

# Norwalk Little League

2019

Coaches Book & Safety Manual



Safety Officer: Clarissa Echevarria

**203-223-0819**

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## **Safety Code For Norwalk Little League**

### *Our Goal: Injury Prevention*

- ▶ The Norwalk National Little League follows the safety policies and procedures of "Little League Baseball" in Williamsport , PA. Our program focuses on providing coaches and managers with proper first aid training and direction on the prevention of injury to players. We welcome the participation of parents in these efforts.
  
- ▶ The Safety Officer will be a Board Member, versed in Little League safety procedures and charged with developing and maintaining a safety program for the league that fosters safe and injury-free practices.
  
- ▶ Norwalk Little League follows the Concussion Protocol of the City of Norwalk and all League Coaches and Field Level Volunteers are required to take CDC Heads Up Concussion training as well as follow City Protocol which includes training for players and parents, diligence in watching for any signs of concussion among players, notification of parents and league of potential concussion incidents and keeping potentially concussed players out of practice or play until cleared by a medical professional to return. All managers and coaches will take the online Concussion Training Course located at the following URL:" [http://www.cdc.gov/concussion/HeadsUp/online training.html](http://www.cdc.gov/concussion/HeadsUp/online%20training.html) . Once this is complete, a copy of the printable completion certificate should be forwarded to their Division Commissioner and League Safety Officer

- ▶ Arrangements will be made to have emergency medical supplies available at each game or practice. First Aid Kits are provided for each field and can be found in the field lock boxes. These kits will be checked and replenished regularly by the League Safety Officer.
- ▶ Managers and coaches shall be trained in First Aid and Basic Life support, such training to be provided by the League. Time and place of training will be March 25th at 7pm at Stamford High School in Stamford, CT.
- ▶ All games and practices will-be-suspended when weather does not permit a safe player environment.
- ▶ Field conditions will be inspected by both teams' coaches prior. to any game or practice.
- ▶ All dugouts will be policed by the occupying teams before and after each game or practice to ensure that they are kept free of debris.
- ▶ Only players, managers, coaches, league officials and umpires are allowed on the playing area and within dugouts during games and practices.
- ▶ Foul balls that are off the playing area will be retrieved by someone designated by the coach or umpire.

- ▶ All players should be kept attentive to game action and alert to potential harm from flying balls and/or equipment. Likewise all players should be instructed against any throwing of equipment or swinging of bats anywhere other than the batters box or designated "on-deck" area.
- ▶ Equipment will be maintained in proper working order and regularly inspected for problems. Any problems should be brought to the immediate attention of the League Equipment Manager.
- ▶ All players will wear all safety equipment as listed in the "Little League Safety Code".
- ▶ "Horse play" is not allowed in or near any playing area.
- ▶ No head-first sliding will be permitted on initial attainment of a base. Exception will be made for a player returning to a base in either a pick-off situation or following a base over-run.
- ▶ Players who are required to wear glasses should be encouraged to wear "Safety Glasses" during games and practices.
- ▶ Players will not wear watches, rings, pins other jewelry or metallic items while playing.
- ▶ Copies of team medical clearance forms are to be kept on-site with coach or manager during games and practices.

▶ Catchers must wear catcher's helmet, mask, throat guard, long model chest protector, shin guards and protective cup with athletic supporter (males) for all games and practices. NO EXCEPTIONS. Managers should encourage all male players to wear protective cups and supporters for all games and practices.

▶ Coaches are not allowed to catch pitchers (rule# 3.09), including acting as informal catcher during warm-ups or batting practices:

▶ All Managers, coaches and players must remain in the dugout when not on the field playing or as a base coach during the game and may not leave without the permission of the umpire. No "on-deck" batter is allowed in any level of baseball from Majors or below. The player must go directly from the dugout to the batter's box. Parents or other children are not allowed to mingle around the dugout and talk to the players or offer them food or drink. The batting team is allowed a coach in the first base coaches' box and a coach in the third base coaches' box. Any other coach or manager entering the field of play is an automatic time out and should be done only with the permission of the umpire.

▶ All managers and coaches are required to attend training on March 25th at 7 pm. Training will take place at Stamford High School in Stamford, CT.

# Emergency Medical Procedures

## Emergency Numbers:

Dial : 911

Norwalk Police: 854-3000

Norwalk Fire: 866 -3312

## Carry Cell Phone

Make arrangements to have a cellular phone available at your games and practices (Especially on fields where public phone access is unavailable)!!!!

**Remember: Some fields are located right next door to a Fire Station which contains trained emergency personnel. As you begin First Aid and/or dial 911, send someone to the Fire Station to request help!!**

## When To Call 911

If the injured person is unconscious, call 911 immediately. If the victim is conscious but has any of the following symptoms, call 911 and request a paramedic:

- ▶ Trouble breathing or is breathing in a strange way.
- ▶ Has chest pain or pressure.
- ▶ Is bleeding severely.
- ▶ Has pressure or pain in the abdomen that does not go away.
- ▶ Is vomiting or passing blood.
- ▶ Has seizures, severe headache or slurred speech.
- ▶ Appears to have been poisoned.
- ▶ Has injuries to the head, neck or back.
- ▶ Has possible broken bones

## 911 Protocol:

- ▶ Location of emergency. Tell Them where you are and how to find you..
- ▶ Callers Name and Phone Number from which call is being made.
- ▶ What Happened: describe the nature of the accident.
- ▶ How many people injured.
- ▶ Nature of the injuries.
- ▶ What First Aid is being given.

Do not hang up until dispatcher does. Appoint someone to go to the street and guide ambulance to your precise location. Continue First Aid until help arrives.

## Emergency Numbers

**Emergency: 911**

**Norwalk Police: 203-866-4414 Non Emergency**

**Norwalk Fire: 203-866-3312 Non Emergency**

**Poison Control: 1-800-343-2122**

### League Official Contact Information

Dan Balliet	league President	203-856-1808	Daniel.balliet@nielsen.com
Sean Collins	League Vice President/Treasurer	203-505-6725	seanycee@yahoo.com
Francis Norris-Oliva	league Secretary	203-644-5602	franno23@hotmail.com
Clarissa Echevarria	Safety Officer	203-223-0819	clarissamyway@aol.com
Guy Taccone	Challenger President	203-853-3132	challengers@optonline.net
Russ Burr	Umpire Chief	203-904-5540	Rburr_unh@hotmail.com
Stephen Stone	Sponsorship Manager/PR Coordinator	203-858-6001	stephen@dooney.com
Russ Miller	Schedule/Field Coordinator	203-223-1561	rooggy@aol.com
Kirk Gordon	Coaching/Instructional Coordinator	203-223-6079	kirkg30@yahoo.com
Mike Inzitari	Travel & Summer Coordinator	203-912-6121	mdinzi@optonline.net
Danny Stefanidis	Majors & AAA Commissioner/Player Agent	203-856-1955	nfdmonkeyl@aol.com
Rob Ridell	T-Ball, A, & AA Commissioner/Player Agent	203-555-5555	r94uconn@optonline.net
Brian Goddard	league Player Agent	978-273-6146	briancgoddard@yahoo.com
Brian Healy	league Officer	917-647-2224	brianjhealy@yahoo.com
Jessica Herlihy	league Marketing/PR Manager	914-409-6691	jessicaerlihy@yahoo.com
Penny Spinola	League Officer	203-246-6195	pspinola@johnmglover.com
Jon Maggio	league Officer	203-515-2555	jonmaggfo@optimum.net

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