

## **TPSS Safety Code**

TPSS is organized to provide a locally based, fun-filled, program for the youth of our community. The league recognizes that injuries do occur. Some are unavoidable. At the same time, awareness of safety issues and adherence to a safety code can greatly reduce the incidence of injuries. This safety code summarizes the responsibilities of players, parents, and fans. The success of the program depends upon a spirit of cooperation and participation by all those involved: managers, coaches, players, parents and fans.

### **Players' Duties**

1. Listen to your manager and coaches. Pay attention!
2. Don't play if you're injured. Tell your manager and parents if you're injured.
3. Be aware of your teammates. Don't throw the ball if your partner is not looking.
4. Don't swing bats near your teammates. Only on-deck batter swings a bat during a game.
5. Warm up and stretch before each practice and each game.
6. Practice the skill techniques you learn at practice on your own at home.
7. Wear long pants. Wear proper uniform at all games. No jewelry.
8. Always wear a batting helmet (with chinstrap, if available) when batting, on base, or on deck.
9. Drop the bat after you hit. Never throw a bat.

### **Parents'/Spectators' Duties**

1. Support your manager and coaches. Ask if you can help.
2. Volunteer to be the safety captain at a game.
3. Support the players, respect the game.
4. Help keep little brothers and sisters from roaming into the playing area.
5. Talk with your child about paying attention to the manager, coaches, and safety captain.
6. Advise the manager of any medical problems, allergies, or special health conditions that affect your child.
7. Parents are invited to provide additional safety equipment for your child as you deem appropriate. Examples include: mouth guards, cups, chest protectors, batting helmets equipped with face masks.
8. If your child wears eyeglasses, please purchase safety glasses.
9. Head first sliding is not permitted.
10. Consider sun block lotion.
11. No tobacco or alcohol allowed in playing area or in area where fans are sitting.

### **Managers' Duties**

1. The manager assumes overall responsibility for safety at practices and games.
2. The manager and coaches should become familiar with the league's emergency plan.
3. Always have players warm up and stretch.
4. Demonstrate proper use and adjustment of equipment.
5. Teach sliding techniques. No headfirst slides.
6. Teach and practice proper techniques for not throwing the bat.
7. Teach shielding sun on pop fly.
8. Emphasize communication on the field.
9. Emphasize that kids need to pay attention at all times.
10. When using pitching machine, all fielders must be behind the machine.
11. No one behind plate during batting practice unless in full catcher's gear.
12. Male catchers wear protective cup; all wear full catcher's equipment.
13. Helmets with chin strap worn at bat, on base, in on-deck circle.
14. Teach proper throwing/pitching techniques to avoid overuse injuries.
15. Abide by a doctor's or parent's decision on matters of health, injuries, and ability to play.
16. Don't allow a player to enter or re-enter a game if there's any doubt about an injury.
17. Read the entire safety code and the attached safety material.
18. Bring first-aid kit to all games and practices.
19. Check that players are not wearing any jewelry.

## **Game Safety**

1. Every team should designate a safety captain for each game.
2. Please bring plenty of liquids, especially on hot days. Consider having the juice parent bring in a cooler of ice with a clean washcloth. Do not provide players with high-sugar drinks or soda.
3. Only players, managers, coaches, safety captain and scorekeeper in the playing area.
4. For divisions in which players pitch, set-up a bullpen area within the Playing Area. Pitcher should face toward the outfield.

## **Emergency Plan**

If an accident occurs please use the following procedure:

1. Obtain hospital emergency care (Dial 911) IMMEDIATELY if:

- a. Obvious deformity of any bone
- b. Any alteration in consciousness
- c. Drowsiness
- d. Disorientation
- e. Persistent vomiting
- f. Pupils of unequal size
- g. Leakage of clear fluid from nose or ears
- h. Eye injury involving altered vision
- i. Any injury appearing serious or unusual
- j. Seizure (Place the child on his or her side, put something soft under the head, and wait until seizure subsides.)

Contact League Officials