



## **HEALTH AND SAFETY RECOMMENDATIONS FOR THE WBSC eSport PARTICIPANTS**

### **Introduction**

Recognising the growth of the eSports and growing health concerns in eSports, WBSC will keep making efforts in cooperation with the WBSC Medical Commission to promote health and safety in eSports at large including both electronic and virtual version of the WBSC eSports.

As a part of such efforts, the WBSC provides health and safety recommendations for the WBSC eSports to ensure the health and wellness of the participants at all levels.

### **Health and Safety Recommendations for the WBSC eSports Participants in General**

#### **Anti-Doping**

Doping is strictly prohibited in all disciplines of the WBSC not only to ensure clean and fair sports but also to protect and promote health of participants. The use of doping substances or doping methods to enhance performance is fundamentally wrong and is detrimental to the overall spirit of sport. Drug misuse can be harmful to an athlete's health and to other athletes competing in the sport. It severely damages the integrity, image and value of sport, whether or not the motivation to use drugs is to improve performance. To achieve integrity and fairness in sport, a commitment to clean sport is critical.

#### **Health and Safety at the eSports Events**

To keep participants healthy and safety at the eSports events, following are recommended:

- To follow health and safety protocol of the participating event;
- To have right protective equipment for the participating event;
- To follow WBSC Anti-doping Rules; and
- Ask for help to medical staff at the event in case of any medical emergency.

## **Health and Safety Recommendations for the WBSC Virtual Baseball / Screen Baseball / Screen Baseball Participants**

### **Common Health Risks in Virtual Baseball / Screen Baseball**

Virtual Baseball / Screen Baseball refers to a physical baseball batting game surrounded by virtual field-of play. As Virtual Baseball / Screen Baseball includes an aspect of physical activity, it has some features similar to traditional baseball:

- Playing physically with real baseball equipment; and
- Hitting fast pitching baseball from the pitching machine throughout the game.

These features of Virtual Baseball / Screen Baseball may cause some injuries which are:

- Sprains which might be accompanied by swelling, bruising, immobility or severe pain;
- Muscle Strains on the hamstring, quadricep, calves, back, abdominals, groin, rotator cuff etc.;
- Fractures like hamate fracture;
- Concussions or other head injuries.

### **Recommendations for Health and Safety of Virtual Baseball / Screen Baseball Participants**

- Warm up enough and properly before start playing;
- Use appropriate and properly fitted protective equipment;
- Do stretching after playing to reduce muscle soreness and keep muscles long and flexible;
- Drink enough water after playing to cool down the body; and
- Get enough rest between the games or trainings to avoid overexercising.

## **Health and Safety Recommendations for the WBSC Electronic Baseball / eBASEBALL Participants**

### **Common Health Risks in eBASEBALL**

Electronic Baseball (eBASEBALL) refers to mobile, console or PC baseball games. Like other electronic gaming, eBASEBALL may include some features such as:

- Sedentary behaviour;
- Staring at the monitor during the play;
- Continuous usage of gaming devices; and
- Being under pressure for a long time.

Those features of eBASEBALL may act as health hazard factors and cause medical issues in case a participant spends too much time on playing eBASEBALL without proper breaks. It is important to understand the health hazard factors and injuries of eBASEBALL and take precautionary measures, and not let them affect neither the level of performance nor the daily lives of the participants. Common possible health issues in eBASEBALL are:

- Musculoskeletal injuries mainly in the upper limb due to prolonged bad posturing and using gaming devices:
  - Neck, shoulders and/or back pain; and
  - Repetitive strain injury/overuse syndrome on one's elbow, wrist, and/or hand;
- Eye fatigue which comes from staring at the monitor continuously in short distance and being exposed to the blue light;
- Lack of physical activity and energy expenditure according to constant sedentary behaviour;
- Sleep deprivation;
- Mental and emotional health problems like anxiety and depression; and
- Gaming disorder which is defined in the 11<sup>th</sup> Revision of the International Classification of Diseases (ICD-11) by World Health Organisation (WHO) and characterized by impaired control over gaming, increasing priority given to gaming over other activities to the extent that gaming takes precedence over the interests and daily activities, and continuation of escalation of gaming despite the occurrence of negative consequences. (<https://www.who.int/standards/classifications/frequently-asked-questions/gaming-disorder>)

### **Recommendations for Health and Safety of eBASEBALL Participants**

- Do a short warm-up body stretching for 3-5 minutes before start playing games;
- Maintain appropriate upright posture during the game;
- Take 5-10 minutes break every hour during the game with short stretching session to reduce the risk of musculoskeletal pain;
- Stare something far away for at least 20 seconds and then give some time for the eye muscles to relax during the break to prevent blurry eyesight and dry eye syndrome;
- Try to do stretching including flexion, extension, and rotation of the body after the game to relax stiffen muscles;
- Regular cardiorespiratory exercise is recommended to consume more energy and strengthen the muscles;
- Get food with high nutritional value rather than having junk food;
- Intake enough water to avoid dehydration;
- Avoid playing eBaseball until late night on a regular basis as the screen light can disrupt the circadian rhythm and hinder good quantity and quality of sleep; and
- Try to get a healthy balanced lifestyle engaging with good social group of people and do not hesitate to ask for a help or get a treatment.