

TUCKAHOE LITTLE LEAGUE  
DISTRICT 5 – Richmond, Virginia



## **2020 Tuckahoe Little League Safety Plan**

**League ID Numbers**  
**3460508 (Tuckahoe Little League)**  
**0211583 (Tuckahoe Little League Softball)**

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## **TUCKAHOE LITTLE LEAGUE SAFETY PLAN**

The goal of the Safety Plan is to develop guidelines for increasing the safety of activities, equipment, and facilities through education, compliance, and reporting. In support of the attainment of this goal, Tuckahoe Little League also commits itself to providing the necessary organizational structure to develop, monitor, and enforce the aspects of the plan. The Safety Plan, by reference, includes the Tuckahoe Little League's Safety Code, the Tuckahoe Little League's Code of Conduct, and the Tuckahoe Little League's Safety Manual. The combination of these documents outlines specific safety issues and the Tuckahoe Little League's policy or procedure for each issue. All participants, volunteers, employees, spectators, and guests are bound by the guidelines set forth in these documents.

## TLL Safety Code

- Responsibility for safety procedures should be that of an adult member of Tuckahoe Little League.
- Arrangements should be made in advance of all games and practices for emergency medical services.
- Managers, coaches, and umpires should have some training in first-aid. First Aid Kit should be available at the field.
- No games or practices should be held when weather or field conditions are not good, particularly when lightning is in the area.
- Play area should be inspected frequently for holes, damage, glass and other foreign objects.
- All team equipment should be stored within the team dugout, or behind screens, and not within the area defined by the umpires as “in play.”
- Only players, managers, coaches, and umpires are permitted on the playing field or in the dugout during games and practice sessions.
- Responsibility for keeping bats and loose equipment off the field of play should be that of a player assigned for this purpose or the team's manager and coaches.
- Procedures should be established for retrieving foul balls batted out of playing area.
- During practice and games, all players should be alert and watching the batter on each pitch.
- During warm-up drills players should be spaced so that no one is endangered by wild throws or missed catches.
- All pre-game warm-ups should be performed within the confines of the playing field and not within areas that are frequented by, and thus endanger spectators (i.e., playing catch, pepper, swinging bats, etc.)
- Equipment should be inspected regularly for the condition of the equipment as well as for proper fit.
- Batters must wear Little League approved protective helmets during batting practice and games.
- Catcher must wear catcher’s helmet/mask, throat guard, long model chest protector (Ages 12 and under), shin guards and protective cup with athletic supporter at all times (males) for all practices and games. **NO EXCEPTIONS.** Managers should encourage all male players to wear protective cups and supporters for practices and games.
- Except when runner is returning to a base, headfirst slides are not permitted. (12 years and under.)
- During sliding practice, bases should not be strapped down and should be located away from the base anchoring system..
- At no time should “horse play” be permitted on the playing field.
- Parents of players who wear glasses should be encouraged to provide “Safety Glasses.”
  
- Player must not wear watches, rings, pins or metallic items during games and practices.
- The Catcher must wear catcher’s helmet/mask with a throat guard in warming up pitchers. This applies between innings and in the bullpen practice.
- Managers and coaches may not warm up pitchers before or during a game.

- On-deck batters are not permitted (except in Juniors & Seniors Division).

### **Some Important Do's and Don'ts**

#### **Do . . .**

- Reassure and aid children who are injured, frightened, or lost.
- Provide, or assist in obtaining, medical attention for those who require it.
- Know your limitations.
- Carry your first-aid kit to all games and practices.
- Keep your "Prevention and Emergency Management of Little League Baseball and Softball Injuries" booklet with your first-aid kit.
- Assist those who require medical attention – and when administering aid, remember to . . .
  - **LOOK** for signs of injury (blood, black-and-blue deformity of joint, etc.)
  - **LISTEN** to the injured describe what happened and what hurts if conscious. Before questioning, you may have to calm and soothe an excited child.
  - **FEEL** gently and carefully the injured area for signs of swelling, or grating of broken bone.
- Have your player's Medical Clearance Forms with you at all games and practices.
- Make arrangements to have a cellular phone available when your game or practice is at a facility that does not have any public phones.

#### **Don't . . .**

- Administer any medications.
- Provide any food or beverages (other than water).
- Hesitate in giving aid when needed.
- Be afraid to ask for help if you're not sure of the proper procedures (i.e., CPR, etc.).
- Transport injured individuals except in extreme emergencies.
- Leave an unattended child at a practice or game.
- Hesitate to report any present or potential safety hazard to the Director of Safety immediately.

**Tuckahoe Little League  
Tuckahoe Little League Softball**

Tuckahoe Little League includes two chartered leagues, Tuckahoe Little League and Tuckahoe Little League Softball governed by a single board. Given the close cooperation of these two leagues, including the sharing of fields, this single safety plan covers both of these leagues.

This safety plan will be made available to all managers, coaches, board members and others involved in League activities. It will provide the guidelines and instructions for the safe operations of the leagues.

We expect all League volunteers, players and parents to abide by the plan and make safety a high priority in all League activities

**Safety Officer**

One of the elected members on the TLL Board is the Director of Safety. For the 2020 season, the Director is Jimmy McConnell, who, along with six other members of the Board comprises the Safety Committee. These individuals serve as Tuckahoe Little League's primary points of contact for the creation and enactment of the Safety Plan. The Director of Safety authors or modifies the League's Safety Plan, Code of Conduct, Safety Code, and Safety Manual each year, as necessary. These documents are then presented to the Board for approval and ratification (usually in February or March) for the upcoming season.

The ultimate responsibility for ensuring compliance of the Safety Plan lies with the Director of Safety. However, due to the size of Tuckahoe Little League, and to provide more width to the enforcement of the plan, the following individuals are tasked with ensuring the overall Safety Plan compliance with respect to the level-of-play specified below:

- Commissioner, Senior Baseball**
- Commissioner, Senior Softball**
- Commissioner, 50/70 Baseball**
- Commissioner, Major Baseball**
- Commissioner, Major Softball**
- Commissioner, Minor Baseball**
- Commissioner, Minor Softball**
- Commissioner, 9 Year-Old Baseball**
- Commissioner, 8 Year-Old Baseball**
- Commissioner, 7-8 Softball**
- Commissioner, 6-7 Year-Old Coach Pitch Baseball**
- Commissioner, 5 Year-Old T-Ball Baseball**
- Commissioner, 5 & 6 Year-Old T-Ball Baseball Softball**
- Commissioner, 4 Year Old Bubba Ball**
- Commissioner, Challenger League**

**Director of Safety's Responsibilities** – Within 48 hours of receiving the incident report, the Director of Safety is expected to contact the injured party or the party's parents and –

1. Verify the information received;
2. Obtain any other information deemed necessary;
3. Check on the status of the injured party; and
4. In the event that the injured party required other medical treatment (i.e., emergency room visit, doctor's visit, etc.) will advise the parent or guardian of the Tuckahoe Little League's insurance coverage and the provisions for submitting any claims.

If the extent of the injuries is more than minor in nature, the Director of Safety shall periodically call the injured party to –

1. Check on the status of any injuries and
2. To check if any other assistance is necessary in areas such as submission of insurance forms, etc. until such time as the incident is considered "closed" (i.e., no further claims are expected and/or the individual is participating in the league again)

### **TUCKAHOE LITTLE LEAGUE SAFETY COMMITTEE**

**Jimmy McConnell**  
**Safety Director**  
Cell: **804-840-7832**  
Email: [\*\*hatteras.bound@verizon.net\*\*](mailto:hatteras.bound@verizon.net)

**Jimmy McConnell**  
**Warren Kempf**  
**Matt Gouffon**  
**Ryan Plante**

### **TUCKAHOE LITTLE LEAGUE PHONE NUMBERS**

<b>Henrico County Police/Fire (Emergency):</b>	<b>911</b>
<b>Henrico County Police/Fire (Non-emergency):</b>	<b>501-5000</b>
<b>Poison Control Center:</b>	<b>1-800-222-1222</b>
<b>Child Abuse Hotline:</b>	<b>1-800-552-7096</b>
<b>Dominion Virginia Power:</b>	<b>1-888-667-3000</b>

## **Player Equipment**

### **Inspection and Quality**

The Equipment Manager shall be responsible for ensuring that the inventory of player equipment is of acceptable quality, in good condition and safe for play.

Each year before issuing equipment, the Equipment Manager supported by the Equipment Committee shall inspect all bats, gloves, catcher's equipment, batting helmets etc. to be issued to players and Managers. Any damaged equipment, or equipment found not to fully meet safe standards should be repaired or discarded. No incomplete or damaged equipment is to be issued to players or Managers.

Each Manager, upon receiving his/her equipment shall inspect all equipment to ensure that it is in good repair, complete, and safe to use. Any equipment found not to be so shall be returned to the Equipment Manager to be fully repaired or destroyed and discarded. The Equipment Manager shall replace any such equipment.

### **Practices and Equipment**

Catcher: In practice or warm-ups where no batter is present, the player serving as catcher must at a minimum always wear a catcher's helmet/mask and protective cup.

Batting helmets: All batters, runners and player/base coaches must wear an approved Little League batting helmet. Players in minor leagues and below will wear helmets with face protection. Any helmets where padding is damaged, or plastic is cracked, chipped or notably stressed are not to be used.

Fit: It shall be the responsibility of the Manager to properly fit the catcher's equipment and the batting helmets.

Bats: Little League International has assembled an online resource page dedicated to baseball bat information. Follow the link below to find the latest bat information, including the 2014 Little League Baseball rules and regulations governing bats, definition of terms, the moratorium on the use of composite bats, and a series of frequently asked questions, with answers and licensed bat lists.

<http://www.littleleague.org/learn/equipment/baseballbatinfo.htm>

Catcher's helmets: Mask must be properly adhered and all straps must be in place and functional; must be fully padded; must have dangling throat guard.

Catcher's chest protector: All straps must be in place and functional; male catchers must use long model chest protector (ages 12 and under).



Catcher's shin guards: All straps must be in place and functional.

Catcher's glove: All leather lacing must be in place and secured.

All players are expected to wear appropriate safety equipment (i.e. cups) at all practices and games.

Reduced Impact Balls: TLL uses reduced impact balls for T-Ball.

## **Facilities and Field Equipment**

### **Inspection**

Prior to the season, the Safety Director, VP Baseball and VP Softball shall inspect each field as part of this Safety Plan and reporting requirements.

### **Equipment**

Prior to the beginning of each season, the Equipment Director, VP Baseball and VP Softball will inspect each storage shed and box to ensure that proper storage conditions exist and that all equipment and supplies are complete and in good repair. Among the items are:

- Scoreboard Controllers
- Bases
- Umpire equipment

### **Game Field Preparation**

It shall be the responsibility of the home team to inspect and prepare the field for play before each game.

Infield preparation shall include:

- Fill low spots, especially around bases, plate and mound that may be a hazard.
- Find base pegs and install bases, ensuring that bottoms are flush with the ground.

### **Telephones**

The primary means for emergency communications at all fields is cell phones. All fields have adequate cell phone coverage.

## **League Facility Survey**

The League Facility Survey will be prepared each year and submitted as part of the Safety Plan. See Appendix.

## **Concession Stand**

TLL will abide by 12VAC-421-55 and utilize a Certified Food Protection Manager as required by law.

## **Food Handling**

Concession volunteers will be instructed to wash hands prior to beginning shift.

Appropriate tissues and gloves shall be provided, and all unpackaged foods shall be handled using such skin barriers.

## **Food Storage**

Perishable foods shall not be re-prepared. Cheese for nachos, hot dogs, hamburgers etc should be disposed if heated and not sold.

Perishable foods shall be stored in the refrigerator, and disposed at the perish date.

## **Concession Stand Safety**

The cooking facilities in the concession stand area contain fire extinguishers and extensive first-aid equipment, and a phone is available to contact emergency services if necessary. A list of all board members including cell phone #'s is posted at concession stand order to allow the concession stand manager to be in constant contact with the board member charged with security duty at the complex when games are being played.

## **First Aid and Accidents**

### **First Aid Kits**

It shall be the responsibility of the Safety Officer to supply a complete first aid kit for each field (in supply shed or box), the concession stand and the security duty golf cart at the beginning of the season, and to stock and replenish as needed

### **Accident Reporting**

**What to report** - An incident that causes any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid must be reported to the Director of Safety. This

includes even passive treatments such as the evaluation and diagnosis of the extent of the injury or periods of rest.

**When to report** – All such incidents described above must be reported to the Director of Safety or a member of the Board of Directors Executive Committee within 48 hours of the incident. The members of this committee include:

<b>Name</b>	<b>Board Position</b>	<b>Cell Phone</b>	<b>E-mail Address</b>
Jimmy McConnell	Safety Director	840-7832	<a href="mailto:hatteras.bound@verizon.net">hatteras.bound@verizon.net</a>
Scott Berger	President	370-6370	<a href="mailto:Scott.Berger@tuckahoe.org">Scott.Berger@tuckahoe.org</a>
Jason Williams	VP Administration	307-9333	<a href="mailto:Jwilliams@triumphjobs.com">Jwilliams@triumphjobs.com</a>
Bryan Cline	Player Agent, Baseball	869-5837	<a href="mailto:Bryan.Cline@tuckahoe.org">Bryan.Cline@tuckahoe.org</a>

**How to make the report** – Reporting incidents can come in a variety of forms. Most typically, they are telephone conversations. At a minimum, the following information must be provided:

1. The name and phone number of the individual involved.
2. The date, time, and location of the incident.
3. As detailed a description of the incident as possible.
4. The preliminary estimation of the extent of any injuries.
5. The name and phone number of the person reporting the incident.

**Director of Safety’s Responsibilities** – Within 48 hours of receiving the incident report, the Director of Safety is expected to contact the injured party or the party’s parents and –

1. Verify the information received;
2. Obtain any other information deemed necessary;
3. Check on the status of the injured party; and
4. In the event that the injured party required other medical treatment (i.e., emergency room visit, doctor’s visit, etc.) will advise the parent or guardian of the Tuckahoe Little League’s insurance coverage and the provisions for submitting any claims.

If the extent of the injuries is more than minor in nature, the Director of Safety shall periodically call the injured party to –

1. Check on the status of any injuries and
2. To check if any other assistance is necessary in areas such as submission of insurance forms, etc. until such time as the incident is considered “closed” (i.e., no further claims are expected and/or the individual is participating in the league again).

## **Training**

Safety rules require all coaches and managers to have training in First Aid and coaching training. Each team must have the manager and coaches obtain First Aid training and coaching training annually. There will be no exceptions.

## **First Aid**

First Aid training is scheduled for coaching clinics to be held in February and March.

## **Coaches Clinic**

Tuckahoe Little League offers a comprehensive training program for managers and coaches. This includes training in skills, positive coaching and in rules and league operations.

The coaches clinics are scheduled for each league in February and March, and are mandatory for all managers and coaches.

## **Managers and Coaches Meetings**

Each league commissioner and player agent will hold a meeting for managers and coaches covering the logistics for the season. These sessions cover rules, parameters regarding playing or practicing in weather, complaint and accident procedures and other procedures to be used during the season. These sessions also include guidance for how to coach.

## **Resource Materials**

Each manager shall be issued the following resources and instructed to follow all rules and guidelines therein.

- Current official Little League rulebook
- Tuckahoe Little League Managers manual (including safety and operating guidelines)
- League Safety Plan

## **Volunteer Applications and Background Checks**

Volunteers as designated below shall be required to complete the Little League Volunteer Application Form and sign the waiver providing permission for a background check. They must also supply a photo ID.

Volunteers who must comply are:

- Members of the Board of Directors
- Managers
- Coaches
- Team Parents
- Team Volunteers

For purposes of this requirement, coaches shall include all coaches of record, as well as any additional volunteers with whom there is agreement that they will regularly and consistently assist in practices or games in direct contact with players.

The League President shall ensure that Volunteer Application Forms have been completed and submitted by all designated volunteers, conduct the sex offender background checks, and retain the forms for the year of service. Background checks will be conducted through First Advantage through Little League International at: <https://ca.fadv.com/CA/welcome.do?LLinternational> or such other background check service approved by Little League.

Anyone refusing to complete the Volunteer Application or to sign its background check waiver is ineligible to participate in any roles described above.

### **Player Registration Data**

Player registration data is submitted via the Little League Data Center at: [www.littleleague.org](http://www.littleleague.org)

### **Medical Release, Parent Contact Information**

Each manager shall have a copy of the medical release/parent contact form for each child at every practice and game. No child may play or practice if the manager does not have a copy of the medical release/parent contact form. No practice or game may be held if the manager/coach does not have medical release/parent contact forms for the players at the field.

### **WHAT PARENTS SHOULD KNOW ABOUT LITTLE LEAGUE INSURANCE**

The Little League Insurance program is designed to afford protection to all participants at the most economical cost to the local league. It can be used to supplement other insurance carried under a family policy or insurance provided by the parents' employer(s). If there is no other coverage, Little League Insurance – which is purchased by the league, not the parent – takes over and provides benefits, after a \$50 deductible per claim, for all covered injury treatment costs up to the maximum stated benefits. This plan makes it possible to offer exceptional, low-cost protection with assurance to parents that adequate coverage is in force at all times during the season. If your child sustains a covered injury while taking part in Little League Baseball, here is how the insurance works:

1. File claim initially under the insurance carried by the family.
2. Should your family insurance plan not fully cover the injury treatment, the Little League insurance policy will help pay the difference after a \$50 deductible per claim, up to the maximum stated benefit. This includes any deductibles or exclusions in your own insurance.
3. If your child is not covered by any family insurance, the Little League insurance policy becomes primary and will provide benefits for all covered injury treatment costs, after a \$50 deductible per claim, up to the maximum benefits of the policy.
4. Treatment of dental injuries can extend beyond the normal 52-week period if dental work must be delayed due to physiological changes of a growing child. Benefits will be paid at the time treatment is given, even though it may be some years later. Maximum dollar benefit is \$1500 for eligible dental treatment after the normal 52-week period subject to the \$50 per claim deductible.

We hope this brief summary has been helpful in a better understanding of an important aspect of the operation of the Little League endorsed insurance program.

## Filing an Insurance Claim

### Filing Information

For insurance filing, please follow the instructions given by National Little League. This information can be found at the following locations:

Insurance information can be found on the National Little League Site at:

[http://www.littleleague.org/Learn\\_More/About\\_Our\\_Organization/insurance/accident.htm](http://www.littleleague.org/Learn_More/About_Our_Organization/insurance/accident.htm)

The accident notification form can be found at:

[http://www.littleleague.org/Assets/forms\\_pubs/asap/Injury\\_Tracking\\_Form.pdf](http://www.littleleague.org/Assets/forms_pubs/asap/Injury_Tracking_Form.pdf)

The claim form can be found at

[http://www.littleleague.org/Assets/forms\\_pubs/asap/AccidentClaimForm.pdf](http://www.littleleague.org/Assets/forms_pubs/asap/AccidentClaimForm.pdf)

### TUCKAHOE LITTLE LEAGUE CODE OF CONDUCT

- The speed limit is 10 mph in roadways and parking lots while attending any Tuckahoe Little League function. Watch for small children around parked cars.
- No alcohol allowed in any parking lot, field, or common areas within the Tuckahoe Sports Park
- No playing in parking lots at any time.
- No playing on and or around lawn equipment.
- Use crosswalks when crossing roadways. Always be alert for traffic.
- No profanity please.
- No swinging bats or throwing baseballs at any time within the walkways and common areas of Tuckahoe SportsPark
- No throwing balls against dugouts or against backstop. Catchers must be used for all batting practice sessions.
- No throwing rocks.
- No horse play in walkways at any time.
- No climbing fences.
- Only a player at bat, may swing a bat (age 5 – 12). on the field at bat. Junior League and Up the on deck batter is allowed except on field 8 due to the short proximity to the playing from the dugout area. Be alert of area around you when swinging bat while in the on-deck position.
- Observe all posted signs. Players and spectators should be **Alert** at all times for **Foul Balls** and **Errant Throws**.
- During game, players must remain in the dugout area in an orderly fashion at all times.
- After each game, each team must clean up trash in dugout and around stands.
- All gates to the field must remain closed at all times. After players have entered or left the playing field, gates should be closed and secured.
- No children under the age of 16 are to be permitted in the Snack Bar.

**Note:** Failure to comply with the above may result in expulsion from the Tuckahoe Little League field or complex.

## **ARE MANAGERS AND COACHES 'EXPECTATIONS' REASONABLE AND CONSISTENT?**

### **WHAT DO MANAGERS AND COACHES EXPECT FROM THE PLAYERS?**

- To be on time for all practices and games.
- To always do their best whether in the field or on the bench.
- To be cooperative at all times and share team duties.
- To respect not only others, but themselves as well.
- To be positive with teammates at all times.
- To try not to become upset at their own mistakes or those of others, we will all make our share this year and we must support one another.
- To understand that winning and losing are equally important lessons to teach the players, as both are important parts of any sport.

### **WHAT DO PLAYERS & THEIR FAMILIES EXPECT FROM MANAGERS AND COACHES?**

- To be on time for all practices and games.
- To be as fair as possible in giving playing time to all players.
- To do the best job possible to teach the fundamentals of the game.
- To be positive and respect each child as an individual.
- To set reasonable expectations for each child and for the season.
- To teach the players the value of winning and losing.
- To be open to ideas, suggestions or help.
- To never holler at any member of their team, the opposing team or umpires. Any confrontation will be handled in a respectful, quiet, and individual manner.

### **WHAT DO MANAGERS & COACHES EXPECT FROM PARENTS AND FAMILY?**

- To come out and enjoy the game. Cheer to make all players feel important.
- To allow me to coach and run the team.
- To try not to question my leadership. All players will make mistakes and so will I.
- Do not holler at the players, the umpires or me. We are all responsible for setting examples for our children. We must be the role models in society today. If we eliminate negative comments, the children will have an opportunity to play without any unnecessary pressures and will learn the value of sportsmanship.
- If you wish to question my strategies or leadership, please do not do so in front of the players or fans. My phone number will be available for you to call at any time if you have a concern. It will also be available if you wish to offer your services at practice. A helping hand is always welcome.

Finally, don't expect the majority of children playing Little League baseball to have strong skills. We hear all our lives that we learn from our mistakes. Let's allow them to make their mistakes, but always be there with positive support to lift their spirits!

## **PRESS BOX AND STORAGE AREA PROCEDURES**

The following applies to all of the press boxes and storage areas used by Tuckahoe Little League and apply to anyone who has been issued a key by Tuckahoe Little League to use those storage areas.

- All individuals with keys to the Tuckahoe Little League press boxes (i.e., managers, umpires, etc.) are aware of their responsibilities for the orderly and safe storage, bases, umpire equipment etc.
- Before you use any machinery located in the shed, (scoreboards, public address systems, etc.) please locate and read the written operating procedures for that equipment.

## **GENERAL HEALTH PROCEDURES**

### **Communicable Disease Procedures:**

- Bleeding must be stopped, the open wound covered, and the uniform changed if there is blood on it before the athlete may continue.
- Routinely use gloves, to prevent mucous membrane exposure, when contact with blood or other body fluids are anticipated (provided in first-aid kit).
- Immediately wash hands and other skin surface if contaminated with blood.
- Clean all blood contaminated surfaces and equipment.
- Managers, coaches, and volunteers with open wounds should refrain from all direct contact until the condition is resolved.
- Follow accepted guidelines in the immediate control of bleeding and disposal when handling bloody dressings, mouth guards and other articles containing body fluids.

## **SOME GENTLE REMINDERS**

### **When Treating an Injury, Remember:**

Protection  
Rest  
Ice  
Compression  
Elevation  
Support

- Make sure your coaches have correctly filled out the Play-Safe disclosure statement and sent it to the appropriate party. (If you need more forms, contact the Director of Safety).
- Tuckahoe Little League goes to great lengths to provide as much training and instruction as possible. Attend as many of the clinics as possible.



- Check your 'Mail Box' in the Board Room regularly for league updates, memorandum, and special notices.
- Check the Tuckahoe Little League Home Page frequently. Lots of information and a complete league calendar can be found there and can be a very valuable resource.

**Remember, safety is everyone's job. Prevention is the key to reducing accidents to a minimum. Report all hazardous conditions to the Safety Director or another Board member immediately. Don't play on a field that is not safe or with unsafe playing equipment. Be sure your players are fully equipped at all times, especially catchers and batters. And, check your team's equipment often.**

## **SAFETY AND THE WEATHER**

### **Lightning Facts and Safety Procedures**

Consider the following facts:

- The average lightning stroke is 6 – 8 miles long.
- The average thunderstorm is 6 – 10 miles wide and travels at a rate of 25 miles per hour.
- Once the leading edge of a thunderstorm approaches to within 10 miles, you are at immediate risk due to the possibility of lightning strikes coming from the storm's overhanging anvil cloud (for example, the lightning that injured 13 people during a concert at RFK occurred while it was sunny and dry).
- On the average, thunder can only be heard over a distance of 3 – 4 miles, depending on humidity, terrain, and other factors. This means that by the time you hear the thunder, you are already in the risk for lightning strikes.

#### **“Flash-Bang” Method:**

One way of determining how close a recent lightning strike is to you is called the “flash-bang” method. With the “flash-bang” method, a person counts the number of seconds between the sight of a lightning strike and the sound of thunder that follows it. Halt-play and evacuation should be called for when the count between the lightning flash and the sound of its thunder is 15 seconds or less.

#### **Rule of Thumb:**

The ultimate truth about lightning is that it is unpredictable and cannot be prevented. Therefore, a manager, coach, or umpire who feels threatened by an approaching storm should stop play and get the kids to safety – regardless of whether or not the lightning detector goes off (at Thaiss), or if the “flash-bang” proximity measure applies. When in doubt, the following rule of thumb should be applied:

## WHEN YOU HEAR IT – CLEAR IT

### **Where to Go?**

No place is absolutely safe from the lightning threat, but some places are safer than others. Large enclosed shelters (substantially constructed buildings) are the safest (like our press boxes). For the majority of participants, the best area for them to seek shelter is in a fully enclosed metal vehicle with the windows rolled up. If you are stranded in an open area and cannot get to shelter in a car, put your feet together, crouch down, and put your hands over your ears (to try and prevent eardrum damage).

### **Where NOT to Go!!**

Avoid high places and open fields, isolated trees, unprotected gazebos, rain or picnic shelters, dugouts, flagpoles, light poles, bleachers (metal or wood, metal fences, and water). Nobody is allowed to stand under the Concession Stand gazebo during a lightning storm (the Concession Stand will be closed for business until play resumes).

**No one may return to the field to resume play until 30 minutes after the last lightning strike.**

### **First Aid to a Lightning Victim:**

Typically, the lightning victim exhibits similar symptoms as that of someone suffering from a heart attack. In addition to calling 911, the rescuer should consider the following:

- The first tenet of emergency care is “make no more casualties.” If the victim is in a high-risk area (open field, isolated tree, etc.) the rescuer should determine if movement from that area is necessary – lightning can and does strike the same place twice. If the rescuer is at risk and movement of the victim is a viable option, it should be done.
- If the victim is not breathing, start CPR.
- Determine if the victim has a pulse. If no pulse is detected, start CPR.

***Note: only a person knowledgeable and trained in the technique should administer CPR.***

