



SAFETY ALERT BULLETIN

The Commissioner of Dixie Boys Baseball issues the following additional guidelines for the 2010 season.

30/30 LIGHTNING RECOMMENDATION: The purpose of these guidelines is to provide a default policy to those responsible for making decisions concerning the suspension and restarting of contests based on the presence of lightning. The preferred source from which to request such a policy is from the nearest office of the National Weather Service.

Proactive Planning:

1. Assign staff to monitor local weather conditions before and during events.
2. Develop criteria for suspension and resumption of play:
 - (A) A 30-second or less flash-to-bang count calls for the removal of the athletes from the field to an appropriate nearby shelter. A sturdy building is recognized as the best place to take cover. A sturdy building is an enclosed building with metal plumbing or wiring to ground the structure. Buildings or sheds that are not enclosed (ex: baseball dugouts, tents, open sided rain shelters) should be avoided, as they don't constitute a sturdy building.
 - (B) Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last flash of lightning is witnessed or thunder is heard prior to resuming play.
3. Develop an evacuation plan, including identification of appropriate shelters.
4. Hold periodic reviews for appropriate personnel.
5. Additional information can be found from a number of sources including: www.usabaseball.com and www.dixie.org/boys Articles titled:
 - (a) "Lightning at the Ballpark" – USA Baseball Medical/Safety Advisory Committee.
 - (b) "Lightning Safety: 30 second/30 minute Rule" – John Sadler, 2006.

STATEMENT TO THE DANGERS OF PERFORMANCE ENHANCING DRUGS & TOBACCO PRODUCTS IN YOUTH SPORTS: Dixie Boys Baseball recognizes the use of steroids/drugs, the consumption of alcohol and use of tobacco products affects participants of our program. Abuse poses risks to the health and safety of both the individual and the community. Dixie Boys Baseball shares the concern of many and recommends that leagues provide educational information to participants and parents.

The following articles are resources from the USA Baseball website:

"Banned Substances & Youth Baseball"- April 2005

"The Dangers of Chewing Tobacco"- January 2000

"The Use of Creatine by Baseball Players- What is it? - August 1999

ADDITIONAL SAFETY ALERTS WILL BE PROVIDED THROUGHOUT THE SEASON.

Visit our website at: www.dixie.org/boys for the latest information!!