

## **Purpose**

In order to be in ASAP compliant League, A Little League approved safety plan must be filled with Williamsport. (A Safety Awareness Program) Was introduced in 1995 with the goal of emphasizing the position of safety officer “to create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League Baseball”.

The goal of the safety plan is to develop guidelines for increasing the safety of activities, equipment, and Facilities through education, compliance and Reporting. In support of the attainment of this goal, Eatontown Baseball League (EBL) Also commits itself to providing the necessary organizational structure to develop, Monitor, and enforce the aspects of the plan.

The Safety Plan, by reference, includes EBLs code of conduct and Safety Code. The combination of these documents outlines specific safety issues end EBL's policy or procedure for each issue. All participants, volunteers, employees, Spectators, and guests are bound by the guidelines set forth in these documents.

## **Safety Manual**

Hard Copy of safety information is given to each manager when equipment is handed out. Each manager is also given a scorebook, first aid kit and two copies of the blank accident report (Printed from LittleLeague.com website)

## **Inspection**

One coach from each team shall walk the field prior to game start to inspect for hazards.

## **Safety Officer**

One of the elected members of this Board is the Safety Officer. For the 2018 season, the the elected safety officer is Reyes Quinones. This individual acts as EBL's primary point of contact for the creation of enactment of the Safety Plan. Safety officer authors or modifies the League's safety plan and code of conduct each year, as necessary. These documents are then presented to the Board for approval and ratification for the upcoming season.

The ultimate responsibility for ensuring compliance of the safety plan lies with the Safety Officer. Because of the size of EBL, and to provide more width to the enforcement of the plan, the following individuals are tasked with ensuring the overall safety plan compliance with respect to the level of play specified below.

- Gerard Miller, President / Umpire Contact
- Mike Shephard, Vice President and Player agent
- Kevin Flynn, Treasurer / Registration Coordinator
- Sue Gnadinger, Secretary
- Reyes Quinones, Safety Officer

- Bob Suffill, Concessions / Grounds Officer
- Bob English, Tournament Director
- Ron Booth, Board Member
- Mike Cavalluzzi, Board Member
- Tony Rae, Board Member
- Ricky Voss, Board Member
- Ryan Hennelly, Board Member
- Debbie Martinok, Board Member
- John Sherrod, Board Member

## **Rules Committee**

This committee, consisting of League President, the Vice President, and various Board Members, is responsible for drafting any proposed new or modified local rules for EBL. Areas such as competitive balance, player participation, speed of play, and safety are discussed and any changes or additions or presented to the Board for discussion and or ratification. Each and every year, this committee evaluates the existing local rules and considers any necessary changes and or additions to these rules.

## **Volunteer Background Check**

All volunteers in EBL shall give permission for the Little League organization to conduct a background check using the Little League volunteer application, which may include a review of criminal and child abuse records maintained by governmental agencies. All Volunteers understand that if appointed, their position is conditional upon the League's receiving no inappropriate information on their background. every volunteer shall release and the agree to hold harmless from liability the local League, Little League Baseball, Incorporated, the officers, employees and volunteers thereof, or any other person or organization that may provide such information. If appointed all volunteers are subject to suspicion by the president and removal for the board of directors.

## **Code of Conduct**

The EBL code of conduct has been adopted by the board of directors. The Safety Officer, the league President, and the League First Vice President enforce this Code. All League officers, participant, employees and volunteers are required to abide by this code. It is the job of the Safety Officer to author and/or make any revisions to this Code of Conduct from year to year, as necessary.

## **EBL Code of Conduct**

- Speed limit 5 mph in roadways and parking lots while attending any EBL function.  
Watch for small children around parked cars.
- No alcohol allowed in any parking lot, field, or common areas within an EBL complex.
- No playing in parking lots at any time.

- No playing on and around lawn equipment,
- Use crosswalks when crossing roadways. Always be alert for traffic.
- No profanity at any time at any EBL function.
- No swinging bats at any time within the walkways and common areas of an EBL complex.
- No throwing baseballs at anytime within the walkways and common areas of an EBL complex.
- No throwing balls against dugouts or against backstops. Catchers must be used for all batting practice sessions.
- All gates to the fields must be closed at all times. After players have entered or left the playing field, all gates should be closed and secured.
- No children under the age of 16 are to be permitted unattended in the snack bars.
- No throwing rocks.
- No horseplay in walkways at any time.
- No climbing fences.
- No pets are permitted at games or practices.
- Only a player on the field and at bat may swing a bat (Age 5 - 12). Juniors (Age 13-14) on the field at bat or on deck may swing a bat. Be alert of the area around you when swinging bats while in the on deck position.
- Observe all posted signs. Players and spectators be alert at all times for foul balls and errant throws.
- During games, players must remain in the dugout in an orderly fashion at all times.
- After each game, each team must clean up trash in dugouts and around stands.
- Failure to comply with this code of conduct may result in expulsion.

## **Safety Code**

The EBL Safety Code has been adopted by the Board of Directors and is enforced by the Safety Officer, the League President, and the League Vice President. All league officers, participants, employees and volunteers are required to abide by this code.

It is the job of the Safety Officer to make any revisions to the Safety Code from year to year, as necessary.

## **EBL Safety Code**

- Responsibility for safety procedures should be that of all adult members of EBL.
- Arrangements should be made in advance of all games and practices for emergency medical services
- Managers, coaches and umpires should have training in first aid. First-aid kits are issued to each team manager and are located at each concession stand.
- No games or practices should be held when weather or field conditions are not good, particularly when lighting is inadequate.

- Managers, coaches and/or umpires will inspect and check play area before practices and games for holes, damage, stones, glass and other foreign objects. (see inspection)
- 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".
- Only players, managers, coaches, and umpires are permitted on the playing field or in the dugout during games and practice sessions.
- Responsibility for keeping bats and loose equipment off the field of play should be that of a player assigned for this purpose or the team's manager and coaches.
- Procedure should be established for retrieving foul balls batted out of playing area.
- During practice and games, all players should be alert and watching the batter on each pitch.
- During warm-up drills players should be spaced so that no one is endangered by wild throws or missed catches.
- Equipment should be inspected regularly for the condition of the equipment as well as for proper fit.
- During practices and the season it is the responsibility of the managers to inspect their team's equipment and request replacements for that equipment not meeting standards.
- In the off season it is the responsibility of the Procurement Officer to insure all equipment not meeting standards is replaced.
- Batters must wear Little League approved protective helmets during batting practice and games.
- Catcher must wear catcher's helmet, mask, throat guard, long model chest protector, shin guards and protective cup with athletic supporter at all times (males) for all practices and games. NO EXCEPTIONS. Managers should encourage all male players to wear protective cups and supporters for practices and games.
- 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.
- 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"
- Player must not wear watches, rings, pins or metallic items during games and practices.
- The catcher must wear catchers helmet and mask with a throat guard while warming up pitchers. This applies between innings and in the bull-pen during a game and practices.
- Managers and coaches may not warm up pitchers before or during a game.
- On deck batters are not permitted (except in Juniors Division)
- All pre-game warm ups should be performed within the confines of the playing field and not within the areas that are frequented by, and thus, endanger spectators (i.e playing catch, pepper, swinging bats, etc)

## **Injury Reporting Procedures**

The following reporting procedures should be used by all managers, coaches, parents, umpires, and volunteers concerning injuries.

## 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 Safety Officer. The terms "medical treatment and/or first aid" should include even passive treatments such as the evaluation and diagnosis of the extent of the injury. Any incident that (a) causes a player to miss any practice or game time; or (b) any event that has the potential to require medical assistance must be reported promptly.

## When to report

All such incidents described above must be reported to the Safety Officer *within 48 hours* of the incident. The Safety Officer for 2018, Reyes Quinones can be reached at the following:

Day and Evening Phone: 732-870-2126

Email: [eatontownbaseball@yahoo.com](mailto:eatontownbaseball@yahoo.com)

## How to make the report

Fill out Injury report pulled from Little League website. Two copies are given to each coach at the beginning of the season when they are given their equipment and first aid kits. Additional forms are online and in the concession stand.

## Safety Officer's Responsibilities

The Safety Officer will receive this injury report and will enter it into the league's safety database. 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 EBL's insurance coverage's and the provisions for submitting any claims for reimbursement.

If the extent of the injuries is 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).

## General Health

### Physical Exams

With regard to the general health of its participants, EBL adopts the following practice:

*"While physical exams are not required by league policy, National Little League strongly recommends that participants be in good general health. If your child has a physical impairment that the league should be aware of, PLEASE note the information on the registration form, and contact your leagues' Player Agent. 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 Procedures

While the risk of one participant infecting another with HIV/AIDS during league activities is small, there is a remote risk other blood borne infectious disease can be transmitted. 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 care 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.

## Training Opportunities

### Rutgers S.A.F.E.T.Y. Clinic

EBL requires all managers and named coaches who have not already done so to attend the Rutgers Safety Course. The course entitled "Rutgers S.A.F.E.T.Y. Clinic - Sports Awareness for Educating Today's Youth" covers a variety of excellent topics including legal and psychological aspects of coaching, training and conditioning, and first aid. Coaches completing the course will receive an information packet and a certification card. Their names will be permanently entered into the Rutgers YSRC databank. The certification does not expire. The cost of the course is born by ELB.

This is done pursuant to NJ Law 2A:62A-60 ("The Little League Law"), which was created to protect volunteer youth sports coaches from personal exposure to liability law suits.

### 2018 Courses, Clinics and Meetings

The following courses and meetings will be held during the 2018 season. EBL covers safety at all of it's clinics and managers' meetings:

Event	Location	Date
Player evaluations	Memorial School	January 20, 2018
Player clinic (5-10 year olds)	Memorial School	January 13, 2018
Player evaluations	Memorial School	February 17, 2018
Player clinic (5-10 year olds)	Memorial School	January 27, 2018
Managers' meeting for all managers	Community Center	March 13, 2018
First aid Training (after mgrs mtg)*	Community Center	March 21, 2018
Managers clinic	Monmouth Regional High School	March 28, 2018

- At least one representative from each team must attend and all managers are required to attend at least once every three years

### Emergency Phone Numbers for Safety Plan

Police Department	732-542-0100
Police Emergency	9-1-1
First Aid	732-542-0100
Fire	732-542-0100

## Board Of Directors Names And Numbers For Safety Plan

Name	Position	Phone Number
Gerard Miller	President	732-803-5486
Kevin Flynn	Treasurer/Registration Coordinator	732-672-3118
Sue Gnadinger	Secretary	732-513-3026
Reyes Quinones	Safety/Insurance Officer	732-870-2126
Mike Shephard	Vice President / Player Agent	732-61-4884
Bob Suffill	Concession/Grounds Officer	732-542-0684
Bob English	Tournament Director	732-539-5234

## Safety Officer Phone Numbers for Safety Plan

Reyes Quinones	Phone Number
Daytime, Evening & Weekends	732-870-2126
Cell	732-539-4319

## Manager's Expectations

### What Do I Expect from My Players?

- Be on time for all practices and games.
- Always do their best whether in the field or on the bench.
- Be cooperative at all times and share team duties.
- Respect not only others, but themselves as well.
- Be positive with teammates at all times.
- Try not to become upset at their mistakes or those of others ... we will all make our share this year and we must support one another.
- Understand that winning is only important if you can accept losing, as both are important parts of any sport.

### What Can You and Your Child Expect from Me?

- Be on time for all practices and games.
- Be as fair as possible in giving playing time to all players.
- Do my best to teach the fundamentals of the game.
- Be positive and respect each child as an individual.
- Set reasonable expectations for each child and for the season.
- Teach the players the value of winning and losing.

- Be open to ideas, suggestions or help.
- Never holler at any member of my team, the opposing team or umpires. Any confrontation will be handled in a respectful, quiet and individual manner.

## **What Do I Expect from You as Parents and Family?**

- Come out and enjoy the game. Cheer to make all players feel important.
- Allow me to coach and run the team.
- Try not to question my leadership. All players will make mistakes and so will I.
- Do not holler at me, the players or the umpires. We are all responsible for setting examples for our children. We must be the role models in society today. If we eliminate negative comments, the children will have an opportunity to play without any unnecessary pressures and will learn the value of sportsmanship.
- If you wish to question my strategies or leadership, please do not do so in front of the players or fans. My phone number will be available for you to call at any time if you have a concern. It will also be available if you wish to offer your services at practice. A helping hand is always welcome.

Finally, don't expect the majority of children playing Little League baseball to have strong skills. We hear all our lives that we learn from our mistakes. Let's allow them to make their mistakes, but always be there with positive support to lift their spirits.

## **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.
- Carry your first-aid kit to all games and practices.
- 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.
- FEEL gently and carefully the injured area for signs of swelling, or grating of broken bone.
- Have ice available for your team 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.
- Ask your parents to inform you of any medical conditions that you should be aware of.

**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 Safety Officer immediately.

**Lightning Evacuation Procedures**

- Stop Game/Practice.
- Stay away from metal fencing (including dugouts)!!
- Do not hold a metal bat.
- Walk, don't run to car and wait for a decision on whether or not to continue the game or practice.

**Lightning Facts and Safety Procedures**

WHEN YOU HEAR IT - CLEAR IT

WHEN YOU SEE IT - FLEE IT

Consider the following 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.

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 detector goes off, or if the “flash-bang” proximity measure applies. When in doubt, the following rule of thumb should be applied:

## Where Not To Go!

Avoid high places and open fields, isolated trees, unprotected gazebos, rain or picnic shelters, 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.

## Keep It Clean: Concession Stand Tips

### ‘12 Steps to Safe and Sanitary Food Service Events’

The following information is intended to help you run a healthful concession stand. Following these simple guidelines will help minimize the risk of food borne illness. This information is excerpted from “Food Safety Hints”

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 41° F or

below (if cold) or 140° F or above (if hot). Ground beef and ground pork products should be cooked to an internal temperature of 155° F, poultry parts should be cooked to 165° F. Most food borne illnesses from temporary events can be traced back to lapses in temperature control.

3. **Reheating.** Rapidly reheat potentially hazardous foods to 165° 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 41° 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 the 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 food borne illness.*
5. **Hand Washing.** Frequent and thorough hand washing remains the first line of defense in preventing food borne 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, jaunt-dice, 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. 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. *Ideally*, dishes and utensils should be washed in a four-step process:
  - Washing in hot soapy water;
  - Rinsing in clean water;
  - Chemical or heat sanitizing; and
  - 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 food-borne illness.*
10. **Wiping Cloths.** Rinse and store your wiping cloths in a bucket of sanitizer (example: 1 gallon of water and ½ 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.

## Top Six Problems

From past experience, the US Centers for Disease Control and Prevention (CDC) list these circumstances as the most likely to lead to illness. Check this list to make sure your concession stand has covered these common causes of food borne illness.

1. Inadequate cooling and cold holding.
2. Preparing food too far in advance for service.
3. Poor personal hygiene and infected personnel.
4. Inadequate reheating.
5. Inadequate hot holding.
6. Contaminated raw foods and ingredients.

## Clean Hands for Clean Foods

Since the staff at concession stands may not be professional food workers, it is important that they be thoroughly instructed in the proper method of washing their hands. The following may serve as a guide:

- Use soap and warm water.
  - Rub your hands vigorously as you wash them.
  - Wash all surfaces including the backs of hands, wrists, between fingers and under fingernails.
  - Rinse your hands well.
  - Dry hands with a paper towel.
  - Turn off the water using a paper towel, instead of your bare hands.
  - Wash your hands in this fashion before you begin work and frequently during the day, especially after performing any of these activities:
1. After touching bare human body parts other than clean hands and clean, exposed portions of arms.
  2. After using the restroom.
  3. After caring for or handling animals.
  4. After coughing, sneezing, using a handkerchief or disposable tissue.
  5. After handling soiled surfaces, equipment or utensils.
  6. After drinking, using tobacco, or eating.
  7. During food preparation, as often as necessary to remove soil and contamination and to prevent cross-contamination when changing tasks.

8. When switching between working with raw food and working with ready-to-eat food.
9. Directly before touching ready-to-eat food or food-contact surfaces.
10. After engaging in activities that contaminate hands.

## **Storage Facility Procedures**

The following applies to all of the storage facilities used by EBL and apply to anyone who has been issued a key by EBL to use the facilities. All individuals with keys to EBL equipment facilities (i.e., Managers, Umpires, etc.) are aware of their responsibilities for the *orderly and safe storage of rakes, shovels, bases, etc.*

Before you use any machinery (i.e., lawn mowers, weed whackers, lights, scoreboards, public address systems, etc.) please locate and read the written operating procedures for that equipment.

All chemicals or organic materials stored in these facilities shall be properly marked and labeled as to its contents and 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 facilities should be cleaned up and disposed of as soon possible to prevent accidental poisoning.

### **Some gentle reminders**

EBL goes to great lengths to provide as much training and instruction as possible. Attend as many of the clinics as possible.

Check the EBL Home Page frequently. Lots of information and a complete league calendar can be found there and can be a very valuable resource.

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