Wylie Baseball Association

Safety Issues Newsletter

October 11, 2010

This week's newsletter is designed to keep all of us focused on maintaining an environment of good health and safety for all the kids playing in our league.

Coaches, please share and/or apply this information with your players and their parents at your next scheduled team activity.

Practice Safety

During games, our WBA umpires are diligent when it comes to enforcing Little League regulations regarding safety. In the practice environment, however, it can often be easy to unconsciously let things slip when faced with limited time and manpower. Here are some tips to make sure practices remain as safe as games.

- **Have team stretching and warm-up activity prior to and after each practice. A good way to keep everyone focused and involved is to have a different kid lead the warm-ups before each practice/game.**

- **Make sure that batting helmets are always worn during batting practice. Further, make sure that base runners always wear helmets for base running drills; this especially includes sliding drills.**

- **Just as on-deck hitters are not allowed in games, make sure to keep your kids within the bench area, behind the fence, while they are waiting to come to the plate for their BP swings.**

- **As much as is practicable, keep the kids active among the different practice stations. Too much standing around will lead to a loss of concentration, which leads to a heightened possibility of injury.**

- **Make sure your first-aid kit and phone access is at hand at all times.**

Learn the Little League safety-related game regulations and apply them to your practices, as well. *Generally, if an umpire won't allow it in the game, you shouldn't allow it in practice.*