

Umpire Wellness



Agenda

1 Offseason

2 In Season

3 Day Before & Game Day

4 Heat

5 Concussions



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OFFSEASON



Offseason Routine

- Physical & Mental Rest is good
- Read the rule book
- Physical Exam/Eye Exam
- Exercise Routine
 - 30 min x 3 times/week
 - Cardio/Flexibility/Strengthening



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IN SEASON



In Season – Day Before Game

- Drink Plenty of Water/Sports Drinks/Fruit Juice/Non-caffeinated soft drinks throughout the day
- Limit Alcohol Intake (<2 drinks)
- Get a good night's sleep



In Season – Game Day

- Allow time for digestion
- Consume moderate amounts of protein
- Limit fats & oils
- Restrict sugary foods
- Avoid caffeine. Caffeine acts as a diuretic.
- Drink 16-32oz of water 2 hours before game time.



Good Food Choices

- Pasta, Rice
- Potatoes. Baked, boiled, mashed. Not French fries.
- Starchy vegetables. Peas, carrots, sweet potatoes.
- Breads. Rolls, muffins, crackers, bagels.
- Cereals. Oatmeal/Low sugar cold cereals.
- Fruits, fruit juices. Bananas, oranges, apples.
- Milk Products. Yogurt, low-fat cheeses



Foods to Avoid

- Candy, Sugar, honey
- Tea, Coffee, Cola
- Fried foods, high-fat meats, fats, oils, gravy
- High Sugar Fruit-flavored drinks



Pre Game

- Sunscreen
- Insect Repellent



In Game

- Do what you need to do to stay safe & cool
- Cooler
- Wash cloth/towel
- Cooling towel
 - Neck, head, face, wrists
- Sips between innings



Post Game

- Water/Sports Drinks/Fruit Juice/Non-caffeinated soft drinks
 - Drink 24 oz of water for every 1 lb. of body weight loss
- Fruits
- Protein



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HEAT ILLNESS



Heat Illness

- Pay attention to the heat index
- Wear loose moisture wicking clothing
- Pay attention to your body
- Serious injury can occur when body temp rises above 104 degrees
- Your body regulates temperature by sweating



Heat Illness

- Early signs = muscle cramps, headaches, nausea, fatigue, dizziness, vomiting, clouding of thought, delayed reaction times
- Heat Stroke can lead to brain damage, muscle failure, heart & kidney failure



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CONCUSSION MANAGEMENT



Concussions

- Reduce your chance of getting hit by staying in the slot
- If hit, get checked by a medical professional at the game
- Symptoms that will develop hours after the game
 - Headache that seems to be getting worse
 - Vomiting
 - Drowsiness/Dizziness
 - Increased confusion



Concussions

- Go get checked out
- Call it in to the main line
- Wait for medical clearance to work again
 - Bases first, then plate



Concussions – More Info

- Don't Hide It - Video
 - <https://ncaabaseball.arbitersports.com/front/105039/Site/Umpire-Wellness/Concussions-Dont-Hide-It>
- Concussion Fact Sheet
 - <https://ncaabaseball.arbitersports.com/front/105039/Site/Umpire-Wellness/Concussion-Fact-Sheet>

