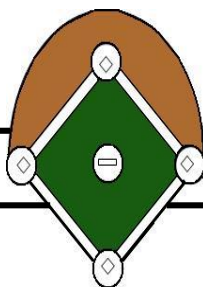


**PEQUEA VALLEY**



**YOUTH BASEBALL**

# 2020 Safety Plan “Play Safe”

## Board of Directors

<u>Position</u>	<u>Name</u>	<u>Phone #</u>	<u>Email</u>
Chairman	Kevin Zynn	717.475.6503	<a href="mailto:kevin@pequeavalleybaseball.com">kevin@pequeavalleybaseball.com</a>
Treasurer	Joe Flaim	717.768.7989	<a href="mailto:joeflapsu90@yahoo.com">joeflapsu90@yahoo.com</a>
Secretary	Heather Zynn	717.821.0227	
Safety Officer	Jessica Good	717-951-3231	

## Board Members

<u>Name</u>	<u>Phone #</u>	<u>Email</u>
Steve Temple	717.687.3705	<a href="mailto:templess@verizon.net">templess@verizon.net</a>
Steve Beals		
Dean Coates		
Adam Brown		

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## PEQUEA VALLEY YOUTH BASEBALL SAFETY PROGRAM

The following are the safety guidelines for Pequea Valley Youth Baseball. These guidelines are to be followed by all players, coaches, and volunteers that are participating in or a spectator of, any and all Pequea Valley Youth Baseball sponsored events:

- Responsibility for all safety procedures belongs to every adult member of Pequea Valley Youth Baseball and given to volunteers.
- Each player, manager, designated coach, umpire, volunteer shall use proper reasoning and care to prevent injury to him/her and to others.
- Only league approved managers and / or coaches may hold scheduled practices.
- Only league approved managers and / or coaches will supervise scheduled practices.
- Managers and / or designated coaches will have an understanding of first aid.
- First aid kits will be available in all team bags.
- Field conditions determined to be unsafe due to weather will not be played upon until conditions improve.
- Playing areas will be inspected before each game for holes, rocks, fence damage etc. by umpires and managers.
- Only players, managers, coaches, league representatives, umpires will be allowed on the playing field while a game or practice is in session.
- Keeping the playing field free of loose equipment is the responsibility of the Managers.
- During practice and games, all players should be spaced so that no one is endangered by a wild throw or pitch.
- During practice and games, all players should be alert and watching the batter on each pitch.
- All pre-game warm-ups will be confined to the playing fields and batting cages as not to endanger spectators.
- Equipment must be inspected before each game for improper condition and replaced immediately if not meeting safety code.
- Batters must wear Little League approved protective helmets during all games and practices.
- At no time will "horse play" be allowed on the playing field or in the spectator areas. Again adults are responsible for the safety of the league.
- Players are not allowed to leave the playing field during the game unless approved by the manager.
- Managers will not approve of players being off the playing field unless the player is a pitcher/ catcher that are warming up.
- All male players are encouraged to wear protective cups during games and practices.
- All male catchers **MUST WEAR** protective cups while catching in all games and practices.
- All catchers must wear league approved equipment only. See a league official for clearance of personal equipment.
- Managers and / or designated coaches are responsible for the safety of the players on the team and will not leave them unattended at anytime during practices or games.
- Never hesitate to report any present or potential hazard to a league official.
- No vehicles are to be on the field at game time unless for safety or medical reasons.
- Vehicles near field during non game times will drive at 5 mph and in designated Parking Lots & Roadway.
- No alcohol or drugs on PVYB Field premises.
- No medication will be provided by any league official unless permitted by the Parent.
- **NO SMOKING** is permitted at the PVYB Fields.
- No throwing rocks at anytime.
- No children under 13 to be left unattended.
- Please observe all posted signs.
- No jewelry will be worn by players during games or practice to be enforced by the umpire/managers.

## MANAGER'S RESPONSIBILITIES

- Take possession of these Polices and Safety Equipment provided by Pequea Valley Youth Baseball.
- Teach the fundamentals of baseball while advocating safety first.
- Teach the following fundamentals:
  - -proper hitting
  - -catching fly balls correctly
  - -sliding correctly
  - -proper fielding
  - -simple pitching motions
- At least one coach or manager from each team must attend the coaches clinic.
- At least one coach or manager from each team must attend the first aide training.
- Cover the basics of safe play with his/her players
- Encourage players to have a drink with them at all games and practices.
- Encourage parents to provide sunscreen for their child.
- Warm-up players prior to game - easy stretching, jogging.
- No jewelry will be worn by players during games.
- Do not expect more out of a player that they are capable of.
- Notify all parents that if a player is not playing due to an injury, that player must have a doctor's note before being allowed to play again.
- Maintain a safe playing environment during practices and games – bats and balls to be stored safely.
- Work with safety representative on inspection of playing field.
- Work with safety representative on equipment inspection.
- Be open to ideas.
- Follow all Pequea Valley Youth Baseball Safety Polices.
- Not leave the playing area until all players have left.
- Report any injury to a league safety official.

Any manager or coach who knowingly disregards safety and the safety policies of Pequea Valley Youth Baseball will be called before the board and is subject to being removed from his / her position.

## SAFE BEHAVIOR

Managers and coaches are expected to teach their teams about safe behavior. Players should be taught the following:

### Warm-Ups:

- This is the most important element to preventing injuries, especially in cold weather.
- Have the kids do a quick 5-minute calisthenics routine before practice or game.
- Have them run a quick lap to loosen leg muscles.
- Instruct them on throwing 'easy', and then they can step back from each other and throw a further distance.
- The scheduled pitcher for that day should be warming up with the catcher.
- Keep the pitcher's arm warm with a coat sleeve or sweatshirt.

### Bats:

- No swinging a bat in the dugout, on the bench, or near the bench.
- No throwing a bat.
- Make sure each child uses a bat (weight/length) that is suitable.
- A heavy bat could promote injuries to the player and others around them.
- After a swing and hit, the bat should be dropped to the ground so as not to cause harm to the catcher or umpire.
- During batting practice at any batting cage managers should closely monitor "on deck" batters to prohibit swings outside of cage unless under the supervision of another coach and away from other players.

### Batting Cage Rules

- Only 2 people (pitcher and batter) in cage at one time, unless balls are being collected
- Pitcher must use L-screen at all times
- Batter must wear little league-approved helmet
- No swinging bats outside cage for any reason
- No climbing on cage netting
- Only league-approved volunteers can be in cage
- Only league-approved volunteers can pitch in cage

### Personal Care:

- Make sure kids understand about hydration. Kids must be protected against sickness and heat stroke.
- Instruct the kids on proper equipment. Example - if you are the catcher you must wear "X" equipment.
- Kids should be instructed to raise a complaint if the equipment does not fit properly.
- Proper dress according to the weather. Kids should be instructed about dress during both warm and cold weather.
- All players warming up a pitcher MUST have headgear on.
- Anyone playing the position of catcher during a practice or a game MUST wear a protective cup, and ALL the necessary catcher's gear, which includes headgear, throat protector, chest protector, and shin guards.
- Managers / Coaches are responsible for keeping equipment organized during a game by keeping it contained within the dugout area.

**\*\*DO NOT ALLOW KIDS TO PLAY WITH DEFECTIVE EQUIPMENT\*\***

## SAFE EQUIPMENT

Pequea Valley Youth Baseball is committed to providing an atmosphere, which fosters safety, and awareness of safety related issues to and for the athletes, coaches, spectators and community in general. The Board has made several modifications and requirements to ensure safety and the development of an awareness of safety.

As part of the long-term safety plan for the league, all fields now have breakaway safety bases. The League purchased sets of breakaway bases and they have been installed on all fields.

#### Equipment Managers:

- Check all equipment before distributing for the season
- Inspect catcher's headgear, shin guards, and chest protectors
- Inspect batting helmets for cracks and missing padding
- If there are chinstraps on the helmets, make sure both snaps are in place and the strap is not torn
- All fields must be equipped with disengaging bases.

#### Managers / Coaches:

- Inspect your equipment once you have received it
- Make sure you have adequate equipment for your season
- Catcher's gear is critical ... any damage should be reported to your Division Director so that it can be replaced immediately
- Any gear that in your judgment is not safe must be reported to your Equipment Supervisor or Safety Officer for immediate replacement

### FIELD MAINTENANCE

#### Pitching Mound:

- Should be inspected BEFORE any play is started, whether it is a practice or a game
- The pitcher's "rubber" should be intact and attached to the ground
- The mound area should be groomed in an attempt to remove any deformities (ex.: ruts, moisture, high spots) that could cause the pitcher injury

#### Home Plate:

- Should be inspected BEFORE any play is started, whether it is practice or a game
- Home plate should not have any corners sticking up
- Home plate area should be groomed in an attempt to eliminate any holes that may cause the catcher to trip.

#### Outfield:

- The manager or coach should take a quick stroll through the outfield and look for ruts, trash, or anything that an outfielder may get injured by
- Check fence links to make sure that there are no broken links or "curled" up parts that could injure players

#### Overview of the Infield:

- The complete infield should be inspected BEFORE any play is started, whether it is practice or a game
- Check the corners around 1st and 3rd base. Make sure there are no holes or divots for someone to catch and roll an ankle on
- Check all bases and make certain that they are secure in the ground.
- Look for ruts or bumps in the infield grass
- Remove any debris that will cause injury
- Check fence links to make sure that there are no broken links or "curled" up parts that could injure players

**\*\*DO NOT ALLOW KIDS TO PLAY IN UNSAFE CONDITIONS!\*\***

## UNSAFE CONDITIONS

### Calling the Game:

- There are some reasons for calling the game.
- They all should relate to the safety and concern of every kid on the field.

### Lightning:

- Kids **MUST** be removed immediately from the field. There are no questions on this one.
- Check for clues such as thunder or if you see lightning off in the distance, you should know it's coming your way.

### Darkness:

- If in the plate umpire's opinion it is too dark to continue safe play, the game will be terminated immediately. Again, there are no questions on this one. **GET THE KIDS OFF THE FIELD.**

### Sun Delay:

- Some of our fields have a bad sun angle depending on the time of day. Managers / Coaches should remind their players how to deal with this condition.

### Unsafe Field Conditions:

- During the course of a game, many things can happen to the field and the bases, base-paths, etc. As soon as an unsafe condition is noticed, the game should be stopped and not continued until the condition is corrected. If it cannot be corrected, the umpire and coaches must make the decision to postpone the game.

### Field Hazards:

- It shall be the responsibility of the Head Coach of the Home Team or his/her designee to walk the field to check for hazards. All hazards should be removed / repaired, including but not limited to rocks, glass, holes, debris and foreign objects. Look for anything that common sense would dictate being a safety hazard. Check the conditions of the fences, backstops, and bases.
- Report any facility issues that need to be addressed to the Equipment/Field Supervisor, League President or Safety Officer.

### Field Safety:

- Managers / Coaches are required to walk the field before each practice and game. Remove debris and foreign objects.
- Coaches must inspect helmets, bats, and catchers gear. Requests for equipment replacements should be made to the Division Director.
- All practices and games must be played on league approved fields.
- Access to a telephone (cell phone sufficient) for a medical emergency must be available.
- During bad weather know when to stop the game. **NEVER PRACTICE OR PLAY DURING A THUNDERSTORM.**

## FIRST AID FUNDAMENTALS

A first aid kit will be distributed to each coach and must be kept in the equipment bag for every practice and game. Every player will have a medical release form filled out by their guardian. Coaches must have this form at every practice and game.

## Heat Illness

### Heat Cramps:

- Heat cramps are brief, severe cramps in the muscles that may occur during or after vigorous exercise in extreme heat. They are painful but not serious. Children are susceptible when they have not been drinking enough fluids. The treatment is rest, fluids and massaging the muscles.

### Heat Exhaustion:

- Heat exhaustion is a more severe heat illness which also occurs from not drinking enough fluids in a hot environment. Symptoms are intense thirst, tiredness, weakness and clammy skin. There may also be headache, nausea, vomiting or rapid breathing. The treatment is to bring the child to the coolest place, encourage fluids, loosen clothing, and apply cool (not cold) water.

### Heat Stroke:

- Heat stroke is a life threatening emergency. Call 911. Symptoms are worsening of heat exhaustion, with hot dry skin, fever, confusion, or agitation, sluggishness or even loss of consciousness or seizure. While waiting for help, keep the child in the coolest place and sponge or douse with cool water. Do not force a child to drink if they are not fully awake.

## Injuries

### Strains and Sprains:

- A strain or sprain is also called a pulled muscle. It may be painful or swollen. The treatment is known as RICE. R-Rest the injured part of the body I-Ice packs for 10-15 minutes every hour or two C-Compression, elastic bandage to reduce swelling. Elevate the injured part above the level of the heart to reduce swelling

### Cuts and Scrapes:

- Rinse the wound and apply pressure to the cut with sterile gauze, a bandage or a clean cloth. If blood soaks through, place another bandage over the first and continue to apply pressure. Raise the injured part of the body to slow the bleeding. Seek further medical care if the wound seems deep or the edges of the cut are widely separated or it continues to bleed even after applying pressure.

### Nosebleeds:

- If a child has a nosebleed, have them sit down and lean slightly forward. Have them use their thumb and index finger to pinch the soft part of the nose. Keep holding the nose until the bleeding stops. Don't let go for at least 5 minutes. Make sure to lean forward, not backwards; it is better for the blood to run out of the nose than down the back of the throat to be swallowed. An ice pack can be placed across the bridge of the nose.

### Eye Injuries:

- Foreign Bodies (sand, dirt, others) Don't try to remove foreign bodies except by flushing (as not to scratch the eye) Wash hands before touching an eyelid to examine or flush it. Do not touch, press or rub the eye and try to keep the child from touching it. Hold the child's head over a sink with the affected eye down and flush gently with lukewarm water. Have the child keep their eye open as wide as possible by holding down the lower lid. Foreign bodies can scratch the eye and if there is any irritation afterwards, the child should see their eye doctor.

### Eye Trauma:

- Minor injury to the eye or surrounding area can be treated with an ice pack. Any more severe injury to the eye should have a medical evaluation.

### Dental Injuries:

- Knocked out or broken tooth: Find the tooth, call a dentist immediately. Handle the tooth only by its crown (the top part) Gently rinse the tooth under running water. Keep the tooth from drying out by storing it in milk, not water. (Check at concession stand) or you may wrap it in a wet cloth. If the child is able they can hold it under



their tongue or hold it in place if it can be gently put back in the socket. Try to have them see a dentist within 30 minutes.

**Broken Bones:**

- The child may have a broken bone if they heard a “snap” during an injury, or there is swelling, bruising or a feeling of pins and needles, or the child is unable to move or bear weight on the injured area.
- **DO NOT MOVE THE INJURED PART!** If you are unsure if a bone is broken you can ask the child to move the area themselves. This is different than you moving it for them. For broken bones **SEEK IMMEDIATE MEDICAL ATTENTION**. Apply ice pack and splinting around to area to prevent movement. For small joints, splints and tape are in the first aid kits.

**Blood Precautions:**

- Purpose: To avoid the potential transmission of blood borne diseases. Wear gloves (provided in the first aid kit) when touching someone else’s blood. Wash hands thoroughly with warm water and soap if exposed to blood.
- A player may not wear a bloody uniform on the field; it may be washed or changed. These precautions are for blood, not necessarily for saliva, sweat or vomit. Use common sense.

## **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 Officer. This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury.

### ***WHEN TO REPORT:***

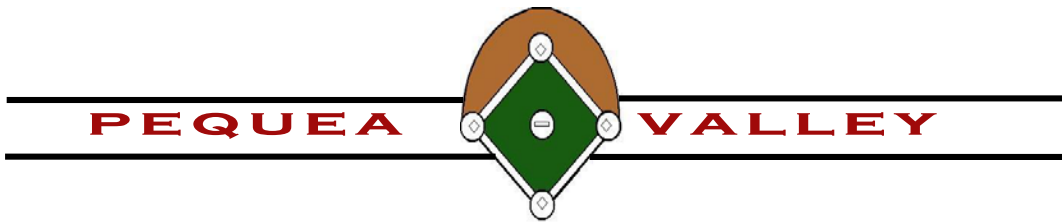
All incidents described above should be reported within 48 hours. Reports should be made to the League Safety Officer: email: [contact@pequeavalleybaseball.com](mailto:contact@pequeavalleybaseball.com)

### ***HOW TO MAKE A REPORT:***

Incidents should be reported in writing. Please use the form attached on the last page.

**Remember, safety is everyone’s job. Please report all hazardous conditions to the Safety Officer or any PVYB Board member immediately. Don’t play or practice on a field that is not safe or with unsafe equipment. Be sure your players are fully equipped at all times. Check your team’s equipment often.**

**Have a safe, fun baseball season!**



# YOUTH BASEBALL

## Incident/Injury Report

Incident Date: \_\_\_\_\_ Incident Time: \_\_\_\_\_ Field Name/Location: \_\_\_\_\_

Injured Person's Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address: \_\_\_\_\_ Age \_\_\_\_\_ Sex:  Male  Female

City \_\_\_\_\_ State \_\_\_\_\_ Zip: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Parent's name (if player): \_\_\_\_\_ Work Phone: \_\_\_\_\_

Parent's Address (if different): \_\_\_\_\_ City \_\_\_\_\_

**Incident occurred while participating in:**

- A. PV In-house:  T-ball  Little Braves
- B. LCYBL:  U8  U10  U12  U14  U16
- C.  Tryout  Practice  Game  Tournament  Special Event
- Travel to  Travel from  Other \_\_\_\_\_

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

- D.  Batter  Base runner  Pitcher  Catcher  First Base  Second
- Third  Short Stop  Left Field  Center Field  Right Field  Dugout
- Umpire  Coach  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 nonrestrictive medical release prior to being allowed in a game or practice.)

**Type of incident and location:**

- |   |  |  |
|---|--|--|
| <ul style="list-style-type: none"> <li>A. On Primary Playing Field</li> <li><input type="checkbox"/> Base Path: <input type="checkbox"/> Running or <input type="checkbox"/> Sliding</li> <li><input type="checkbox"/> Hit by Ball: <input type="checkbox"/> Pitched or <input type="checkbox"/> Thrown or <input type="checkbox"/> Batted</li> <li><input type="checkbox"/> Collision w/: <input type="checkbox"/> Player or <input type="checkbox"/> Structure</li> <li><input type="checkbox"/> Grounds Defect</li> <li><input type="checkbox"/> Other: _____</li> </ul> | <ul style="list-style-type: none"> <li>B. Adjacent to Playing Field</li> <li><input type="checkbox"/> Seating Area</li> <li><input type="checkbox"/> Parking Area</li> <li>C. Concession Area</li> <li><input type="checkbox"/> Volunteer Worker</li> <li><input type="checkbox"/> Customer/Bystander</li> </ul> | <ul style="list-style-type: none"> <li>D. Off Ball Field</li> <li><input type="checkbox"/> Travel:</li> <li><input type="checkbox"/> Car or <input type="checkbox"/> Bike or</li> <li><input type="checkbox"/> Walking</li> <li><input type="checkbox"/> League Activity</li> <li><input type="checkbox"/> Other: _____</li> </ul> |
|---|--|--|

**Please give a short description of incident:** \_\_\_\_\_

**Could this accident have been avoided? How:** \_\_\_\_\_

Prepared By/Position: \_\_\_\_\_ Phone #: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please contact the PVB Safety Officer – within 48 hours of the incident.

## EMERGENCY NUMBERS

**Ambulance, Fire and Police: 911**

**Central PA Poison Control  
(800) 521-6110**

Lancaster General Hospital  
555 N. Duke St.  
PO BOX 3555  
Lancaster, PA. 17522-1855  
(717) 544-5511

Chester County Hospital  
701 E. Marshall St.  
West Chester, PA 19380  
(610) 431-5000

Heart of Lancaster Regional Medical  
Center  
1500 Highlands Drive  
Lititz, PA 17543  
(717) 625-5000

Brandywine Hospital  
210 Reeceville Rd.  
Coatesville, PA. 19320  
(610) 383-8000

Ephrata Community Hospital  
169 Martin Avenue  
PO BOX 1002  
Ephrata, PA. 17522-1002  
(717) 733-0311

Lancaster Regional Medical Center  
250 College Avenue  
PO BOX 3509  
Lancaster, PA. 17603-3509  
(717) 291-8211