



# BC Amateur Baseball Association

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## Officials

1) This is a link to Umpire Attire's website and a page titled, '**Injury Prevention and Recovery: The Essential Umpire Safety PSAs**'. There is a comprehensive listing of links related to umpire safety including equipment, heat, concussion, and recovery.

<https://www.ump-attire.com/Blog/Injury-Prevention-Recovery-The-Essential-Umpire-Safety-PSAs>

2) This is a link to Arbiter Sports' website and an article titled, '**Working the Slot**'. The article explains the importance of working the plate from the slot to reduce the potential for injury.

<https://sup.arbitersports.com/Groups/104484/Library/files/Working%20the%20Slot.pdf>