

Safety is Everyone's Responsibility

Trumbull Little League's priority is Safety First! The entire Little League community must work together to ensure that games, practices, and other events remain safe – and therefore fun – for all TLL players.

The purpose of this TLL Safety Plan is to communicate guidelines for increasing the safety of activities, equipment, instruction and facilities through education, compliance, and reporting. In support of this goal, TLL also commits itself to providing the necessary organizational structure and focus to develop, monitor, and enforce compliance with all aspects of the plan.

All participants, volunteers, employees, spectators, and guests are bound by the guidelines set forth in these documents.

The League President and Safety Officer have primary responsibility for developing, implementing, and ensuring compliance with the Safety Plan. However, the entire Trumbull Little League Board of Directors, elected League Officers, and Board Approved Managers and Coaches share in the responsibility to ensure awareness and compliance with the Safety Plan relative to their respective position or office.

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

About 600 children participate in Trumbull Little League, and the job of keeping our kids safe requires the active support of the entire TLL village.

Manager & Coach Responsibilities

- Teach players the **fundamentals** of the game while advocating safety, including but not limited to:
 - Fielding ground balls and fly balls
 - Throwing correctly and only to players expecting a throw
 - Warming up to avoid injury
 - Safely handling a baseball bat
 - Turning away properly from a pitch thrown at the player
 - Sliding correctly
- Understand and manage to what the players are safely capable of.
- Notify a parent/guardian that if a child sustains a serious injury or suspected concussion, he or she cannot return to practice unless they have a note from their doctor.

Prior to the Game Managers will:

- Work with the umpire to walk the field prior to the game for hazards. Look for rocks, glass, holes etc. and correct if feasible. It is the coach/managers **responsibility** to assure the players safety during the game.
- Work with the umpire to inspect the players' equipment before use. If a player has unsafe equipment: it is recommended it be made unusable
- Ensure the players warm up prior to the game, are ready to play, are not injured or sick

During the Game Managers will:

- Make sure that players carry all gloves and other equipment off the field and to the dugout when their team is up at bat. No equipment shall be left lying on the field, either in fair or foul territory.
- Keep players **alert** in the field and orderly in the dugout.
- Make sure catchers are wearing the **proper equipment** including cup and mask with dangling throat-guard. Catchers must wear catcher's mask/helmet during warmup and infield/outfield practice.
- Observe the "**no on-deck**" rule for batters and keep players behind the screens at all times. Bats stay in bags or racks in the dugout.
- Keep players off the fences, backstops, and cages.
- Ensure players use equipment appropriate and allowed for age, division, and ability. For example, do not use hardballs in divisions where safety balls are provided and mandated.
- **Never allow children to play if they are ill, sustained a suspected concussion or head injury, or are injured.** In the event of a collision play it safe and test for suspected concussion using league-provided tool
- Immediately attend to players who become injured in a game. You must **notify a parent** no matter how small or insignificant the injury is. If there was an injury requiring professional medical care, complete an accident report form and provide the forms and information to the TLL Safety Officer.

- First-aid kits are issued to each team manager, and shall be present at each Little League game or practice.
- No games or practices should be held when weather or field conditions are unsafe, particularly when footing is poor or lighting is inadequate.
- Managers and/or umpires shall walk the fields and inspect for hazards prior to using the field. Play area should be inspected frequently for holes, damage, rocks, glass and other foreign objects that could cause injury.
- All team equipment should be stored within the team dugout, or behind screens, and not within areas defined by the umpires as "in play".
- 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.
- During practice and games, all players should be alert and watching the batter on each pitch.
- Only a player on the field called to bat by the umpire may swing a bat (Age 5 - 12). No on deck position or swings are permitted. When called to bat by an umpire proceed to the batter's box and take a couple of practice swings before entering. At all times, players need to be alert of the area around them when swinging bats.
- No swinging bats at any time within the walkways, common areas, on deck position and dugouts.
- During warm-up drills, establish enough space between players so that no one is endangered by wild throws or missed catches.
- Equipment should be inspected regularly for condition, proper fit, and compliance with Little League Baseball rules and regulations.
- Batters must wear NOCSAE approved protective helmets during batting practice, coaching or running bases, and at bat during games and practices. Face masks, safety vests and mouth guards are permissible and recommended for those players/parents with concerns in these areas.

- Players shall be instructed on how to properly turn away from pitches thrown at them rather than ducking or turning into the pitch.
- Catcher must wear catcher's helmet, mask, throat guard, chest protector, shin guards and protective cup (males) at all times for all practices and games. NO EXCEPTIONS. Managers should encourage all other male players to wear protective cups for practices and games.
- The Catcher must wear catcher's helmet and mask with a throat guard while warming up pitchers. This applies to before games, between innings and in the bullpen during all games and practices. NO EXCEPTIONS.
- Parents of Players who wear glasses should be encouraged to provide "safety glasses".
- 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.).
- Reduced impact balls are to be used for T-ball, and rookie level play and considered for practice use in other divisions.
- All players are suggested to consider wearing baseball pants.
- Player's are to be encouraged to drink water, or sports drinks in moderation during practice and games.

Remember, safety is everyone's job. Prevention is the key to reducing accidents to a minimum. Report all hazardous conditions to the League Safety Officer or another Board member immediately. Do not 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.

Guidelines for use of batting cages

Trumbull little League has implemented the following guidelines for use of batting cages:

- Adult supervision is required at all times
- Close the entry gate prior to batting
- Batters must wear helmets
- Pitcher/pitching machine operator must use an “L” screen
- Only coaches may pitch to batters. No 'kid pitchers' allowed
- Pitching machine must be operated by an adult.
- Only batter and one pitcher/machine operator allowed during batting

LIGHTNING PROCEDURES

When lightning is seen/heard anywhere near the vicinity of the field:

- Stop Game/Practice immediately
- Stay away from metal backstop, fencing, bleachers (including dugouts)
- Wait for an official Umpire decision on whether or not to continue the game or coach determination to continue practice.

First Aid DO'S....

- Reassure and aid children who are injured
- Provide or obtain medical attention for those who require it.
- Give aid when needed to the extent of your ability. Know your limitations.
- Carry your first-aid kit to all games and practices.
- Assist those who require medical attention before any other priority.
- Make arrangements to have a cellular phone available at every TLL event.
- Ask for help if you're not sure of the proper procedures (i.e. CPR, etc.)
- Report any present or potential safety hazard to the League Safety Officer immediately

First Aid DON'T'S....

- Administer any medications.
- Provide any food or beverages (other than water) to an injured individual
- Transport injured individuals except in extreme emergencies.
- Leave an unattended child at a practice or game.
- Be alone with a child not your own, but instead always have your child at least and another parent or coach stay until the child's parent arrives.

HEAD INJURIES

WHAT SHOULD A COACH DO WHEN A CONCUSSION IS SUSPECTED?

- Remove player from field
- Evaluate the player.
- Keep the player out of the game if a concussion is suspected.
- Contact parent/guardian and advise the athlete be evaluated right away by an appropriate health care professional.
- Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:
 - Cause of the injury and force of the hit or blow to the head
 - Any loss of consciousness (passed out/knocked out) and if so, for how long
 - Any memory loss immediately following the injury
 - Any seizures immediately following the injury
 - Number of previous concussions (if any)
- Allow the athlete to return to play only with written permission from a health care professional with experience in evaluating for concussion. Prevent common long-term problems and the rare second impact syndrome by delaying the athlete's return to the activity until the player receives appropriate medical evaluation and approval for return to play.

Safe to Compete

In light of some recent abuse cases Trumbull Little League is making an effort to inform coaches of some safe coaching methods in terms of interaction with the athletes. Using the principles of [Safetocompete.org](https://www.safetocompete.org) we are encouraging all coaches to visit the website and find the information that pertains to your team's age groups. All coaches go through an extensive background check which helps us eliminate any possible inadequate candidates. Listed below are some of the more important safety measures we should make every attempt to adhere to.

- A safe coach to athlete ratio for practices and games, there should be a minimum of two coaches for any practice or game.
- For practices the coach should never be alone with the team ask a parent to stay and watch practice
- At the end of practice make sure another coach or adult stays with you until every athlete has left
- Never leave an athlete at the field with another parent or adult
- There should be two unrelated adults to the athlete waiting for pick up.
- Avoid physical contact with the athlete
- When possible talk to the athlete at eye level