



# Canada Safety Newsletter

**HEADS UP**

## CONCUSSION in SPORTS

WHEN IN DOUBT,  
**>> SIT THEM OUT!**

**STATISTICS**

**MORE THAN 170,000  
KIDS AND TEENS**  
are treated in an emergency  
department each year for sports- or  
recreation-related traumatic brain  
injuries, including concussions.

## Safety Officer

What Does a Safety Officer do?

A safety officer is a member of a League or District board. They are responsible for maintaining a safety manual and working with the board to ensure all areas of the League/District activities are abiding with the Policies of LLC and International.

The safety officer also facilitates the education & awareness of the safety manual with all members, players & parents/guardians.

## Safety Manual

Did you know each League should have a Safety Manual to refer to?

Each League can create their own safety manual or your District can have one with your league specific information contained inside,

## Training

Where can you get info  
The CDC has amazing resources for Coaches, parents and players regarding concussions and sport. LLC.

Go to our website and refer to the "Safety" for a link to the website.



## Volunteer Checks:

- Did you know your board members should have volunteer check done?
- Here is the link to LLC volunteer form  
[http://pointstreaksites.com/files/uploaded\\_documents/1856/2019\\_Volunteer\\_Application.pdf](http://pointstreaksites.com/files/uploaded_documents/1856/2019_Volunteer_Application.pdf)



## Safety Officer Tips & Tasks:

*Are you familiar with the process for an insurance claim for an injury of a player?*

- Ask your League President for the insurance information. Some policies have a claim window (post injury)
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**Look for the updated Medical Release form on our website!**

**Now includes Provincial Health Care information**

**Did you know?**



*Little League International has a Policy regarding Communications*

**Communications While Acting as a Volunteer Representative at any Level of Little League®**

<https://www.littleleague.org/playing-rules/position-policy-statements/communications/>

This policy is in regard to the use of any form of communications in the capacity of membership or representation at any level of Little League® (i.e., Local, District, State, Provincial, District, National, or International).

Those representing themselves as Little League members or Little League leaders in any capacity must refrain from any communication, whether written or spoken, that tends to degrade or demean any person or group. Violation of this policy, in the opinion of the Little League International Charter Committee in South Williamsport, Pa., will be considered not in the best interest of Little League Baseball and Softball, and may result in action by the Committee, up to and including removal of the person from such capacity and/or revocation of the local Little League's charter. This in no way is meant to interfere with any person's right of free speech. It is intended only to ensure that any person refrains from making any statements that demean any person or group, while acting in their capacity as a representative or leader at any level of Little League. It also is important to note that local, state, provincial, or national laws take precedent over this policy if there is a conflict.

*Source: from Little League University website*

<https://www.littleleague.org/playing-rules/position-policy-statements/communications/>

## Tools/ Resources

### Online Resources

CDC Heads Up Online Program:

<https://www.cdc.gov/headsup/index.html>

Resources for concussion management are located at:

<https://www.cdc.gov/HeadsUp/>

You may also choose to complete the free NCCP course which can be found at:

<https://www.coach.ca/making-head-way-concussion-elearning-series-p153487>

### Pre- Game Field Checklist

- Checking your field for any issues may prevent some injuries during the game.
- Here is a checklist you can utilize.



# Pre-Game Field Safety Check

Facility Name: Person completing Inspection:

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Date: Time:

Weather Condition

(Current):

- ┆ Holes, damage, rough or uneven spots
- ┆ Slippery Areas, long grass
- ┆ Glass, rocks and other debris & foreign objects
- ┆ Damage to screens, fences edges or sharp fencing
- ┆ Unsafe conditions around backstop, pitcher's mound
- ┆ Warning Track condition
- ┆ Dugouts condition before and after games
- ┆ Make sure telephones are available
- ┆ Area's around Bleachers free of debris
- ┆ General Garbage clean-up
- ┆ Who's in charge of emptying garbage cans
- ┆ Conditions of restrooms and restroom supplies
- ┆ Concession Stand inspection
- ┆ NOTES/ HAZARDS

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# Do your Parent's and spectators know the standard of Conduct at Little League games and events???



ParentCodeOfConduct (1).pdf

## Sport Parent Code of Conduct

We, the \_\_\_\_\_ Little League, have implemented the following Sport Parent Code of Conduct for the important message it holds about the proper role of parents in supporting their child in sports. Parents should read, understand and sign this form prior to their children participating in our league.

Any parent guilty of improper conduct at any game or practice will be asked to leave the sports facility and be suspended from the following game. Repeat violations may cause a multiple game suspension, or the season forfeiture of the privilege of attending all games.

### **Preamble**

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles:

- Trustworthiness,
- Respect,
- Responsibility,
- Fairness,
- Caring, and
- Good Citizenship.

The highest potential of sports is achieved when competition reflects these "six pillars of character."

### **I therefore agree:**

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.

7. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

\_\_\_\_\_  
Parent/Guardian Signature

# Guideline for what are quality Index numbers mean.



MENU

Home > Environment and natural resources > Weather, climate and hazards > Air quality > Air Quality Health Index

## Understanding Air Quality Health Index messages

The **AQHI** uses a scale to show the health risk associated with the air pollution we breathe.

The following table provides the health messages for 'at risk' individuals and the general public for each of the **AQHI** Health Risk Categories.

Health Risk	Air Quality Health Index	Health Messages	
		At Risk Population*	General Population
Low	1 - 3	<b>Enjoy</b> your usual outdoor activities.	<b>Ideal</b> air quality for outdoor activities.
Moderate	4 - 6	<b>Consider reducing</b> or rescheduling strenuous activities outdoors if you are experiencing symptoms.	<b>No need to modify</b> your usual outdoor activities unless you experience symptoms such as coughing and throat irritation.
High	7 - 10	<b>Reduce</b> or reschedule strenuous activities outdoors. Children and the elderly should also take it easy.	<b>Consider reducing</b> or rescheduling strenuous activities outdoors if you experience symptoms such as coughing and throat irritation.
Very High	Above 10	<b>Avoid</b> strenuous activities outdoors. Children and the elderly should also avoid outdoor physical exertion.	<b>Reduce</b> or reschedule strenuous activities outdoors, especially if you experience symptoms such as coughing and throat irritation.

\* People with heart or breathing problems are at greater risk. Follow your doctor's usual advice about exercising and managing your condition.



<https://open.alberta.ca/interact/aqhi-canada>

***What do you think about this Newsletter?***

***Please email me and let me know.***

***Vanessa French***

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