

Medical Staff Guidelines

MLB Medical Advisory Committee

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*MLB Team Physicians Association
Professional Baseball Athletic Trainers Society
Professional Baseball Strength and Conditioning Coaches Society
MLB Physical Therapists*



- 1) **Major League Baseball (MLB), Office of the Commissioner**
 - a. **Staff (Roles & Contacts)**
 - i. Office of the Commissioner
 1. **Robert D. Manfred, Jr.**, *Commissioner*
 2. **Dan Halem**, *Deputy Commissioner and Chief Legal Officer*
 - ii. Medical Director
 1. **Gary Green, MD**
 - a. Cell: (310) 740-7322
 - b. Email: gary.green@mlb.com
 - iii. Consultant on Behavioral Health and Addiction
 1. **Larry Westreich, MD**
 - a. Cell: (973) 951-2684
 - b. Email: larry.westreich@mlb.com
 - iv. Consultant on Mild Traumatic Brain Injury
 1. **Alex Valadka, MD**
 - a. Cell: (713) 899-6177
 - b. Email: avaladka@gmail.com
 - v. Drug Program Medical Representative (Non 40-man TUEs)
 1. **Bryan Smith, MD**
 - a. Cell: (336) 460-1935
 - b. Email: bryan.smith@mlb.com
 - vi. Independent Program Administrator (40-man TUEs)
 1. **Thomas Martin, PhD**
 - a. Cell: (808) 203-3302
 - b. Email: tom.martin@jdaipa.com
 - vii. Director of Umpire Medical Services
 1. **Mark A. Letendre**
 - a. Cell: (480) 797-0324
 - b. Email: mark.letendre@mlb.com
 - viii. Umpire Medical Consultant
 1. **Steven Erickson, MD**
 - a. Cell: (602) 663-8630
 - b. Email: steven.erickson@mlb.com
 - ix. Labor Relations Department
 1. **Jon Coyles** (Vice President, Drug, Health & Safety Programs)
 - a. Office: (212) 931-7859
 - b. Cell: (917) 494-1256
 - c. Email: jon.coyles@mlb.com
 2. **Lindsey Ingraham** (Sr Manager, Drug, Health & Safety Programs)
 - a. Office: (212) 931-7485
 - b. Email: lindsey.ingraham@mlb.com
 - x. MLB Players Benefit Plan:
 1. **Associated Administrators, LLC** (Anne-Marie Sims)
 - a. Office: (410) 683-7761
 - b. Fax: (844) 496-7360
 - xi. MLB Players Association Medical Consultant:
 1. **Stephen Fealy, MD**
 - a. Email: fealys@hss.edu
 - xii. MLB & MLBPA Consultant on Tobacco Cessation
 1. **Michael Steinberg, MD**
 - a. Cell: (732) 512-8108
 - b. Email: michael.steinberg@rutgers.edu
 - xiii. MLB & MLBPA Joint Strength and Conditioning Coordinator
 1. **Tim Maxey**
 - a. Office: (216) 272-2153
 - b. Email: tim.maxey@mlb.com

- xiv. MLB & MLBPA Registered Dietitian Consultant
 - 1. **Dave Ellis**
 - a. Cell: (719) 502-1276
 - b. Email: dave.ellis@mlb.com
- xiv. Department of Investigations
 - 1. **Bryan Seeley** (Senior Vice President, Investigations and Security)
 - a. Cell: (617) 694-7076
 - b. Email: bryan.seeley@mlb.com
 - 2. **Moira Weinberg** (Vice President, Investigations)
 - a. Cell: (917) 361-8309
 - b. Email: moira.weinberg@mlb.com
- xv. Electronic Medical Records & Research
 - 1. **John D'Angelo** (Vice President, League Economics)
 - a. Office: (212) 931-7832
 - b. Cell: (203) 448-6706
 - c. Email: john.dangelo@mlb.com
 - 2. **Lindsey Ingraham (MLB)**
 - a. Office: (212) 931-7485
 - b. Cell: (585) 737-3705
 - c. Email: lindsey.ingraham@mlb.com
 - 3. **Kevin Ma (MLB)**
 - a. Office: (212) 931-7493
 - b. Cell: (603) 315-4983
 - c. Email: kevin.ma@mlb.com
 - 4. **Gates Lefebvre (Athlete RMS)**
 - a. Office: (514) 941-1140
 - b. Email: glefebvre@athleterms.com

2) MLB Medical Advisory Committee (MLB MAC)

- a. Mission - Multi-disciplinary representative committee tasked with making recommendations to the Office of the Commissioner on issues that affect the health and safety of Major League and Minor League Baseball.
- b. Composition:
 - i. Team Physicians Association (TPA):
 - 1. Executive Board
 - 2. Immediate Past President
 - 3. Non-Exec Board Member (rotating - new MDs priority)
 - ii. Professional Baseball Athletic Trainers Society (PBATS):
 - 1. Executive Board
 - 2. Non-Exec Board Member (rotating - new Head ATCs priority)
 - iii. Minor League Medical Coordinator Liaison
 - iv. Professional Baseball Strength and Conditioning Coaches Society:
 - 1. President
 - v. MLB Medical Staff:
 - 1. Medical Director
 - vi. MLB Office of the Commissioner Representatives
 - vii. EMR Committee Chair
 - viii. Emeritus members
 - ix. Invited Experts, Speakers, Guests
 - x. Invited MLBPA Representatives according to agenda
 - xi. Secretary of the Committee
 - xii. MLB MAC Chair
- c. Education Sub-Committee
 - i. Responsibilities:
 - 1. Review and approve Winter Meetings Academic Agenda (Friday & Saturday) with Program Chair

2. Review and approve Online Content for TPA & PBATS Websites
 3. Select TPA/PBATS Award (i.e. – Jobe & Yocum Lectureships)
 4. Review MLB non-Winter Meeting Educational Programs (i.e. any MLB Courses)
 5. Review requests from non-MLB Sports Organizations to collaborate on educational programs (i.e., OLC / AOSSM / AANA / ACSM / AAOS / etc.)
- ii. Composition:
 1. TPA VP (Ortho/Med)
 2. TPA Member (Med/Ortho)
 3. PBATS (2)
 4. PBSCCS (1)
 5. MLB Medical Director
 6. MLB MAC Chair
- d. Biologics Sub-Committee
- i. Responsibilities:
 1. Review current biologics research as it applies to professional baseball
 2. Make recommendations to the MLB MAC with respect to biologics in professional baseball
 - ii. Composition – appointed by MLB Medical Director & MLB MAC Chair
- e. Yearly Meeting Schedule (MLB, Office of the Commissioner, NYC)
- i. Early Regular Season - April/May
 - ii. Pre-Winter Meetings - October/November

3) **MLB Team Physicians Association (MLB TPA)**

- a. Mission – “To maintain the earned trust of the athletes and teams of Major and Minor League Baseball, as well as the public, by providing the highest quality medical care and services aimed at securing and enhancing their safety, health and well-being. We support this mission through continuing medical education and research relevant to the sport of baseball, analytical surveillance of injuries, critical review of our shared clinical experience, and development of injury prevention recommendations and policies. It is through such an evidence-based approach that we are able to provide the best practices and guidelines and incorporate the most advanced and effective technologies.”
- b. Executive Board (*See Appendix E*)
 - i. President
 - ii. Vice President/Program Chair
 - iii. Treasurer
 - iv. Secretary
 - v. Members-at-Large (2)
 - vi. Past President
- c. MLB TPA Website
 - i. Purpose:
 1. Address: <http://mlbtpa.org>
 2. Current News
 3. Team Physicians List
 4. Association Bylaws
 5. Yearly Business Minutes
 6. Annual Dues Information
 - ii. Sign-On Instructions:
 1. <http://mlbtpa.org>
 2. Username: TeamPhysician
 3. Password: Baseball1
- d. MLB Team Physicians Contact List (*see MLB TPA website*)

4) Professional Baseball Athletic Trainers Society (PBATS)

- a. Mission – “To serve as an educational resource for the Major League and Minor League Baseball Athletic Trainers. PBATS serves its members by providing for the continued education of the athletic trainer as it relates to the profession, helping to improve their understanding of sports medicine so as to better promote the health of the constituency – professional baseball players. PBATS also serves as a resource to educate those outside the PBATS community about the profession and about the athletic trainer’s integral position within the sports medicine team.”
- b. Executive Committee (*See Appendix E*)
 - i. President
 - ii. Treasurer
 - iii. Secretary
 - iv. National League (N.L.) Head ATC Representative
 - v. American League (A.L.) Head ATC Representative
 - vi. N.L. Assistant ATC Representative
 - vii. A.L. Assistant ATC Representative
 - viii. Past President
- c. Standing Committees (*see PBATS Media Guide*)
 - i. Education
 - ii. Public Affairs
 - iii. Development
- d. Spring Training Seminar (*see PBATS Media Guide*)
 - i. Grapefruit League (Florida)
 - ii. Cactus League (Arizona)
- e. PBATS Website
 - i. Purpose
 - 1. Address: <https://pbats.com/>
 - 2. Current News
 - 3. Club ATC List
 - 4. Association Bylaws
 - ii. Sign-On Instructions (*provided by Romano Group*)
- f. MLB Club ATC Contact List (*see PBATS Media Guide*)

5) Minor League Medical Coordinators

- a. Mission - “To serve as an educational resource for the Major League and Minor League Baseball Athletic Trainers. PBATS serves its members by providing for the continued education of the athletic trainer as it relates to the profession, helping to improve their understanding of sports medicine so as to better promote the health of the constituency – professional baseball players. PBATS also serves as a resource to educate those outside the PBATS community about the profession and about the athletic trainer’s integral position within the sports medicine team.”
- b. Minor League Medical Coordinator Liaison (*See Appendix E*)
 - i. Serves as representative on the MAC
- c. Minor League Medical Coordinators Contact List (*see PBATS Media Guide*)

6) Professional Baseball Strength & Conditioning Coaches Society (PBSCCS)

- a. Mission - “The PBSCCS is the leading authority on baseball training information for players, parents, and coaches. We focus on long-term athletic development, durability, and individual physical improvement. The Society’s membership includes strength coaches from all organizations of Major League Baseball.”
- b. Leadership (*See Appendix E*)
 - i. President
 - ii. Vice President
 - iii. Treasurer
 - iv. Secretary

- v. National League (N.L.) Representative (ML & MN)
- vi. American League (A.L.) Representative (ML & MN)
- c. Standing Committees
 - i. Education
 - ii. Public Affairs
 - iii. Development
- d. PBSCCS Website
 - i. Address: baseballstrength.org
- e. PBSCCS Contact List (*available upon request from Matt Krause: mkrause@yankees.com*)

7) Basic Agreement (*see Appendix A*)

- a. Basic Agreement between the 30 Major League Clubs and the MLB Players Association

8) MLB Health & Safety Documents (*see Appendix B*)

- a. Series of documents created by the MAC and approved by the MLB Office of the Commissioner / Players Association codifying key aspects of player health and safety:

1. 40-Man Player Request for MLB TUE (2019)
2. 40-Man Player TUE Application - Neuropsychological Evaluation Components (2019)
3. Aero Ambulancia (2018)
4. Assessment and Treatment of Concussions (2018)
5. Concussion Diagnostic Form for 10-Day or 60-Day Injured List Placement (2019)
6. Concussion Diagnostic Form for 7-Day Injured List Placement (2019)
7. Concussion Diagnostic Form for Player Not Placed on the Injured List (2019)
8. Concussion Return to Play Form (2019)
9. Confidential Post-Incident Emergency Response Survey (2018)
10. Controlled Substances (2015)
11. Coverage Guidelines: Exhibition Games against Non-MLB Affiliated Teams (2016)
12. Credentials and Qualifications for Major League Strength and Conditioning Coaches (2017)
13. Dominican Republic Medical Initiatives (2010)
14. Electronic Equipment and Sign Stealing (2019)
15. Electronic Medical Records Minimum Standards (2018)
16. Electronic Medical Records Protocol (2017)
17. Emergency Action Planning Checklist (2018)
18. Emergency Action Plans (2018)
19. Emergency Operations Manual (2018)
20. Emergency Procedures - Non-Game Times (2018)
21. Informed Consent for Non-FDA Approved Medical Procedure or Medication (2017)
22. Measles (2014)
23. Medical Service Provider Sponsorships (2014)
24. Minor League TUE Applications for ADD/ADHD Stimulant Medications (2019)
25. Non 40-Man Roster Player Concussion Assessment Form (2019)
26. Nutritional Supplement and Functional Food Policy (2019)
27. Protective Pads and Guards (2019)
28. Second Medical Opinion List (2018)
29. Smokeless Tobacco (2018)
30. Spring Training Physician Coverage (2010)
31. Spring Training Pre-Participation Exams and Laboratory Tests (2018)
32. Toradol IM (2012)

- 33. TUE Documentation for New ADD/ADHD Medications (2019)
- 34. TUE Documentation for Renewal ADD/ADHD Medications (2019)
- 35. Updated Minimum Game Day Medical Standards (2018)
- 36. Use of Intravenous (IV) Hydration (2016)
- 37. Vaccine Information Statement - MMR Vaccine (2014)

9) Common Baseball Terms (*see Appendix C - Common Baseball Terms*)

- a. Common baseball terms

10) MLB Medical Staff Requirements

- a. PBATS
 - i. Qualifications (*see Appendix A – Basic Agreement*)
 - ii. Game Day Responsibilities (*see Appendix A - Basic Agreement*)
- b. TPA
 - i. Qualifications (*see Appendix B – Updated Minimum Game Day Medical Standards*)
 - ii. Game Day Responsibilities (*see Appendix B - Updated Minimum Game Day Medical Standards*)

11) MLB Electronic Medical Records (EMR)

- a. General Guidelines (*see Appendix B - Electronic Medical Records Protocol*)
 - i. General guidelines issued by PBATS EMR Committee; yearly MLB-sponsored EMR training sessions and support throughout the season
- b. Support Staff Contact List
 - i. Kevin Ma
 - 1. Office: (212) 931-7493
 - 2. Cell: (603) 315-4983
 - 3. Email: kevin.ma@mlb.com
 - ii. John D’ Angelo
 - 1. Office: (212) 931-7832
 - 2. Cell: (203) 448-6707
 - 3. Email: john.dangelo@mlb.com

12) Emergency Action Plan (EAP) (*see Appendix B - Emergency Action Plans*)

- a. Purpose – to maintain a complete plan for all player emergency situations
- b. Yearly Review Requirements:
 - i. Complete review and walk-thru of the EAP must be performed each year prior to Opening Day with all participating members of the plan present
 - ii. Written acknowledgement of the Yearly Review (including date and signatures of participants) must be submitted to the MLB Commissioner’s Office annually

13) Trades

- a. General Guidelines
 - i. Clubs identify players and initiate discussions
 - ii. Player’s Medical History is released to Club Medical Staff via the MLB EMR
 - iii. Club Medical Staff involved in the trade can communicate directly with respect to all players involved in the trade
 - iv. Club Medical Staff communicates with front office with respect to involved players’ medical health

14) Free Agent Acquisitions

- a. General Guidelines
 - i. Clubs identify players and initiate discussions

- ii. Player’s Medical History is released to Club Medical Staff via the MLB EMR (Consultant Login)
- iii. Pre-Signing Orthopedic & Medical Exams with appropriate additional testing performed by Club Medical Staff
- iv. Club Medical Staff communicates with front office with respect to involved player’s medical health

15) MLB Draft

- a. General Guidelines
 - i. Draft occurs in early June
 - ii. Pre-Draft Medical Information
 - 1. Provided electronically via the MLB Draft Prospect Link
 - 2. Medical Staff (Team Physicians & ATCs) review information to evaluate player medical status/risk – specifics vary by Club
 - iii. Pre-Draft Medical Review
 - 1. Most Clubs conduct a Pre-Draft Medical Review with Medical Staff, Scouts, front office, coaches
 - iv. Post-Draft Physical Exams
 - 1. Pre-Signing Orthopedic & Medical Exams with appropriate additional testing performed by Medical Staff
 - 2. Specifics vary by Club

16) Therapeutic Use Exemption Program (TUE)

- a. Major League (see Appendix A - Section 3.I of Joint Drug Prevention and Treatment Program)
- b. Minor League (see Appendix B - Minor League TUE Applications for ADD/ADHD Stimulant Medications)

17) Employee Assistance Professional (EAP)

- a. MLB Team EAP Contact List (see Appendix F)

18) Controlled Substances (see Appendix B - Controlled Substances)

19) Nutritional Supplements (see Appendix B - Nutritional Supplement and Functional Food Policy)

20) Second Medical Opinions (see Appendix B - Second Medical Opinion List)

21) Dominican Republic Baseball Academies (see Appendix B - Dominican Republic Medical Initiatives)

- a. Purpose – Latin American Player Development Program
- b. General Timeframe
 - i. March – Pre-Participation Physicals
 - ii. July – Draft PE
 - iii. October – Instructional League Program
 - iv. December – “Pre-Season” Camp
- c. General Composition
 - i. Each Club has its own facility in the Dominican Republic
 - 1. Playing Fields
 - 2. Training Facilities:
 - a. Clubhouse
 - b. Training Room
 - 3. Dormitories
 - ii. Secondary Educational Programs for Players
 - 1. English language instruction

22) World Baseball Classic (WBC)

- a. General Timeframe
 - i. Late February through mid-March every 4 years
- b. General Medical Support Staff Composition
 - i. Determined by PBATS/TPA Executive Board from volunteer pool generated at preceding Winter Meetings

23) General Yearly Schedule

- a. Spring Training (*see Appendix B - Spring Training Physician Coverage*)
 - i. ~6 weeks in duration
 - ii. Two Leagues:
 - 1. Grapefruit League (Florida)
 - 2. Cactus League (Arizona)
 - iii. Pre-Participation Physicals on all players when they report:
 - 1. Mid-February - MLB players report
 - 2. Early March – Minor League players report
 - iv. Medical coverage of all Spring Training Games
 - v. End of March – Major and Minor League players are assigned to specific levels of play
- b. Regular Season (*see Appendix B - Updated Minimum Game Day Medical Standards*)
 - i. 6 months in duration
 - ii. Late March / Early April – season begins
 - iii. Medical Coverage of all Regular Season Games:
 - 1. Home Team Physician Staff provides care for Home Team, Visiting Team and Umpires
 - iv. Late September – season ends
- c. All-Star Break
 - i. Early to Mid-July
 - ii. Medical Coverage provided by Home Medical Staff at MLB Ballpark hosting that year's All-Star Game
 - iii. PBATS members from other Clubs may also be present
- d. Expanded Roster
 - i. September 1st the MLB Roster expands from 25 players
 - ii. Players called up from Minor League Teams to the Major League Club
- e. Post-Season
 - i. October
 - ii. Each Team's Medical Staff provides coverage for all Home & Away Games
 - iii. American League:
 - 1. 3 Divisional Champions
 - 2. 2 Wild Card Teams
 - iv. National League:
 - 1. 3 Divisional Champions
 - 2. 2 Wild Card Teams
 - v. World Series
 - 1. Late October/Early November
- f. Off-Season
 - i. October/November until mid-February
 - ii. Medical Staff available for all Major & Minor League Players' health issues
 - iii. Medical Staff available for Free Agent Acquisitions
 - iv. Winter Meetings:
 - 1. Yearly Industry Meeting involving Major and Minor League Baseball Personnel
 - 2. 1st Weekend in December
 - 3. Rotates geographically throughout U.S.

24) MLB Winter Meetings

- a. Mission – Yearly Industry Meeting involving Major and Minor League Baseball Personnel to review baseball-related topics
- b. General Description
 - i. Each Club's Medical Staff represented by both PBATS and TPA representatives
- c. General Timeframe
 - i. Usually first week/weekend in December
- d. Educational Program
 - i. Friday Evening Symposium
 - ii. Saturday Combined PBATS/TPA Academic Meeting
 - iii. Agendas for both the Friday Symposium and Saturday Academic Meeting are developed by that year's TPA Vice President/Program Chair in conjunction with the MLB MAC Education Sub-Committee
- e. Business Meeting
 - i. PBATS (most often Friday morning)
 1. Agenda is developed by that year's PBATS President
 - ii. TPA (most often Sunday morning)
 1. Agenda is developed by that year's TPA President

25) MLB Research Program

- a. Mission – “To conduct meaningful research in order to promote the health and safety of baseball athletes.”
- b. Composition
 - i. Open to all PBATS, TPA and PBSCCS members
 - ii. Funding available via the MLB Office of the Commissioner
- c. Application Process
 - i. Bi-Annually
 - ii. Proposal Submission Deadlines:
 1. June 1st
 2. November 1st
 - iii. Standardized Application Form (*see Appendix D - MLB Research Application Form*)
 - iv. Research Committee
 1. Comprised of members of PBATS, TPA, PBSCCS and MLB
 2. Reviews all research proposals
 3. Selects projects with maximum impact for baseball health & safety
- d. Yearly MLB Research Award
 - i. Presented to the most impactful MLB Research Project
 - ii. Top 3 projects selected by MAC Education Sub-Committee; award winner selected from those 3 by TPA and PBATS members at Winter Meetings
- e. MLB Research Staff
 - i. John D'Angelo
 1. Office: (212) 931-7832
 2. Email: john.dangelo@mlb.com
 - ii. Lindsey Ingraham
 1. Office: (212) 931-7485
 2. Email: lindsey.ingraham@mlb.com
 - iii. Kevin Ma
 1. Office: (212) 931-7493
 2. Email: kevin.ma@mlb.com

26) MLB Medical Staff Mentor Program

- a. PBATS Executive Board Member to act as a mentor for new MLB ATC (assigned by PBATS President) – mentor from opposite league
- b. TPA Executive Board Member to act as a mentor for new MLB Team Physician (assigned by TPA President) – mentor from opposite league

APPENDICES

List

- Appendix A – Basic Agreement**
- Appendix B – MLB Health & Safety Documents**
- Appendix C – Common Baseball Terms**
- Appendix D – MLB Research Application Form**
- Appendix E - Societies' Leadership**
- Appendix F – Team EAP Contact List**

Appendix A – Basic Agreement

Link: <https://mlb.box.com/s/ydj8wd9wb18kjh25aorwoanggx7ev7es>

Appendix B - MLB Health & Safety Documents

1. 40-Man Player Request for MLB TUE (2019)
 - a. <https://mlb.box.com/s/1ualsf6frpusibh8j30y39fdc69q3pl1>
2. 40-Man Player TUE Application - Neuropsychological Evaluation Components (2019)
 - a. <https://mlb.box.com/s/bazf3we6hr6iqy279gir9i5n9bgky9o4>
3. Aero Ambulancia (2018)
 - a. <https://mlb.box.com/s/hmctdq77szbxhmbfy221avffoff00c2t>
4. Assessment and Treatment of Concussions (2018)
 - a. <https://mlb.box.com/s/r0d3qw9wwfs0ykpdc8c7k95r3mlvvvu>
5. Concussion Diagnostic Form for 10-Day or 60-Day Injured List Placement (2019)
 - a. <https://mlb.box.com/s/nhy66ie6dts52p4wphriczjb0nrrq0py>
6. Concussion Diagnostic Form for 7-Day Injured List Placement (2019)
 - a. <https://mlb.box.com/s/4hzkpl40r9i29d300jfgjzkwck2tib3z>
7. Concussion Diagnostic Form for Player Not Placed on the Injured List (2019)
 - a. <https://mlb.box.com/s/vrq4itu6mek3xaeqcoeu5r7dzarbmilu>
8. Concussion Return to Play Form (2019)
 - a. <https://mlb.box.com/s/se3msi5n9ykv26h2ihevx5wd6xn37746>
9. Confidential Post-Incident Emergency Response Survey (2018)
 - a. <https://mlb.box.com/s/7qdkukl3v2j1pkj31e86wjjh9t7m2rr>
10. Controlled Substances (2015)
 - a. <https://mlb.box.com/s/ai20eq4ei01av7mfk2pqpsfu50uz3ty3>
11. Coverage Guidelines: Exhibition Games against Non-MLB Affiliated Teams (2016)
 - a. <https://mlb.box.com/s/ov5caullns8luf2f3o86tmqk7rf4f2za>
12. Credentials and Qualifications for Major League Strength and Conditioning Coaches (2017)
 - a. <https://mlb.box.com/s/mwwgv19ths9om8cen2m320ymue1hywf2>
13. Dominican Republic Medical Initiatives (2010)
 - a. <https://mlb.box.com/s/eywhqz6akhmgt3rxj8jv84rkmfdau30f>
14. Electronic Equipment / Sign Stealing (2019)
 - a. <https://mlb.box.com/s/z9jkq6qvz78yu8byx8zn50g33pc7sxox>
15. Electronic Medical Records Minimum Standards (2018)
 - a. <https://mlb.box.com/s/042js8mmcy6mu7tj2miqipivopaxgucfi>
16. Electronic Medical Records Protocol (2017)
 - a. <https://mlb.box.com/s/3kepgmqj14ehwq8texfei4b50jty8k9w>
17. Emergency Action Planning Checklist (2018)
 - a. <https://mlb.box.com/s/3mmw9123999qwmisp47dezm30rh2kie9d>
18. Emergency Action Plans (2018)
 - a. <https://mlb.box.com/s/lvlwvsjg1cr4lupb4np4k5pkjqvfk1ld>
19. Emergency Operations Manual (2018)
 - a. <https://mlb.box.com/s/isltfvj8bxqv443lmq2rje2jx9nd5psf>
20. Emergency Procedures - Non-Game Times (2018)
 - a. <https://mlb.box.com/s/tyafjkhynkbwlc417f8gsncogih98hv9>
21. Informed Consent for Non-FDA Approved Medical Procedure or Medication (2017)
 - a. <https://mlb.box.com/s/nv6swxwkzcaisb22gr4wny0j64s5xou2>
22. Measles (2014)
 - a. <https://mlb.box.com/s/9dv9ieg3wnm41t939hkxfgcdxpo2d036>
23. Medical Service Provider Sponsorships (2014)
 - a. <https://mlb.box.com/s/63lsryx556fefpfd6bqbssunoc024ydx>
24. Minor League TUE Applications for ADD/ADHD Stimulant Medications (2019)
 - a. <https://mlb.box.com/s/wo7bes3631wui45trjw3qjx81gj419pk>
25. Non 40-Man Roster Player Concussion Assessment Form (2019)
 - a. <https://mlb.box.com/s/flqzj00wxh25v8ahowrmrftiwhdc39td>

26. Nutritional Supplement and Functional Food Policy (2019)
 - a. <https://mlb.box.com/s/ucc99dv0gfnic3nd09uszno0pg5ci4s7>
27. Protective Pads and Guards (2019)
 - a. <https://mlb.box.com/s/z24ewy1wx5sfom5jg0bq0eocr4f28kjf>
28. Second Medical Opinion List (2018)
 - a. <https://mlb.box.com/s/rhu7ptl9g9tssr0a40q85rw0su2c1ywn>
29. Smokeless Tobacco (2018)
 - a. <https://mlb.box.com/s/o2zi8rivgt3kvrh3m2h6o7znqjyen33u>
30. Spring Training Physician Coverage (2010)
 - a. <https://mlb.box.com/s/gb7r5wtdalmk0jc8a4x3sz9ke22eoda8>
31. Spring Training Pre-Participation Exams and Laboratory Tests (2018)
 - a. <https://mlb.box.com/s/xvdq3yacbvj9w3n2906839avf80pfdmr>
32. Toradol IM (2012)
 - a. <https://mlb.box.com/s/xz0s8b6laerv11uvffwt6nrngl5hdvzx>
33. TUE Documentation for New ADD/ADHD Medications (2019)
 - a. <https://mlb.box.com/s/eg55545lv0fja2o0vm9srmiwj3qu05bt>
34. TUE Documentation for Renewal ADD/ADHD Medications (2019)
 - a. <https://mlb.box.com/s/gmagbh7nsdgkhhs0adkwmyjaw3su7hyb>
35. Updated Minimum Game Day Medical Standards (2018)
 - a. <https://mlb.box.com/s/az4glzkwnuc7z3iexq96qin6zs5w31lf>
36. Use of Intravenous (IV) Hydration (2016)
 - a. <https://mlb.box.com/s/4oe5l58bb1sq5261oxag5kbg19p05ub2>
37. Vaccine Information Statement - MMR Vaccine (2014)
 - a. <https://mlb.box.com/s/d72ri8duh1sdjb3m01jh8bhaiayguh9>

Appendix C – Common Baseball Terms

Term	Definition
7-day IL	Introduced in the 2011 season, the 7-day Injured List was created specifically for players with concussion symptoms. The 7-day IL was instituted to prevent a player with concussion symptoms from being rushed back before he is ready, while also allowing a player who passes concussion tests to return after only seven days rather than 10.
10-day IL	The 10-day Injured List -- or "IL" -- allows Clubs to remove players from the 25-man active roster while keeping them on the 40-man roster. Players can be placed on the 10-day IL for any type of injury, though players with concussion symptoms are first sent to the 7-day IL. Players on the 10-day IL must remain out of action for at least 10 days, though a player can also stay on the list for considerably longer than 10 days, if necessary.
60-day IL	The 60-day Injured List is the longest of the three injured lists in Major League Baseball. Players placed on the 60-day IL must remain on the IL for a minimum of 60 days and are temporarily removed from a Club's 40-man roster.
25-man Roster	A Club's 25-man roster is its full roster of active Major League players. Typically, a Club will have some combination of 12 position players and 13 pitchers or 12 pitchers and 13 position players. Players on the 25-man roster (or the Major League Injured List) accrue Major League service time. All players on the 25-man roster must also be on the 40-man roster.
40-man Roster	The 40-man roster includes a combination of players on the 25-man roster, the 7- and 10-day Injured lists, the bereavement/family medical emergency list and the paternity leave list, as well as some Minor Leaguers.
Designate for Assignment (DFA)	When a player's contract is designated for assignment -- often abbreviated "DFA" -- that player is immediately removed from his Club's 40-man roster. Within seven days of the transaction, the player can either be traded or placed on irrevocable outright waivers.
Outright Waivers	A Club attempting to remove a player from the 40-man roster and send him to the Minor Leagues must first place that player on outright waivers, allowing the 29 other Major League Clubs the opportunity to claim and add him to their 40-man roster. Should the player clear waivers, he can be sent to any Minor League affiliate the Club chooses. Outright waivers are also used when Clubs wish to remove a player who is out of Minor League options from the 25-man roster by sending him to the Minors.
Release Waivers	Before a Club can formally release a player, that player must first be passed through unconditional release waivers. All 29 other Clubs in the Majors have the opportunity to claim the player and add him to their 40-man rosters. Release waivers are often requested after a player's contract is designated for assignment or in cases when a veteran player would otherwise refuse an outright assignment.

Term	Definition
Optional Assignment	An Optional Assignment is an assignment between a Major League Club and one of its Minor League affiliates that includes a right of recall. Players on a 40-man roster are given three Minor League “options.” An option allows that player to be sent to the Minor Leagues (“optioned”) without first being subjected to waivers. When a player is optioned to the Minors for a span of more than 20 days, he loses an option. Upon being optioned to the Minor Leagues, a player must remain there for a minimum of 10 days before he is eligible to be recalled to the Major League roster. Certain exceptions to the 10-day rule may include, but are not limited to, instances in which an optioned player is being recalled to replace a player placed on the IL, the Bereavement List, the Paternity Leave List, or the Restricted List.
Paternity Leave List	The Paternity Leave List allows a Club to replace a player on the active roster with another player from the 40-man roster for between one and three days for the birth of a child.
Bereavement List	The Bereavement List allows a Club to replace a player on the active roster with another player from the 40-man roster for between three and seven days to attend to a serious illness or death in the family.
Service Time	Players receive Major League service time for each day spent on the 25-man roster or the Major League Injured List. Service time is used to determine when players are eligible for arbitration as well as free agency.
Free Agency	Players become free agents upon reaching six years of Major League service time or when they are released from their organization prior to reaching six years of service time. A free agent is eligible to sign with any Club.
Rule 4 Draft	The Rule 4 Draft is the official term for the First-Year Player Draft, an amateur draft held annually in early June. Players must be a resident of the United States (U.S. territories, such as Puerto Rico, apply) or Canada to be eligible for the draft. Players who have graduated high school but not attended college are eligible for the draft, as are those who have completed at least one year of junior college. Players attending four-year colleges are eligible to be drafted upon completing their junior year or turning 21 years old.
Rule 5 Draft	Held each December, the Rule 5 Draft allows Clubs without a full 40-man roster to select certain non-40-man roster players from other Clubs. Clubs draft in reverse order of the standings from the previous season. Players who signed with their current Club at age 18 or younger and have played professionally for at least five years are eligible to be selected, as are those who signed at 19 or older and have at least four years of professional experience.

Term	Definition
Wins Above Replacement (WAR)	WAR measures a player's value in all facets of the game by estimating how many more wins he's worth than a replacement-level player at his same position (e.g., a Minor League replacement or a free agent).
Mendoza Line	The "Mendoza Line" is a .200 batting average.
K	A "K" is a strikeout.
On-base Percentage (OBP)	OBP refers to how frequently a batter reaches base per plate appearance. Times on base include hits, walks and hit-by-pitches, but do not include errors, times reached on a fielder's choice or a dropped third strike.
Slugging Percentage (SLG)	Slugging percentage represents the total number of bases a player records per at-bat. Unlike on-base percentage, slugging percentage deals only with hits and does not include walks and hit-by-pitches in its equation.
On-base Plus Slugging (OPS)	OPS adds on-base percentage and slugging percentage to get one number that unites the two. It's meant to combine how well a hitter can reach base, with how well he can hit for average and for power.
Statcast	Statcast is a tracking technology that allows for the collection and analysis of a large amount of baseball data. Statcast was installed in all 30 parks in 2015 after a partial trial run in 2014.
Exit Velocity (EV)	Exit Velocity measures the speed of the baseball as it comes off the bat, immediately after a batter makes contact. This is tracked for all Batted Ball Events -- outs, hits and errors.
Launch Angle (LA)	Launch Angle represents the vertical angle at which the ball leaves a player's bat after being struck.
Spin Rate (SR)	A pitcher's Spin Rate represents the rate of spin on a baseball after it is released. It is measured in revolutions per minute.

Appendix D – MLB Research Application Form

PROJECT PROPOSAL FORM – MLB Injury Research

Please submit completed forms to Lindsey Ingraham (lindsey.ingraham@mlb.com)

PROJECT TITLE:

GROUP MEMBERS (LEADER FIRST):

INSTITUTION:

MLB AFFILIATION (IF ANY):

PROJECT OVERVIEW & RATIONALE

Suggested Length: 500 words

Present a background of the research topic, including relevant previous research by you or others. State the hypothesis and/or purpose of the proposed project. Explain specifically how this study will further the understanding/reduction/treatment of injuries for amateur or professional baseball.

PROJECT SUMMARY

Suggested Length: 500-1,000 words

Please provide an explanation of the study design and process for implementation. Specify how you will collect data and what subjects will be studied (number of subjects, their level, and any other inclusion/exclusion criteria). Please make sure to specify if you will require access to de-identified injury tracking data from the MLB electronic medical records system for Major League Players and/or Minor League Players. Explain how your data will be analyzed and by whom. If you wish, state your plans for publishing your findings, presenting your findings, and any other mechanisms for disseminating results and affecting change.

ESTIMATED BUDGET/TIMELINE FOR COMPLETION

If applicable, please provide an explanation of the costs associated with project, including an estimate of annual and total projects costs, as well as the expected duration of the project.

Appendix E - Societies' Leadership

- a. TPA Executive Committee Members
- b. PBATS Executive Committee Members
- c. Minor League Medical Coordinator Liaison
- d. PBSCCS Leadership

2018-2019 MLB TPA Executive Committee			
Name	Title	Position	Club
Harwood, Marc	President	Team Physician	Phillies
Coleman, Struan	Past President	Team Physician	Mets
Raasch, William	Vice President / Program Chair	Team Physician	Brewers
Leu, Amy	Secretary / Treasurer	Team Physician	Padres
Lemos, Steve	Member-At-Large	Team Physician	Tigers
Cohen, Steve	Member-At-Large	Team Physician	Phillies

2018-2019 PBATS Executive Committee			
Name	Title	Position	Club
Porterfield, Ron	President	Director of Player Health	Dodgers
Reed, Jamie	Past President	Sr. Director of Medical Operations	Rangers
Probst, Tom	Treasurer	Sr. Director, Medical Operations and Special Projects	Rockies
Kenney, Nick	Secretary	Director of Medical Services & Head ATC	Royals
Sheridan, Scott	Head ATC NL Rep.	Head ATC	Phillies
Ball, Brian	Head ATC AL Rep.	Head ATC	White Sox
Potenziano, Ben	Asst. ATC NL Rep.	Asst. ATC	Pirates
Turner, Kyle	Asst. ATC AL Rep.	Asst. ATC	Royals

2018-2019 Minor League Medical Coordinator Liaison		
Name	Position	Club
Baughman, Chuck	Head Minor League Athletic Training & Performance Coordinator	Cubs

2018-2019 Professional Baseball Strength & Conditioning Coaches Society Leadership			
Name	Title	Position	Club
Krause, Matthew	President	Director of Strength and Conditioning	Yankees
Clifford, James	Vice President	Director, Strength and Conditioning	Mariners
Weberg, Scott	Treasurer	Head Major League Strength and Conditioning Coach	Blue Jays
Momose, Kiyoshi	Secretary	Head Strength and Conditioning Coach	Red Sox
Fiocchi, Lee	Major Lg. AL Rep.	Head Strength and Conditioning Coordinator	Angels
Shaw, Nate	Major Lg. NL Rep.	Strength and Conditioning Coordinator	Diamondbacks
Seeliger, AJ	Minor Lg. AL Rep.	Minor League Strength and Conditioning Coord.	Athletics
Leva, Furey	Minor Lg. NL Rep.	Minor League Strength and Conditioning Coord.	Phillies

Appendix F - Team EAP Contact List

Link: <https://mlb.box.com/s/iwhv77s82rhyqvmghtj4mizzcvfghu5l>

Developed by 2019 MLB Medical Advisory Committee (Chair: Michael G. Ciccotti, MD)