is blood on it before the athlete may continue.
2. Routinely use gloves to prevent mucous membrane exposure when in contact with blood or other
3. body fluids are anticipated (provided in first-aid kit).
4. Immediately wash hands and other skin surface if contaminated with blood.
5. Clean all blood contaminated surfaces and equipment.
6. Managers, coaches, and volunteers with open wounds should refrain from all direct contact until the condition is resolved.
7. Follow accepted guidelines in the immediate control of bleeding and disposal when handling bloody dressings, mouth guards and other articles containing body fluids.



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## **THORGUARD LIGHTNING PREDICTION AND WARNING SYSTEM**

OPAA has installed a state of the art Lightning Prediction and Warning System! This system, manufactured by ThorGuard, Inc., is comprised of a detection system, warning horn, and strobe light. Located at our equipment shed, it measures the negative electrostatic charges at ground level and the positive charges in the air. These charges always build prior to a lightning strike. When conditions indicate that lightning is 30% probable within 6 miles of Ocee Park, the horn blasts for 15 seconds as a warning to clear the fields, dugouts, and open areas and to seek shelter. Ninety-seven percent of the time when the alarm system is activated, lightning is visible within 15 to 30 minutes. For more technical information about this system, visit their website, [www.thorguard.com](http://www.thorguard.com).

### **OPAA LIGHTNING ALERT PROCEDURES:**

- \* Warning Horn will blast for 15 seconds when a potentially dangerous lightning situation is approaching.
- \* The yellow strobe light atop the equipment shed will continue to flash while there is still potential for a lightning strike.
- \* Clear the fields, dugouts, and open areas immediately and seek proper shelter (inside a building or automobile). Do not seek shelter within dugouts or near tall objects such as field lights, fences, trees, etc.
- \* Wait for the All Clear (3 short horn blasts).
- \* If after 30 minutes the All Clear has not sounded, the game or practice is ended.
- \* Lead by example. All adults should also clear the fields and seek shelter.
- \* System operates seven days per week from 8:00 am to 11:30 pm.

#### **Consider the following LIGHTNING facts:**

- The average lightning stroke is 6 - 8 miles long.
  - The average thunderstorm is 6 -10 miles wide and travels at a rate of 25 miles per hour.
  - Once the leading edge of a thunderstorm approaches to within 10 miles, you are at immediate risk due to the possibility of lightning strokes coming from the storm's overhanging anvil cloud (for example, the lightning that injured 13 people during a concert at RFK occurred while it was sunny and dry).
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- On the average, thunder can only be heard over a distance of 3 - 4 miles, depending on humidity, terrain, and other factors. This means that by the time you hear the thunder, you are already in the risk area for lightning strikes.

### **“Flash-Bang” Method**

One way of determining how close a recent lightning strike is to you is called the “flash-bang” method. With the “flash-bang” method, a person counts the number of seconds between the sight of a lightning strike and the sound of thunder that follows it. Halt-play and evacuation should be called for when the count between the lightning flash and the sound of its thunder is 15 seconds or less.

### **Rule of Thumb**

The ultimate truth about lightning is that it is unpredictable and cannot be prevented. Therefore, a manager, coach, or umpire who feels threatened by an approaching storm should stop play and get the kids to safety - regardless of whether or not the lightning is visible, or if the “flash-bang” proximity measure applies. When in doubt, get them out. We can always play another day.

### **Where to Go?**

No place is absolutely safe from the lightning threat, but some places are safer than others. Large enclosed shelters (substantially constructed buildings) are the safest (like our bathrooms and umpires room). For the majority of participants, the best area for them to seek shelter is in a fully enclosed metal vehicle with the windows rolled up. If you are stranded in an open area and cannot get to shelter in a car, put your feet together, crouch down, and put your hands over your ears (to try and prevent eardrum damage).

### **Where NOT to Go!!**

Avoid high places and open fields, isolated trees, unprotected gazebos, rain or picnic shelters (like at Thaiss), dugouts, flagpoles, light poles, bleachers (metal or wood), metal fences, and water.

### **First Aid to a Lightning Victim**

Typically, the lightning victim exhibits similar symptoms as that of someone suffering from a heart attack. In addition to calling 911, the rescuer should consider the following:

- The first tenet of emergency care is “make no more casualties”. If the victim is in a high risk area (open field, isolated tree, etc.) the rescuer should determine if movement from that area is necessary - lightning can and does strike the same place twice. If the rescuer is at risk, and movement of the victim is a viable option, it should be done.
- If the victim is not breathing, start mouth-to-mouth resuscitation. If it is decided to move the victim, give a few quick breaths prior to moving them.
- Determine if the victim has a pulse. If no pulse is detected, start cardiac compressions as well.

*Note: CPR should only be administered by a person knowledgeable and trained in the technique.*

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## **RAIN-OUT PROCEDURES**

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- The manager or team parent should check the Ocee Park web site at [www.oceepark.com](http://www.oceepark.com), or call the OPAA Weather Hotline: 770-663-8376. The Board will try to make a decision to cancel games and practices based on inclement weather as early as possible, usually no later than 5:00pm.
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- The manager or team parent should begin the call chain.
  - Only the manager, team parent or one designated person from each affected team should call. ***Please ask your parents not to call the league.*** They will be contacted if the game or practice is canceled.

**Ocee Park Weather Hotline Phone Number: 770-663-8376**

## The Heimlich Maneuver

*The Heimlich maneuver is an emergency method of removing food or foreign objects from the airway to prevent suffocation. When approaching a choking person, one who is still conscious, ask: "Can you cough? Can you speak?" If the person can speak or cough, do not perform the Heimlich maneuver or pat them on the back. Encourage them to cough.*

### **To perform the Heimlich:**

- Grasp the choking person from behind
- Place a fist, thumb side in, just below the person's breastbone (sternum), but above the naval;
- Wrap second hand firmly over this fist;
- Pull the fist firmly and abruptly into the top of the stomach. It is important to keep the fist below the chest bones and above the naval (belly button). The procedure should be repeated until the airway is free from obstruction or until the person who is choking loses consciousness (goes limp). These will be violent thrusts, as many times as it takes.

### **For a child:**

- Place your hands at the top of the pelvis;
- Put the thumb of you hand at the pelvis line;
- Put the other hand on top of the first hand;
- Pull forcefully back as many times as needed to get object out or the child becomes limp.

*Most individuals are fine after the object is removed from the airway. However, occasionally the object will go into one of the lungs. If there is a possibility that the foreign object was not expelled, medical care should be sought. If the object cannot be removed completely by performing the Heimlich, immediate medical care should be sought by calling 911 or going to the local emergency room.*

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# Throwing it all away

## Arm injuries could have implications later

Recommendations from the Alabama Sports Medicine Institute for the number of pitches per outing:

08-10 years old	- 52 pitches
11-12 years old	- 68 pitches
13-14 years old	- 76 pitches
15-16 years old	- 91 pitches
17-18 years old	- 106 pitches

Recommended ages to begin throwing pitches:

Fastball	- 8
Change Up	- 10
Curve Ball	- 15
Slider	- 16-17

## FEATURE ARTICLE

Before the 2000 season, 35-year-old Atlanta Braves pitcher **JOHN SMOLTZ** sat in a doctor's office, wondering if he would ever pitch again. All too often, 8- to 12-year-old youth league pitchers are also facing the same question.



America's enthusiasm for its national pastime is leading young pitchers to throw more pitches and pitch more innings than ever before. The development of fall and year-round leagues has some experts wondering if its young players are at risk of ending their pitching careers before they really begin.

"Of all the pitchers I work with, overuse is the biggest problem I see," said Mark Brown, a physical therapist with HealthSouth Sports Medicine & Rehabilitation Center of North Oklahoma City. "Kids are trying to throw too much at too early of an age."

The primary injury doctors treat resulting from overuse is a condition that has become known as "Little League Elbow". This injury has become epidemic among young pitchers, and is caused by inflammations of the growth plates, on the areas in the bone that generate growth. Since growth plates aren't as strong as the bone itself or the surrounding ligaments and tendons, they are vulnerable to damage from the stress placed on the pitcher's throwing arm.

"Children's bones are still growing and when they start to throw for long periods of time, those ligaments will pull at and aggravate the growth plates and cause inflammation," said Brown.

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Studies indicate as many as 2.4 million youth baseball players will suffer an arm injury this year caused by overuse, and Brown says many injuries could be prevented with proper education.

"If parents don't keep up with the number of pitches their child is throwing it may advance to where the child needs surgery in the future to correct the problem," said Brown. "I have to tell parents I've never met a major league scout that's recruited a 12-year-old. Parents have to realize their children aren't little adults. They aren't a smaller version of Roger Clemens, and they can't throw 100 pitches and go out and pitch again. They have to respect their child's body is still growing."

Brown says parents and children should take cues from major league pitchers when it comes to arm care. By icing the arm after throwing, stretching properly and allowing adequate rest, children can improve their pitching abilities and prevent future injuries. But the development of fall and year-round baseball leagues makes prolonged rest sometimes an impossible alternative, and experts say this could have an impact on increased injuries in the future.

"Most studies show that from the beginning of the baseball season until the end, pitchers lose 15 percent in rotator cuff strength, and that's a significant amount to endure in the average baseball season," Brown said. "Now with kids playing year-round, players don't have a chance to let their muscles recuperate and build up their weaker ones."

Not having proper muscle balance leads to poor mechanics and habits that could eventually cause other injuries. Brown says by working on the proper mechanics of pitching, warming up adequately, gradually building endurance and limiting the number of pitches thrown per week, youth-leaguers can prevent serious injury in their throwing arms and enjoy long careers.

"I think you have to put things in perspective," said Brown. "Parents have to ask themselves if they want their child to be good now and great later, or do they want their kid to be great now and a no-name later." [info@healthsouth.com](mailto:info@healthsouth.com).



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# LEAGUE FORMS

**OCEE PARK REQUIRES ALL Managers, Coaches, Umpires, League Officers, and other VOLUNTEERS TO COMPLETE THE VOLUNTEER APPLICATION Form so that we may perform a BACKGROUND CHECK before they are permitted to hold any position in the league where that volunteer has contact with the players.** A copy of valid government issued photo identification, such as a Driver's License, must be attached to complete this application.

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# OPAA Medical Release

(Note: To be carried by any Regular Season or Tournament Team Manager together with team roster or eligibility affidavit at all practices/games.)

**Player's Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**League Name:** **OCEE PARK**

**Parent or Guardian Authorization:**

In case of an emergency, if I, or the family physician, cannot be reached, I hereby authorize my child to be treated by Certified Emergency Personnel (i.e. EMT, First Responder, ER Physician).

**Family Physician:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_

**Hospital Preference:** \_\_\_\_\_

**In case of emergency, contact:**

\_\_\_\_\_  
Name Phone (Work) Relationship to Player

\_\_\_\_\_  
Phone (Home) Phone (Cell) Pager Number

\_\_\_\_\_  
Name Phone (Work) Relationship to Player

\_\_\_\_\_  
Phone (Home) Phone (Cell) Pager Number

Please list any allergies/medical problems, including those requiring maintenance medication:  
(i.e. diabetic, asthma, seizure disorder)

Medical Diagnosis	Medication	Dosage	Frequency of Dosage
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**Allergies:**

(The purpose of the above listed information is to ensure that medical personnel have details of any medical concern which may interfere with or alter treatment.)

**Date of last Tetanus Toxoid Booster:** \_\_\_\_\_

**Mr./Mrs.** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Authorized Parent/Guardian Signature**

WARNING: Protective equipment cannot prevent all injuries a player might receive while reicitating in Baseball/Softball.

OPAA does not limit participation in its activities on the basis of disability, race, color, creed, national origin, gender or religious preference.

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**Activities/Reporting A Safety Awareness Program's  
Incident/Injury Tracking Report**

League Name: \_\_\_\_\_ 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 (5-7) \_\_\_ Minor (7-12) \_\_\_ Major (9-12) \_\_\_ Prep (13) \_\_\_ Senior (13-16)

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 \_\_\_ Infield \_\_\_ Outfield \_\_\_ 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 being allowed in a game or practice.)

**Type of incident and location:**

A.) On Primary Playing Field B.) Adjacent to Playing Field D.) Off Ball Field

\_\_\_ Base Path: \_\_\_ Running or \_\_\_ Sliding \_\_\_ Seating Area

\_\_\_ Hit by Ball: \_\_\_ Pitched or \_\_\_ Thrown or \_\_\_ Batted \_\_\_ Parking Area \_\_\_ Car or \_\_\_ Bike or

\_\_\_ Collision with: \_\_\_ Player or \_\_\_ Structure C.) Concession Area \_\_\_ Walking

\_\_\_ Grounds Defect \_\_\_ Volunteer Worker \_\_\_ League Activity

\_\_\_ Other: \_\_\_\_\_ \_\_\_ Customer/Bystander \_\_\_ Other: \_\_\_\_\_

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**Please give a short description of incident:** \_\_\_\_\_

**Could this accident have been avoided? How:** \_\_\_\_\_

For all claims, or injuries that could become claims, please fill out and turn in the official Accident Notification Form available from your league. Instructions on where to submit the completed file are available from the league Safety Officer. All personal injuries should be reported to the league as soon as possible.

Prepared By/Position: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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## **OPAA Guiding Principles**

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship.

The highest potential of sports is achieved when competition reflects these "six pillars of character."

Put me in Coach!  
**I'M READY TO PLAY...**

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