

A Safety Awareness Program (ASAP) Summary Page



Website: olentagybravesll.org

Board of Directors (see website for full Board list):

| | | |
|-------------------|-------------------|--------------------------------|
| President | Matt Brinkman | president@olentagybravesll.org |
| Vice-President | Michael Loox | vp@olentagybravesll.org |
| Safety Officer | Brian Williams | safety@olentagybravesll.org |
| Fields Manager | Steve Hendrix | fields@olentagybravesll.org |
| Equipment Manager | Adam Zielachowski | equipment@olentagybravesll.org |

Emergency Phone Numbers:

| | | |
|-------------------------------------|----------------------------------------------|--------------|
| | | 9-1-1 |
| Delaware County Sheriff | 844 US-42, Delaware, OH 43015 | 740-833-2800 |
| Delaware Fire/EMS Department | 99 S Liberty St, Delaware OH 43015 | 740-203-1300 |
| Orange Township Fire/EMS Department | 7307 Old State Rd, Lewis Center, OH 43035 | 740-548-6346 |
| Orange Township Fire/EMS Department | 160 Orange Rd, Lewis Center, OH 43035 | 740-548-7537 |
| Berlin Township Fire/EMS Department | 2708 Lackey Old State Rd, Delaware, OH 43015 | 740-548-6031 |

COACHES SHOULD ALWAYS:

- Walk the field for debris/foreign objects
- Inspect helmets, bats and catchers gear
- Have a First Aid Kit on hand
- Check conditions of fences, backstops, bases and warning track
- Have a cell phone on hand
- Have players stretch and perform warm- up drills

Volunteers

All volunteers must complete the volunteer application.

Use the Basic Volunteer Application which can be found in the Coaching Resource Center or register an account through the website and select a volunteer position.

Little League Rules, Regulations and Guidelines:

Olentangy Little League will require all teams to enforce all Little League® rules including, but not limited to:

- No gum, seeds, or food allowed- these present a choking hazard to players and create a mess in the dugouts.
- Sliding will be feet first- no head first slides except when returning to first base on pick-off attempts.
- No metal cleats will be allowed.
- A player should never be encouraged to "play through pain". Pain is a warning sign of injury and ignoring it can lead to greater injury.
- Pitch count limits and rest periods between appearances will be adhered to, and A Little League® Pitch Count Data Sheet (Pitching Log) must be completed during every game.
- Regulation VI - PITCHERS
 - (a) Any player on a regular season team may pitch. Exception: Any player that has played the position of catcher in four or more innings is not eligible to pitch on that calendar day.
 - (b) A pitcher once removed from the mound cannot return as pitcher.

(c) The manager must remove the pitcher when said pitcher reaches the limit for his/her age group:

| | |
|------------|--------------------|
| Ages 13-16 | 95 pitches per day |
| Ages 11-12 | 85 pitches per day |
| Ages 9-10 | 75 pitches per day |
| Ages 7-8 | 50 pitches per day |

(d) Pitchers league age 14 and under must adhere to the following rest requirements:

- 66 or more pitches in a day, 4 calendar days of rest must be observed
- 51-65 pitches in a day, 3 calendar days of rest must be observed
- 36-50 pitches in a day, 2 calendar days of rest must be observed
- 21-35 pitches in a day, 1 calendar day of rest must be observed
- 1-20 pitches in a day, no calendar day of rest is required

- No "on-deck" batters- this will help prevent someone from getting hit with a bat.
BATTERS WILL NOT SWING UNTIL THEY'RE AT THE PLATE! Only the first batter of each half-inning will be allowed outside the dugout between the half-innings.

- Catchers must wear complete protective equipment including a helmet and mask with a dangling-style throat protector, long-style chest protector, shin guards, and a protective "cup" style athletic supporter.

- Lightning Safety Guidelines
Who should monitor the weather during games?
Designate a lightning monitor. This should not be coaches, umpires or referees, as they are not able to devote the attention needed to adequately monitor conditions.

When should activities be stopped?

The sooner activities are stopped and people are able to get to a safe place, the greater the level of safety. If thunder is heard, or lightning sighted, evacuate the field immediately! As a guideline, fields should be evacuated when storms are about 6-10 miles away.

When should activities be resumed?

Because electrical charges can linger in clouds after a thunderstorm has passed, experts agree the people should wait at least 30 minutes after a storm to resume activities.

- Heat Illness Prevention

Watch for heat illness signs

Provide a cool location out of the sun for mild symptoms (i.e., headache, dizziness, etc.) and seek immediate medical attention for severe symptoms (i.e., confusion, nausea, clamminess or lack of sweating, etc.).

Drink Early, Drink Often

During hot weather drink plenty of fluids before, during and after practice sessions or games to prevent dehydration.

Coaches will use the **ASAP Incident/Injury Tracking Report** and will provide a completed form to the Safety Officer within 48 hours of any incident or injury that receives first aid or that precludes a player from returning to the game.

The ASAP incident/Injury Tracking Report can be found in the Coaches Resource Center of the website under Forms and Publications.

For Local League Use Only

Activities/Reporting A Safety Awareness Program's Incident/Injury Tracking Report

League Name: _____ League ID: ____ - ____ - ____ Incident Date: _____

Field Name/Location: _____ Incident Time: _____

Injured Person's Name: _____ Date of Birth: _____

Address: _____ Age: _____ Sex: Male Female

City: _____ State _____ ZIP: _____ Home Phone: () _____

Parent's Name (If Player): _____ Work Phone: () _____

Parents' Address (If Different): _____ City _____

Incident occurred while participating in:

A.) Baseball Softball Challenger TAD

B.) Challenger T-Ball Minor Major Intermediate (50/70)

Junior Senior Big League

C.) Tryout Practice Game Tournament Special Event

Travel to Travel from Other (Describe): _____

Position/Role of person(s) involved in incident:

D.) Batter Baserunner Pitcher Catcher First Base Second

Third Short Stop Left Field Center Field Right Field Dugout

Umpire Coach/Manager Spectator Volunteer Other: _____

Type of injury: _____

Was first aid required? Yes No If yes, what: _____

Was professional medical treatment required? Yes No If yes, what: _____
(If yes, the player must present a non-restrictive medical release prior to to being allowed in a game or practice.)

Type of incident and location:

A.) On Primary Playing Field B.) Adjacent to Playing Field D.) Off Ball Field

Base Path: Running or Sliding Seating Area

Hit by Ball: Pitched or Thrown or Batted Parking Area Car or Bike or

Collision with: Player or Structure C.) Concession Area Walking

Grounds Defect Volunteer Worker League Activity

Other: _____ Customer/Bystander Other: _____

Please give a short description of incident: _____

Could this accident have been avoided? How: _____

This form is for local Little League use only (should not be sent to Little League International). This document should be used to evaluate potential safety hazards, unsafe practices and/or to contribute positive ideas in order to improve league safety. When an accident occurs, obtain as much information as possible. For all Accident claims or injuries that could become claims to any eligible participant under the Accident Insurance policy, please complete the Accident Notification Claim form available at http://www.littleleague.org/Assets/forms_pubs/aaap/AccidentClaimForm.pdf and send to Little League International. For all other claims to non-eligible participants under the Accident policy or claims that may result in litigation, please fill out the General Liability Claim form available here: http://www.littleleague.org/Assets/forms_pubs/aaap/GLClaimForm.pdf.

Prepared By/Position: _____ Phone Number: () _____

Signature: _____ Date: _____