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York Young Revolution Safety and Wellness

1. All coaches will receive CPR training and certification
2. First aid kits will be distributed to all head coaches and should be on site for all practices and games
3. Telephone access should be available at all games and practices (Cell and land line access if possible)
4. Head coaches will designate a coach or a "Safety Parent" who will be the sole contact for Emergency Medical Services
5. Emergency Phone Numbers (911, WellSpan Sports Medicine Hotline, YYR Director of Safety and Wellness, President

EMERGENCY 911

NON EMERGENCY **(877) 482-5420** Sports Medicine Hotline

WellSpan Sports Medicine personnel can assist with health / safety questions or concerns. When in doubt call 911

DIRECTOR OF SAFETY AND WELLNESS

John Deitch, MD **(814) 574-2438** cell

(717) 851-2000 pager prompt will say enter pager number (enter**2550**) prompt will say "enter your displayed digits enter your **complete call back number** **jdeitch@wellspan.org**

YORK YOUNG REVOLUTION PRESIDENT

David Pridgen (717) 487-7254

dpridgen@extremeholdings.com

6. No games or practices will be held when weather or field conditions are unsafe
 - a. Refer to inclement weather / lightning safety policy
7. Player / team equipment should be inspected regularly for damage, fit and compliance with youth baseball rules and regulations
8. Coach will have the Coach's Safety and Wellness binder with him (her) at all practices, games, tournaments and YYR organization events. The binder should contain 2 copies of all player medical release forms.

EMERGENCY ACTION PLANNING

Prior to a practice, game or tournament, YYR coaches should review an emergency action plan for the site. They must review and understand:

1. If a medical emergency were to occur, how would emergency personnel access the venue and how they would transport an injured player, coach, umpire or fan out.
2. Who is available to help with first aid, CPR or call emergency personnel. Are medical personnel on location?
3. What equipment is available on site (AED, first aid kit)
4. Is there an established EAP for the off site location
5. Have coaches Health and Safety binder available at all times

In the event of a medical emergency involving a player, coach, umpire or parent it is the coach's responsibility to act on the following steps of the YYR emergency action plan

- 1 .Provide first aid /CPR and call or have designated "safety parent" call 911 provide field name and street address to 911 operator
2. If an illness or injury requires transport to a hospital, urgent care center or physician's office send copy of player Medical Release form with player
3. Notify parent and or guardian immediately when scene is safe
4. Speak to your team about the incident and answer questions as you are able. Young players are often very worried about another player's injury. Calmly explain the situation and reassure players the injured individual is in good hands
5. Notify Director of Safety and Wellness Dr John Deitch within 24 hours of the incident via phone / text at (814-574-2438)
6. Document the details of the injury on an Injury Report Form
6. In the event of a catastrophic event or injury do not communicate with the media. A designated board member will be the sole voice of the YYR organization to any media outlet requesting information on the event.

YORK YOUNG REVOLUTION YOUTH BASEBALL SEVERE WEATHER AND LIGHTNING SAFETY GUIDELINE

1. Before a Scheduled Event.

The York Young Revolution (YYR) will ensure a weather situational awareness plan is in place the day before and the day of the scheduled event. Staff will monitor the local weather via three or more of the following services: Television News Coverage, The Internet, Cable and Satellite Weather Programming, Smart Phone Applications, NOAA Weather Radio, and National Weather Service (NWS) forecasts.

Lightning Finder I phone app \$5.99 / yr

NWS Advisories, Watches, Warnings and Hazardous Weather Outlooks (HWO) can be monitored at <http://www.weather.gov> and Thunderstorms and severe weather forecasts also are online at <http://www.spc.noaa.gov>.

If thunderstorms are forecast for the day of the event, designated YYR personnel will review the safety plan before the event and identify responsibilities and chain of command to implement the safety plan. Specifically, one or more individuals will be designated as a weather watcher for the event who will notify others of the status of any thunderstorm that may threaten the safety of the event.

Public Information

If thunderstorms are in the forecast, designated YYR personnel will notify patrons via the public address system at the venue prior to the event beginning.

Designated Shelters

There are no safety shelters in the area.

All patrons will be directed to their enclosed motor vehicles which can provide shelter as long as patrons do not touch the metal framework during the thunderstorm.

No place outside is safe if lightning is in the vicinity. Partially enclosed vending areas and picnic shelters are not safe. If no safe shelter is available, direct patrons to stay away from the tallest objects (trees, light poles, flag poles), metal objects (fences or bleachers), standing pools of water, and open fields. If patrons are still in transit to the venue, encourage them to remain in their vehicles until the lightning threat has ended.

2. During an Event

The weather watcher will use weather monitoring and lightning detection tools along with local observations² to help determine the proximity of lightning and which safety actions to implement. The direction and speed of an approaching thunderstorm should be accounted for along with locally developing storms that may form nearby or overhead. If lightning is in the vicinity, appropriate officials will follow the procedures below:

When lightning is detected within (15) miles of the venue:

- Weather watcher notifies designated YYR personnel of elevated lightning monitoring. Designated YYR personnel will notify the event umpires.

- An evacuation of the facility will begin if it appears the thunderstorm is moving toward the venue. If a more organized thunderstorm or clusters of thunderstorms (supercells, squall lines, and bow echoes) are headed for the venue, a 30 minute lead-time or more should be considered for an evacuation. These are the major impacting events with high lightning counts where an advanced delay or postponement of the event is justified. (See PA system evacuation announcements). In these cases, the weather watcher or lightning detection system operator should estimate the speed and direction of the storm movement to determine when they will enter an (8) mile radius of the venue.

When lightning is detected within (12) miles of the venue:

- Weather watcher notifies designated YJR personnel of impending lightning threat. Designated YJR personnel will notify the event umpires.
- An evacuation of the facility begins or continues. If more organized thunderstorms (supercells, squall lines, and bow echoes) are headed for the venue, an evacuation will be necessary. (see PA system evacuation announcements)

When lightning is detected within (8) miles of the venue:

- Weather watcher notifies designated YJR personnel of nearby lightning threat and an event delay is implemented. Designated YJR personnel will notify the event umpires. Designated YJR personnel will suspend activities.
- An evacuation of the venue begins (see PA system evacuation announcements).
- All patrons are directed to their personal vehicles.

If a severe thunderstorm or tornado *watch* is in effect:

A watch indicates that conditions are favorable for severe weather to develop. The weather watcher will communicate this information to designated YJR personnel, indicating that elevated thunderstorm monitoring is occurring. Vital information to be shared will include the threats with the watch and the time that it is in effect until.

If a severe thunderstorm or tornado *warning* is in effect:

A warning means that severe weather has been detected and may be imminent in the locale.

The weather watcher will communicate this information to designated YJR personnel, indicating that the thunderstorm may be imminent. Vital information to be shared will include the threats with the storms and the time that the warning is in effect until. If the threat is imminent, an evacuation of the venue will take place. **Public Address**

System Evacuation Announcements

In the case of an evacuation, public address system announcements will state:

"Inclement weather, including lightning, is in the vicinity. The game has been suspended until the weather no longer poses a danger to this area. Please begin to evacuate the Ballpark in a calm and orderly fashion for everyone's safety. Once the storm clears, we will notify patrons of the resumption of the event. At that point, you will be permitted to re-enter the ballpark."

Resuming the Event

The weather watcher will continue to monitor the proximity of thunderstorms and utilize local observations to make an informed decision, determining the appropriate time to resume the event. Designated YJR personnel may then allow for activities to resume after 30 minutes of no detected lightning strikes within a (≥ 6) mile radius of the venue. Event patrons will then be notified via Public Address System (if available) that the lightning threat has ended and the time of the restart of the event.

3. After the Event

The weather watcher will remain on duty until post-event operations come to an end. A review of the weather's impact on event operations and the effectiveness of the safety plan will occur between designated YJR personnel.

REMEMBER IF YOU SEE IT, FLEE IT, IF YOU HEAR IT CLEAR IT

York Young Revolution Home Field Locations

West York Legion Field

2574 Herman Drive,
York, Pa.

Nitchkey Field

100 West Ave
Red Lion, Pa 17356

Old Central H.S.

1100 Columbia Ave
York, Pa 17401

Hoffman Field #6

900 Vander Ave
York, Pa

Noonan Field

713 Parkway Blvd.
York, Pa

Green Valley Pool Sports Complex

1725 Poplars Road
York, Pa 17408

Hellam Field

366 west Beaver Street
Hellam, Pa

NUTRITION & HYDRATION

Eat Better to Play Better

Beth Conway MS, RDN, LDN
WellSpan Nutritionist
717-851-2942

What Does Good Nutrition Fuel Help You Do?

- Hit with Power
- Field faster
- Speed to take a base
- Concentrate to know what pitch is next.
- Fuel UP with REAL FOOD to give long lasting, good quality energy that doesn't burn out.
- Fast food and candy can give you energy that runs out pretty quickly

Build Your House On a Strong Foundation

- | | Grains | Veggie | Fruit | Dairy | Protein |
|-----------------|--------|---------|---------|--------|-----------|
| • <u>Age 10</u> | 7 oz | 3 cups | 2 cups | 3 cups | 6 ounces |
| • <u>Age 13</u> | 9 oz | 3½ cups | 2 cups | 3 cups | 6½ ounces |
| • <u>Age 15</u> | 10 oz | 4 cups | 2½ cups | 3 cups | 7 ounces |
| • <u>Age 18</u> | 10 oz | 4 cups | 2½ cups | 3 cups | 7 ounces |
- Choose lean proteins, whole grains, fruits, vegetables and low fat dairy products first. After the basics have been met you can move onto treats to meet the extra energy needs required by high amounts of exercise

Important Food Sources of Calcium

- Calcium-fortified cereals
- Yogurt+
- Calcium-fortified orange juice
- Soybeans, cooked
- Cheese+
- Sardines+
- Collard greens, cooked+
- Milk (Whole, 2%, 1%, Skim, Soy)
- Turnip greens, cooked

3 servings per day are needed to meet 1,000 mg calcium needed for strong bones

Dairy Alternatives such as rice milk, coconut milk, and almond milk don't have as much protein as cow or soy milk.

What Does Timing Have to Do with Adequate Nutrition?

- Waiting too long to eat can lead to low blood sugar, over-hunger which can lead to too fast eating, poor food choices, and sometimes overeating & upset stomach.
- Make it a priority to eat breakfast everyday
- Eat every 3-4 hours to keep blood sugar level. Pick real food choices over supplements.
- Stay hydrated through out the day

Stay Ahead of Thirst!

- Drink at least 16 oz of water about 2 hours before you head to the game
- Drink about 8 oz every 30 to 45 minutes when playing hard.
- Take some sips while you're in the dug out. When you're busy thirst may not kick in the right way. Drink before you get too thirsty.
- For a short practice or a few innings a sports drink isn't needed unless it's really HOT. Save sports drinks for longer games or really hard practices.

What's an easy way to tell if you've had enough to drink??

Urine color test for dehydration

Lemonade—The good

Apple juice—The bad

Tea—The ugly

Drink until urine is light in color.

Sports Drinks Versus Water

- GOOD: Sports drinks are better than water when a practice or game is long, hot, on intense
- Do give energy-boosting carbs to fuel your muscles.
- Athletes do drink more fluid when it's flavored.
- Sodium helps your body hold on to the fluid that you've taken in.
- NOT SO GOOD: Bad for teeth
- Should not be used just for a regular drink or when not exercising
- Have not been tested in kids
- Can contain ingredients that you can get too much of.
- Sports drinks should only be used if intense exercise is lasting more than 90 minutes or the weather is very hot.

Recover those muscles!

Your muscles use sugar stored inside of them to make every throw during practice or a game.

- After you're done your body has to rebuild all that stored energy and fix muscle changes from exercise.
- It can take a whole day to do all that work!
- Have a balanced meal with all the food groups within 1 to 3 hours after practice or a game.
- Include healthy proteins like chocolate milk, Greek yogurt, lean meat like chicken breast, beans, or fish and lots of whole grains.
- Muscle is built during rest so sleep is important in recovery from exercise.

Nutrition Do's and Don'ts

DO

- Have a meal with grains before heading out to play or practice
- Plan ahead for extra innings and bring healthy, high energy snacks
- Have a grain-based meal or snack right after getting off the field (and include some protein)
- Do this every time you play, practice, or work out
- Share this with your friends

DON'T

- Play baseball on an empty stomach
- Satisfy your craving with snacks from a vending machine
- Skip meals
- Forget your water or sports drink
- Take supplements unless a licensed healthcare professional has recommended it
- Forget to have fun

YORK YOUNG REVOLUTION INJURY REPORT

Injury Date _____

Injury Time _____

Injured person's name _____ Parent(s) names _____

Age _____

Contact Information Phone _____ Email _____

Team _____ Head Coach Name _____

Incident details:

Location _____

Game _____ Practice _____ Tournament _____ Non-Baseball _____

Description of injury:

Hitting _____ Fielding _____ Pitching _____ Bench _____

Head&Neck___ Torso___ Shoulder___ Arm___ Elbow___ Wrist &Hand___

Hip___ Thigh___ Knee___ Leg___ Foot &Ankle___

Sprain___ Strain___ Fracture___ Dislocation___ Laceration___ Contusion___

Concussion___ Illness___ Other___

Was first aid required ? Yes _____ No _____

What was done?

Was professional medical care required? Yes _____ No _____

If so where? _____

What was done? _____

Describe incident in detail

Prepared By: Print _____ Sign _____ Date _____