

Jr.
S PENCERPORT BASEBALL & SOFTBALL

**A Safety Awareness
Plan**

Spencerport, NY

Welcome to the 2022 Season..

Safety & Coach's Training Agenda

April 12, 2022

Introductions

Review Important Information & Expectations

Tony Pisa, Commissioner

Substance Abuse Awareness

Stephen Webster PharmD, MSBA (Director of Travel)

Injury Prevention & First Aid

Darcy Lyndaker, PT, DPT

Director of Lattimore Physical Therapy, Spencerport

Coaching/Player Development

Ed Distaffen – Board Member

Jr. **S**PENCERPORT BASEBALL & SOFTBALL

Mission:

Spencerport Junior Baseball & Softball (SjBB&SB) is a non-profit organization dedicated to promoting the positive aspects of youth baseball and softball to the children of Spencerport, NY. The primary goal of SJB is to enable all players to develop as people through participation in baseball and softball. We emphasize sportsmanship, leadership and community involvement while playing and teaching the fundamentals of the game of baseball and softball.

Our initiatives include, but are not limited to, the following:

- Making the game fun for all participants while also providing a safe play environment.*
- Teaching the fundamentals of baseball and softball.*
- Developing a good foundation of sportsmanship including managing success and disappointment.*
- Instilling confidence in and building self-esteem of our participants.*
- Encouraging social interaction and exercise in a team setting.*
- Promoting teamwork and the responsibilities of being a good team player.*

Key aspects of the coaches' Training:

- Safety Awareness including key First-Aid information from a Licensed PT.
- Tips/Drills demonstrated by NYS Licensed Baseball/Softball Coaches.
- Meet and Greet SJBS Board of Directors;
- Overview of guidelines, rules and policies

Your 2022 Season Board Members....

Position	Board Member	Email Address
Commissioner	Tony Pisa	commissioner@spencerportjuniorbaseball.com
Vice Commissioner	Tony Russo	vice-commissioner@spencerportjuniorbaseball.com
Treasurer	Steve MacFarlane	treasurer@spencerportjuniorbaseball.com
Secretary	Open	secretary@spencerportjuniorbaseball.com
Coaching/Player Development Director	Ed Distaffen	coaching-director@spencerportjuniorbaseball.com
Safety & Compliance Coordinator	Tony Pisa	safety@spencerportjuniorbaseball.com
Marketing and Social Media Coordinator	Angela Merrill	socialmedia@spencerportjuniorbaseball.com
Field Coordinator	Open	fields@spencerportjuniorbaseball.com
President/Director - Travel Program	Stephen Webster	travel@spencerportjuniorbaseball.com
President - Baseball Juniors	Bryan Murphy	baseball-juniors@spencerportjuniorbaseball.com
President - Baseball Majors	Al Drechsler	baseball-majors@spencerportjuniorbaseball.com
President - Baseball Minors	Scott Owens	baseball-minors@spencerportjuniorbaseball.com
President - Baseball Pony	(Open) Tony Pisa	baseball-ponies@spencerportjuniorbaseball.com
President - Girls Softball (Pony, Majors, Minors, Juniors Program)	Corey Newell	softball@spencerportjuniorbaseball.com
President - T-Ball	Bill Kwoka	t-ball@spencerportjuniorbaseball.com
Purchasing Agent	Brian Bavarian	purchasing@spencerportjuniorbaseball.com
Special Events	Tony Russo	specialevents@spencerportjuniorbaseball.com
Community Relations and Social Media and Marketing Coordinator	Angela Merrill	sponsors@spencerportjuniorbaseball.com
Umpire Coordinator	Greg Macomber	umpire-coordinator@spencerportjuniorbaseball.com
Technology Director	Bryan Murphy	webmaster@spencerportjuniorbaseball.com

Expectations of our Coaches

- Huge responsibility but also a REWARDING experience
- Player Safety is our PRIORITY
- Professional interaction. You are the face of Spencerport Jr. Baseball & Softball Organization (SjBB&SB)
- Meet and greet w/ your players and families
- Set clear Expectations during your first meet and greet
 - Identify your parent volunteers
 - Understand any medical issues or concerns in a private discussion
- Engage your players immediately and in the open.
- Never discipline in the middle of competition or with a public announcement
- You're there to coach....not yell.
- Be a role model
- Return all equipment and base plugs to their original location. Base plugs need to be re-installed.
- Make it fun for all.

**Think to yourself how would
you like to be
remembered.....?**

Volunteer Guidelines and Rules

Coaches, Volunteers & Board Members



Require to complete a background check. Little League's JDP Background screening Services.

- Social Security number used to confirm identity
- Secured website
- Will receive a link to self-enter
- Comply with “Code of Conduct”, Coaches, Parent, Player, Board Members
- Social Media Code of Conduct.
- Coaches Will oversee player and parent “Code of Conduct”
- League will use the official SjBB&SB guidelines and other references to;
 - ✓ Little League (Little League chartered leagues only)
 - ✓ MCBR requirement forms to screen all our volunteers to ensure compliance.

Roles and Responsibilities

- League Presidents
 - Will be responsible for inspecting all equipment prior to issuing equipment.
 - Supporting the families and volunteers needs
 - Issue all First Aid Kits
 - Assures the missions of SJBBS&SB is carried out.
- Coaches required to:
 - Attend and Support all SJBBS&SB events. Engaging
 - Inspect the fields prior to practices and games (check for holes, benches in proper location, etc....). *Umpires will also be responsible for ensuring a hazard-free field before each game.*
 - Inspect equipment prior to practices and contests.
 - Faulty equipment will be returned to League Presidents for proper inspection and destruction.
- Keep a level head.....Practices are times to coach not during games.

Requirements

- First-Aid Kit and is required to have it at every practice and game.
- Spencerport Junior Baseball will require all teams to enforce all House and Little League Rules including the following:
 - Proper Equipment for catchers
 - No on-deck batters
 - Coaches will not warm-up pitchers
 - Bases will disengage on all fields
- Enforce Code of Conduct Policies and Guidelines
- Obey Heat, Cold Weather, Thunder and Lightening Guidelines
- Submit and follow Injury reporting policy
- Contact your “League President” to inform of incident
- Submit detailed report Within 24hrs. Of injury
- Contact Family to check in. 24 hrs. of injury

- All Background Checks....
 - For ALL volunteers interacting with players
 - Requirement by our Partners (School, Town of Ogden & Insurance Providers)
 - Follow Little League Requirements

- League Player Registration Data or Player Roster Data and Coach and Manager
 - Data must be submitted via SJB website and/or the Little League Data Center at www.LittleLeague.org
 - Sweden Clarkson (PONYS)

Drug, Alcohol and Vaping Awareness

Stephen Webster PharmD, MSBA

General Information

Adolescent Drug Use Trends

- Cigarette, Alcohol, Prescription Drug Misuse Trending Down
- Vaping of Nicotine and Marijuana On the Rise
- Sports Associated with Reduced Tobacco, Illicit Drug Use
- Sports Associated with Increased Alcohol Use

- Kwan, M, et al. Sport participation and alcohol and illicit drug use in adolescents and young adults: a systematic review of longitudinal studies. *Addictive Behaviors* 2014.
- National Institute on Drug Abuse. Vaping of marijuana on the rise among teens. *NIH* 2019.

Vaping

- Nicotine, Marijuana, Flavoring
- Vaping sky-rocketed among adolescents
 - Increase nicotine and marijuana use
- FDA recently issued ban on flavor cartridges that appeal to children
- Cartridges/Liquids ingredients unknown health risks



National Institute on Drug Abuse. Vaping of marijuana on the rise among teens. *NIH* 2019.

Marijuana/THC

Signs of Recent Use

- Confusion, Anxiety
- Poor coordination
- Slowed reaction times
- Red eyes
- Hunger
- Strong smell



Alcohol

Signs of Intoxication

- Loss of balance/coordination
- Slurred speech
- Drowsiness/Confusion
- Nausea/Vomiting
- Red eyes
- Strong smell of alcohol



OTC Drugs

- Anti-Inflammatory
 - Ibuprofen (Motrin®)
 - Naproxen (Aleve®)
- Analgesic (Pain Reliever)
 - Acetaminophen (Tylenol®)
- Cough & Cold
 - Diphenhydramine (Benadryl®)
 - Dextromethorphan (Robitussin DM, Delsym, Mucinex DM)



Emergency Contact Information

- Safety Officer: Tony Pisa on file with Little League Headquarters.
- League President will distribute paper copy of SJB Safety Plan to all Managers/Coaches, League Volunteers, and SJB Board of Directors.
- Important Contacts to be distributed to members of the SJB Coaching Staff:

Emergency Phone Number:	911		
Ogden Police Dept:	585.617.6131		
Ogden Fire Dept:	585.352.6115		
League Safety Officer:	Tony Pisa	585.259.0387	commissioner@spencerportjuniorbaseball.com
SJB Commissioner:	Tony Pisa	“	
SJB Vice-Commissioner:	Tony Russo		vice-commissioner@spencerportjuniorbaseball.com
SJB Field Coordinator:	Tony Pisa		fields@spencerportjuniorbaseball.com
SJB Treasurer:	Steve MacFarlane		treasurer@spencerportjuniorbaseball.com
SJB – Softball Director	Corey Newell		
MCBR (Travel) Director	Steve Webster		

Heat and Cold Index Guidelines

	RealFeel (Heat Index) under 79 degrees	Full activity. No restrictions
R E C O M M E N D E D	Heat Index Caution: RealFeel (Heat Index) 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: RealFeel (Heat Index) 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when RealFeel temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: RealFeel (Heat Index) 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when RealFeel temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Light weight and loose fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
REQUIRED	Heat Index Alert: RealFeel (Heat Index) 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.

- Determined by “governing body” (school officials, league officers)
- SJB&SB uses NYSPHSAA Heat index procedures
- Designed to provide standards for safe play
- What’s considered, air temperature and relative humidity
- Three zones determine the recommended guidelines
- Cold Weather also applies here.
 - Peak performance > 50 deg.
- **Thunder and Lightning Policy:**
 - ✓ Practices/Games will be suspended upon sight of any Lightning or sound of any Thunder immediately for at least 30 minutes.
 - ✓ Players/coaches are to seek safe shelter (vehicles, dugouts) during delay.
 - ✓ Each clap of thunder or strike of lightning during a delay begins the 30-minute count again.

Exertional Heat Illness (EHI)

- Typically occurs with strenuous physical activity in hot and humid environments
- Categories
 - Muscle Cramps- Typically in calves, hands or feet; often associated with dehydration, electrolyte imbalances and muscle fatigue
 - Heat Exhaustion
 - External Heat Stroke

Heat exhaustion

- Inability to continue to exercise due to fatigue/energy depletion.
- Associated with heavy sweating, dehydration, sodium loss and energy loss.
- Often presents with signs and symptoms such as:
 - Dizziness, headache, nausea, diarrhea
 - Decrease in urine output, pallor (pale skin), muscle cramps, weakness headache
 - Hyperventilation (breathing rapidly), nausea, and/or diarrhea.
- Core temperature generally between 97- and 104-degrees F.

Exertional Heat Stroke

- Life-threatening illness is characterized by:
 - Core temperature >104 degrees F and
 - Central nervous system (CNS) dysfunction (confusion, mental status changes, collapse, delirium, etc).
- Signs and symptoms include
 - Mental status changes (confusion, delirium, loss of consciousness)C
 - Collapse, hyperventilation (rapid breathing),
 - Vomiting, diarrhea, seizures (convulsions)
 - Rapid heart rate, hypotension (low blood pressure)
 - Decreased sweating (although skin can be either wet or dry).

Exertional Heat Illness Prevention

- Gradually increase the intensity of exercise to allow for better acclimation to hot/humid conditions
- Encourage all athletes to hydrate regularly before, during, and after exercise
- With young athletes it is extremely important to take frequent rest breaks and to ingest fluids every 15 to 30 minutes.
- Young athletes are at increased risk of heat illness.

What to do if an athlete is showing signs of EHI

- Muscle cramps
 - Remove from activity and transfer to cool, shaded environment, immediately start replacing fluids, and stretch affected area.
- Heat exhaustion
 - Monitor closely.
 - Move to the shade and/or a cool environment. Use ice towels and/or ice bags (around neck, underarms and groin area) to cool body temperature down.
 - Assess vital signs

What to do if an athlete is showing signs of EHI

- Exertional Heat Stroke
 - Call 911
 - Assess vital signs
 - Use ice water immersion to cool body temperature as quickly as possible. Once core temperature returns to 101 deg F remove from the water, but continue to keep cool with ice towels, ice bags, or air conditioning. Do not transport prior to adequate core temperature cooling.
 - DO NOT hesitate to initiate aggressive cooling via ice immersion if Exertional Heat Stroke is suspected (even in the absence of accurate core body temperature). Rapid cooling is critical to preventing end-organ damage and often is a life-saving intervention.

Injury Reporting Guidelines

Injury Report Requirements

- All injuries need to be reported to League Presidents immediately after the conclusion of the contest by the Manager.
- All League Presidents are required to reported within 24hrs of incident. to the league safety coordinator.
- Form must be completed in its entirety
- All forms must be signed by Manager who submitted the form.
- All Coaches are expected to follow up with the family within 48hrs. injury

Injury Prevention & Awareness, Physical Training & Conditioning

Darcy Lyndaker, PT, DPT

Experience: Doctorate of Physical Therapy

- Clinical Director, Lattimore Physical Therapy of Spencerport

Background:

- Lattimore PT of Spencerport – 1 year
- Lattimore PT of Webster – 2 years
- Victory Sports Medicine & Orthopedics, Skaneateles – 3 years

Contact:

Office: 585-349-2860

Email: darcylyndaker@lattimorept.com

Certifications:

- Doctorate of Physical Therapy
- First Aid/CPR/AED



Spencerport

First Aid



- Minor Cuts and scrapes
 - Stop the bleeding by pressing a gauze pad or clean cloth against the wound. Once bleeding stops, clean the area with mild soap and water, dry gently with a clean cloth and cover with a protective bandage.
- Nosebleed
 - Sit upright or lean slightly forward. Use your thumb and forefinger to pinch your nose. Do not release the pressure for at least 10 minutes. Breathe through your mouth during this time.

First Aid

- Sprains/Strains

- Rest, Ice, compression, elevation

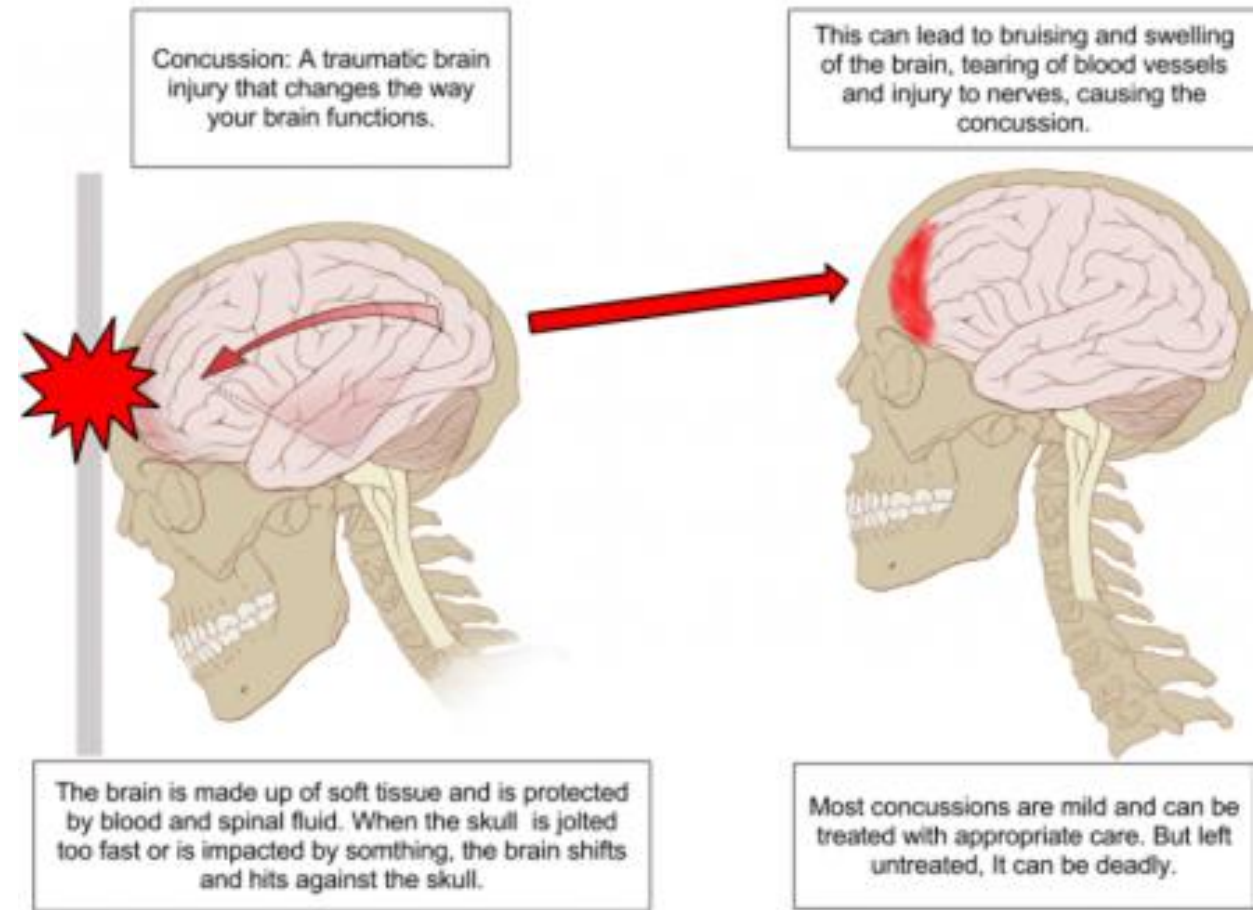
- Fracture/Dislocation

- If you suspect a broken bone in the neck or back, help them stay as still as possible. If you suspect a broken bone and/or dislocation in one of their limbs, immobilize the area using a splint or sling. Seek medical attention.



Concussion

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells.



Signs and Symptoms of a Concussion

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.
- Can't recall events prior to or after a hit or fall.
- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down".
- **NOTE:** Concussion signs and symptoms often show up soon after the injury, but it can be hard to tell how serious the concussion is at first. Some symptoms may not be noticed or may not show up for hours or days.

Overuse Injuries

- In young athletes, overuse injuries account for more than half of all sport related injuries
- Most often throwing related, involving the shoulder and elbow
- Can lead to:
 - Rotator cuff injuries
 - Labral tears
 - UCL tears
- These injuries can result in the possible need for surgery

Preventing Overuse Injuries

- Proper warm-ups
- Thrower's Ten Program
- Rotate to positions other than pitching
- Stick to pitch count and rest guidelines

Pitch Count Guidelines

- Maximum Pitch Counts

Age	Pitches/Game
7-8	50
9-10	75
11-12	85
13-16	95
17-18	105

- Rest Periods Required

Age 0-14	Ages 15-18	Required # of rest days
66+	76+	4 calendar days
51-65	61-75	3 calendar days
36-50	46-60	2 calendar days
21-35	31-45	1 calendar day
1-20	1-30	None

Initial Treatment of Shoulder/Elbow Soreness

- Rest – if it hurts stop pitching
- Ice
- Ibuprofen
- If sx persist longer than 1-2 weeks seek assistance from PT or MD

Dynamic Warm Up

The repetitive completion of whole-body movement patterns in order to increase blood flow to the muscles. This aids in raising core and muscle temperature, creating improved flexibility and decreased risk of injury. These repetitive movements aid in warming up not only the muscles, but the nervous system as well, allowing the nerves to fire more efficiently and improving recruitment of your muscles for balance and stability.

Dynamic Warm Up: Lunge Walk

Instruction:

Beginning in normal stance, step forward into a lunge position. Opposite arm should go forward, front thigh is parallel to the ground with knee behind your toes, and back shin is parallel to the ground with the knee just above the ground.

Distance:

Walk 20 yards



Dynamic Warm Up – Straight March

Instruction:

Beginning in normal stance, grab one leg just below the knee with both hands and pull up. Emphasize heel-to-toe motion with each stride. Alternate legs with each stride.

Distance:

Walk 20 yards



Dynamic Warm Up - baseball -Quad Pull Walk

Instruction:

Beginning in normal stance, reach behind you and grab your ankle with your opposite arm.

Distance:

Walk 20 yards



Dynamic Warm Up – Inside/Out Taps

Instruction:

Beginning in normal stance, tap the inside of one foot. Step forward with that foot, and repeat with the opposite arm and leg. Continue for the recommended distance. Once completed, return tapping the outside of each leg.

Distance:

Jog 20 yards



Dynamic Warm Up - Skipping

Instruction:

Beginning in normal stance, begin skipping up onto your toes with arms at 90 degrees and thighs parallel to the ground.

Distance:

Skip 20 yards slowly; 20 yards fast; 20 yards with high vertical strides; 20 yards with long distance strides.



Dynamic Warm Up – Carioca Run

Instruction:

Beginning in a sideways stance, begin to run sideways, alternating left leg in front and left leg in back.

Distance:

Run 20 yards with left leg leading;
Run 20 yards with right leg leading



Dynamic Warm Up – Shoulder Twists

Instruction:

Beginning in normal stance with arms crossed and hands on shoulders, rotate shoulders back and forth while keeping hips/pelvis still.

Duration:

Repeat 15 times in each direction.



Dynamic Warm Up – Side Reach

Instruction:

Beginning in normal stance with arms at sides, gently side bend to one side. As you begin to bend, raise your opposite arm up and reach over your head.

Duration:

Repeat 15 times on each side.



Dynamic Warm Up – Pull Position

Instruction:

Beginning in normal stance, clasp hands together like demonstrated. Keeping arms still, gently pull arms away from one another (Isometric pull).

Duration:

Repeat 15 times, performing the following: left to right, circles left, circles right, circles forward, circles backward, rotation forward and backward.



Dynamic Warm Up – Arm Crossovers

Instruction:

Beginning in normal stance, grab your right arm and pull it across your body as you twist to the left. Repeat on the opposite side.

Duration:

Repeat 20 times with each arm



Coaching/Player Development

Ed Distaffen, Coach, Board Member

T-BALL Program ESSENTIAL SKILLS

T-Ball is the first introduction to organized baseball for most players. The primary objective by the end of the season is to ensure that each player has a "positive experience" with baseball or softball, desires to play again the following year, and has successfully demonstrated the following skills and fundamentals:

- Warm up techniques
- Names of defensive positions
- How to execute a throw (proper grip)
- Proper fielding position (down and ready)
- How to hold a bat properly
- What to do after the ball is hit (as a batter and a runner)
- Knows how, why and when to run to the next base



JUNIORS Program ESSENTIAL SKILLS

Primary objective at this level is to ensure that each player has a "positive experience" with baseball or softball, desires to play again the following year, and has learned the following skills:

- Advanced warm up techniques (throwing warm up)
- Ground ball fielding techniques
- Uses both hands to catch the ball vs. one handed or trapped catches
- Understands where to make the defensive play
- Proper base running
- Relaying the ball from the outfield to the infield
- Batting stance
- Communication (calling for a fly ball)
- Backing up plays
- Difference between a Force Play and a Must Tag
- Good Sportsmanship



MINORS Program ESSENTIAL SKILLS

The primary objective at the Minors level is the same as the previous levels with emphasis on preparing players for advancement to the Majors level. The Minors level is both competitive and instructional with more emphasis on instructional than competitive during the regular season.

It is important that coaches of this division provide sound training and good balance of playing time and position rotations for all players. Besides building upon the skills taught to them at the preceding levels, players should successfully demonstrate the following skills:

- Advanced warm up techniques (throwing warm up)
- Pitching mechanics
- Bunting
- Basic 1st and 3rd defensive situations
 - Proper base running techniques including:
 - Secondary leads after the ball crosses the plate
 - Stealing after the ball crosses the plate
 - When to tag up
 - How and when to slide
- Proper footwork to field and throw quickly
- How to go back on a fly ball
- How to rundown a base runner (pickle)
- Covering bases and backing up positions after a hit
- Always show good Sportsmanship on and off the field



MAJORS/PONY/Travel Program ESSENTIAL SKILLS

This level is both competitive and instructional with admittedly more emphasis on the competitive aspects of the game than at the Minors level. Managers focus on fielding a competitive team while also providing the players with a fun learning experience.

Players should focus on refining their baseball skills with a strong emphasis on consistency. Often the difference between an average player and a good player is the ability to consistently execute the required skills.

- Advanced warm up techniques (throwing warm up)
- Show proper batting stance, bat position, and swing execution
- Know the difference between bunting for a base hit and a sacrifice bunt
- Advanced 1st and 3rd defensive situations
- Continue to demonstrate proper base running techniques
- Execute proper pitching motion (can throw 50 - 70 pitches without experiencing noticeable arm discomfort)
- Use Catching skills (blocking the plate with the ball, blocking wild pitches, throwing out runners)
- Cover bases correctly when receiving a throw or fielding a ball
- Properly execute a double play
- Execute a run down - both as a runner and a fielder
- Cover all bases and backs up other players after a hit
- Always show good Sportsmanship on and off the field

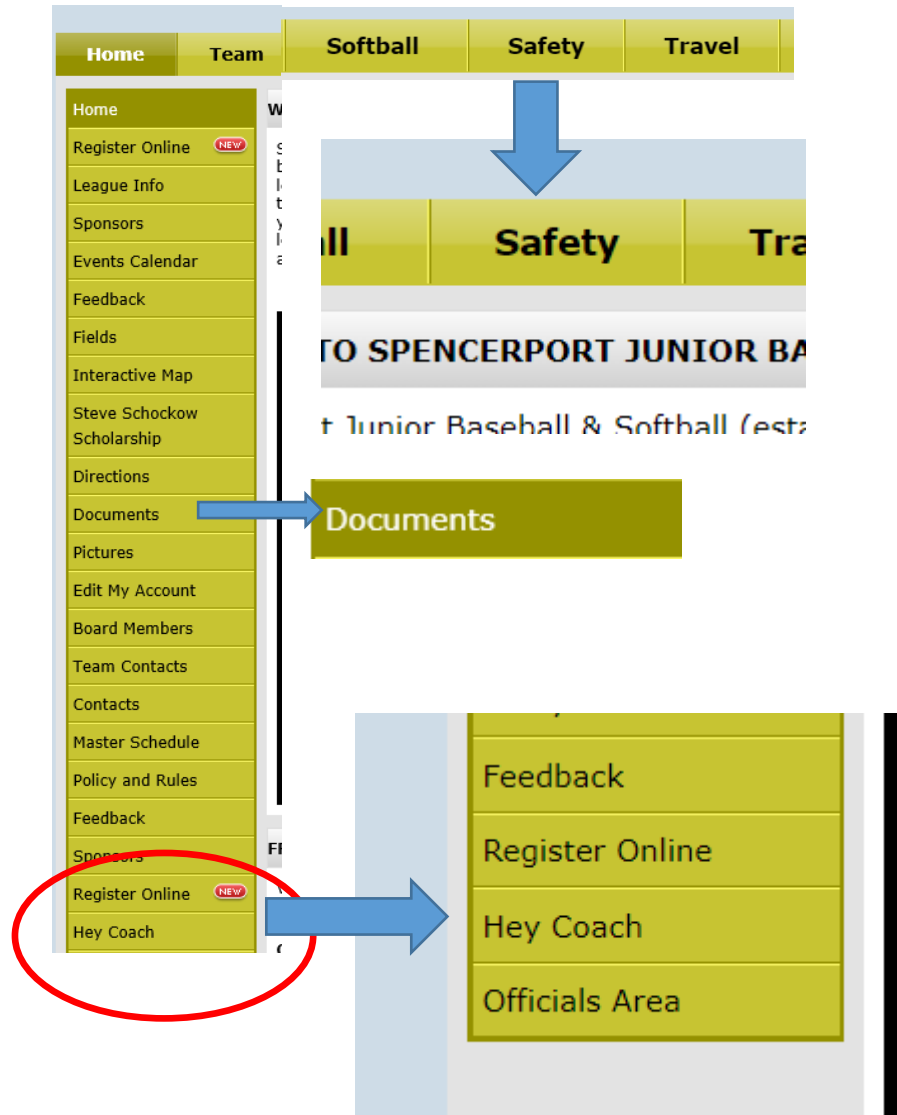


Age Recommendation for Various Pitches



<u>Pitch</u>	<u>Age</u>
Fastball	9+
Change-up	9+
Curveball	13+
Slider	13+

Hey Coach...Is a great resource for the items listed below.



Field Availability Status Communication

Training Material

Code of Conduct (Player, Coach, Parent)

Coach Contract Information

Safety Information

Injury Report

Field Location Maps

Practice Plan

SPENCERPORT BASEBALL & SOFTBALL

Date: _____ # of Players: _____ Coaches: _____ Gym/Field _____

Time	Activity	Stretch Routine	Throw/Catch	Skill Emphasis
	Warm-Up/Jog			
	Stretch			
	Throw/Catch			
	H2O			
	Skill Emphasis			
	Special			

Group A	
Coach	

Group B	
Coach	

Group C	
Coach	

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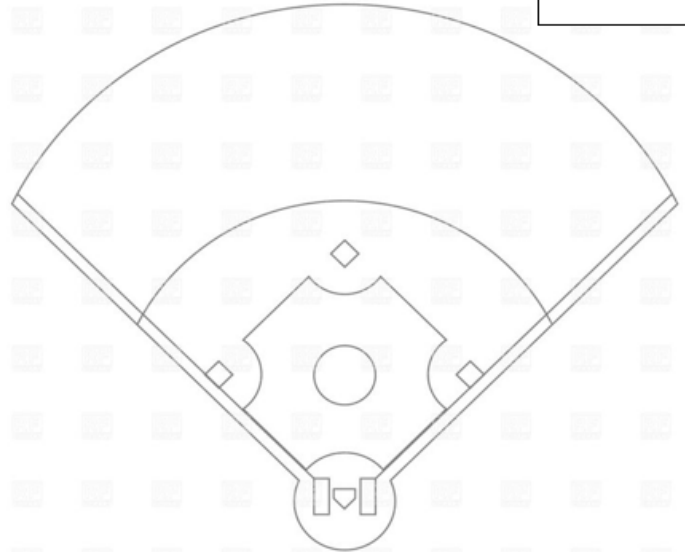
Game Management

Date: _____ Opponent: _____

Batting Order

1. Owen	6. Joey S.
2. Joey G	7. Anthony
3. Henry	8. Zack
4. Connor	9. Allen
5. Nolan	10. Ryan

Inning



A diagram of a baseball field showing the pitcher's mound, bases, and outfield. The diagram is centered on a grid background.

Jr. SPENCERPORT BASEBALL & SOFTBALL

Thank you!!
All our volunteers

Guest Speakers

*Darcy Lyndaker
Steve Webster
Ed Distaffen*