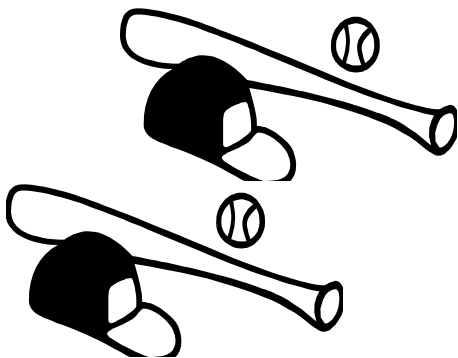


# **GRANBY LITTLE LEAGUE SAFETY PLAN**

Updated: FEB-2017  
REV-5

LITTLE LEAGUE INTERNATIONAL APPROVED – Submitted / Pending **FEB-03-2017**

**Granby, Connecticut, USA  
League ID: 02070604**



# **Table of Contents**

- 1. Introduction**
- 2. Granby Little League Safety Policies**
- 3. Granby Little League Board of Directors**
- 4. Accident Reporting Procedures**
- 5. Volunteer Applications and Background Checks**
- 6. Approved Volunteers for 2017**
- 7. Required Training for Coaches**
- 8. Pitch Counts Rules**
- 9. Bat Specifications**
- 10. Weather and Health Risk Guidelines**
- 11. Facilities Management Safety**
- 12. Facilities Survey**
- 13. Safety Statistics**
- 14. Training / Background Check FAQ's**

*Note: The following forms referenced in this document are available on the GLL website ([www.granbyll.org](http://www.granbyll.org)):*

- Safety Incident and Near-Miss Tracking Form(s)
- Volunteer Application Form
- GLL Emergency Contact Procedures
- Medical Release Form
- Final list of Approved Volunteers for 2017
- This ASAP document

# **1. Introduction**

This document comprises the Granby Little League (GLL) Safety Plan for 2017 for Granby, Connecticut. On an annual basis the Safety Plan is updated by the GLL Safety Officer (currently Bill Prokop), approved by the GLL Board of Directors (BOD), and reviewed by the District Safety Officer.

The Safety Plan describes the policies, procedures, and goals of GLL related to operating a safe and fun baseball program. Various forms for volunteers and incident/accident reporting are also included. An electronic copy of this Safety Manual is available on the GLL website and is available for download. Paper copies of this Safety Plan will be made available to all volunteers within the Granby Little League organization.

GLL allocates specific funding in its operating budget for safety-related items such as padded guards for fence tops, repair of fences, proper batting facilities, and equipment and training required by ASAP. The GLL Safety Officer is a member of the BOD and on file with Little League International.

## **GLL Safety Mission Statement:**

*Granby Little League is dedicated to providing a safe, friendly, and competitive environment in which every reasonable precaution and preventative measure is exercised to ensure the safe enjoyment of our national pastime by fans, parents, players, coaches, and umpires alike.*

**GLL Safety Officer** (On file with Little League International)

*Bill Prokop*

[willpro@me.com](mailto:willpro@me.com)

(917) 538-5771

## **GLL Website**

The GLL website is a key resource for important details and information listed in this plan, such as contacts, dates, an electronic copy of this plan, links to the national Little League site and other safety information. The site can be found at:

[www.granbyll.org](http://www.granbyll.org)

## **Emergency Information**

Police, Fire, Ambulance: 911

Non-emergency Police: (860) 844-5335

Non-emergency Ambulance: (860) 653-6535

## **2. Granby Little League Safety Policies**

### **ASAP**

In 1994, **ASAP** (A Safety Awareness Program) was introduced at the national Little League level 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 Baseball". This manual has been developed to promote a safe season for all Granby Little League participants. Periodically, the Safety Officer will distribute ASAP newsletters to the board of directors, commissioners, and coaches via email and the GLL website.

The Granby Little League ASAP and the Little League "Qualified Safety Plan Registration Form" are submitted annually through the Little League Data Center website at [www.littleleague.org](http://www.littleleague.org).

The GLL philosophy is that safety is everyone's job. Prevention is the key to reducing accidents to a minimum. We emphasize reporting all hazardous conditions to the Safety Officer or another Board member immediately. We enforce not playing on a field that is not safe or with unsafe equipment. We seek to ensure that players are fully equipped at all times, especially catchers and batters. We emphasize that managers and coaches frequently check a team's equipment and replace worn out or defective items.

### **↳ Granby Little League Safety related procedures, protocols and rules (Safety Code):**

- » Responsibility for Safety procedures at any given game or practice or gathering should be that of an adult member of Granby Little League. This is normally the head coach/manager of a team. It is the responsibility of the head coach/ manager to ensure that only those with proper background checks (assistant coaches, umpires, parents or Board members) are supervising, as needed, from a safety standpoint.
- » Call 911 immediately if there is any chance in your opinion that a child needs emergency medical attention. Always err on the side of safety.
- » The Safety Officer will complete the 2017 Annual Little League Facility Survey in preparation for the 2017 season (including a long-range facility plan).
- » Arrangements will be made in advance of all games and practices for emergency medical services. The Safety Officer will communicate with Granby Ambulance and Granby Emergency Services providing general details of the upcoming Little League Schedule. Note: No EMTs are on-site.
- » Managers will carry charged cell phones at all events and be prepared to call for emergency medical services if needed.
- » Accidents, injuries or incidents will be reported to the Safety Officer who will then file the appropriate form with Little League International.
- » Managers, coaches and umpires must have training in first aid. First-aid kits are issued to each team manager and are located at each concession stand. First Aid clinics will be held in late March and early April. Details are available on the GLL website and below in this section.
- » No games or practices will be held when weather or field conditions are poor, lighting is imminent; fields are in need of repair, recently fertilized, or overly wet.

- » The head umpire or either head coach may determine that there is not enough light to continue playing the game safely.
- » Play area will be inspected before use, and frequently during use, for holes, damage, stones, glass and other foreign objects. It is the responsibility of the home team manager/coach to inspect the field prior to play. Umpires (plate and field) will continue to monitor playing areas thorough out the game.
- » All team equipment will be stored within the team dugout, or behind screens/fences, and not within the area defined by the umpires as “in play.”
- » Only players, managers, coaches, and umpires are permitted on the playing field or in the dugout during games and practice sessions, except that for T-Ball and Farm Ball leagues parents may be in the dugout area with discretion. Parents without an accepted background check are not to have substantial interaction with children other than their own.
- » Responsibility for keeping bats and loose equipment off the field of play will be that of a player assigned for this purpose or the team’s manager and coaches or a parent if the parent has had an acceptable background check.
- » Foul balls batted out of playing area, which are retrieved, will be returned to the coaches/managers. They are not to be thrown on to the playing field.
- » During practice and games, all players should be alert and watching the batter on each pitch.
- » During warm-ups, players should be spaced so that no one is endangered by wild throws or missed catches.
- » All pre-game warm-ups will be performed within the confines of the playing field and not within areas that are frequented by, and thus endanger spectators (i.e., playing catch, pepper, swinging bats, etc.).
- » Coaches and managers are not permitted to catch pitchers (rule 3.09) as a warm up or at any other time during game.
- » Equipment should be inspected regularly to insure it is in good condition. Remember to dispose of “bad” or “Expired” equipment properly to minimize the chance of someone else using it. Replace discarded equipment with new.
- » Pitching machines, if used, must be in good working order (including extension cords, outlets, etc.) and must be operated only by adult managers and coaches.
- » Batters & runners on the field must wear approved (NOCSAE) protective helmets with face guards during games and practices. Helmets should not be painted unless approved by the manufacturer.
- » Catchers must wear catcher’s helmet, mask, throat guard (long model), chest protector, shin guards and protective cup with athletic supporter at all times (males) for all practices and games.
- » Managers should encourage all male players to wear protective cups and supporters for practices and games. Mouth guards are encouraged for infielders.
- » Managers/Coaches will assess equipment for proper fit.
- » For Majors and below, except when runner is returning to a base, headfirst slides are not permitted.
- » During sliding practice, bases should not be strapped down or anchored.
- » At no time should “horse play” be permitted on the playing field or in the dugout area.
- » Players must not wear watches, rings, pins, necklaces or metallic items during games and practices, except for medical alert identifications. Please remind female players that earrings are not allowed, appropriate hair ties should be used and no metal barrettes should be used. Players who wear glasses should be encouraged to provide “safety glasses”.
- » The Catcher must wear catcher’s helmet and mask/face guard with a throat guard in warming up pitchers. This applies between innings and in the bullpen during a game and also during practices.
- » Soft toss to fences/backstops is not allowed prior to a game to protect spectators from getting hurt.

- » On-deck batters are NOT permitted. No player should handle a bat, even in an enclosure, until it is his/her time at bat. (Applies to Majors and below).
- » Players who are ejected, ill, or injured will remain under supervision until released to the parent or guardian.
- » First, second, and third bases must be of the “break-away” variety to ensure safety of sliding players.
- » Protective/padded tops for chain-link fences are installed to protect players.
- » Chain-link fencing should also be used to protect spectators from foul balls.
- » Bleachers should have back guardrails at minimum and side rails if feasible.
- » Soft cover or reduced impact balls will be used for T-Ball level players.

**» Board Members, Managers, Coaches, other Volunteers and Parents are encouraged to:**

- » Reassure and aid children who are injured, frightened, or lost.
- » Provide, or assist in obtaining, medical attention for those who require it.
- » Know your limitations.
- » **Carry your first-aid kit to all games and practices and remember to re-stock if needed.**
- » Carry a cell phone.
- » Keep your "Guideline for First Aid" with your first-aid kit.
- » Assist those who require medical attention - and when administering aid, remember to LOOK for signs of injury (blood, black-and-blue, deformity of joint etc.), LISTEN to the injured describe what happened and what hurts if conscious. Before questioning, you may have to calm and soothe an excited child.
- » FEEL gently and carefully the injured area for signs have swelling, or grating of broken bone. *Allow the child to move injured area on own as tolerated. Do not force.*
- » Have your players' Medical Clearance Forms and your first aid kits with you at all games and practices.
- » Review the forms ahead of time to become familiar with any special medical conditions your players may have (e.g. asthma, diabetes, allergic reactions to bee stings or certain foods, etc.).
- » Make arrangements to have a cellular phone available when your game or practice is at a facility that does not have any public phones.
- » Report all injuries or near misses to the Safety Officer as soon as possible.

**» Board Members, Managers, Coaches, other Volunteers and Parents are encouraged **NOT** to:**

- » Administer any medications.
- » Be afraid to ask for help if you're not sure of the proper procedures (i.e., CPR, etc.).
- » Transport injured individuals – call 911 to request an ambulance instead.
- » Leave an unattended child at a practice or game.
- » Hesitate to report any present or potential safety hazard to the Safety Officer immediately.

**» Coaching Prerequisites**

- » The following are requirements for all coaches (head coaches/managers and assistant coaches):
- » First Aid qualifications. The head coach/manager must have appropriate First Aid training, which will include concussion specific training, within the last three seasons (2014, 2015 or 2016). Volunteers are required to attend the GLL-sponsored First Aid clinics. Presently, First Aid Clinics are scheduled

for **March – 2017 and April - 2017**. Ideally, all coaches will receive First Aid training. At a minimum, however, at least one representative from each team will attend this training annually with all coaches having attended a clinic at least once every three years.

- » Basic Coaches’ Training Qualifications. The coach must have appropriate basic coaching instruction within the last three seasons (2014, 2015 or 2016). The GLL Board of Directors will set a schedule for the training sessions and post them on the Granby Little League website.
- » Managers / Coaches are appointed by the GLL Board of Directors.
- » Completion of the background checks authorization form, a successful background check performed by the Safety Officer, and notification from the Safety Officer to the Board of Directors and Commissioners of the approval.

### **3. Granby Little League Board of Directors**

In addition to being posted on the website, the following contacts for the Granby Little League Board of Directors will be distributed to all Team Managers in the form of an Emergency Plan. Below is the 2017 board for GLL and contact phone numbers.

#### **Executive Board**

<b>President</b>	<b>Tim Heinze</b>	<b>860-250-2921</b>
<b>VP Baseball</b>	<b>Dave Allard</b>	<b>508-864-7165</b>
<b>VP Softball</b>	<b>Erin Mueller</b>	<b>860-878-0873</b>
<b>Treasurer</b>	<b>Kevin Hassett</b>	<b>860-478-0891</b>
<b>Information Officer</b>	<b>Jim Crockett</b>	<b>860-214-5775</b>
<b>Safety Officer</b>	<b>Bill Prokop</b>	<b>917-538-5771</b>
<b>Secretary</b>	<b>Matt Ryan</b>	<b>860-258-9558</b>
<b>Player Agent – Softball</b>	<b>Kelly Hassett</b>	<b>860-778-7361</b>
<b>Player Agent - Baseball</b>	<b>Chris Mele</b>	<b>860-335-1166</b>
<b>Umpire Coordinator</b>	<b>Kelly Ennis</b>	<b>860-325-0394</b>

Updated Jan-2017

### **4. Accident / Incident Reporting Procedures**

All injuries (including potential hazards) should be reported to the Safety Officer. Incident tracking will be used to evaluate effectiveness of the program and for future reference. If the Safety Officer is unavailable, the President of the Granby Little League is to be contacted.

A *Safety Incident* or *Near-Miss* that causes any player, manager, coach, umpire, volunteer or spectator to receive medical treatment, including First Aid, must be reported.

*Safety Incidents* and *Near-Misses* are required to be reported within 48 hours to:

Bill Prokop  
 (917) 538-5771  
 Willpro@me.com

***The Safety Incident and Near-Miss Tracking Form is available on the GLL website. Managers are required to maintain copies of the form at all games and practices.***

### Safety Officer's Responsibilities

Within 24-48 hours of receiving the telephone notification and/ completed report, the Safety Officer or President 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 Granby Little League's insurance coverage and the provisions for submitting any claims.
- (5) Notify the CT District 6 Little League Safety Officer.

If the extent of the injuries is more than minor in nature, the Safety Officer or President shall periodically call the injured party to:

- (1) Check on the status of any injuries.
- (2) Check if any other assistance is necessary in areas such as submission of insurance forms, Etc. until such time as the incident is considered "closed" (i.e., no further claims are expected and/or the individual is participating in the league again).

## **5. Volunteer Applications and Background Checks**

All Granby Little League Board Members, Managers, Coaches and other volunteers, regardless of age, are required to provide a signed volunteer application, along with a copy of government-issued photo identification. (Regulation I (b).)

A nationwide criminal background check *and* nationwide sex offender search will be conducted on all volunteers, which include Board members, managers, coaches, team coordinators, umpires and anyone interacting with the children. The Safety Officer can use any background check services necessary to assure the safety of the children. For the 2017 Season, GLL will use First Advantage, a firm that has partnered with National Little League for background checks. In some cases a name-only match will occur, which may cause some concern for volunteers who are not in fact the criminal on record. Further research will be conducted to determine identity in these cases and a letter from First Advantage will be sent to the volunteer. (Regulation I(c) 8 and 9.)

Anyone who refuses to complete a Volunteer application form will not be allowed to participate in the capacities mentioned in the previous paragraph. In all cases a Social Security Number (SSN) will be requested and required as part of the First Advantage background check process.

*All Managers, Coaches and Volunteers are required to submit to a mandatory background check. Managers, Coaches and Volunteers may not step onto a practice or game field without a proper approved background check. A master list of all approved Managers/Coaches/Volunteers will be*



*posted on the website prior to the start of the season. League officials will complete 'Spot-checks' of on-field Managers, Coaches and Volunteers periodically throughout the season. This may happen at both games and practices. Any person who is not on the approved list will be asked to leave the game/practice immediately and will not be allowed to participate in team activities for the remainder of the year. In addition, the Manager of the team that has the non-approved person will be subject to a 2 (two) game suspension for the first offense, and a 5 (five) game suspension for the second offense. The third offense will result in suspension for the remainder of the season. These penalties will commence at the start of the game/practice following the infraction*

Team managers should explain to parents at the beginning of the season the above guidelines and explain who has and has not had background checks.

**A clear delineation between coaches and non-coaches, including assistants, must be made. Parents or others cannot fall into a “gray area” where there is occasional ball tossing or helping during practice without being confirmed through a background check.**

**Under no circumstances will any person who is a known child-sex offender be permitted to hold any office or position within Granby Little League or any other level of Little League Baseball and Softball. Additionally, any person convicted of a crime involving or against children will not be allowed to hold any position within the Granby Little League Organization. (Regulation I (c) 9. Volunteer backgrounds checks that reveal any offense related to children are cause for rejection. Similarly, violent offenses will also cause volunteers to be rejected. Convictions or other offenses, not involving minors, may still be cause for rejection and will be reviewed by the board of directors who still may deem these individuals as inappropriate and/or unfit and may prohibit him/her from working as a hired worker or volunteer within Granby Little League.**

The Safety Officer will provide a list each season of those who have been approved with acceptable background checks.

The league president shall retain each volunteer application, background check information, and any other documents obtained, on file and maintain the record of a volunteer for at least 2 years after the volunteer is no longer in the league.

## **6. Approved Volunteers for 2017**

This list of approved volunteers will be posted on the Granby Little League website under the “Documents and Forms” tab. It is intended to provide an easy resource for parents to determine the status of most volunteers. The definition of approval in this context is a successful background check. Presence on this list does not mean the volunteer has taken the required coursework, such as Fundamentals training. Board members and active team parents may be on this list but may not be required to participate in fundamentals training etc.... It is the responsibility of the team manager to ensure that in addition to having an approved background check, a coach has had proper training. It is the responsibility of league commissioners to ensure that team managers have had appropriate background checks and training. This list might be updated later in the season via this safety plan or on a separate document posted on the Granby Little League website.

League player registration data or player roster data and coach and manager data will be submitted via the Little League Data Center at [www.littleleague.org](http://www.littleleague.org). This continues to be a mandatory requirement for an approved ASAP plan in 2017. *If you do not see any documentation of a volunteer having*

*been approved through a background check and want to ensure the most up-to-date status, please contact the GLL Safety Officer, Bill Prokop at (917) 538-5771 or [Willpro@me.com](mailto:Willpro@me.com).*

## **7. Required Training for Coaches**

All managers and coaches must complete the following:

- Read and become familiar with the safety plan annually.
- Attend First Aid training; to include concussion specific training, and fundamentals coaches training once every three years. Note: *At least one* representative from each team must have attended First Aid training and basic coaches training within the current season.
- All volunteers are responsible for ensuring their own competency beyond the above requirements. Coaches should proactively ask others, including board members, questions about the rules of baseball and softball, physical training and safety issues as needed, and research, responsibly, books and reputable websites for coaches' tips and training information. Use of the GLL and national Little League websites is expected.

### A. Reading Safety Manuals and First Aid Procedures

This safety plan and first aid guidelines will be available to all Board members, coaches, managers and parents via the GLL website.

### B. Reading the Little League Code of Conduct

Commissioners will distribute the GLL Code of Conduct to all managers, who should distribute it to all parents and encourage reading of the material. Managers and coaches are required to read and be familiar with the material.

### C. Attending First Aid Training

Presently two First Aid Clinics are scheduled for March-2017 and April-2017 and will be conducted by a Red Cross Certified Instructor. Times and location information will be available on the GLL website. This training is required every three years. If a volunteer does not or cannot attend a scheduled clinic, the league must determine that this training has been sufficiently obtained elsewhere.

### D. Attending Baseball Coaches Training Clinic

The GLL Board of Directors will schedule coaching clinics annually. The details will be available on the GLL site. This training is mandatory. If coaches cannot attend, commissioners must become comfortable that this training / competency has been obtained /developed elsewhere. Some type of basics coaches training is required every three years.

### E. Complete Concussion Specific Training.

All Managers and Coaches are highly encouraged to complete Concussion specific training. This can be accomplished through the Granby Little League First Aid Training events or online through the

CDC “Youth Sports Coaches” – “Heads Up: Concussion in Youth Sport” Training module. This is a free course and can be found at the CDC’s website as follows:

[http://www.cdc.gov/concussion/HeadsUp/online\\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html)

## **8. Pitch Count Rules**

GLL will follow the National Little League pitch count rules for baseball that are effective for 2017. These rules do not apply to softball.

### 2017 Rules

Pitchers in Little League range from age 7 to 16. An age-based maximum is applied to the number of pitches a child can throw in one day:

<u>Age</u>	<u>Maximum Pitches / Day</u>
13-16	95
11-12	85
9-10	75
7-8	50

Exception: If a pitcher reaches the limit imposed in Regulation VI (c) for his/her league age while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs: 1. That batter reaches base; 2. That batter is put out; 3. The third out is made to complete the half-inning.

Note 1: A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of that day.

Additionally, the following rest periods must be adhered to.

Pitchers age 7-14:

<u>Pitches Thrown in One Day</u>	<u>Required Calendar Days of Rest</u>
66 or more	4
51-65	3
36-50	2
21-35	1
20 or less	0

Pitchers age 15-16:

<u>Pitches Thrown in One Day</u>	<u>Required Calendar Days of Rest</u>
76 or more	4
61-75	3
46-60	2
31-45	1
30 or less	0

\*Each league must designate the scorekeeper or another game official as the official pitch count recorder.

Coaches and parents must also use common sense and consider pitches thrown during practice, warm-up and other activities, and the throwing activity of pitchers when playing in the field. While no hard guidelines are imposed in these cases, common sense must be used. If a player throws 30 pitches in a practice scrimmage the day before a game and fields many plays in the infield at the start of a game, the pitch limit should be lower for that child if he or she enters the game as a pitcher.

Minor League, Little League (Majors), and Intermediate (50-70) Division players may NOT pitch in more than one game in a day.

Junior League and Senior League players may be used as a pitcher in up to two games in a day. (Exception: If the player pitched 31 or more pitches in the first game, that player may NOT pitch in the second game on that day).

No catcher will pitch if they have caught four or more innings.

## **9. Bat Specifications**

### Rule 1.10 – Baseball

The bat must be a baseball bat, which meets Little League specifications and standards as noted. It shall be a smooth, rounded stick and made of wood or of material and color tested and proved acceptable to Little League standards.

Little League (Majors) and below: It shall not be more than thirty-three (33) inches in length nor more than two and one-quarter ( $2\frac{1}{4}$ ) inches in diameter. Non-wood bats shall be labeled with a BPF (bat performance factor) of 1.15 or less;

EXCEPTION: Little League (Majors) and below: For regular season play and Tournament, composite bats are prohibited unless approved by Little League International. The list of approved and licensed composite bats is found at the following link: <http://www.littleleague.org/batlist>.

Junior League: It shall not be more than 34 inches in length; nor more than  $2\frac{5}{8}$  inches in diameter, and if wood, not less than fifteen-sixteenths ( $\frac{15}{16}$ ) inches in diameter ( $\frac{7}{8}$  inch for bats less than 30”) at its smallest part. All composite bats shall meet the Batted Ball Coefficient of Restitution (BBCOR) performance standard, and such bats shall be so labeled with a silkscreen or other permanent certification mark. The certification mark shall be rectangular, a minimum of a half-inch on each side and located on the barrel of the bat in any contrasting color.

The moratorium on composite bats, which now applies to all baseball divisions of Little League, does not apply to any softball divisions of Little League.

### Rule 1.10 – Softball

**1.10** - The bat must be a softball bat, which meets Little League specifications, and standards as noted in this rule. It shall be a smooth, rounded stick and made of wood or a material tested and proved acceptable to Little League standards. The bat shall be no more than 33 inches (34 inches for **Junior/Senior/Big League**) in length, not more than two and one-quarter ( $2\frac{1}{4}$ ) inches in diameter, and if wood, not less than fifteen-sixteenth ( $\frac{15}{16}$ ) inches in diameter ( $\frac{7}{8}$  inch for bats less than 30

inches) at its smallest part. Non-wood bats shall be printed with a BPF (bat performance factor) of 1.20. Bats may be taped or fitted with a sleeve for a distance not exceeding 16 inches from the small end. Colored bats are acceptable. A non-wood bat must have a grip of cork, tape or composition material, and must extend a minimum of 10 inches from the small end. Slippery tape or similar material is prohibited.

## **10. Weather and Health Risk Guidelines**

This section provides specific guidelines on safety and procedures related to lightning risk, heat risk, communicable disease risk and the Heimlich maneuver.

### **A. Lightning Risk**

#### Rule of Thumb

The ultimate truth about lightning 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 and get players to safety. When in doubt, STOP PLAYING!

#### "Flash-Bang" Method

One way of determining how close a recent lightning strike is to you is called the "flash-bang" method. With the "flash-bang" method, a person counts the number of seconds between the sight of a lightning strike & the sound of thunder that follows it. Stop playing & leave the area when the count between the lightning flash and the sound of its thunder is 30 seconds (6 miles) or less.

Allow a minimum of 30 minutes to pass after the last lightning flash and bang of thunder before resuming activity.

#### Lightning Detection for Mobile Device(s) App:

Little League® Baseball and Softball, the world's largest youth sports organization, and WeatherBug, the brand millions trust to Know Before™ severe weather strikes, are launching Little League WeatherBug, a new mobile weather app providing coaches, managers, parents, family, and friends of Little League with real-time weather, severe weather alerts, and personalized lightning detection to help stay safer during practice and ballgames this season.

Little League® WeatherBug is available for download on both [Google Play](#) and the [iTunes App Store](#) for free. Watch the new short video about lightning and weather safety and see the app in action: <https://www.youtube.com/watch?v=3NEHtSxybos>

#### Lightning Facts and Safety Procedures consider the following facts:

1. The average lightning stroke is 6 - 8 miles long.
2. The average thunderstorm is 6 -10 miles wide and travels at a rate of 25 miles per hour.
3. Once the leading edge of thunderstorm approaches to within 10 miles, you are at immediate risk due to the possibility of lightning strokes coming from the storm's overhanging anvil cloud.
4. On average, thunder can only be heard over a distance of 3 - 4 miles, depending on humidity, terrain, and other factors. This means that by the time you hear the thunder, you are already in the risk area for lightning strikes.

### Where to Go?

No place is absolutely safe from the lightning threat, but some places are safer than others are. Large enclosed shelters (substantially constructed buildings) are the safest (like our snack bars and press boxes). **For the majority of participants, the best area to seek shelter is in a fully enclosed metal vehicle with the windows rolled up.**

If you are stranded in an open area and cannot get to shelter in a car, put your feet together, crouch down, and put your hands over your ears (to try and prevent eardrum damage).

### Where NOT to Go!!

Avoid high places and open fields, isolated trees, unprotected gazebos, rain or picnic shelters, dugouts, flagpoles, light poles, bleachers (metal or wood), metal fences, and water.

### What to do if someone is struck by lightning?

1. The person who has been struck will carry no electrical charge; therefore, they are safe to touch.
2. The first rule of emergency care is "make no more casualties". If the victim is in a high-risk area (open field, isolated tree, etc.) the rescuer should determine if movement from that area is necessary - lightning can and does strike the same place twice. If the rescuer is at risk, and movement of the victim is a viable option, it should be done.
3. Call 9-1-1 as soon as possible for help.
4. Check for burns to the body.
5. Give first aid as needed.
6. If breathing and/or heartbeat have stopped, perform CPR until EMS arrives.
7. Contact the league Safety Officer and the league President ASAP.

## **B. Heat Risk**

### Heat related Illnesses

Players are constantly expending energy and depleting the moisture in their bodies. Even on a cool day, prolonged and vigorous exercise can cause dehydration.

- The warmer and more humid the weather, the shorter the time it takes to become dehydrated and/or overheated.
- The greatest danger of heat related illness is when a player becomes dehydrated and loses the ability to sweat.
- Sweat provides natural cooling system for the body and if it stops working, the body quickly overheats and numerous life-threatening situations arise:
  - Kidney damage/failure
  - Brain damage – heat stroke
  - Circulatory compromise

### Signs and Symptoms of Heat Exhaustion

- Profuse sweating
- Extremely reddened skin

### Signs and Symptoms of Heat Stroke

- Sweating stops – skin is dry, red, and very hot.
- Altered mental status – confused, disoriented.
- Unconsciousness – call 911

## Preventative Measures

- Make sure all players have their own water bottle at every practice and game.
- Take frequent water breaks – more often as the weather gets hotter.
- Drink at least five (5) ounces of water every 15-20 minutes while active.
- Look for extreme or profuse sweating. Act quickly if sweating stops altogether.

## First Aid for Heat

- Call 911 if the victim has an altered mental state or is in distress. Err on the side of caution.
- Get the victim out of the heat and into a shaded area.
- Remove excess clothing.
- Give cool liquids – preferably water.
- Use ice packs under the arms, along groin, on forehead.
- Pour water onto clothing to cool down as much of the body as possible.

## **C. Communicable Disease Risk**

The following procedures should be followed when open wounds occur.

- Bleeding must be stopped, the open wound covered, and the uniform changed if there is blood on it before the athlete may continue.
- Use gloves (provided in the First Aid kit) to prevent mucous membrane exposure when contact with blood or other body fluids are anticipated.
- Immediately wash hands and other skin surface if contaminated with blood.
- Clean all blood-contaminated surfaces and equipment immediately to prevent possible transmission of communicable diseases.
- Practice proper disposal procedures for “sharps” and other contaminated material.
- Managers, coaches, and volunteers with open wounds should refrain from all direct contact.
- Use caution when handling bloody dressings, mouth guards and other articles containing bodily fluids. Ensure no unnecessary contact is made between people and the objects that have been potentially contaminated with bodily fluids. Dispose of such materials safely. If in doubt, consult with emergency medical technicians regarding disposal procedures.

## **D. The Heimlich maneuver**

The Heimlich maneuver is an emergency method of removing food or foreign objects from the airway to prevent suffocation. When approaching a choking person, one who is still conscious, ask: "Can you cough? Can you speak?" If the person can speak or cough, do not perform the Heimlich maneuver or pat them on the back. Encourage them to cough.

### To perform the Heimlich:

1. Grasp the choking person from behind.
2. Place a fist, thumb side in, just below the person's breastbone (sternum), but above the naval.
3. Wrap second hand firmly over this fist.
4. Pull the fist firmly and abruptly into the top of the stomach.

\*It is important to keep the fist below the chest bones and above the naval (belly button).

The procedure should be repeated until the airway is free from obstruction or until the person who is choking loses consciousness (goes limp). These will be violent thrusts, and must be repeated as many times as it takes to dislodge the obstruction.

**For a child:**

1. Place your hands at the top of the pelvis.
2. Put the thumb of your hand at the pelvis line.
3. Put the other hand on top of the first hand.
4. Pull forcefully back as many times as needed to get object out or the child becomes limp.

Most individuals are fine after the object is removed from the airway. However, occasionally the object will go into one of the lungs. If there is a possibility that the foreign object was not expelled, immediate medical care should be sought. If the object cannot be removed completely by performing the Heimlich, immediate medical care should be sought.

**F. Concussion Assessment and Guidelines.** (The following guidance is from the U.S. Center For Disease Control and Prevention)

***What is a Concussion?** A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. The CDC has created free tools and materials for youth and high school sports coaches, parents, athletes, teachers, school nurses, and health care professionals that provide important information on preventing, recognizing, and responding to a concussion.*

*Proper training is key to prevention and post injury care. The following should be considered:*

- Understand a concussion and the potential consequences of this injury.
- Recognize concussion signs and symptoms and how to respond.
- Learn about steps for returning to activity (play and school) after a concussion.
- Focus on prevention and preparedness to help keep athletes safe season-to-season.

*Managers/Coaches should always err on the side of caution. If a concussion is suspected, remove the athlete from play. Do not let the emotions of the athlete, or the athletes parents, sway the decision to remove an athlete from play.*

If a medical professional, Umpire in Chief, the player's coach, the player's manager, or the player's parent has determined a player sustains a possible concussion, the player must be, at a minimum, removed from the game and/or practice for the remainder of that day. (Regulation III (d) 2. NOTE 3.)

**\*Once a concussion is suspected/diagnosed, Manager/Coaches must have a release, in writing, from a qualified health care professional before allowing an athlete back onto the playing field for practice or games.**

For the most current information related to concussion, concussion signs and symptoms, concussion treatment and return to play procedures, see the Granby Little League Web-site, "Health and Safety" Tab. <http://granbyll.org/Page.asp?n=102058&org=granbyll.org>

For additional information see: [http://www.cdc.gov/concussion/HeadsUp/online\\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html)



## **11. Facilities Management Safety**

This section addresses the safe management of the concession stand and storage sheds.

### **A. Concession Stand**

The Town of Granby, through the Granby Parks and Recreation Department, operates, maintains, and hires the employees that manage the concession stand at Salmon Brook Park.

Granby Little League will, however, still conduct background checks on all concession stand employees utilizing the same background check tool used for all GLL volunteers.

### **B. Storage Shed Procedures**

The following applies to all of the storage sheds used by Granby Little League and apply to anyone who has been issued a key/combination to use those sheds.

All individuals with access to the Granby Little League equipment sheds are responsible for:

- The orderly and safe storage of all equipment stored.
- Reading operator manuals and being familiar and trained regarding the use of machinery and any equipment before using.
- Ensuring no unauthorized individuals use equipment.
- Ensuring that no minors use machinery.
- Ensuring that, with regard to chemicals:
  - All chemicals or organic materials stored in Granby Little League sheds shall be properly marked and labeled regarding contents and applicable warnings.
  - All chemicals or organic materials (i.e., lime, fertilizer, etc.) stored within these equipment sheds will be separated from the areas used to store machinery and gardening equipment (i.e., rakes, shovels, etc.) to minimize the risk of puncturing storage containers.
  - Any "loose" chemicals or organic materials within the sheds are cleaned up and disposed of as soon possible to prevent accidental poisoning.

## **12. Facilities Survey**

At the beginning of each new Little League Season the Facility Survey, along with the GLL ASAP, is completed and submitted to Little League International. You may contact the Safety Officer, Bill Prokop at (917) 538-5771 or [Willpro@me.com](mailto:Willpro@me.com) with any questions regarding the facility survey

## **13. Safety Statistics (Accident/Incident Reports)**

In 2014, 1 incident reports were filed

In 2015, 2 incident reports were filed

In 2016, 2 incident reports were filed

## **14. Training / Background Check FAQ's**

### **FAQs**

#### **Frequently Asked Questions (and the Answers) Regarding Training**

**Q: If I want to coach in Granby Little League, what training requirements are there?**

A: Section 7. Of this document outlines the expectations and requirements. To summarize: (1) if you are a new coach you must attend a GLL sponsored coaching clinic. (2) You must receive first aid training, to include concussion specific training, every three years. (3) You must receive recent coaches training every three years. (4) You must submit the volunteer application and be approved by the Safety Officer. (5) You must either be approved as a manager (head coach) by the GLL board or selected as an assistant (coach) by one of the managers with the approval of the league's Commissioner and Safety Officer.

**Q: I'm just assistant coaching. What are the requirements for that?**

A: The same. Managers (also called "head coaches") and assistants (also called "coaches") have the same requirements, listed above.

**Q: Why is GLL being so strict?**

A: National Little League's rules have gotten stricter. GLL does believe it makes sense to move forward with the national requirements in an attempt to assure the safety of the kids and maintain a well-trained coaching staff. We've avoided any training that would cost you money and we have tried to provide a few alternatives for meeting the requirements and strike a good balance of solid training without being unduly cumbersome.

**Q: How Can I stay up-to-date and receive automated news from Little League International?**

A: Sign up for Little League E-News. (<http://www.littleleague.org/learn/JoinMailingList.htm>)

**Q: Why does GLL need my Social Security Number and a copy of my government issued ID?**

A: GLL utilizes First Advantage for volunteer background checks. To begin conducting background checks, the league needs in its possession a fully completed official "Little League Volunteer Application" along with a copy of a government-issued photo ID, usually a driver's license, in order for the league to verify that the information on his/her volunteer application is correct, i.e. spelling of name, address, date of birth, etc.

**Q: Why is it necessary for GLL to be so strict in conducting background checks for ALL volunteers?**

A: Granby Little League's (and Little League International's) top priority is the safety of our kids. To support this goal, and to comply with Little League Charter and Safety guidelines, Granby Little League must enforce the Volunteer Background Check policy.