

White Plains Little League

2020 Safety Manual
For
Managers and Coaches

Play Hard - Play Safely

League ID Number: 02322018

In 1995, Little League Baseball introduced ASAP (A Safety Awareness Program) with the goal of creating “awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League Baseball”. This manual is offered as a tool to place some important information at managers’ and coaches’ finger tips.

WHITE PLAINS LITTLE LEAGUE SAFETY CODE

Dedicated to Injury Prevention

- A. Managers and coaches must attend mandatory softball and baseball fundamentals and first aid training clinics. Softball and baseball fundamentals coaching clinics are scheduled for March 28, 2020, respectively. They are to be held at the White Plains Highlands Middle School. The safety clinics are currently scheduled to be held at White Plains Highlands Middle School on March 28, 2020. At least one manager or coach from each team is required to attend the safety clinic.
- B. No games or practices should be held when weather or field conditions are not good or when lighting is inadequate.
- C. The playing area must be inspected frequently for unsafe conditions such as holes, stones, glass, other foreign objects and beehives before games or practices. This inspection is to be made by both home and visitor team coaches
- D. All team equipment should be stored within the team dugout or behind screens and not in any area which could be “in play” or which could present a hazard. Bad equipment must be replaced.
- E. Only players, managers, coaches, and umpires are permitted on the playing field or in the dugout during games and practices.
- F. 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 spectators.
- G. Equipment should be inspected regularly for the condition as well as for proper fit. Inspections should be performed by umpires and coaches by use. Batters, base runners and player-coaches must wear NOCSAE helmets during batting practice and games. Catchers must wear a catcher’s helmet, mask, throat guard, long model chest protector, shin guards and protective cup with athletic supporter (males) at all times during practices and games. All male players are strongly encouraged to wear a protective cup especially when a hardball is in use. Safety glasses are recommended.
- H. Except when a runner is returning to a base, headfirst slides are not permitted. Any player sliding head first during a game shall be called out.

- I. At no time should “horse play” be permitted on or around the playing field.
- J. Parents of players who wear glasses should be encouraged to provide “safety glasses”.
- K. Players must not wear watches, rings, earrings, pins or metallic items during games or practices.
- L. Only the player at bat on the field or inside the batting cage may swing a bat. No on-deck batters are permitted. Bat safety at practices is critical.
- M. Only the appropriate ball for each developmental level should be used.
- N. Metal cleats are not permitted.
- O. Ice should be available at all games and practices.
- P. Parents should be encouraged to remain at games and practices. Never leave an athlete unattended after a game or practice.
- Q. Players should be cautioned never to throw bats.
- R. All appropriate persons must be checked against the statewide sex offender registry.
- S. Little League rules, including proper equipment, must be enforced.
- T. First aid kits are issued to each team and must be brought to each game or practice.
- U. Mobile phones must be brought to each game or practice in case of emergency.
- V. At the beginning of each baseball game, managers and coaches shall confer with the umpire(s) and the official scorekeeper to review the procedures to comply with the new pitch count regulations, which shall be followed and enforced during each game.
- W. This Safety Manual shall be distributed to all managers and coaches either along with the distribution of the team equipment or at the safety clinics. Alternately, the plan is available on the WPLL Website.

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.
- Carry your **first-aid kit** to all games and practices
- Make arrangements to have a **cellular phone** available.
- Assist those who require medical attention - and when administering aid, remember to...
 - **LOOK** for signs of injury (e.g. Bleeding, black-and-blue, deformity of joint etc.).
 - **LISTEN** to the child describe what happened and what hurts. Calm and soothe an excited child.
 - **FEEL** gently and carefully the injured area for signs of swelling, or grating of broken bone.
- **WARM-UP & STRETCH.** Be sure to have all young athletes warm up and stretch adequately.
- **FLUIDS FLUIDS FLUIDS.** Avoid dehydration and heat illness by making sure all players drink fluids, especially on hot humid days.
- Know your players' **existing medical conditions**. Discuss existing medical conditions with parents. Ask specifically for information regarding allergies (especially to insect stings), asthma, diabetes, bleeding disorders, infectious diseases and attention disorders.
- **ICE ICE ICE.** Assign one or more parents to bring ice and plastic bags to all games and practices. Almost all minor injuries at a baseball game should be iced to ease pain, reduce swelling and minimize inflammation. Don't apply ice directly to a player's skin.
- **REST.** Young athletes rarely will ask to leave a game. Injured players or players experiencing any pain or showing signs of overuse injuries should be rested.
- **SUNBLOCK.** Encourage athletes to use sunblock.

SOME IMPORTANT DO'S AND DON'TS – CONTINUED

DON'T...

- Provide any food or beverages to an injured player 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 or move severely 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 Safety Director immediately.

Communicable Disease Procedures

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

Important Phone Numbers:

White Plains Police Emergency: 911

White Plains Police Non-emergency: 914 422-6111

Kevin Scully, President of White Plains Little League: 914 645-6681

City of White Plains Recreation Department: 914 422-1336

ACCIDENT REPORTING PROCEDURES:

What to report – Any incident that causes any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid must be reported to the League Safety Director.

When to report - All such incidents must be reported to the League Safety Officer within 48 hours of the incident. The League Safety Officer is Terence Guerriere and he can be reached at:

Cell Phone: 917 455-6970
Email: tpguerriere@gmail.com

How to make the report - Incident reports can come in a variety of forms. Most typically, they start with telephone conversations with the League Safety Officer. At a minimum, the following information must be provided:

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

League Safety Officer's Responsibilities - Within 48 hours of receiving the incident report, the League Safety Director will 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 White Plains Little League's insurance coverage and the provisions for submitting any claims. The League Safety Director will, when appropriate, report injuries to Little League Headquarters in Williamsport.

ADDITIONAL LEAGUE SAFETY OFFICER RESPONSIBILITIES

The Safety Officer is to:

- submit or cause to submit an annual Little League Facility Survey to Little League International
- submit or cause to submit annually local league registration data including roster, coach and manager information with Little League International
- submit or cause to submit a qualified plan registration form with Little League International

LIGHTNING FACTS AND SAFETY PROCEDURES

WHEN YOU HEAR IT - CLEAR IT

WHEN YOU SEE IT - FLEE IT

The average lightning stroke is 6 to 8 miles long. Thunder can usually only be heard over a distance of 3 to 4 miles. This means that by the time you hear the thunder, you are already in the risk area for lightning strikes.

A manager, coach, or umpire who sees or hears an approaching storm should **IMMEDIATELY** stop play and get the kids to safety.

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. In most cases, the best area for people to seek shelter is in a car with the windows rolled up. If you are stranded in an open area and cannot get to shelter, put your feet together, crouch down, and put your hands over your ears (to try to prevent eardrum damage).

Where NOT to Go!!

Avoid high places and open area, isolated trees, dugouts, flagpoles, light poles, bleachers (metal or wood) or metal fences.

Some gentle reminders:

Remember that safety is everyone's job. Prevention is the key to reducing accidents to a minimum. Report all hazardous conditions to the Director of Safety or another Board member immediately.

All managers, coaches, umpires, board members and others with regular contact with the White Plains Little League athletes will have mandatory background checks. The approved Volunteer Form is attached.

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!

VOLUNTEER APPLICATION FORMS

All WPLL volunteers, including without limitation members of the board of directors, managers, coaches, and umpires must complete the official Little League Volunteer Application. The appropriate form must be submitted via the official Little League International sanctioned web portal. The League Safety Officer will facilitate this process which is to be completed before the season begins.

No volunteer may participate in any WPLL programs without prior clearance from the League Safety Officer. Please direct any inquiries to Terence Guerriere, League Safety Officer at 917-455-6970 or tpguerriere@gmail.com.

The League Safety Officer is responsible for facilitating all background searches required by Little League.

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