

Manchester Township Athletic Association



2025 Safety Plan



Table of Contents

Welcome to Manchester Township Athletic Association	3
Mission Statement	3
Philosophy.....	3
Safety Code	3
Importance of Safety	3
Safety Officer and Committee	4
Safety Officer	4
Safety Committee	4
Safety Team Responsibilities	5
Volunteer Requirements.....	6
Safety Code	6
Manager and Coach Responsibilities	8
Manager Responsibilities (General):.....	8
Manager Responsibilities (Games and Practice):	9
Emergency Procedures	10
Minor injury:	10
Major injury:	11
Accident Notification/Reporting Procedure	12
General Health	12
Concussion Statement	12
Physical Exams	13
Communicable Disease	13
Storage Shed	14
Inclement Weather	14
Appendix	17
Injury Report	17
Concussion Sheet.....	18
Pitch Count Rules	19
Miscellaneous Information	20

Welcome to Manchester Township Athletic Association

MTAA is a community organization that provides a positive, instructional, community-based baseball experience for boys and girls. These programs are guided by a volunteer board of directors and are operated independently from the Manchester Township Parks and Recreation. MTAA has been an important part of the community for years. Since children develop at different rates, the program is designed to help them learn and improve their skills at their own pace.

Mission Statement

MTAA is a non-profit organization run by volunteer parents. Our mission is to provide a safe environment where children can learn and play the game of baseball and softball. We will accomplish this by focusing on player and coach development, providing superior communication, and creating a level field of play where all children can compete and have fun.

Philosophy

The Purpose of MTAA is to develop ball players by stressing basic fundamentals and appropriate attitudes towards events on the field and to encourage team play. Most importantly, should be fun. The aim is to learn to be in a competitive team environment while having fun rather than trying to win at all costs. Each player, at all levels, will be treated as fairly as possible within the rules of MTAA and in consideration of his or her abilities.

Safety Code

In order to ensure an enjoyable environment, it is imperative that we provide a safe environment for everyone involved. This safe environment will require the help from all of you – parents, managers, coaches, administrators, etc. The Safety Officer shall complete an annual facility survey and submit it to the MTAA Board of Directors. This Safety Manual will be posted on our website, and a copy will be available to all managers. Please read, learn and follow the instructions in this manual, so that MTAA can provide a safer baseball/ softball experience to our players. It should be understood that the Safety Officer can make changes, with the approval of the MTAA board, to this manual during the season. If there are changes made all managers, coaches, and volunteers will be made aware of the changes.

Importance of Safety

The purpose of this document is to emphasize the importance of safety, and to identify important safety plans to which individuals involved should be aware.

Administrators, coaches, volunteers, parents and players should take safety issues very seriously.

Safety Officer and Committee

The Safety Officer is an elected Member of the MTAA Board of Directors. This individual acts as the MTAA primary point of contact for the safety issues and is responsible to review, modify and communicate the Organization's Safety Plan each year. The plan is presented to the Board for approval and ratification in February or March prior to each upcoming season.

The President and Safety Officer have primary responsibility for ensuring compliance with the Safety Plan. However, the MTAA Board of Directors, elected Officers, and Board Approved Managers and Coaches share in the responsibility to ensure awareness and compliance with the Safety Plan relative to their respective position or office

Safety Officer

The Safety Officer of MTAA Baseball/ Softball is mainly responsible for the development and implementation of the safety program. The Safety Officer is the link between the Board of Directors of MTAA Baseball/ Softball and its managers, coaches, umpires, players, spectators, and any other third parties on the complex in regards to safety matters, rules and regulations.

Safety Committee

MTAA will maintain a Safety Committee comprised of the Safety Officer, President, Vice President, Baseball and Softball Commissioners, Field Services, and the Equipment Manager for Baseball and Softball. This committee will have the primary responsibility for the initial annual review of the Safety Plan and to monitor the number of injuries and accidents that occur during the season. The Safety Committee will recommend courses of action regarding any safety issues that may present itself to the Organization. For example, it is envisioned that this committee will meet to assist the Safety Officer in preparing revisions and updates to the Safety Plan, which will then be distributed to the Board for comment.

Safety Team Responsibilities

- Coordinating with the individual Team Managers/Coaches Officers in order to provide the safest environment possible for all.
- Assisting parents and individuals with insurance claims and will act as the liaison between MTAA, the insurance company and the parents and individuals.
- Maintain the background check log and screening volunteers.
- Keeping the First Aid Log. This log will list where accidents and injuries are occurring, to whom, in which divisions, at what times, and who was under what supervision at the time of the injury.
- Correlating and summarizing the data in the First-Aid Log to determine proper accident prevention in the future.
- Insuring that each team receives its Safety Manual and its First-Aid Kit at the beginning of the season.
- Re-stocking the first aid kits as needed.
- Make MTAA's "no tolerance with child abuse" clear to all.
- Checking fields with the Managers and listing areas needing attention.
- Scheduling a Safety Clinic for all managers, designated coaches and board members.
- Creating and maintaining all signs at the ball fields, including No Parking signs, No Smoking signs, No Pets Allowed, batting cage rules, cautionary signs etc....
- Acting immediately in resolving unsafe or hazardous conditions once a situation has been brought to his/her attention.
- Making spot checks at practices and games to make sure all managers have their First-Aid Kits and Safety Manuals.
- Tracking all injuries and near misses in order to identify injury trends.
- Making sure that safety is a monthly Board Meeting topic, allowing experienced people to share ideas on improving safety with the Board, coaches, volunteers and members, and keeping current on safety equipment.

Volunteer Requirements

MTAA requires that all Board members, Umpires, Managers, Coaches, and any other persons, volunteers or hired workers, who provide regular service to the organization and/ or have repetitive access to, or contact with, players or teams submit copies of the following within the last 5 years:

1. A copy of valid government issued photograph identification.
2. A completed PA State Background Check.
3. A completed PA Child Abuse Clearance
4. FBI fingerprint clearance or signed waiver

Found at www.mtaaonline.org, volunteers must submit the completed items above to the Safety Officer (safety@mtaaonline.org) prior to the applicant assuming his/her duties for the current season. Failure to submit these makes that person unable to volunteer in any capacity with MTAA. The volunteer requirements must be maintained by the president of the MTAA's board of directors for all personnel named above, for a minimum of the duration of the applicant's service to MTAA for that year.

Upon confirmation of a conviction for, or guilty plea to, a crime against or involving a minor, MTAA shall not permit the volunteer to participate in any manner. If MTAA becomes aware of information, by any means whatsoever, that an individual including, by not limited to, volunteers, players and hired workers, has been convicted of or pled guilty to any crime involving or against a minor, the organization must contact the applicable government agency to confirm the accuracy of the information

Safety Code

The Board of Directors has adopted the MTAA Safety Code. All officers, participants, members, volunteers, and spectators are required to abide by this code. On game day and during practices it is expected that team managers and umpires will take actions necessary to comply with this code. The Safety Officer will monitor compliance and make revisions to the Safety Code from year to year, as necessary.

- MTAA rules, code of conduct, and the Safety Manual will be in force at all organization activities.
- A comprehensive survey shall be conducted each year for all fields used by MTAA, and the results documented on appropriate forms.
- To contact emergency medical services access to a fixed or mobile telephone is required for every activity. Such arrangements should be confirmed prior to starting all games and practices.

- Managers, coaches and umpires will be provided with basic training in first aid, concussion and head injury detection and issues, proper mechanics/fundamentals, and MTAA philosophy. More advanced training is available to coaches and teams upon request.
- First-aid kits are issued to each team manager, and shall be present at each game or practice.
- No games or practices should be held when weather or field conditions are not good, particularly when lighting is inadequate.
- Managers and/or umpires shall walk the fields and inspect for hazards prior to using the field. Play area should be inspected frequently for holes, damage, rocks, glass and other foreign objects that could cause injury. All team equipment should be stored within the team dugout, or behind screens, and not within areas defined by the umpires as "in play".
- Responsibility for keeping bats and loose equipment off the field of play should be that of a player assigned for this purpose or the team's manager and coaches.
- Procedure should be established for retrieving foul balls batted out of playing area. Do not retrieve balls from private property without permission from property owner.
- During practice and games, all players, coaches and spectators should be alert and watching the batter on each pitch.
- At all times, players need to be alert of the area around them when swinging bats.
- No swinging bats at any time within the walkways, common areas.
- During warm-up drills, establish enough space between players so that no one is endangered by wild throws or missed catches.
- Pitch count limits must be followed based on MTAA guidelines.
- Equipment should be inspected regularly for condition, proper fit, and compliance with MTAA rules and regulations.
- Batters must wear approved protective helmets during batting practice and games.
- Softball players must wear facemasks while playing infield in 10U and older divisions.
- Catcher must wear catcher's helmet, mask, throat guard, long model chest protector, shin guards and protective cup at all times for all practices and games. Managers should encourage all other players to wear protective cups and supporters for practices and games.
- The Catcher must wear catcher's helmet and mask with a throat guard while warming up pitchers. This applies to before games, between innings and in the bullpen during all games and practices. NO EXCEPTIONS.
- Except when runner is returning to a base, headfirst slides are not permitted.
- 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".
- Parents of all players and players should be encouraged to have players use mouth guards and batting helmets with face guards, protective cups and face guards for softball infielders under 10U.
- Remove watches, rings, pins or other jewelry during games and practices.
- Pre-game warm-ups should be performed within the confines of the playing field and not within areas that are frequented by, and thus, endanger spectators (i.e., playing catch, pepper, swinging bats, etc.).
- Reduced impact balls are to be used for T-ball.
- Players are to be encouraged to drink water, or sports drinks in moderation during practice and games.

Manager and Coach Responsibilities

The Manager is a person selected through a manager selection committee and appointed by the President of MTAA to be responsible for the team's actions on the field, and to represent the team in communications with the umpire and the opposing team.

Manager Responsibilities (General):

- The Manager shall always be responsible for the team's conduct, observance of the official rules and deference to the umpires.
- The Manager is also responsible for the safety of his/her players. He/ She is also ultimately responsible for the actions of designated coaches.
- If a Manager leaves the field, that Manager shall designate a Coach as a substitute and such Substitute Manager shall have the duties, rights and responsibilities of the Manager.
- Take possession of this Safety Manual and the First-Aid Kit supplied by MTAA and bring each to all practice or games.
- Make sure that telephone access is available at all activities including practices. It is required that a cellular phone always be on hand for emergencies.
- Attend any mandatory training session on Safety, concussion/head injuries, injury prevention and First Aid given by MTAA. At least one team representative is required to attend each year (either coach or manager).
- Teach players the fundamentals of the game while advocating safety, including but not limited to:
 - Catching fly balls
 - Sliding correctly

- Proper fielding of ground balls
- Simple pitching motion for balance, mechanics and technique
- batting positioning, loading, swinging, ball contact and safety
- Not expect more from their players than what the players are capable of.
- Notify parents that if a child is injured or ill or if they sustain a suspected a concussion. If a concussion is suspected, he or she cannot return to practice unless they have a note from their doctor. This medical release protects you if that child should become further injured or ill. There are no exceptions to this rule.
- If an injury occurs, complete the attached Injury report form, and submit to the Safety Officer
- Encourage players and volunteers to bring water bottles to practices and games. Also, strongly encourage parents that they bring sunscreen for themselves and their child.
- Insure they, and all of their coaches and volunteers have submitted completed volunteer application forms/ background checks, and government issued picture identification to the Safety Officer and not permit anyone to assist with practice or games or have substantial contact with children who have not complied with this requirement.
- Insure all Medical Release information is supplied to you before a player may attend practice or games with MTAA.

Manager Responsibilities (Games and Practice):

- Walk the field for hazards. Look for rocks, glass, holes, soft infield, etc. and correct if feasible. It is the coach/managers responsibility to assure the players safety during the game. If there is a facility issue, report to the Organization.
- Work with the coaches to inspect the player's equipment before use. If a player has bad equipment: it is recommended it be made unusable to stop the player from "saving" it from waste.
- Ensure the players stretch and warm up, are ready to play, and are not injured or sick
- Make sure there is a phone and a first aid kit immediately available.
- Make sure that players carry all gloves and other equipment off the field and to the dugout when they are up at bat. No equipment shall be left lying on the field, either in fair or foul territory.
- Keep players alert, and maintain discipline at all times.
- Be organized. Keep players and substitutes sitting on the team's bench or in the dugout unless participating or preparing to enter the game.
- Make sure players are wearing the proper equipment.

- Encourage everyone to think Safety First.
- Keep players off the fences. No one should be climbing the fences, this is a preventable injury.
- Get players to drink often so they do not dehydrate. Get players to apply a generous amount of sunscreen.
- Never allow children to play if they are ill, sustained a suspected concussion or head injury, or are injured.
- Do not allow players to use ill-fitting or defective equipment, it is highly recommended that the player's equipment is made unusable to prevent a player from "saving" their equipment from discard. If it is MTAA owned, arrange to have it replaced by the equipment manager.
- Always attend to children that become injured. You must notify parents if their child has been injured no matter how small or insignificant the injury is. There are no exceptions to this rule. This protects you, and MTAA, If there was an injury, make sure all accident report forms are filled out and promptly provide the forms and information to the Safety Officer.
- Supervise ejected, ill or injured players until released to the parent, guardian, or person the parent or guardian designates.
- Discuss any safety problems that occurred before, during or after the game with the Safety Officer.
- Ensure players utilize baseball/softball equipment appropriate for age, division, and ability.
- Record pitch counts and adhere to MTAA guidelines. See Attachment.

Emergency Procedures

In any type of emergency it is important to remain calm but this is especially true when the emergency involves a child or someone you care for. In this section you will find some simple but sometimes forgotten information regarding emergencies. Coaches are required to have at least one fully charged cell phone at all practices and games in case of an emergency with a designated person at each team activity that will make calls in an emergency.

Minor injury:

- Use the first aid kit as needed to attend to the injury.

- If blood is present, make sure to wear gloves for your protection as well as the injured party.

Use antiseptic wipes and apply pressure to the injury to stop the bleeding. Once bleeding has stopped use a suitable bandage to cover the injured area.

- Notify the Safety Officer of the injury. No matter how minor.

Major injury:

- Clear the field of play. Have all players return to dugout area. Keep spectators away from the scene.
- DO NOT move the injured player especially in cases where a possible head injury is suspected.
- Have someone call 911. When calling 911 you need to remember the following:
 - Our field addresses are:
 - Cousler Park**- 1060 Church Rd, York, PA 17404
 - Emigsville Park**- 420 Emig Rd, York, PA 17406
 - Crist Fields** - 441 Emig Rd, York, PA 17406
 - Give the operator your name and phone number. Also let them know what field the injured player is on.
 - Advise the operator what happened. How did the injury take place?
 - Inform the operator of the condition of the injured party. Be sure to include whether or not there was loss of consciousness, severe bleeding, or exposed bone.
 - Inform the operator of current help being given (i.e., first aid, CPR)
 - Answer any questions the operator may have. DO NOT hang up until told.
- Continue to administer aid to the injured party until professional help arrives.
- Assign someone to wait for the emergency vehicles and to guide them to the injured party.
- Assist the emergency medical personnel as requested.
- Notify the parents or guardian, if not already present.
- Notify the Safety Officer immediately following the incident.

As the manager or coach of the team, it is your responsibility to determine if any player should continue to practice or play in a game. If you feel that a player needs to get medical attention under any circumstance, then:

- If emergency personnel are present, then allow them to provide directions.
- Consult with the player's parents for doctor or hospital information. Ask the parent or guardian if they wish to take the player themselves.
- Check the player's medical release information provided by the organization. This information must be with the team at all events (practices, games, picnic, etc.). If the parents or guardians are absent, then refer to the medical release information. If there is a doctor, medical clinic, or hospital listed, then this should be your first choice. Provide this information to the emergency personnel on scene.

Accident Notification/Reporting Procedure

MTAA is constantly looking for ways to improve the safety of everyone. In order to help in this effort, you will be required to provide detailed reports of all accidents and/or injuries. You should have a supply of injury report forms. If not, the safety officer will have some for your use.

Within 24 hours of any injury, regardless of how minor, the coach must contact the Safety Officer so that a report can be filed. You can contact Len Howerter at 717-575-7221 or email at safety@mtaaonline.org.

Contacting the Safety Officer sooner than later will prevent you from forgetting details. If needed, the Safety Officer will follow up with the coach and/or player for further information.

General Health

Concussion Statement

MTAA takes player safety and well-being very seriously. One area we are striving to improve in is the awareness, prevention, and treatment of concussions. Attached is a separate Concussion document that will be available to all staff, player, parent, coach, manager, and volunteer. In this document it outlines what MTAA requires of the coaching staff and player in case of a concussion. It should be known that in the event a player is suspected of suffering a concussion that the player will be removed from play and will not be allowed to return to play until a medical professional says it is ok to return. We ask for everyone's cooperation in regards to this policy.

Physical Exams

While physical exams are not required by policy, MTAA strongly recommends that participants be in good general health. If your child has a physical impairment that the organization should be aware of, PLEASE note the information on the registration form, and contact your child's Player Agent or manager. Items such as allergies, eye problems, diabetes, etc., will be kept confidential, except that your child's manager and coach will be aware of any potential problem.

Communicable Disease

While the risk of one participant infecting another with HIV/AIDS during MTAA activities is small, there is a remote risk other blood borne infectious disease can be transmitted. Managers and coaches should anticipate such a situation to arise during practice or games and gloves are provided in the safety kit issued to each team. Procedures for reducing the potential for transmission of infectious agents should include, but not limited to the following:

- Bleeding must be stopped, the open wound covered and if there is any excess amount of blood on the uniform, it must be changed before an athlete may participate.
- Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated.
- Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
- Clean all blood-contaminated surfaces and equipment with a solution made from a proper dilution of household bleach or other disinfectant before competition resumes.
- Practice proper disposal procedures to prevent injuries caused by needles and other sharp instruments or devices.
- Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
- Managers, coaches, umpires, and volunteers with bleeding or oozing skin should refrain from all direct athletic activity and team contact until condition is resolved.
- Contaminated towels should be disposed of or disinfected properly.
- Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings and other articles containing body fluids.

Storage Shed

The following applies to all of the storage sheds used by MTAA and apply to anyone who has been issued a key by MTAA to use those sheds.

- All individuals with keys/combinations to the MTAA equipment sheds (i.e., Managers, coaches, etc.) are aware of their responsibilities for the orderly and safe storage of rakes, shovels, bases, etc.
- Before you use any machinery located in the shed (i.e., lawn mowers, weed whackers, lights, scoreboards, public address systems, etc.) please locate and read the written operating procedures for that equipment. There will be no child utilization, riding on or operation of such equipment in any manner.
- All chemicals or organic materials stored in MTAA sheds shall be properly marked and labeled as to its contents.
- All chemicals or organic materials (i.e., lime, fertilizer, etc.) stored within these equipment sheds will be separated from the areas used to store machinery and gardening equipment (i.e., rakes, shovels, etc.) to minimize the risk of puncturing storage containers.
- Any witnessed "loose" chemicals or organic materials within these sheds should be cleaned up and disposed of as soon possible to prevent accidental poisoning.

Inclement Weather

The chances of encountering one of the following during a game are far from impossible.

- Rain
- Lightning
- Heavy winds
- Tornadoes
- Very hot, humid, and sunny days

Rain

Light rain that does not create an unsafe environment may not be cause to stop a game or practice.

Heavy rain that leads to pooling or soaking wet field conditions may cause stoppage of a game or practice. Besides pooling and slick field conditions heavy downpours can also cause very poor visibility putting players, coaches, and spectators in danger from batted or thrown balls. Therefore it is the responsibility of the umpire to stop the game. It is the coach's responsibility to stop practice as soon as possible to avoid injuries. NOTE: If a game or practice is stopped, coaches are to remain with the players until their parents have picked them up.

If it has been raining prior to a game or practice, then coaches and umpire must carefully inspect the field for safety prior to the beginning of any activity. NOTE: The Manager, MTAA President or Safety Officer can determine whether or not the fields are playable prior to the start of a game or practice.

Lightning

If a game or practice is in progress and there is lightning or thunder (with or without rain), or if the lightning warning alarm sounds, the umpire or coach will immediately stop play and move everyone to a safe area. Practice and games are not permitted to continue until 30 minutes after a flash of lightning or the sound of thunder. Players may not remain on the field. Practices and games may not resume until the 'all-clear' is given by the umpire or coaches. If a game is ready to begin or is already in progress, please wait in your safe area until your manager, coach, or umpire gives you details on whether the game will be continued or postponed. The lead person working the concession stands is responsible for notifying the umpires when the lightning indicator located within the concession stand registers nearby lightning strikes.

Heavy winds

Heavy winds can cause dust particles to obstruct a player's ability to focus on the game and can even hamper a player's ability to see clearly. Heavy winds can also cause serious safety risk to spectators. Therefore in the event of heavy winds, any wind registering 25 mph or greater, the game or practice must be immediately stopped. The game or practice may resume if the wind velocity reduces to below 25 mph or stops altogether. It is the responsibility of the umpires and coaches to make this call.

Tornadoes

At any point in a game or practice, if there is a tornado, the game or practice must be cancelled immediately. The manager and coaches should gather all of the members of the team and remain at a safe area near the field, if possible. The manager or coaches should remain near the field, if possible, for at least 30 minutes after a tornado for parents or guardians to pick up their player. If it is unsafe to remain near the field, the manager or coach should gather all the players and go to an area away from the field that is safe. If after 30 minutes all of the players are not picked up, the manager or coach must contact the Safety Officer or President for further instructions.

Very hot/humid/sunny days

During the summer, the temperatures can rise to very uncomfortable levels. It is the coach's responsibility to make sure that all players have sufficient amount of water for drinking. If a player does not have a way to stay hydrated it will be the policy of MTAA not to allow that player to play or participate in practice. Additionally, all coaches should review this policy and the importance of adequate hydration and wet cloths with parents at the team's parent meeting.

Appendix
Injury Report

MTAA Injury Report

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

Incident Date: _____ Incident Time: _____ Field Name/Location: _____

How Injury Occurred: _____

Position of injured player: _____

Address: _____ Age: _____ Sex: Male Female

City: _____ State _____ Zip: _____ Home Phone: _____

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

Parents' Address (If Different): _____

Incident occurred while participating in: (Please circle)

A.) Baseball Softball Clinic Tryout Practice Game Tournament Travel Special Event

Association with Program: Player Coach Spectator Umpire Volunteer Visiting Player

Division: _____ **Manager:** _____

Witnesses to Accident: _____ **Phone:** _____

Was first aid required? Yes No **Who provided first aid?** _____

Action Taken: _____

Time of First Aid: _____ **Time Parents called:** _____

Was professional medical treatment required? Yes No **What:** _____
(If yes, the player must present a doctor's release prior to being allowed in a game or practice.)

Could this accident have been avoided? How: _____

This form is for MTAA purposes only, to report safety hazards, unsafe practices and/or to contribute positive ideas in order to improve MTAA safety. When an accident occurs, obtain as much information as possible. All personal injuries should be reported to the safety officer within 24 hours.

Prepared By/Position: _____ **Phone Number:** _____

Signature: _____ **Date:** _____

Concussion Sheet

Concussion Information Sheet

What is a concussion? A concussion is defined as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces.

Concussion Signs and Symptoms:

- | | |
|---|--|
| <input type="checkbox"/> Headache | <input type="checkbox"/> Difficulty falling asleep |
| <input type="checkbox"/> Blurred Vision | <input type="checkbox"/> Difficulty focusing/concentrating |
| <input type="checkbox"/> Nausea/Vomiting | <input type="checkbox"/> Feeling like your in a "fog" |
| <input type="checkbox"/> Loss of appetite | <input type="checkbox"/> Ringing in the ears |
| <input type="checkbox"/> Fatigue/Sleepiness | <input type="checkbox"/> Sensitivity to light or noises |
| <input type="checkbox"/> Irritability/Emotional | <input type="checkbox"/> Temporary loss of memory |

*** If any signs/symptoms worsen severely, take your child to the ER immediately.**

**** Symptoms may linger for several days.**

Concussion Facts:

1. Symptoms can be subtle, such as a headache or feeling sluggish.
2. Some symptoms may not surface until 24 to 48 hours after the injury.
3. Recovery from a concussion is different from person to person. Recovery time cannot and should not be pre-determined until after medical evaluation and post-concussion evaluation by a licensed medical professional.

Concussion Myths:

1. You have to have loss of consciousness to have sustained a concussion.
 - Studies show that less than 10% of concussions result in loss of consciousness.
2. Concussions are only a result of a direct blow to the head.
 - A concussion can be sustained by a sudden, violent movement of the head caused by an unexpected external impact to the body.
3. You need to check pupils with a flash light to see if they are dilated or un-even.
 - Unequally sized pupils or pupils that do not constrict to light are rarely present in conscious patients.

Management of a Concussion:

When a concussion is suspected, it should be brought to the attention of an athletic trainer and/or a physician for further evaluation. Further tests may be recommended by your physician to rule out any more serious head injury.

When a concussion is suspected:

- Relative rest is the recommended course of treatment for concussed athletes. Strenuous activity should be avoided, or limited when possible.
- Limit any loud noises (Music, TV, Band practices, or listening to an iPod)
- Limit texting, reading, video games, typing, or internet use.
- Avoid any over-the-counter medications (Advil, Motrin, Ibuprofen, Aleve) unless otherwise directed by a physician
- If studying is needed to be done for a quiz or test the next day or that week, the school nurse, athletic director, administrator and/or guidance counselor should be contacted and made aware that a concussion is suspected and postponement of any quizzes or exams may be warranted.
- Staying home from school may be recommended by your physician if concussed individual wakes up or begins to experience headaches right away.

Return to Participation:

It is recommended that your child be cleared by a physician and/or athletic trainer prior to their return to sport participation. Even after a medical release, a graduated return to play protocol must be performed with an athletic trainer, or other licensed healthcare professional. Athlete may feel fine at rest, but symptoms may be exacerbated with physical exertion. Other tests that may be performed include neuro-cognitive tests, balance tests, or neural activity tests.

This guideline is for information purposes only and does not constitute medical advice.

Pitch Count Rules

MTAA Pitch Count Limits and Required Rest

It is important for each team to set workload limits for their pitchers to limit the likelihood of pitching with fatigue. Research has shown that pitch counts are the most accurate and effective means of doing so.

AGE	DAILY MAX (PITCHES IN GAME)	REQUIRED REST (PITCHES)				
		0 Days	1 Days	2 Days	3 Days	4 Days
7-8	50	1-20	21-35	36-50	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+
11-12	85	1-20	21-35	36-50	51-65	66+
13-14	95	1-20	21-35	36-50	51-65	66+
15-16	95	1-30	31-45	46-60	61-75	76+
17-18	105	1-30	31-45	46-60	61-75	76+
19-22	120	1-30	31-45	46-60	61-75	76+

***Pitchers may not assume the position of Catcher after pitching 40 or more pitches in a game**

***Pitch count limits not required for Softball.**

Suggestions for Warm-up Drills



Heel Cord Stretches

Lean up against a wall. Reach one leg behind you. Keep the knee straight, heel on the ground, and toes pointed forward. Slightly bend the leg that's closer to the wall. Lean forward. You should feel the stretch along the back of your calf. Repeat with the other leg.



Head and Neck Circles

Make a circle with your head, going around first in one direction five times. Then reverse and make five circles in the opposite direction.



Low Back Stretches

Lie on your back, bring one knee up, and pull the knee slowly toward your chest. Hold and repeat three times. Switch legs and repeat.



Shoulder Stretches #1

Stand or sit, holding your throwing arm at the wrist with your other hand. Put your arm over your head and pull gently, feeling your upper arm against your head. You should feel the stretch inside your shoulder.



Shoulder Stretches #2

Stand or sit, holding onto the elbow of your throwing arm with your other hand. Gently pull your throwing arm across your chest. You should feel the stretch inside your shoulder, especially at the back.



Shoulder Stretches #3

Stand or sit with your pitching arm out to the side and your elbow bent. Move your arm back until you feel the stretch in the front of your shoulder.



Thigh Stretches #1

Sit on the floor. Stretch both legs out in front of you. Reach forward, touching your toes. Eventually, you want to lean forward far enough to put your head on your knees. You should feel the stretch along the backs of your legs.

Thigh Stretches #2

Sit on the floor with one leg stretched out in front of you. Bend the other knee and put your foot behind you. Lean backwards. You should feel the stretch along the front of your thigh.



Strains and Sprains

What's the difference between a strain and a sprain? Sprains involve a stretch or partial tear of ligaments (which connect two bones) or tendons (which connect muscle to bone). The ankle is where sprains occur most commonly.

What to Expect:

- pain
- difficulty moving the injured part
- decreased strength
- swelling and bruising



What to Do:

1. Stop activity right away.
2. Think R.I.C.E. for the first 48 hours after the injury:

Rest: Rest the injured part until it's less painful.

Ice: Wrap an ice pack or cold compress in a towel and place over the injury immediately. Continue for no more than 20 minutes at a time, four to eight times a day.

Compression: Support the injury with an elastic compression bandage for at least 2 days.

Elevation: Raise the injured part above heart level to decrease swelling.

4. The doctor will prescribe an exercise program to prevent stiffness.

Seek emergency medical care if the child has:

- severe pain when the injured part is touched or moved
- trouble bearing weight and the child can't walk more than 4 steps after an injury
- increasing bruising
- numbness or a feeling of "pins and needles" in the injured area
- a limb that looks "bent" or misshapen
- signs of infection (increasing warmth, redness, streaks, swelling, and pain)
- a strain or sprain that doesn't seem to be improving after 5 to 7 days

Think Prevention!

Teach children to warm up properly and to stretch before participating in any sports activity, and make sure they always wear appropriate protective equipment.

Note: All information is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult a doctor. Review this with a doctor prior to use.

Reviewed by: Kate Cronan, MD Date reviewed: June 2007

Nosebleeds

Although they can be scary, nosebleeds are common in children ages 3 to 10 years and usually aren't serious. In fact, most nosebleeds stop on their own and can be treated safely at home.

Did You Know?



If a child's bed is near a heater – in the wintertime, especially – the membranes inside the nose can become dry and itchy, causing the child to pick at his or her nose and further irritate the nasal tissue.



What to Do:

1. Have the child sit up with his or her head tilted slightly forward. Do not have the child lean back (this may cause gagging, coughing, or vomiting).
2. Pinch the soft part of the nose (just below the bony part) for at least 10 minutes.

Call a doctor if the child:

- has frequent nosebleeds
- may have put something in his or her nose
- tends to bruise easily, or has heavy bleeding from minor wounds
- recently started a new medication

Seek emergency medical care or call the child's doctor if bleeding:

- is heavy, or is accompanied by dizziness or weakness
- continues after two attempts of applying pressure for 10 minutes each
- is the result of a blow to the head or a fall

Think Prevention!

Most childhood nosebleeds are caused by dryness and nose picking. To help combat dryness, use saline (salt water) nasal spray or drops (or put petroleum jelly on the inside edges of the child's nostrils) and use a humidifier in the child's room. To help prevent damage from nose picking, keep the child's fingernails short.

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Reviewed by: [Larissa Hirsch, MD](#) Date reviewed: June 2007

Knocked-Out Tooth

A knocked-out permanent tooth is a dental emergency. Baby teeth do not need to be put back in, but quickly putting a permanent tooth back in its socket is key to preserving the tooth.

WATCH THE CLOCK!



Every minute a tooth is out of its socket means the less chance that it will survive. A tooth has the best chance of survival if replaced within 30 minutes.



What to Do:

1. Find the knocked-out permanent tooth. If you're not sure whether it's a baby or permanent tooth (a baby tooth has a smooth edge), call a dentist or doctor or go to your local emergency room immediately.
2. Handle the tooth only by its crown (the top part), never by the root.
3. Gently rinse (don't scrub) the tooth immediately with saline solution or milk. (Tap water should only be used as a last resort; it contains chlorine, which may damage the root.)
4. Keep the tooth from drying out until you see the dentist by:
 - inserting the tooth back into its socket in the child's mouth if he or she is old enough to hold it in place
 - storing the tooth in milk (not water), or
 - placing the tooth between your cheek and lower gum
5. See the child's dentist or go to your local emergency room right away.

Think Prevention!

Children often lose teeth from playing contact sports such as football or ice hockey, from riding bikes, or from being in a motor vehicle crash. Children should wear mouth guards and protective gear when playing a contact sport. They should also always be buckled up in an age-appropriate car seat, booster seat, or seatbelt when in a motor vehicle.

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