

2014 Churchland Little League Safety Plan

A Safer Little League is Always More Fun

Our League is dedicated to providing a safer playing environment. Dedicated coaches and volunteers, whose goal is teaching proper baseball techniques and fundamentals, teamwork and sportsmanship, are focused on the well-being and development of our children. Focusing on instilling confidence in our players will help them in their overall mental ability to excel and enjoy the Little League experience.

CLL has implemented a Safety program that will ensure that everyone involved in our league strives to make the activity of Little League Baseball as safe as possible for all those involved. Certain guidelines have been established in this plan to implement safety policies for our league.

Safety is not limited to only those items listed in this plan. Safety is an on-going process that involves everyone. All Members, Parents and Players are encouraged to express concerns or ideas for the safety of our league so that new ideas can be implemented in the future. Remember, play safe, play hard and have fun! The Little League experience only comes once in a lifetime as a player and as a parent. Make it something that can be looked back upon as a positive experience to be carried on for future generations to come!

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General Safety

- First Aid kits mounted in clear view at all fields and are regularly checked to make sure they contain all needed supplies.
- An emergency ambulance access route and entrance is established for all baseball fields. This area is marked off with no parking signs along the outside of the outfield fence and back fence emergency entrance gate openings, and blocked with removable orange cones.
- Equipment Manager is active in purging worn, outdated, and defective equipment and replacing with new equipment.
- Upon notice of worn or broken equipment, cease use and contact Equipment Manager, Safety Officer, or League Rep for issue of replacement equipment.
- **On March 15, 2014, all our team managers attended a mandatory District 6 Rules & Safety meeting. The safety portion of the meeting covered basic safety and first aid protocols the managers need to know in case of an accident or medical emergency.**
- **On March 4, 2014, all team managers and assistant coaches were required to attend fundamentals training.**
- Encourage Coaches/Managers to have regular safety talks about the proper wearing of equipment and field conduct.
- Locations of all practice fields will be on file and inspected periodically by the Safety Officer.
- Encourage at least One adult be available with a cell phone at all practices (especially at remote locations).
- Warning tracks are maintained on our Major and Minor League fields.
- Inspect lift-up doors to concession stand when opening and closing.

- Ace bandages and large first aid kits as well as ice packs will be made available to all our fields.
- A safety list posted in Concession stand and workers shown locations of emergency items such as fire extinguishers, Emergency numbers, and first aid kit.
- A pocket sized laminated card with league board directors, division commissioners, and emergency contact numbers will be available for each team manager, coach, and team parent. They will also be updated and put inside first aid kits and posted inside concession stands.
- A copy of the League Safety Manual is to be posted in Concession stand, press boxes and located at all playing fields. Also opening, closing and operating instructions posted for concession workers.
- Little League National Field Survey completed by Safety officer.
- The 2014 Little League Volunteer forms were used at sign-ups for all league volunteers and maintained by the secretary of our league. All volunteers were checked with Little League's recommended FirstAdvantage system and the National Sex Offender public website to make sure our children are kept safe and to meet new Little League Guidelines for volunteers.
- Submit roster and manager data to Little League via the Little League Data Center at www.littleleague.org.
- Our Concession Manager attended Class held by the city for Safe Food handling techniques-as well as members of our auxiliary members.
- Submit a copy of this Safety Plan, the registration form, and the facility survey to Little League and District 6 by the established deadline each year.

Important Numbers

League ID Number: 346-06-01

Executive Board

Vicki Tiller	President	(757) 686-8111
Dan Gutt	Vice President	(757) 686-4642
Meredith Detweiler	Treasurer	(757) 777-7874
George Detweiler	Safety & Information Officer	(757) 777-7875
Ashley Bronstein	Player Agent	(757) 439-1947
Kurt Brown	Secretary	(757) 589-5392
Steve Tiller	Equipment/Uniform Manager	(757) 686-8111
Position Open	Facilities Director	N/A
Position Open	Coaches Training Director	N/A
Position Open	Concession Manager	N/A

Division Representatives

Steve Tiller	Junior/Senior League Commissioner	(757) 541-9911
Terrell Heath	Major League Commissioner	(757) 484-9090
James Delcour	Minor League Commissioner	(757) 567-0652
Position Open	Machine Pitch Commissioner	N/A
Darnell Fisher	T-Ball Commissioner	(757) 515-6795

Emergency Numbers

Police, Fire, Ambulance	911
Portsmouth Police Dispatch (Non-emergency)	(757) 393-5300
Dominion Virginia Power	(866) 366-4357
Emergency Water and Sewer	(757) 393-8561
Weather	(757) 666-1212
Churchland Little League Complex (5600 Michael Lane)	(757) 541-8008
State Police (Emergency only)	(757) 424-6800
Poison Center	(800) 222-1222
Fire Station (Cedar Lane)	(757) 686-2536

Role of the Little League

- Churchland Little League has implemented the use of breakaway bases.
- To make league area a cigarette, drug, alcohol, and weapons free zone.
- Inspect playing and practice fields prior to every use, by umpires and coaches.
- Managers/Coaches should inspect and repair deficient conditions prior to players starting any activity on the field.
- Maintain fields in good condition, this includes areas surrounding the fields, outbuildings and bleachers.
- Managers/Coaches will not sacrifice safety of the children for skills gain.
- All safety equipment shall be used as intended, following the "Safety Code for Little League", as defined in the 2013 Regulations and Rules book given to all Managers.
- Players will wear helmets when batting, base running and when base-coaching during games and at practices.
- **League will provide training to Coaches/Managers in the basics of First Aid, concussions, and AED devices.**
- When and when not to treat an injury and injury reporting procedures are to be followed.
- Players are to be warmed up properly prior to entering full speed play or practice.
- Stretching, running short distances, throwing to ensure muscles are properly warmed up to avoid injury during full speed practice or game conditions.
- No games or practices will be held on non-lighted fields after dusk.

- Ice will be available at all games for injuries.
- Managers should have ice at practices-especially when at remote locations.
- Managers will have water available to players during hot weather conditions for games and practices; especially when at remote locations.
- The League will be responsible for providing equipment in good condition, worn or defective equipment will be replaced promptly. Equipment will meet Little League standards and rules.
- Check with teams after issue of gear to check for proper fitting equipment after teams have been formed.
- Issue League Safety Memorandums in Managers "Package" when teams are handed out to select Managers, including a copy of the League Safety Plan.
- Only Auxiliary/Board Members and team parents that have duty will be allowed in the concession during operation.
- Auxiliary and Board Members will be responsible for the handling and preparation of hot food. Hot food should be kept at 140 degrees or higher and cold food should be kept at 41 degrees F or lower.
- Team parents working will be responsible for working the front window (such as taking food orders, getting drinks, candy, taking money, cleaning, etc.).
- It is important to keep the concession stand clean at all times. Wiping cloths should be used at all times and kept in a clean and sanitary condition by using a bleach/water solution (50ppm). Test strips are required to determine sanitizer concentration can be found in the drawer next to the sink.
- It is important to remember when washing dishes that you first wash in hot water and detergent and the rinse with warm water and sanitize by dipping into a bleach/water solution and let air dry.
- It is important to never store or leave any type of chemicals near the food.

- Be sure everyone washes his or her hands regularly, especially after restroom visits.
- At the end of the shift, it is the responsibility of the Auxiliary member to ensure everything is properly cleaned and stored away before leaving.
- Our Concession Manager and her assistants attended the city's safe food handling course for running a safe concession stand, along with an inspection of our concession facilities by our city inspector to approve our concession facility for use.

Role of the Parent

- Ensure their child has all required equipment and uniform for use in game conditions and practices.
- Supporters, cups, safety glasses and gloves of proper size and condition in respect to age/size of the player.
- Do not leave child unattended at practices or games without the consent of the coach/manager, and the parent needs to leave a person of contact while absent from child.
- Ensure medical release forms are complete and accurate so that child can be administered emergency care in the absence of a parent.
- Ensure children are eating properly and getting the proper amount of rest, so they may be able to endure the physical and mental aspects of learning and playing Little League Baseball.
- During game situations, keep disagreements with coaches, managers or umpires on hold until after the game so as not to be a distraction to the players-so that their sole focus is on the game.

- Parents will stay in the stands and will not come onto the fields at any time, regardless of disagreements with coaches, managers, or umpires.
- Perform your turn at the concession stand and please be prompt. This duty usually is only asked of parents once or twice during the season and is providing a service for ALL the parents, players and members of the Little League staff. Auxiliary members cannot do this alone and need everyone's help to make things run smoothly and safely in our concession stand.
- Be cautious when entering and exiting the parking areas around our fields, children not only players are everywhere and not always as attentive as they should be, so always be on the lookout for children too small to be seen above cars, children chasing balls or just being inattentive.
- Parents will keep all dogs off premises in order to ensure no biting injuries toward any child or adult.
- Verbal obscenities and obscenities on clothing will not be tolerated or allowed on or in the vicinity of Churchland Little League fields, concessions, or parking lot. Parents will be asked to stop or be removed from the fields.
- Smoking, alcohol, drugs, or weapons will not be allowed on any part of Churchland Little League fields, stands, concession, parking lots or bathrooms.
- Churchland Little League Board does reserve the right to have someone removed by police if any illegal actions are taking place or if a child, board member, or parent is in a threatened situation.

Role of the Player

- The most important thing for our players to remember is to pay attention at all times!
- Do not throw a ball at someone who is not looking or who is not ready to receive it.

- Never swing a bat where others can or may enter your area-coaches will show players the place and time for swinging and warming up with a bat.
- Always keep your helmet on during game conditions until you have cleared the playing field completely.
- Keep hands and/or other body parts away from fences at all times as fingers can be struck by a ball at any time during play.
- NO HORSEPLAY at any time-this can escalate into more serious behavior and result in injury and disruption of play.
- KEEP DIRT ON THE FIELD! The only object to be thrown on a baseball field is a baseball. All dirt, rocks and other objects found on the field should be brought to the attention of the coaches if the need arises to remove such object from the field.
- Do not form, sculpture or dig anywhere on the playing field as this can cause hazards and other problems such as pooling of water due to improper drainage.
- Children need to learn to be responsible with their own equipment. Equipment should not be abused or left unattended, as coaches cannot always keep track of gear left by players.
- Players should be enthusiastic and respectful at all times about playing and learning the techniques of baseball. Disruptive players not only waste the time of the coaches, but also take time away from other players who want to learn and are following the conduct rules of their team.
- Do not become discouraged when you do not get to play a position you wish to play in a game. A coach has a lot of decisions to make in a short period of time as to where to play his players to make sure everyone has the opportunity to play.

- Also, there are considerations of skill level in respect to hazards of playing certain positions that must be taken into effect for placing players at certain positions.
- Above all, have fun and be willing to learn. When a player takes practice seriously and is willing to learn, his skills will improve, and as his skills grow, his self-confidence will grow and will get even more enjoyment out of the game of baseball.

Accident Reporting, Safety Facts and First Aid

- Accidents shall be reported by the use of the "Little League Baseball Accident Notification Form". This form will be made available to the duty board member in charge of the field for the time frame of games they are working. These forms shall be filled out as completely as possible and turned over to the league safety officer as soon as possible (No later than 48 hours). Follow up calls shall be made to the player or parent of the injured player to insure the player is doing well.
- All board members will be shown how to fill out the accident reporting forms and where they are to be located.

Lightning Safety

- Lightning is consistently one of the top three storm killers each year in the U.S.
- There are safe locations and dangerous locations in a lightning storm as stated below:
 - First choice: any substantial building or enclosed structure that people normally live or work in.
 - Second choice: any vehicle with a hard metal roof and rolled up windows.
- Unsafe locations are being the tallest object in a given area, under trees, open fields, on the open water, rain shelters, tents, picnic shelters, sheds.

- All athletic activity should cease at the first sign of thunder or lightning and seek a safe location as stated above. You should wait at least 30 minutes after the last flash of lightning or thunder to resume activity outdoors.

First Aid

- The best technique to be utilized for first aid is common sense. If there is any doubts as to how to treat an injury always lean toward the more cautious approach. If a player cannot move a body part after injury-immobilize the body part and as much around it before attempting to move the player.
- If there is any doubt about a serious injury, call emergency medical personnel to the scene. When calling emergency personnel, be specific to your location as this will save time in attempting to locate the area.
- Ice is always good for use on injuries such as suspected strains and muscle pulls. Never apply ice directly to the skins' surface-use a towel or wrap between ice and affected area.
- Always use rubber gloves when treating wounds and dispose of gloves properly. Following the treatment of a wound wash your hands with warm soapy water.
- The best response for bleeding is direct pressure. Always utilize rubber gloves when there is danger of blood getting on you from an injured player.
- Eye injuries, unconsciousness, burns to the hands, face and feet, known broken bones, and loss of ability to breathe should be automatic cases to call emergency personnel.
- In a severe injury, clearing of the airway is crucial. When there is a suspected neck or back injury, do not attempt to move the player, let emergency personnel attend to the player; have the player remain calm and still.
- Always be on the lookout for signs of heat stress / heat exhaustion. The best treatment is prevention. Have players drink plenty of water before, during

and after activity. Sodas and sports drinks are not recommended for maintaining hydration.

Storage and Batting Cage

- No children shall be allowed in the storage areas behind dugouts without a parent accompanying them while inside.
- Ensure everyone is out of storage areas prior to locking them up at the end of use.
- Always lock storage areas when not attended so children cannot gain access to objects that are not appropriate for their use.
- When using the batting cage, direct adult supervision is required, normally, at a one to one ratio.
- No "hanging around" of other children or players inside of cage is allowed when batting practice is being conducted.
- The use of the L-fence is strongly recommended when pitching or using pitching machine during batting practice.
- Only Adult coaches are allowed to pitch or use pitching machine inside of batting cage.
- Ensure netting is pulled back sufficiently so batters do not get tangled up during batting.
- The batting cage is to be maintained just as the fields are maintained, keeping grass cut and weeds around fence trimmed to keep insect problem to a minimum and all balls may be found prior to mowing.
- Always lock the combination lock to the fence once gate is opened as children have a knack for playing with objects and can get lost or broken easily.

- Keep the gate closed to the cage when is use to keep players and other children out of the cage while in use.

Planned Improvements

A good Little League never stops trying to improve conditions for our players and members. Here are some of the improvements planned for the spring 2014 Season:

- Rebuilding the Major Field's pitching mound according to Little League specifications in the rule book.
- Laying sod on the Major Field around the pitcher's mound and along the warning track.
- Removal of low lying tree limbs in parking lots and along the outfield fence of minors field.
- Edged the Minor league infield and along the base paths.

Churchland Little League
ID# 346-06-01
Portsmouth, Virginia