



# ATHLETE SAFETY & EDUCATION RESOURCES

[USABDevelops.com](https://USABDevelops.com)





The following outlines athlete safety and education resources currently offered by USA Baseball.

To view all offerings, visit [www.USABDevelops.com](http://www.USABDevelops.com) or download the free USA Baseball app in the app store.

# ATHLETE SAFETY



USA Baseball is passionate about providing athletes with unparalleled development and competitive opportunity in a safe environment. Please review the information below to learn more about USA Baseball's efforts and how we can help your organization keep all participants safe.

## Baseball Athlete Safety Education (BASE)

In late 2018, USA Baseball launched BASE (Baseball Athlete Safety Education) as its zero-tolerance campaign for any type of abuse within the sport of baseball. Over the course of the last few years, we have seen abuse of minor athletes within the U.S. Olympic family come to the forefront. Too many athletes went unprotected from predators within their sport, which led to the creation of Senate Bill 534.

Through SB534 and the governance of the U.S. Center for SafeSport, there are many policies now in place to ensure minor athlete well-being is at the forefront of every sport.

There are four components of BASE: reporting, background checks, education and training, and minor athlete safety policies.

## Reporting

USA Baseball is committed to ensuring a safe environment for all amateur baseball players and has provided a variety of resources to the greater marketplace to assist with this. The online reporting form is for all to use to report incidents of abuse or potential abuse. If you know of or have experienced abuse within sport, please report it [here](#). All incidents should first be reported to the appropriate authorities.



## Background Checks

In an effort to create a safe environment within our sport, all organizations operating within amateur baseball should have a background check policy. Screening should be conducted on all participating adults that have contact with minor athletes, at minimum, with a background check that searches both the National Criminal Database and the National Sex Offender Registry.

USA Baseball works with JD Palatine to screen all participating adults in our programming and is pleased to offer the minimum standard check service to all amateur baseball organizations. If your baseball organization is interested in providing screens through JD Palatine, please email [BGC@USABaseball.com](mailto:BGC@USABaseball.com).



## Education & Training

USA Baseball has created two FREE Abuse Awareness online courses for the general public – one for adults and one for minors. These courses satisfy the BASE Organizational Compliance requirements. The course provides resources to create a positive and safe environment for all athletes, coaches, parents, umpires, and spectators. Topics covered include identifying misconduct, reporting incidents, and what abuse awareness policies should be in place. Take the courses [here](#).





## Minor Athlete Safety Policies

Where a National Governing Body fails to produce their own minor athlete safety policies to limit one on one interactions between minor athletes and participating adults, the model policies of the U.S. Center for SafeSport become the default. USA Baseball has developed its own BASE Minor Athlete Safety Policies (BASE MAAPPS). We encourage all baseball organizations to adopt our **BASE MAAPPS** to protect all constituents within their organization.



## USA Baseball BASE Organizational Compliance

USA Baseball can assist your organization in prioritizing athlete safety. By becoming a BASE Organization, all coaches in your organization will be required to complete a standard background check and the USA Baseball Abuse Awareness for Adults course. USA Baseball will provide detailed, step-by-step instructions on completing a background check and the course so you can distribute it to your coaches. Organizations can also choose to cover the cost of their staff's background checks with a provided promo code. Organizations can also track their coaches' compliance statuses and easily export results.

Upon completion, BASE Compliance marketing materials and graphics will be provided to share on websites and social channels to celebrate the organization's accomplishment in protecting their athletes. Learn more about the BASE Compliance program [here](#), or contact Lisa Braxton, Director of Athlete Safety, at [LisaBraxton@USABaseball.com](mailto:LisaBraxton@USABaseball.com).





## Ineligible List

The **Ineligible List** is comprised of individuals who are banned from participating with USA Baseball at this time. We encourage amateur baseball organizations to cross-check this list when performing due diligence on potential volunteers or employees. All inquiries can be directed to Lauren Rhyne, Senior Director of Athlete Safety and Education, via email at [LaurenRhyne@USABaseball.com](mailto:LaurenRhyne@USABaseball.com) or via phone at 919-474-8721 ext. 242.

**Additional athlete safety resources can be found [here](#).**



# EDUCATION RESOURCES

Providing educational resources for coaches, parents, players, and umpires continues to be a priority for strengthening the game at the grassroots level by raising the standard of education. Online education courses, certification pathways, sample practice plans, a drill library, youth and high school baseball manuals, the American Development Model, Develops blog, and more can all be found on the USA Baseball Develops website at [USABDevelops.com](https://www.usabdevelops.com).



## American Development Model

The American Development Model (ADM) is a multi-stage training and recovery pathway that guides an individual's experience in sport through all developmental phases from infancy to adulthood. The ADM provides a framework for systematically developing sporting excellence and increasing active participation in local, regional, and national sport organizations. To access the ADM, visit [www.usabadm.com](https://www.usabadm.com).

### Components of the ADM:

- Pathway to encourage participation within baseball for life
- Age-specific development keys to maintain physical activity
- Competition pathways for older age groups
- Recommended frequency of practice and competition
- Age-appropriate physical literacy and psychosocial development

## USA Baseball Online Education

USA Baseball Online Education emphasizes a culture of development, safety, and fun within the sport through educational courses for players, parents, coaches, and umpires. Components of USA Baseball's online education include over 30 online courses offered in English and Spanish. To access online education courses, [click here](#).



## USA Baseball Certification Pathways

Utilizing USA Baseball's educational content and achieving a certification keeps you current with what is happening in the modern game of baseball. We are pleased to offer Coach, Umpire, and Parent Certification pathways to help you on your journey in our national pastime. To access the certification pathways, [click here](#).

### Coach Certification

USA Baseball Coach Certification is an educational program for all individuals who are currently coaching baseball or aspire to coach at any level of the game. The program aims to create a higher standard of coaching education and enhance the ability of coaches to better serve their athletes.

#### Components of Coach Certification:

- Levels "A", "B", and "C"
- 21 total online educational courses
- USA Baseball Community and Regional Clinics
- "A", "B", and "C" Code of Conduct



### Umpire Certification

The USA Baseball Umpire Certification program is designed to enhance umpire education and training with a focus on understanding the basic skills required to umpire a game and provides tips on conflict resolution.

#### Components of Umpire Certification:

- Introduction to Umpiring Course
- Abuse Awareness for Adults Course
- "U" Certification Commitment (Code of Conduct)

### Parent Certification

The USA Baseball Parent Certification program is designed to enhance parent education and training with a focus on understanding how to recognize and respond to misconduct, the fundamentals of the American Development Model, arm safety for pitchers, and maximizing your child's experience in baseball.

#### Components of Parent Certification:

- Abuse Awareness for Adults Course
- ADM for Parents Course
- Introduction to Pitch Smart Course
- The Play Ball Parent Course





## User Directory

To search for course or certification progress and completion of coaches in your organization, please visit the user directory at [USABDevelops.com/directory](https://USABDevelops.com/directory). To have your organization added, please email [develops@USABaseball.com](mailto:develops@USABaseball.com).

## USA Baseball Coach Clinics

The Coach Clinics program provides in-person and online training and educational sessions coupled with networking and professional growth opportunities. USA Baseball Coach Clinics offer two types of clinics:

- **Community Clinics:** These free, two-hour events provide coaches with the opportunity to learn and grow by networking with local coaches. Community Clinics are offered in-person and are also offered once a month online.
- **Regional Clinics:** Combining both traditional indoor, lecture-based clinic sessions with outdoor on-field applications, these two-day immersion events provide advanced instruction that coaches from all levels will greatly benefit from.

Register for a Coaches Clinic at [USABDevelops.com/events](https://USABDevelops.com/events).

## USA Baseball Develops Blog

The USA Baseball Develops blog offers a variety of content, including baseball play breakdowns, medical information on elbow and shoulder injuries, nutrition insight, parent advice, umpire material, previously recorded virtual coaches' clinics, and more. Content is offered in both English and Spanish. Visit the Develops blog at [USABDevelops.com/blog](https://USABDevelops.com/blog).

## Pitch Smart

Pitch Smart is a series of practical, age-appropriate guidelines to help parents, players, and coaches avoid overuse injuries and promote long, healthy careers for youth pitchers. There are currently over 40 fully compliant national or regional organizations and over 130 compliant local-level organizations. Learn more about Pitch Smart at [PitchSmart.org](https://PitchSmart.org) and apply to become a compliant organization [here](#).

## Baseball Manuals

USA Baseball offers both a Youth Baseball Manual and a High School Baseball manual to help organizations and schools create successful programs through positive, development-based experiences for their athletes. View the manuals [here](#).





## Mobile Coach

The Mobile Coach is a revolutionary tool that aims to simplify practice planning for baseball coaches at all levels. These tools can be found at [USABDevelops.com/mobile-coach](https://USABDevelops.com/mobile-coach).

### Components of the Mobile Coach:

- Drill library with over 300 baseball-specific drill documents and videos
- Prepopulated practice plans as well as practice plans from notable baseball personnel
- Ability for coaches to create practice plans using drill documents and videos
- The Youth Baseball Skills Matrix, a comprehensive and detailed timeline that outlines the appropriate age to introduce new skills to players of all ADM stages

## USA Baseball App

The recently updated USA Baseball App is free for all users and features all athlete safety and education resources listed above.

## USABat

USABat is USA Baseball's official certification standard for baseball bats that establishes a wood-like standard for metal and composite bats used in participating National Member Organization leagues.

- Under USABat, metal and composite bats must feature the USA Baseball certification mark to be authorized for play in youth leagues within the participating National Member Organizations. Solid, one piece wood bats may be used with or without the USA Baseball mark
- For non-wood and multi-piece wood youth baseball bats (lengths 26" and longer), the USA Baseball mark signifies that the bat has undergone lab testing to confirm that it performs at a wood-like standard and has been certified under USABat
- Bats with the BPF 1.15 stamp are not permitted in leagues that have adopted USABat
- Some advanced youth divisions allow both USABat and BBCOR certified bats
- To date, there are over 12 million USABat approved bats in circulation
- USA Baseball NMOs that have adopted USABat account for close to 2.5 million participants annually
- More information on USABat and a full list of approved bats can be found at [USABat.com](https://USABat.com)





## Contact USA Baseball Develops

Thank you for your commitment to making baseball a safer and more enjoyable game for our youth. Please let us know if you have any questions at [develops@USABaseball.com](mailto:develops@USABaseball.com).

Follow us on social media @USABDevelops.



# The USA Baseball App

A free resource aimed at raising the standard of education for coaches, umpires, and parents in order to provide athletes with unparalleled development and competitive opportunities in a safe environment.

## Features Include

- › Baseball Athlete Safety Education (BASE)
- › Minor Athlete Safety Policies
- › BASE Organizational Compliance Program
- › Ineligible List and Reporting Abuse
- › American Development Model
- › Certification pathways for coaches, umpires, and parents
- › Coaches Clinic Registration
- › Develops Blog
- › High School and Youth Baseball Manuals
- › Online education courses
- › Drill Library
- › Practice planning tools
- › Information on Pitch Smart
- › Youth Programs
- › And more!



LEARN MORE AT  
[USABDevelops.com](https://USABDevelops.com)

