



# East Lane Little League 2017 "Safety Program"



League ID 159367

Mailing: 5729 Main St, PMB 355

Springfield, OR 97478

League Business Line: 541 357-TLL7 (8557)

## **EAST LANE LITTLE LEAGUE® SAFETY POLICY STATEMENT**

East Lane Little League® is dedicated to building character, courage, loyalty, by providing a fun, safe and respectful program for our community. Little League® is a child development program for youth, utilizing baseball/softball to teach many valuable life lessons.

ELLL has registered a Safety Officer on the Little League® Data Center.

The published manual shall be reviewed with all Managers and Coaches pre-season, and distributed as part of their required materials to have on hand at every practice and game

## A letter from the Safety Officer and League President

Dear Officers, Managers and Coaches:

As a board, we are sure you all agree that the safety of our children is of utmost importance. As parents and officers of East Lane Little League® (ELLL), we have the responsibility to raise awareness about safety with everyone involved in our Little League® program.

Since the ASAP began in 1994, injuries across all Little Leagues have been decreased by over 70 percent. That's great! Together, we are making a difference.

Since our league officers, coaches, and managers continue to be the key points of communication for all ELLL initiatives, you will have the responsibility for enacting the Safety Plan. While the emphasis of the plan is on prevention through more focus on equipment/facility standards and practices, there is a great deal of attention to education and training to help deal with accident situations when they arise.

Upon review of the Safety Plan, you will see there is a lot of information being made available to create a safer environment for East Lane Little League®. We also believe that we have taken a practical approach that enables our children to continue having fun participating in Little League® while developing their skills. Everything in the plan is consistent with all ELLL goals, values, rules, and guidelines. We trust you will have the same commitment to this initiative as we do. Together, we can be sure that all who participate in ELLL will "Play Safe ... And Stay in the Game."

For the 2017 season, for the overall safety of our players we have instated the following:

- (1) Coaches and Managers are required to complete a basic first aid course at least once every three years. Additionally, free online courses are available at several sites including:  
<http://www.firstaidweb.com/> and <http://ecprcertification.com/>
- (2) In order to meet new state law coaches and managers are required to take concussion awareness training from the CDC, <http://www.cdc.gov/concussion/headsup/youth.html>
- (3) We strongly encourage every adult to take the Oregon Virtual School District's Child Abuse Prevention Training session – a training required in our schools, and highly recommended by Little League® Baseball and Softball:  
<http://courses.orvdsd.org/moodle/course/view.php?id=254>

Sincerely,

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Safety Officer, ELLL  
(541) 915-7723

Steven Thompson  
League President, ELLL  
(541) 729-1554

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Jason Heckel, Umpire in Charge

Jan Hampton, Field manager:

Michele Smith, Treasurer      Holly Wardlaw, Secretary/Sponsorship Director

# EMERGENCY NUMBER: 9-1-1

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## **INTRODUCTION**

ASAP – What is it? In 1994, ASAP (A Safety Awareness Program) was introduced with the goal of re-emphasizing the position of Safety Officer “to create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League’s Programs.” This manual is offered as a tool to place important information at the manager and coach’s fingertips.

Yearly, East Lane Little League® prepares and updates this manual, incorporating hours of research and procedures on all facets of safety. This manual is then shared with all managers and coaches, and distributed for their reference during the season.

The purpose and scope of this publication is to provide a tool helping the volunteer members of our league understand safety is an ongoing concern. The only way we can protect our players and adult members is to be ever vigilant in the pursuit of a safe atmosphere in which to enjoy the game of baseball with our children.

The second lesson in this publication is the understanding that a complete team effort is necessary to implement the safety program we have formulated.

With the total commitment from the league, managers, coaches, players, and parents can continue to enjoy the comforts of a safe season, knowing the planning and forethought present a safe and enjoyable atmosphere for all.

Team rosters and coach data is yearly submitted to Little League International.

## **MISSION STATEMENT**

The objective of East Lane Little League® is

- To support children of all ages in the community by instilling the values of integrity, teamwork, sportsmanship, courage, and respect so they may become decent, productive members of the community. Little League® Baseball and ELLL do not limit participation in its activities on the basis of disability, race, color, creed, national origin, gender, and sexual preference or religion preference.
- To provide a safe environment at practices and games for ALL participants – players, managers, coaches, volunteers, umpires, and spectators.

The methodology used is to emphasize PREVENTION of injuries through Education, Information, Organization and increased focus on Equipment and Facility standards.

## **PURPOSE**

The purpose of our Safety Plan is to provide every child of Little League® age the opportunity play baseball or softball in the safest possible way. Although there are inherent risks of injury in the games, we strive to minimize those risks by incorporating and renewing this Safety Plan each season.

## **EAST LANE LITTLE LEAGUE® SAFETY OFFICER**

The East Lane (ELLL) Safety Officer is the direct link between the Board of Directors and the managers, coaches, umpires, players, and any other third parties on the complex in regards to safety matters. The main responsibility of the Safety Officer is to develop and implement the League's Safety Program. Other responsibilities include:

1. Publish in newsletters and on the website any relevant ASAP news to team managers
2. Assist parents and individuals with insurance claims and act as the liaison between the insurance company and the parents/player.
3. Maintain a log of where accidents and injuries are occurring, to whom, in which division, at what times, and under what supervision
4. Correlating an summarizing injury/accident date to determine proper accident prevention in the future
5. Insuring that each team manager receives his/her Safety Manual at the beginning of the season
6. Field inspection forms completed, listing areas needing attention. This information is handed off to the Field Coordinator for correction.
7. Schedule (often with the District Safety Officer) basic First-Aid Training for managers, coaches, and umpires prior to the start of every season, in conjunction with fundamental training as provided by the District and/or Coaching Coordinator.
8. Review/update the Safety Plan and Lighting Audit (where lights are in place) every season
9. Assure that first aid kits are administered to each manager (new first aid kits each year) and are present at games/practices
10. Assure that all volunteers have completed the 2017 volunteer background check forms and confirm the President and/or Board representative responsible has verified using Little League's® contract with First Advantage.
11. Acting immediately to resolve unsafe or hazardous conditions once a situation has been brought to his/her attention.
12. Making sure the position of Safety Officer is a board position, a meeting topic, and allowing experienced people to share ideas on improving safety.
13. Complete the annual Little League® facility survey prior to the start of the season.

## **EAST LANE LITTLE LEAGUE® SAFETY CODE**

The Board of Directors of East Lane Little League® has mandated the following SAFETY CODE. All managers, coaches, team parents, and players are required to adhere to this code as written. Many of these are merely re-quotes of rules as found in the Little League® Rules and Regulations.

1. The responsibility of following safety procedures belongs to every adult volunteer of ELLL.
2. Every volunteer with East Lane Little League® shall have a 2017 Little League® Volunteer Application on file with the League.
3. Each manager, coach, team parent, and play shall use proper reasoning and care to prevent injury to him/herself and to others.
4. Arrangements should be made in advance of all games and practices for emergency medical services.
5. Only league/board-approved managers and coaches are allowed to practice teams.
6. Managers and designated coaches will have mandatory training in basic First Aid.
7. No games or practices will be held when weather of field conditions are poor, particularly when light is inadequate. Managers are referred to the District website to check on 'sunset' for the 'dusk' time.

8. **All fields used for practices and games shall have the required breakaway bases in place.**
9. Managers are responsible for designating a Field Coordinator for the team, to include an individual responsible for inspecting the playing area before games and practices for holes, damage, stones, glass and other foreign objects.
10. Team equipment will be stored within the team dugout or behind screens, and not within the area defined by umpires as 'in play.'
11. **Only 'rostered' players, managers, coaches and umpires are allowed in the playing field or dugout during games.**
12. Managers and coaches are responsible for keeping bats and loose equipment off the field of play and for using breakaway bases where provided.
13. Foul balls batted out of the playing area will be returned to the nearest dugout.
14. During practices and games, all players shall be alert and watching the batter on each pitch.
15. During warm-ups drills, players shall be spaced so that no one is endangered by wild throws or missed catches.
16. All pre-game warm-ups should be performed within the confines of the playing field.
17. Equipment will be inspected regularly by the manager for its condition as well as proper fit. Umpires will inspect all equipment prior to each game. **Any damaged equipment will be returned to the Equipment Manager. If in a condition that cannot be repaired to a safe status, it will be destroyed or made unusable to stop children from attempting to save it from waste.**
18. Batters must wear Little League® approved protective helmets during batting practice and games.
19. No headfirst sliding for players ages 12 and under, unless they are returning to a base.
20. No 'on deck' for players ages 12 and under. No 'bat in hand' until the player leaves the dugout. Warm-up swings will be allowed by the umpire prior to the first pitch.
21. **During sliding practices, bases used shall be breakaway bases.**
22. At no time will horseplay be permitted in the dugout or on the field.
23. Managers will only use official Little League® balls supplied by ELLL. **Reduced impact balls will be used for Tee-Ball and Coach Pitch Minors.**
24. All male players, regardless of age, will wear athletic supports with cups during practices and games or they will be removed.
25. Male catchers must wear metal, fiber, or plastic-type cup and long-model chest protectors (Majors and below only).
26. Female catchers must wear long-or short-model chest protectors.
27. All catchers must wear a facemask, dangling throat guard, shin guard, and chest protector when catching.
28. **Managers and coaches will NOT warm up pitchers. (No adult warming up pitchers.)**
29. A catcher must wear their mask while warming up pitchers
30. For 12 and under, shoes with metal spikes or cleats are not permitted.
31. Shoes with plastic/rubber cleats are permissible in all divisions.
32. Players will not wear earrings, watches, rings, pins, or other metallic items during practices and games. Exception: medical alert tags for medical conditions. Those should be tucked or taped to avoid being loose and causing a hazard.
33. Managers will never leave a child unattended at a practice or game. In the case of a child waiting for a ride, a manager or coach and at least one additional adult will stay with the child.
34. Never hesitate to report any present or potential safety hazard to the ELLL Safety Officer.
35. Make arrangements to have a cellular phone available when a game or practice is at a facility that does not have a public phone.
36. No drug or alcohol will be allowed on the premises at any time.

37. No smoking or chew tobacco will be allow at the ball fields – in the dugouts, in the stands, or along the fence lines.
38. No medication will be taken at a practice or game unless administrated directly by the child's parents.
39. No one is allowed to play with open wounds. Wounds should be treated and properly bandaged.
- 40. Per the Springfield City Ordinance, no dog is allowed unless on a leash, and waste must be properly disposed of.**

### **MANAGERS (Head Coaches)**

Managers play an extremely important role in our program. They are responsible for the team's actions on the field, and represent the team in communication with the umpire and the opposing team. Appoint an individual to act as your "Team Safety Rep" to help monitor for safety. Managers are also responsible for the following:

#### **Managers WILL:**

1. Make sure telephone access is available at all activities including practice.
2. Not expect more from their players than they players are capable of.
3. Be open to ideas, suggestions, or help.
4. Make sure players are wearing sliding pads if so required in that division.
5. Always have a First-Aid Kit and Safety Manual on hand
6. Use common sense
7. Know any medical problems pertaining to their players. Check with parents on how to detect or deal with any special condition. (Review all medical release forms.
8. Have at least two parents present at any game or practice.
9. Function as the team Safety Officer, unless otherwise delegated.

#### **PRE-GAME**

1. Make sure players are healthy, rested, and alert
2. Make sure players returning from being injured have a medical release signed by their doctor.
3. Make sure players are wearing the entire proper uniform.
4. Make sure all equipment is in good working order and is safe
5. Agree with the opposing manager and umpire as to the fitness of the playing field. In the event an agreement cannot be reached, contact the League Field Coordinator.
6. Conduct warm-up and stretching exercises prior to the game.
7. Have players do a light jog around the field **before throwing warm-up** that should follow in this order:
  - light tosses, short distances
  - light tosses, medium distances
  - light tosses long distances
  - medium tosses medium distances
  - regular tosses medium distances
  - field ground balls
  - field pop flies
8. No soft toss batting drill where balls are batted into a fence.
9. **Male players** will be checked for athletic supporter with a cup.
10. Be sure there is adequate water for all players.

#### **DURING THE GAME**

1. Assure no equipment is left lying in the field (in fair OR foul territory)
2. Keep players alert
3. Maintain discipline at all times
4. Be organized

5. Keep players and substitutes sitting on the team's bench and/or in the dugout unless participating in the game or preparing to enter the game
6. Make sure catchers are wearing all proper equipment
7. Keep players off fences
8. Get players to drink fluids often so they do not dehydrate
9. Do not play children who are ill or injured
10. Attend to children that become ill or injured in a game or practice

### **POST GAME**

1. Do not leave the field until every team member has been picked up by a known family member or designated driver. A minimum of TWO adults are to remain with any children waiting for a pickup.
2. Notify parents if their child has been injured, no matter how small or insignificant it may seem.  
**THERE IS NO EXCEPTION TO THIS RULE.**
3. Any safety problems are to be reported to the League Safety Officer.
4. Any injury is to be documented on an Incident Report and reported to the League Safety Officer within 24 hours of the incident.
5. Return the field to its pre-game condition. Each team will designate field coordinators for cleanup (Litter Patrol).

### **STRETCHING**

Stretching is an intricate part of accident prevention. The purpose of stretching is to increase flexibility within the various muscle groups and prevent tearing from over-exertion. Stretching should never be done forcefully, but rather in a gradual manner to encourage looseness and flexibility. ELLL strongly supports stretching before every practice and game.

## **ACCIDENT REPORTING PROCEDURE –**

Paul Carey, ELLL Safety Officer (541) 915-7723

An 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. Such incidents will be reported within 24 hours of the incident.

The above ELLL line will be checked each evening. Calls will be returned immediately.

Reporting the incident may come in a variety of forms. Most common is via phone, and the manager/coach making the report should, at a minimum, provide the following information:

1. The name and phone number of the individual and/or individuals involved
2. The name and phone number of the reporting manager/coach
3. The date/time/location of the incident
4. As detailed a description of the incident as possible
5. The preliminary estimate of the extent of the injuries.

### **ELLL Safety Officer Responsibilities at that time:**

1. Verify information and obtain any other deemed necessary.
2. Follow-up on status of the injured party.
3. Assist in the completion of proper accident/insurance forms and submitting them accordingly.



## **WEATHER**

The managers will determine if the field is playable. If they cannot agree, they will follow the umpire's direction.

### **RAIN**

1. Evaluate the strength of the rain. Is it a light drizzle or is it pouring?
2. Determine the direction the storm is moving
3. Evaluate the playing field as it becomes more and more saturated
4. Stop play if conditions become unsafe. Consult with the other manager and the umpire(s) to formulate a decision. The umpire has the final decision.
5. Wait 20 minutes from this point before making any decision to cancel the game.

### **THUNDERSTORMS and LIGHTENING**

The average lightening stroke is 5 to 6 miles long. Once the leading edge of a thunderstorm approaches to within 10 miles, you are at risk to the possibility of a strike. If you HEAR or SEE a thunderstorm, do the following:

1. Suspend all games and practices immediately
2. Do not hold metal bats
3. Stay away from metal – including fences and bleachers
4. Get the players to walk to their parent's car and wait inside the car for the Manager's announcement on whether to continue the game or practice.

### **RULE OF THUMB:**

The ultimate truth about lightening is that it is unpredictable and cannot be prevented. Therefore, a manager, coach or umpire who feels threatened by an approaching storm should stop play immediately and get the kids to safety. When in doubt:

**WHEN YOU HEAR IT – CLEAR IT. WHEN YOU SEE IT – FLEE IT.**

### **HYDRATION**

Good nutrition is important for children. Sometimes the most important need is water – especially when they are physically active. During the season, encourage players to drink fluids every 15-30 minutes, even if they don't feel thirsty. If a player looks distressed while standing in the hot sun, substitute that player and get them into the shade ASAP. If a player should collapse as a result of heat related problems, contact 9-1-1- IMMEDIATELY.

### **CHILD ABUSE/NEGLECT**

In the unfortunate case that you suspect one of your players is a victim of abuse/neglect, immediately contact the League President or a Board Member by leaving a message on the league Phone (541-357-8557) Little League® volunteers should not attempt to investigate suspected abuse/neglect cases on their own. You may be directed to call the report to your local police department.

### **HEALTH AND MEDICAL**

Know what your first aid kit contains before you need it. Additional supplies can be obtained from the League Safety Office by leaving a message on the League Phone. First Aid is the first care given to a victim. Know your limits when rendering care:

## **GOOD SAMARTAN LAW**

The “Good Samaritan Law” provides protection to those who provide emergency care to ill or injured persons. This legal immunity protects you, as a rescuer, from being sued and found financially responsible for the victim’s injury. When citizens respond to an emergency and act as a reasonable and prudent person would under the same conditions, this immunity prevails.

## **WHEN TO CALL 9-1-1**

Some conscious victims will advise you not to call an ambulance and you may not be sure what to do Call 9-1-1 anyway, and request paramedics if the victim:

- is or becomes unconscious
- has problems breathing or is breathing in a strange way
- has chest pain or pressure
- is bleeding severely
- has pressure or pain in the abdomen that does not go away
- is vomiting or passing blood
- has seizures, a severe headache, or slurred speech
- has an injury to the head, neck or back
- has possible broken bones.

***If you have any doubt at any time, call 9-1-1 and request paramedics on site.***

## **CHECKING A VICTIM. Where do I start?**

If the victim is conscious, ask what happened. They victim may be able to tell you what happened and how he or she feels. This information helps determine what care may be needed. Never be in a hurry to move a victim. (The ground is firm and works as a splint.) Then do the following:

- If the victim is unconscious, obtain what happened from bystanders
- Check from head to toe too avoid overlooking any problems
- Do not ask the victim to move or move the victim until the check is completed
- Examine the scalp, face, ears, nose and mouth
- Examine the arms and legs for cuts, bruises, bumps, depressions
- Watch for changes in consciousness
- Notice if the victim is drowsy, not alert, or appears confused
- Look for changes in breathing. It should be regular, quiet, easy
- Notice how the skin looks and feels. Note if it is reddish, bluish, pale, or gray
- Feel with the back of your hand on the forehead to see if it is unusually damp, dry, cool, hot
- Ask the victim again about the area that hurts
- Ask the victim to move each part of the body that doesn’t hurt
- Check the shoulders by asking the victim to shrug them
- Ask the victim if they can move fingers, hands, and arms.
- Ask them to count how many fingers you hold up for them to see
- Think of how the body usually looks. If you are unsure of something, check it against the other side of the body.
- When finished checking, if the victim can move his or her body without any pain and there are no other signs of injury, have them rest sitting up.
- When the victim feels ready, help them to their feet.
- **NOTE: When a victim needs assistance from 9-1-1, do not move them.**

## **Communicable Disease Procedures**

While risk of one athlete infecting another with HIV/AIDS or Hepatitis B or C during competition is close to nonexistent, there is a remote risk of other blood borne infection disease being transmitted. Following the following precautions:

- A bleeding player should be removed from competition, bleeding controlled and the open wound covered
- All those rendering first aid should use latex gloves when providing care
- Immediately wash hands and other skin surfaces contaminated with blood.

### **NOSE BLEED**

To control a nosebleed, have the victim pinch the nostrils together until the bleeding stops. An ice pack applied to the bridge of the nose can also help.

### **BLEEDING INSIDE OR OUTSIDE OF THE MOUTH**

To control bleeding inside the cheek, place a folded dressing inside the mouth, against the wound.

To control bleeding on the outside, use a dressing to apply pressure directly to the wound, bandage so as not to restrict.

### **BLEEDING**

Apply pressure to the wound with a dressing until the bleeding has stopped. Then HOLD the dressing in place with a bandage. Watch for signs of shock.

### **ALLERGIC REACTIONS**

Highly sensitive people can be allergic to a variety of items. Bee stings, food, medication are just a few. If victim is subjected to one of the above and shows any signs or symptoms, **contact 9-1-1 A.S.A.P.**

- nausea
- swelling of face, throat, tone
- breathing difficulties
- bluish face, lips, fingernails
- shock
- unconsciousness

### **ASTHMA**

Asthma is acute spasms of the tubes in the lungs. It affects all ages and can be the result of an allergic reaction. Emotional stress, exercise, or respiratory infections may also cause an attack. Symptoms are the same as an allergic reaction. Known asthmatics generally carry personal inhalers. Having the patient sit down and rest until the event has passed is crucial. If in doubt: 9-1-1.

### **HEAT CRAMPS**

Heat cramps are painful muscle spasms that occur after vigorous exercise. This normally affects the legs and abdomen. The cause is loss of electrolytes through sweating:

#### **Treatment:**

- Remove the patient from the hot environment
- Loosen any tight clothing
- Sit patient down or lie them down – resting the cramping muscle
- Replace fluids – drink water or sport drinks.
- If problem persists: 9-1-1

## **HEAT EXHAUSTION**

Heavy sweating (fluid depletion) and electrolyte loss cause Heat Exhaustion

### **Symptoms:**

- Profuse sweating
- Cool skin
- Dizziness
- Weakness
- Faintness
- Nausea
- Headache, possible loss of consciousness

### **Treatment:**

- Call 9-1-1
- Get patient out of the heat
- Loosen clothing
- Lay patient down, elevate legs
- Fan patient
- If alert, encourage them to drink

## **HEAT STROKE**

Heat stroke is the least common, but most serious heat-related illness. The body cannot get rid of the excess heat it produces, body temperatures rise rapidly and death can result:

### **Symptoms:**

- Hot, dry skin
- Flushed skin
- Level of consciousness falls

### **Treatment:**

- Call 9-1-1
- Get patient out of the heat
- Remove clothing
- Apply ice or ice packs to neck and arm pits
- Cover patient with wet towels or sheets

## **SHOCK**

Shock can happen any time the body is deprived of blood or oxygen. There are many types of shock. We are most likely to see it from blood loss, or in the form of simple fainting.

### **Symptoms:**

- Anxiety
- Increased thirst
- Cool and moist skin
- Blood loss
- Skin color changes (bluish)
- Levels of consciousness falls

**Treatment**

- Contact 9-1-1
- Lay patient on ground with feet elevated 12 inches
- Control external bleeding and keep patient warm

**FRACTURES AND DISLOCATIONS**

A fracture is a break in the bone; a dislocation is a disruption of a joint.

**Symptoms – fracture**

- Deformity
- Tenderness
- Swelling
- Bruising
- Pain and sometimes-exposed bone fragments

**Symptoms – dislocation**

- Deformity
- Tenderness
- Swelling and bruising of a joint

**Treatment for either:**

- Expose the injured area
- Control bleeding
- Apply ICE and CALL 9-1-1
- DO NOT MOVE THE PATIENT

**CONCUSSION**

A blow to the head or face can cause concussion. The patient will have a loss of memory for a short period time after the event

**Symptoms**

- Confused
- Loss of memory
- Headache
- Dizziness
- Weakness
- Visual problems and nausea

**Treatment**

- If suspected spinal injuries, call 9-1-1 – AND DO NOT MOVE
- If symptoms clear quickly, remove victim for the remainder of the game and have family follow up with doctor. If symptoms persist, contact 9-1-1.

## **SPINAL INJURIES**

Suspect the possibility of spinal injuries when dealing with any head injury. Once the spine is injured, it can lead to paralysis.

### **Symptoms:**

- Numbness
- Weakness or tingling in the arms and legs
- Pain
- Tenderness or swelling of the spine
- Don't rule out the possibility – if the victim has been hit very hard – contact 9-1-1.

### **Treatment**

- Don't move patient
- Encourage patient to look forward and not move his head. Contact 9-1-1

## **EQUIPMENT MANAGER**

Prior to the start of the season, the Equipment Manager will inspect all equipment for safety violations before it is distributed to the managers. If a piece of equipment is defective and cannot be repaired to meet safety guidelines, it is to be destroyed and made unusable to avoid a child trying to rescue it from the trash and play with it. Managers and Coaches will enforce Little League equipment rules.

Call the League Line at 541-357-8557

## **CONCESSION STANDS**

No person under the age of fourteen will be allowed behind the counters in the concession stand.

Any individuals handling food product will be trained in safe food preparation. Training will cover safe use of any equipment and will be provided by the concession Stand Manager.

Cooking equipment will be inspected periodically and repaired or replaced if needed.

Foods not purchased by ELLL will not be cooked, prepared, or sold in the concession stands.

Cooking grease will be stored safely in containers away from open flames.

Cleaning chemicals must be stored in a locked container

If any 'cooking' will be done, a certified Fire Extinguisher suitable for grease fires must be in plain sight at all times.

All concessions stand workers are to be instructed on the use of fire extinguishers.

The entrance to the stand will not be blocked or locked while people are inside.

A fully-stocked First Aid Kit and additional supplies will be in each Concession Stand to include:

Antibiotic Cream, Burn Ointment, Ice Packs, Ace Bandages, Slings, and Splints

## **WHEN TREATING AN INJURY, REMEMBER TO APPLY P.R.I.C.E.S.**

**Protection**

**Rest**

**Ice**

**Compression**

**Elevation**

**Support**



### **Safety Plan Review**

The Safety Plan and Registration Form will be submitted to and reviewed by the District Administrator or District Safety Officer annually – and no later than February 1<sup>st</sup>.

### **Code of Conduct**

The East Lane Little League® Code of Conduct will be reviewed annually by the members of the Board for need of change. It will then be administered at Registration, assuring that all have properly signed and understood its contents. These will be held on file until the end of the season at which time it will be destroyed.

## **CLINICS/MEETINGS:**

The following clinics are available to all managers, coaches, and volunteers for the 2017 baseball and softball season. All Managers, Coaches, and Umpires are required to attend. League volunteers are required to know and enforce Little League Rules.

Coach training clinic on March 14, 2017 @ Maple Elementary will cover coaching skills.

Wednesday, March 14, 2017 at Maple Elementary School 6pm to 9pm. This training will cover the safety plan, basic first aid and injury prevention as well as drills and other essentials for the teams.

All Coaches, Umpires, and Board Members are required by State Law to take one of two accredited Concussion training courses annually: <http://brain101.orcasinc.com/4000/> or <http://nfhslearn.com/courses/38000>

### **FINAL SAFETY REMINDER:**

## ***TEN COMMANDMENTS OF SAFETY***

- 1. BE ALERT!**
- 2. CHECK PLAYING FIELD FOR SAFETY HAZARDS**
- 3. ALL PARTICIPATING WEAR PROPER EQUIPMENT**
- 4. ENSURE EQUIPMENT IS IN GOOD SHAPE**
- 5. ENSURE FIRST AID IS AVAILABLE**
- 6. MAINTAIN CONTROL OF THE SITUATION**
- 7. MAINTAIN DISCIPLINE**
- 8. FOCUS ON SAFETY AS A TEAM SPORT**
- 9. BE ORGANIZED**
- 10. HAVE FUN!**



**Prevention is the key to reducing accidents. The East Lane Little League® Board, managers, coaches, parents, and players must work as a team to establish a philosophy that “Safety is Number One!” It is imperative that every individual involved makes safety an integral part of their behavior, action, and instruction. We owe it to our children to provide a safe and fun environment for them to learn and enjoy our national past time.**

The preceding pages have outlined a safety plan that will be vigorously enforced and maintained. This plan is submitted to our District Safety Officer and Little League® for approval as, at minimum, an adequate program toward protecting players, staff, and spectators.

**“PLAY SAFE ... AND TAY IN THE GAME!”**