

Memorandum # 3

Date: April 2, 2017
To: CBUA Instructional Chairmen
Copy: CBUA Executive Board, Ken Allan
From: Bradley Hungerford, CBUA Executive Instructional Chairman
Re: Memo # 3 -2017 Season

- **NFHS BASEBALL UPDATE:** Since I have not heard any feedback of baseball issues I am assuming our preseason preparation, coach's meetings and all of your efforts have paid off. Thank you to those who reached out with questions, comments and concerns on this new rule.
- **FROM AROUND THE CBUA:** I have received a few phone calls, emails and text messages with questions, comments and concerns that I would like to share with all. The intention of this is not to single people out but to help us all learn together.
 - **NEVER THREATEN A COACH:** I heard some very disturbing news. Apparently one of our umpires was working a game and had a discussion with a coach over a call. Allegedly the umpire told the coach that, "He would remember this," referencing a parting comment made by the coach. The very next opportunity this official had to make a call he obviously made good on his threat and made the wrong call to retaliate.

This is 2017, I would like to think that the profession has matured beyond this. We are paid to officiate the game and make sure the competitors adhere to the rules. We **are not** there to play a role or take our personal resentments out on the game. We as officials only have our character. And, although this was the actions of 1 official, unfortunately all people will remember was "**The Umpire,**" and not "**That Umpire.**"

Please remember that when we accept and officiate a game, we are representing not only ourselves, we also represent: Our local association, The California Baseball Umpires Association, The CIF. Most importantly, what kind of message are we teaching the young student athletes who witnessed this action. Please let us all officiate with great integrity and respect for the game we are blessed to be a part of. The Great Major League Base Umpire Jim Evans says: "Respect does not come with the uniform. The **ONLY** thing that comes with the uniform is a laundry bill."
 - **On Deck Batter Directing Scoring Runners:** It was brought to my attention that a few umpires have been telling coaches that during a play with runners scoring that their on-deck batter **MAY NOT** come to the Homeplate area to direct the incoming runner(s) where to slide. This is not correct. It is perfectly legal for the on-deck batter to come to the plate area and "direct traffic" if you will. The only thing that they cannot do is interfere with another player, defensive or offensive, attempting to make a play.
 - **Hands ARE NOT Part of the Bat:** Just a note of clarification, the hands are not part of the bat. I like to use the adage that when the bat was purchased the hands were not connected to it.
 - **Tie DOES NOT Go to the Runner:** Another baseball myth is that a "tie" goes to the runner. This is incorrect. The batter runner either beat the throw to 1st base or he did not beat the throw
- **HEAT AND THE UMPIRE:** I am sure that we have all felt the early spring warming trend across the CBUA. And, with the rising temperatures will come a greater need to hydrate and properly prepare ourselves for the home stretch of the season. Last week, an article was posted on the NCAA Central Hub. After reading it I thought it would be a great piece of information to pass along.

Heat and the Umpire

Baseball umpires work in conditions that, to some degree, no pun intended, may expose them to some of the deleterious effects of extreme heat. The umpire frequently lacks the availability of shade, lacks the time that teams get to rest while they are up to bat, wears dark clothing, and minimal skin is exposed from which to allow heat to dissipate from your body. Add to this other issues such as hydration, cardiac issues, medical issues, medications and other factors that can make individuals more or less vulnerable to problems. Earlier in a hot season may have a higher risk and excess weight increases the risk. Since one of the earliest effects can be on the brain, the precision required to make calls can be affected and one you all work so very hard to get correct every time. The seasonal practice of an umpire may lead one to develop a seasonal approach to conditioning. I would encourage all to utilize a year round conditioning program as well, for your optimum health and performance.

Strike 1!

Heatstroke is a very serious condition that can be fatal and requires emergency treatment.

Serious forms of injury can occur when body temperature rises above 104 degrees and damage to brain, heart, kidney and muscles can occur. Early signs can include headache, nausea, vomiting, muscle cramps, fatigue, dizziness, or clouding of thought and delayed reaction times. At some point your body loses ability to regulate your heat loss and as temperature rises cells can start to die by almost “melting” particularly in the brain. Heatstroke is the term used for the most serious manifestations of heat illness but it is really a continuum that can start with swelling and a rash or cramps and then progress. Heat stroke in the United States claims more lives each year than all other weather related exposure. Thousands of deaths each year occur from excessive heat exposure.

Strike 2!

You cannot tough out a heat illness.

The first issue to address in our macho world of sports is that “it is not a sign of weakness” to pull yourself out of a game or ask for help. Often times this is one of the biggest hurdles to overcome. This “macho” approach occurs in all facets of sports whether we are talking about broken bones, sprains or concussions, no one wants to come out of the game or be seen as weak. Its not weakness, its being human and we all are vulnerable. Look for mental status or behavior changes among your colleagues because they won’t recognize this themselves. Often the skin is dry instead of moist and the skin may turn very flushed or red. Breathing may be shallow and the pulse may be fast which puts a further burden on the heart. Headaches may be a sign. The very young and the over 65 age group are at greater risk because they are less likely to tolerate temperature changes and have greater difficulty remaining hydrated. Also keep in mind that some medications may predispose you to dehydration or other risks. Diuretics and beta blockers as well as some antidepressants can affect your response to heat. If you have any heart or lung condition this will make you more susceptible. Also alcohol can have a dehydrating effect.

Prevention and Treatment

Acclimate

Take into account the heat index i.e. heat and humidity

Wear loose and light weight clothing when possible

Protect against sunburn because it affects your bodies ability to cool itself

Drink plenty of fluids, starting the day before a contest

Don’t take salt tablets

Minimize alcohol intake

Moisture and a fan on your exposed skin is one of the most effective ways while you are on field or off field. This combination of moisture and air circulation to aid in cooling is referred to as “convective heat transfer or convection” which is one of the most effective ways of heat transfer. Cool towels or ice applied to the head can assist in cooling and frequently does not tend to cause shivering.

Note: Application of ice or moisture that is too cold will induce “shivering” which actually causes increased heat generation. Be safe and “batter up”.

Douglas J. Ramos, M.D.

Team Physician, Creighton University Bluejays

BIG EAST Conference Health and Safety Group NCAA,

Competitive Safeguards and Medical Aspects of Sports Committee

NCAA Sport Safety Subcommittee

NCAA Drug Education and Drug Testing Subcommittee

NCAA Division 1 Concussion Safety Review Subcommittee

NCAA Competitive Safeguards Liaison,

Division 1 Mens and Womens Basketball and Division 1 Mens Baseball Rules Committee

Keep up all of the hard work, Your efforts are not going unnoticed!

Bradley L. Hungerford

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