

# Garner Little League Safety Plan 2018

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# **GLL MISSION STATEMENT**

The Garner Little League is a non-profit organization offering recreational baseball for boys and girls ages 4-16 in Garland, Rowlett and Sachse. Our goal is simple: "Ensure every child in our community has the opportunity to participate in organized baseball".

# SAFETY MANUAL

Each team will have access to the Safety Manual through Garner Little League web site ([www.garnerlittleleague.org](http://www.garnerlittleleague.org)) and at the concession stand in the first aid kit box throughout the season. The Safety Manual will have information regarding local hospitals and other emergency services information, contact information for all Board of Directors, and the Little League Code of Conduct. This information will also be posted in the display cases outside the concession stand. The First Aid Kit will include the necessary items to treat an injured player until professional help arrives if need be.

To comply with Little League's requirements for safety of all players, coaches and managers, Garner Little League requires all coaches to attend the Baseball Fundamentals Training for the 2018 year. Coaches meeting will be held Sunday, January 27<sup>th</sup> at 2:00 pm at Bradfield Park. Rowlett HS Baseball Coach, Paul Carmon, will be leading the training. In addition, Garner Little League will host a coaches training in February and March to provide additional training for our coaches. Additionally, at least one representative from each team in each league will be required to attend the league sponsored First Aid training program. For any team not participating in BOTH training programs, that team will not be allowed to participate in league-sponsored events.

GLL is hosting a CPR, AED & First Aid Training event on Saturday, February 3 for all coaches and board members who are not currently CPR certified.

(See attached list of attendees)

## Garner Little League Phone Numbers

GLL Main Number: 972-379-7392

District 8 Safety Officer (Annette Darden) (214) 728-8061

Williamsport Insurance Claim Office: (570) 327-1674

Lake Pointe Medical Center: (972) 412-2273

Baylor Medical Center: (972) 487-5000

Police - Emergency: 9-1-1

Police – Garland Police Department: (972) 485-4840

Fire Safety - Emergency: 9-1-1

### Board of Directors:

POSITION	NAME	EMAIL	PHONE
President	Audie Delgado	<a href="mailto:president@garnerlittleleague.org">president@garnerlittleleague.org</a>	214-876-4354
VP, Safety Officer	Joshua Delgado	<a href="mailto:vp@garnerlittleleague.org">vp@garnerlittleleague.org</a>	214-402-9126
VP – Finance	Christine Cisnero	<a href="mailto:treasurer@garnerlittleleague.org">treasurer@garnerlittleleague.org</a>	469-222-3830
Player Agent	Domingo Cisnero	<a href="mailto:domingo.cisnero@gmail.com">domingo.cisnero@gmail.com</a>	469-222-3830

## CODE OF CONDUCT

The Board of Directors of the Garner Little League has mandated the following Code of Conduct. All coaches, managers, umpires, and league officials will be held accountable to this Code of Conduct. Any member of the GLL found in violation of this Code of Conduct is subject to disciplinary actions up to and including expulsion from the league and its activities. All board members, managers, coaches and league volunteers will be required to fill out the Little League Volunteer for the purposes of a criminal background check.

**By signing the Little League Volunteer Form, you consent to allowing Garner Little League President to obtain a criminal background check.**

### **Garner Little League Code of Conduct:**

- No Board Member, Manager, Coach, Player or Spectator shall:
  - At any time lay a hand upon, push, shove, strike, or threaten to strike an official.
  - Be guilty of heaping personal verbal or physical abuse upon any official for any real or imaginary belief of a wrong decision or judgment.
  - Be guilty of an objectionable demonstration of dissent at an official's decision by throwing of gloves, helmets, hats, bats, balls, or any other forceful unsportsmanlike action.
  - Be guilty of using unnecessarily rough tactics in the play of a game against the body of an opposing player.
  - Be guilty of a physical attack upon any board member, official, manager, coach, player or spectator.
  - Be guilty of the use of profane, obscene or vulgar language in any manner at any time.
  - Appear on the field of play, stands, or anywhere on the GLL complex while in an intoxicated state at any time. Intoxicated will be defined as an odor or behavior issue.
  - Be guilty of gambling upon any play or outcome of any game with anyone at any time.
  - Smoke while in the stands or on the playing field or in any dugout at any time. Smoking will only be permitted in designated areas, which will be 20 feet from any spectator stands or dugouts.

- Be guilty of discussing publicly with spectators in a derogatory or abusive manner any play, decision or a personal opinion on any players during the game.
- As a manager or coach be guilty of mingling with or fraternizing with spectators during the course of the game.
- Speak disrespectfully to any manager, coach, official or representative of the league.
- Be guilty of tampering or manipulation of any league rosters, schedules, draft positions or selections, official score books, rankings, financial records or procedures.
- Shall challenge an umpire's authority. The umpires shall have the authority and discretion during a game to penalize the offender according to the infraction up to and including removal from the game.

The Board of Directors will review all infractions of the GLL Code of Conduct. Depending on the seriousness or frequency, the board may assess additional disciplinary action up to and including expulsion from the league.

## **SAFETY IS EVERYONE'S RESPONSIBILITY**

The Board of Directors of Garner Little League has mandated the following Safety Code. All managers and coaches will read this Safety Code and then read it to the players on their team. Violation of any of these safety policies by any league official including members of the Board of Directors, Umpires, League Directors, Coaches and Managers will result in disciplinary actions up to and including expulsion from the league and its activities.

- Responsibility for safety procedures belongs to every adult member of Garner Little League.
- Each player, manager, designated coach, umpire, team safety officer shall use proper reasoning and care to prevent injury to him/her and to others.
- Only league approved managers and/or coaches are allowed to practice teams.
- Only league-approved managers and/or coaches will supervise batting cages.
- Arrangement should be made in advance of all games and practices for emergency medical services.
- Managers, designated coaches and umpires will have mandatory training in First Aid and Baseball Fundamentals Training.
- First-aid kits are issued to each team manager during the pre-season and additional kits will be located at each concession stand and in the Board Rooms.
- No games or practices will be held when weather or field conditions are poor, particularly when lighting is inadequate.
- Play area will be inspected before games and practices for holes, damage, stones, glass and other foreign objects.
- Team equipment should be stored within the team dugout or behind screens, 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.
- Responsibility for keeping bats and loose equipment off the field of play should be that of a player assigned for this purpose or the team's manager and designated coaches.
- Foul balls batted out of playing area will be returned to the snack bar or returned through the ball return. The balls will not be thrown over the fence during a game until.
- During practice and games, all players should be alert and watching the batter on each pitch.
- During warm-up drills, players should be spaced so that no one is endangered by wild throws or missed catches.
- All pre-game warm-ups should be performed within the confines of the playing field beyond the temporary fence, and not within areas that are frequented by, and thus endangering spectators, (i.e., playing catch, pepper, swinging bats etc.)
- **Equipment should be inspected regularly for the condition of the equipment as well as for proper fit.**
- Batters must wear Little League approved protective helmets that bear the NOCSAE seal during batting practice and games.
- Except when a runner is returning to a base, head first, 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.
- Parents of players who wear glasses should be encouraged to provide "safety glasses" for their children.
- On-deck batters are not permitted.
- Managers will only use the official Little League balls supplied by GLL.
- Once a ball has become discolored, it will be discarded.
- All male players will wear athletic supporters or cups during games. Catchers must wear a cup. Managers should encourage that cups be worn at practices too.
- Male catchers must wear the metal, fiber or plastic type cup and a long-model chest protector.
- Female catchers must wear long or short model chest protectors.
- All catchers must wear chest protectors with neck collar, throat guard, shin guards and catcher's helmet, all of which must meet Little League specifications and standards.
- All catchers must wear a mask, "dangling" type throat protector and catcher's helmet during practice, pitcher warm-up, and games. Note: Skullcaps are not permitted.
- Shoes with metal spikes or cleats are not permitted. Shoes with molded cleats are permissible.
- Players will not wear watches, rings, pins, jewelry or other metallic items during practices or games. (Exception: Jewelry that alerts medical personnel to a specific condition is permissible and this must be taped in place.)
- No food or drink, at any time, in the dugouts. (Exception: bottled water, Gatorade and water from drinking fountains)
- Catchers must wear a catcher's mitt (not a first baseman's mitt or fielder's glove) of

- any shape, size or weight consistent with protecting the hand.
- Catchers may not catch, whether warming up a pitcher, in practices, or games without wearing a catcher's helmet and mask, and an athletic cup as described above.
- Managers will never leave an unattended child at a practice or game.
- Never hesitate to report any present or potential safety hazard to the GLL Safety Officer immediately.
- Make arrangements to have a cellular phone available when a game or practice is at a facility that does not have public phones.
- Speed Limit is 5 miles per hour in roadways and parking lots.
- No alcohol or drugs allowed on the premises at any time.
- No medication will be taken at the facility unless administered directly by the child's parent. This includes aspirin and Tylenol.
- No playing in the parking lots at any time.
  - No playing on and around lawn equipment, machinery at any time.
  - No smoking within twenty feet of the dugouts and concession stands.
  - No swinging bats or throwing baseballs at any time within the walkways and common areas of the complex.
- No throwing rocks.
- No climbing fences.
- No swinging on dugout roofs.
- Observe all posted signs.
- Players and spectators should be alert at all times for foul balls and errant throws.
- All gates to the fields must remain closed at all times. After players have entered or left the playing field, gates should be closed and secured.
- Bicycle helmets must be worn at all times when riding bicycles on the premises as well as to and from the premises.
- Use crosswalks when crossing roadways. Always be alert for traffic.
- No one is allowed on the complex with open wounds at any time. Wounds should be treated and properly bandaged.
- There is no running allowed in the bleachers.

## **RESPONSIBILITY:**

### **The President:**

The President of GLL is responsible for ensuring that the policies and regulations of the GLL Safety Officer are carried out by the entire membership to the best of his or her abilities.

### **GLL Safety Officer:**

The main responsibility of the GLL Safety is to develop and implement the League's safety program. The GLL Safety Officer is the link between the Board of Directors of Garner Little League and its managers, coaches, umpires, team safety officers, players, spectators, and any other third parties on the complex in regards to safety matters, rules and regulations.

### **The GLL Safety Officer's responsibilities include:**

- Coordinating the individual Team Safety Officers in order to provide the safest environment possible for all.
- Ensure all LL rules including proper equipment is enforced at all times
- Assisting parents and individuals with insurance claims and will act as the liaison between the insurance company and the parents and individuals.
- Explaining insurance benefits to claimants and assisting them with filing the correct paperwork.
- Keeping the First Aid Log. This log will list where accidents and injuries are occurring, to whom, in which divisions (senior, junior, major, minor, coach pitch, tee ball), at what times, under what supervision.
- Correlating and summarizing the data in the First-Aid Log to determine proper accident prevention in the future.
- Installing First-Aid Kits in all concession stands and the clubhouse and re-stocking the kits as needed.
- Make Little League's "no tolerance with child abuse" clear to all.
- Inspecting concession stands and checking fire extinguishers.
- Instructing concession stand workers on the use of fire extinguishers.
- Provide written procedures for concession stand workers, provide training for workers and managers in safe food handling and prep
- Complete Annual LL Field Survey which includes checking with the city of Garland on field improvements and maintenance, field lighting and score board maintenance as well as improvements/safety protocol on using the concession stands.
- Submit league player, coaches and manager information to the LL Data Center as required in the ASAP and green book regulations
- Submit any ideas implemented to help promote or improve the safety plan
- Submit registration form with safety plan annually
- Checking fields with the Field Managers and listing areas needing attention.
- Scheduling a First-Aid Clinic training class for all managers, designated coaches, umpires, player agents and team safety officers during the pre-season.
- Creating and maintaining all signs on the GLL complex including No Parking signs, No Smoking signs, No Pets Allowed, cautionary signs etc.....
- Acting immediately in resolving unsafe or hazardous conditions once a situation has been brought to his/her attention.
- Tracking all injuries and near misses in order to identify injury trends.
- Visiting other leagues to allow a fresh perspective on safety.
- Making sure that safety is a monthly Board Meeting topic, and allowing experienced people to share ideas on improving safety.

### **The GLL Board Members:**

The GLL Board Members will adhere to and carry out the policies as set forth in this safety manual.

### **The GLL League Information Officer:**

The GLL League Information Officer is responsible for maintaining Garner Little League web site at [www.garnerlittleleague.org](http://www.garnerlittleleague.org) and updating the safety information on a weekly basis.

### **Managers and Coaches:**

The Manager is a person appointed by the president of GLL to be responsible for the team's actions on the field, and to represent the team in communications with the umpire and the opposing team.

- (a) The Manager shall always be responsible for the team's conduct, observance of the official rules and deference to the umpires.
- (b) The Manager is also responsible for the safety of his players. He/She is also ultimately responsible for the actions of designated coaches and the Team Safety Officer (TSO).
- (c) If a Manager leaves the field, that Manager shall designate a Coach as a substitute and such Substitute Manager shall have the duties, rights and responsibilities of the manager.
- (d) Manager is required to conduct a parent orientation to cover the "Parent Code of Conduct" with all parents prior to their first game.

### **Pre-Season Play:**

Managers will:

- Appoint a volunteer parent as Team Safety Officer (TSO). The TSO must be able to be present at all games and must own or have access to a cell phone for emergencies if games or practices take place off the complex.
- Attend a mandatory training session on First Aid given by GLL with his/her designated coaches and TSO.
- Meet with all parents on "parents' day" to discuss Little League philosophy and safety issues.
- Cover the basics of safe play with his/her team before starting the first practice.
- Teach players the fundamentals of the game while advocating safety.
- Teach players how to slide before the season starts. A board representative will be available to teach these fundamentals if the Manager or designated coaches do not know them.
- Notify parents that if a child is injured or ill, he or she cannot return to practice unless they have a note from their doctor. This medical release protects you if that child should become further injured or ill. There are no exceptions to this rule.
- Encourage players to bring water bottles to practices and games.
- Tell parents to bring sunscreen for themselves and their child.
- Encourage your players to wear mouth protection.

### **Season Play:**

Managers will:

- Work closely with Team Safety Officer to make sure equipment is in first-rate working order.
- Make sure that telephone access is available at all activities including practices. It is

- suggested that a cellular phone always be on hand.
- Not expect more from their players than what the players are capable of.
- Teach the fundamentals of the game to players.
  - Catching fly balls
  - Sliding correctly
  - Proper fielding of ground balls
  - Simple pitching motion for balance
- Be open to ideas, suggestions or help.
- Enforce that prevention is the key to reducing accidents to a minimum.
- Have players wear sliding pads if they have cuts or scrapes on their legs.
- Always have First-Aid Kit and Safety Manual on hand.
- Use common sense.

### **Pre-Game and Practice:**

Managers will:

- Make sure that players are healthy, rested and alert.
- Make sure that players returning from being injured have a medical release form signed by their doctor. Otherwise, they can't play.
- Make sure players are wearing the proper uniform and catchers are wearing a cup.
- Make sure that the equipment is in good working order and is safe.
- Agree with the opposing manager on the fitness of the playing field. In the event that the two managers cannot agree, the President or a duly delegated representative shall make the determination.
- Enforce the rule that no bats and balls are permitted on the field until all players have done their proper stretching. (See Conditioning Section)1. Calf muscles 2. Hamstrings 3. Quadriceps 4. Groin 5. Back 6. Shoulders 7. Elbow/forearm 8. Arms shake out 9. Neck
- Then have players do a light jog around the field before starting throwing warm-ups that should follow this order.
  - Light tosses short distance.
  - Light tosses medium distance.
  - Light tosses large distance.
  - Medium tosses medium distance.
  - Regular tosses medium distance.
  - Field ground balls.
  - Field pop flies

### **During the Game**

Managers will:

- Make sure that players carry all gloves and other equipment off the field and to the dugout when their team is up at bat. No equipment shall be left lying on the field, either in fair or foul territory.
- Keep players alert.
- Maintain discipline at all times.
- Be organized.

- Keep players and substitutes sitting on the team's bench or in the dugout unless participating in the game or preparing to enter the game.
- Make sure catchers are wearing the proper equipment.
- Encourage everyone to think Safety First.
- Observe the "no on-deck" rule for batters and keep players behind the screens at all times. No player should handle a bat in the dugouts at any time.
- Keep players off fences.
- Get players to drink often so they do not dehydrate.
- Not play children that are ill or injured.
- Attend to children that become injured in a game.
- Not lose focus by engaging in conversation with parents and passerby's.

## **Post Game**

Managers will:

- Do cool down exercises with the players. 1. Light jog. 2. Stretching as noted above. 3. Those who throw regularly (pitchers and catchers) should ice their shoulders and elbows. 4. Catchers should ice their knees.
- Not leave the field until every team member has been picked up by a known family member or designated driver.
- Notify parents if their child has been injured no matter how small or insignificant the injury is. There are no exceptions to this rule. This protects you, Little League Baseball, Incorporated and GLL.
- Discuss any safety problems with the Team Safety Officer that occurred before, during or after the game.
- If there was an injury, make sure an accident report was filled out and given to the GLL Safety Officer.
- Return the field to its pre-game condition, per GLL policy.
- If a manager knowingly disregards safety, he or she will come before the GLL Board of Directors to explain his or her conduct.

## **Umpires:**

### **Pre Game**

Before a game starts, the umpire shall:

- Check equipment in dugouts of both teams, equipment that does not meet specifications must be removed from the game.
- Make sure catchers are wearing helmets when warming up pitchers.
- Run hands along bats to make sure there are no splinters.
- Make sure that bats have grips.
- Make sure there are foam inserts in helmets and that helmets meet Little League NOCSAE specifications and bear Little League's seal of approval.
- Inspect helmets for cracks.
- **Walk the field for hazards and obstructions (e.g. rocks and glass).**
- Check players to see if they are wearing jewelry.
- Check players to see if they are wearing metal cleats.
- Make sure that all playing lines are marked with non-caustic lime, chalk or other white material easily distinguishable from the ground or grass.

- Secure official Little League balls for play from both teams.
- Use the FIELD SAFETY CHECK LIST (included in the appendix of this safety manual) to document that all of the above was carried out.

### **During the Game:**

During the game the umpire shall:

- Govern the game as mandated by Little League rules and regulations.
- Check baseballs for discoloration and nicks and declare a ball unfit for use if it exhibits these traits.
- Act as the sole judge as to whether and when play shall be suspended or terminated during a game because of unsuitable weather conditions or the unfit condition of the playing field; as to whether and when play shall be resumed after such suspension; and as to whether and when a game shall be terminated after such suspension.
- Act as the sole judge as to whether and when play shall be suspended or terminated during a game because of low visibility due to atmospheric conditions or darkness.
- Enforce the rule that no spectators shall be allowed on the field during the game.
- Make sure catchers are wearing the proper equipment.
- Continue to monitor the field for safety and playability.
- Make the calls loud and clear, signaling each call properly.
- Make sure players and spectators keep their fingers out of the fencing.

### **Post Game**

After a game, the umpire shall:

- Check with the managers of both teams regarding safety violations.
- Report any unsafe situations to the GLL Safety Officer by telephone and in writing.

### **Facilities Manager:**

The GLL Facilities manager is responsible to ensure the fields and structures used by GLL meet the safety requirements as set forth in this manual.

### **Equipment Manager:**

The GLL Equipment Manager is responsible to get damaged equipment repaired or replaced as reported. This replacement will happen in a timely manner. The Equipment Manager will also exchange equipment if it doesn't fit properly.

### **Team Safety Officer (TSO):**

The TSO is a:

- ◆ Role model to younger children
- ◆ Defender of safety
- ◆ Liaison between the team and the GLL Safety Officer
- ◆ Hero when injuries are prevented by taking safety seriously

### **Pre-Season**

In the pre-season, the TSO must:

- Acquire this Safety Manual from the team manager and read it.
- Call the GLL Safety Officer and introduce yourself.
- Attend the Emergency Medical Clinic with your team manager.
- Have parents fill out Emergency Medical Treatment Consent and Contact forms and return them to you. (photocopy sample in the appendix)
- Inspect the equipment when the Equipment Manager issues it to your team and replace any equipment that looks unsafe.
- Get to know the players on your team.
- Talk to parents, confidentially, and inquire if their child suffers from allergies, asthma, heart conditions, past injuries, ADD, ADHD, a communicable disease such as hepatitis, HIV, AIDS, etc. Fill out a medical history form on each child (see sample in appendix)
- Find out if a child is taking any kind of medication.
- Report your findings in a written summary and submit it to the GLL Safety Officer for his/her records.

## **Season**

During the season, the TSO will:

- Keep a Safety Log of all injuries that occur on his or her team.
- Report weekly as part of a Safety Committee to the GLL Safety Officer even if nothing is wrong.
- Inspect players' equipment for cracks and broken straps on a routine basis.
- Have a five-minute safety meeting with the team each week.
- Communicate any safety infractions to the GLL Safety Officer or any other Board Member.
- Have parents fill out "driving permission slips" if transporting a child to a game or practice is necessary. (Photocopy sample in appendix)
- Help managers and designated coaches give First-Aid if needed.
- Act as a conduit between parents, managers, the GLL Safety Officer and the kids.
- Fill out accident reports if an injury occurs.
- Report an injury to the GLL Safety Officer within 12 hours of the occurrence.
- Track the First-Aid Kit inventory and ask the GLL Safety Officer for replacements when needed.

## **Pre-Game**

Before the game starts the TSO will:

- Make sure that this Safety Manual and the First-Aid Kit is present.
- Greet the players as they arrive and make sure everyone is feeling all right.
- Watch the players when they stretch and do warm up exercises for signs of stress or injury.
- Check equipment for cracks and broken straps.
- Walk the field; remove broken glass and other hazardous materials.
- Be ready to go into action if anyone should get hurt.

## **During the Game**

During the game the TSO will:

- Watch players to see that they are alert at all time.
- In case of injury, help the team manager treat the child until professional help arrives.
- Act as the conduit between the GLL Safety Officer, the team manager, the child and his or her parents.

## **Post-Game**

After the game the TSO will:

- Record any safety infractions or injuries in his/her Safety Log.
- Report any injuries to the GLL Safety Officer within 12 hours of the occurrence.
- Fill out an accident investigation report (see appendix) and send a copy to the GLL Safety Officer if there is an injury requiring medical attention.
- Assist parents if child must go to a hospital or to see a doctor.
- Provide insurance documentation to the hospital if necessary (Claim form is in the appendix with all necessary insurance information).
- Follow up with parents to make sure the child is all right.

## **Post-Season Play**

### **All Star Play:**

Everybody's responsibilities remain the same throughout the post season. This includes TOC and All Stars.

### **Insurance Riders:**

Insurance riders are needed if any practices, games or events involving baseball, on or off the Bradfield complex take place before or after the regularly scheduled season and "All Star" post season. Insurance riders are also necessary if non-Little League teams practice, play games, or hold tournaments at the GLL facility.

**SAFETY FIRST! BE ALERT! CHECK PLAYING FIELD FOR HAZARDS! PLAYERS MUST WEAR PROPER EQUIPMENT! ENSURE EQUIPMENT IS IN GOOD SHAPE! MAINTAIN CONTROL OF THE SITUATION! MAINTAIN DISCIPLINE! BE ORGANIZED! KNOW PLAYERS' LIMITS AND DON'T EXCEED THEM! MAKE IT FUN!**

## **PITCHING - CONDITIONING**

### **PITCH COUNT**

Pitch count does matter. Remember, in the major leagues, a pitcher is removed after approximately 100 pitches. A child cannot be expected to perform like an adult! Little League managers and coaches are usually quick to teach their pitchers how to get movement on the ball. Unfortunately the technique that older players use is not appropriate for children thirteen (13) years and younger. The snapping of the arm used to develop this technique will most probably lead to serious injuries to the child as he/she matures. Arm stress during the acceleration phase of throwing affects both the inside and the outside of the growing elbow. On the inside, the structures are subjected to distraction forces, causing them to pull apart. On the outside, the forces are compressive in nature with different and potentially more serious consequences. The key structures on the inside (or medial) aspect of the elbow include the tendons of the muscles that allow the

wrist to flex and the growth plate of the medial epicondyle (“Knobby” bone on the inside of the elbow).

The forces generated during throwing can cause this growth plate to pull away (avulse) from the main bone. If the distance between the growth plate and main bone is great enough, surgery is the only option to fix it. This growth plate does not fully adhere to the main bone until age 15! Similarly, on the outside (or lateral) aspect of the elbow, the two bony surfaces can be damaged by compressive forces during throwing. This scenario can lead to a condition called Avascular Necrosis or Bone Cell Death as a result of compromise of the local blood flow to that area. This disorder is permanent and often leads to fragments of the bone breaking away (loose bodies), which float in the joint and can cause early arthritis.

This loss of elbow motion and function often precludes further participation. Studies have demonstrated that \*curveballs cause most problems at the inside of the elbow due to the sudden contractive forces of the wrist musculature. Fastballs, on the other hand, place more force at the outside of the elbow.

Sidearm delivery, in one study, led to elbow injuries in 74% of pitchers compared with 27% in pitchers with a vertical delivery style.

Dr. Glenn Fleisig at the American Sports Medicine Institute is in the process of finalizing the results of a study funded by USA Baseball that evaluated pitch counts in skeletally immature athletes as they relate to both elbow and shoulder injuries. The study included 500 athletes, ages 9-14, from the Birmingham, Alabama area. Each child who pitched in a game was called after the game and interviewed over the phone. The investigators were able to conduct over 3000 interviews. Approximately 200 of the 500 pitchers had videotape of their mechanics.

#### **PRELIMINARY DATA HAVE DEMONSTRATED THE FOLLOWING:**

- 1) A significantly higher risk of elbow injury occurred after pitchers reached 50 pitches/outing.
- 2) A significantly higher risk of shoulder injury occurred after pitchers reached 75 pitches/outing.
- 3) In one season, a total of 450 pitches or more led to cumulative injury to the elbow and the shoulder.
- 4) The mechanics, whether good or bad, did not lead to an increased incidence of arm injuries.
- 5) The preliminary data suggest that throwing curveballs increases risk of injury to the shoulder more so than the elbow; however, subset analysis is being undertaken to investigate whether or not the older children were the pitchers throwing the curve.
- 6) The pitchers who limited their pitching repertoire to the fastball and change-up had the lowest rate of injury to their throwing arm.
- 7) A slider increased the risk of both elbow and shoulder problems.

Based on the data, a recommendation can be made to reduce the number of pitches per outing to 50-60 for the 8-12 age groups and 50-75 for the 13 and 14 year olds. Based on this research, GLL recommends against the teaching or throwing of curveballs under the age of 13. If a curveball is taught, the Manager should instruct the child to throw the curveball like a football without snapping the arm or the wrist. If the manager or coach is unsure how to do this, he/she can consult teaching materials in the clubhouse or contact a GLL board member for further instruction.

It is also recommended that each team come up with their own pitch count rule since this is something GLL cannot directly enforce because the official Little League Rule Book does not address pitch count. Managers and Coaches should look to their players' future and make an effort to protect their elbows against the tragedy of Avascular Necrosis. We advise the following ranges for pitch counts based on age.

8 – 12 YEAR OLDS 50-60 PER OUTING

13-14 YEAR OLDS 50-75 PER OUTING

Once these pitch counts are reached, we recommend replacing the pitcher. Should that player be inserted back into the lineup, we recommend against the position of catcher as the number of throws required mirrors that of the pitcher.

Ice is a universal First-Aid treatment for minor sports injuries. Ice controls the pain and swelling. Pitchers should be taught how to ice their arms at the end of a game. If the manager or coach is unsure how to do this, he/she can consult teaching materials in the clubhouse or contact a GLL board member for further instruction.

**Children should not be encouraged to “play through pain.” Pain is a warning sign of injury. Ignoring it can lead to greater injury.**

## **HYDRATION**

Good nutrition is important for children. Sometimes, the most important nutrient children need is water – especially when they're physically active. When children are physically active, their muscles generate heat thereby increasing their body temperature. As their body temperature rises, their cooling mechanism - sweat – kicks in. When sweat evaporates, the body is cooled. Unfortunately, children get hotter than adults during physical activity and their body's cooling mechanism is not as efficient as adults. If fluids aren't replaced, children can become over heated.

We usually think about dehydration in the summer months when hot temperatures shorten the time it takes for children to become overheated. But keeping children well hydrated is just as important in the winter months.

Additional clothing worn in the colder weather makes it difficult for sweat to evaporate, so the body does not cool as quickly. It does not matter if it's January or July; thirst is not an indicator of fluid needs. Therefore, children must be encouraged to drink fluids even

when they don't feel thirsty.

Managers and coaches should schedule drink breaks every 15 to 30 minutes during practices on hot days, and should encourage players to drink between every inning. During any activity water is an excellent fluid to keep the body well hydrated. It's economical too! Offering flavored fluids like sport drinks or fruit juice can help encourage children to drink. Sports drinks should contain between 6 and 8 percent carbohydrates (15 to 18grams of carbohydrates per cup) or less. If the carbohydrate levels are higher, the sports drink should be diluted with water.

Fruit juice should also be diluted (1 cup juice to 1 cup water). Beverages high in carbohydrates like undiluted fruit juice may cause stomach cramps, nausea and diarrhea when the child becomes active. Caffeinated beverages (tea, coffee, Colas) should be avoided because they are diuretics and can dehydrate the body further. Avoid carbonated drinks, which can cause gastrointestinal distress and may decrease fluid volume.

## **CONCUSSION PROTOCOL**

GLL will introduce a concussion awareness by:

- 1) Recommend every coach download the "Heads-Up Concussion" app found here: <https://www.cdc.gov/headsup/resources/app.html>
- 2) GLL will install concussion posters in the equipment room.
- 3) GLL will require **ALL** managers to take the free online concussion class available through the CDC at <https://www.cdc.gov/headsup/resources/training.html>.

## **COMMON SENSE**

Playing safe boils down to using common sense. For instance, if you witnessed a strange person walking around the GLL complex who looked like he/she didn't belong there you would report the incident to a Board Member. There will always be a Board Member on site (see the telephone number list in the beginning of this manual to identify them or check the display cases outside the clubhouse). The GLL Board Member, after hearing your concerns, would investigate the matter and have the person in question removed before anything could happen if, indeed, that person did not belong there.

Another example of common sense – You witness kids throwing rocks or batting rocks on the GLL complex. They are having fun but are unknowingly endangering others. Don't just walk on by figuring that someone else will deal with the situation. Stop and explain to the kids what they are doing wrong and ask them to stop. Webster's Dictionary definition of common sense is: Native good judgment; sound ordinary sense. In other words, to use common sense is to realize the obvious. Therefore, if you witness something that is not safe, do something about it! And encourage all volunteers and parents to do the same.

## **EQUIPMENT**

The Equipment Manager is an elected GLL Board Member and is responsible for purchasing and distributing equipment to the individual teams. This equipment is checked

and tested when it is issued but it is the Manager's responsibility to maintain it. Managers should inspect equipment before each game and each practice. The GLL Equipment Manager will promptly replace damaged and ill-fitting equipment. Furthermore, kids like to bring their own gear. This equipment can only be used if it meets the requirements as outlined in this Safety Manual and the Official Little League Rule Book. At the end of the season, all equipment must be returned to the GLL Equipment Manager.

- First-Aid kits and Safety Manuals must be turned in with the equipment.
- Each team, at all times in the dugout, shall have seven (7) protective helmets, which must meet NOCSAE specifications and standards. These helmets will be provided by GLL at the beginning of the season. If players decide to use their own helmets, they must meet NOCSAE specifications and standards.
- Each helmet shall have an exterior warning label. NOTE: The warning label cannot be embossed in the helmet, but must be placed on the exterior portion of the helmet and be visible and easy to read. • Use of a helmet by the batter and all base runners is mandatory.
- Use of a helmet by a player/base coach is mandatory.
- Use of a helmet by an adult base coach is optional.
- All male players must wear athletic supporters.
- Male catchers must wear the metal, fiber or plastic type cup and a long-model chest protector.
- Female catchers must wear long or short model chest protectors.
- All catchers must wear chest protectors with neck collar, throat guard, shin guards and catcher's helmet, all of which must meet Little League specifications and standards.
- All catchers must wear a mask, "dangling" type throat protector and catcher's helmet during practice, pitcher warm-up, and games. **NOTE:** Skullcaps are not permitted.
- If the gripping tape on a bat becomes unraveled, the bat must not be used until it is repaired.
- Bats with dents, or that are fractured in any way, must be discarded.
- Only Official Little League balls will be used during practices and games. All Tee Balls games will use "soft care," or "reduced impact," tee balls.
- No wood bats at any time.
- Make sure that the equipment issued to you is appropriate for the age and size of the kids on your team. If it is not, get replacements from the Equipment Manager.
- Make sure helmets fit.
- Replace questionable equipment immediately by notifying the GLL Equipment Manager.
- Make sure that players respect the equipment that is issued.
- Pitchers can no longer wear multi-colored gloves.

## **WEATHER**

Most of our days in north Texas are warm and sunny but there are those days when the weather turns bad and creates unsafe weather conditions.

**Rain:**

If it begins to rain:

1. Check lightning detector in coaches' closet to see if there is lightning. If so, cancel practice/game immediately.
2. Evaluate the strength of the rain. Is it a light drizzle or is it pouring?
3. Determine the direction the storm is moving.
4. Evaluate the playing field as it becomes more and more saturated.
5. Stop practice if the playing conditions become unsafe -- use common sense.
6. If playing a game, consult with the other manager and the umpire to formulate a decision.

**Lightning:**

The average lightning stroke is 5-6 miles long with up to 30 million volts at 100,000 amps flow in less than a tenth of a second. The average thunderstorm is 6-10 miles wide and moves at a rate of 25 miles per hour. Once the leading edge of a thunderstorm approaches to within 10 miles, you are at immediate risk due to the possibility of lightning strikes coming from the storm's overhanging anvil cloud. This fact is the reason that many lightning deaths and injuries occur with clear skies overhead.

On average, the thunder from a lightning stroke can only be heard over a distance of 3-4 miles, depending on terrain, humidity and background noise around you. By the time you can hear the thunder, the storm has already approached to within 3-4 miles! The sudden cold wind that many people use to gauge the approach of a thunderstorm is the result of down drafts and usually extends less than 3 miles from the storm's leading edge. By the time you feel the wind; the storm can be less than 3 miles away!

**If you can HEAR, SEE OR FEEL a THUNDERSTORM:**

1. Suspend all games and practices immediately.
2. Stay away from metal including fencing and bleachers.
3. Do not hold metal bats.
4. Get players to walk, not run to their parent's or designated driver's cars and wait for your decision on whether or not to continue the game or practice.
5. GLL managers and/or board members will check lightning detector in coaches' closet to see if there is lightning. If so, cancel practice/game immediately.

**Hot Weather:**

One thing we do get in north Texas is hot weather. Precautions must be taken in order to make sure the players on your team do not dehydrate or hyperventilate.

1. Suggest players take drinks of water when coming on and going off the field between innings.
2. If a player looks distressed while standing in the hot sun, substitute that player and get him/her into the shade of the dugout A.S.A.P.
3. If a player should collapse as a result of heat exhaustion, call 9-1-1 immediately. Get the player to drink water and use the instant ice bags supplied in your First-Aid Kit to cool him/her down until the emergency medical team arrives. (See section on Hydration)

### **Ultra-Violet Ray Exposure:**

This kind of exposure increases and athlete's risk of developing a specific type of skin cancer known as melanoma. The American Academy of Dermatology estimates that children receive 80% of their lifetime sun exposure by the time that they are 18 years old. Therefore, GLL will recommend the use of sunscreen with a SPF (sun protection factor) of at least 15 as a means of protection from damaging ultra-violet light.

## **EVACUATION PLAN**

Severe storms and lightning are possible in north Texas. For this reason, GLL must have an evacuation plan. An emergency alarm system has been added to the Public Address Systems in the Score Booths. If an emergency should arise that would require evacuation, the alarm will sound.

1. At that time all players will return to the dugout and wait for their parents to come and get them.
2. If a player's parent is not attending the game, the Manager will take responsibility for evacuating that child.
3. Once parents have obtained their children, they will proceed to their cars in a calm and orderly manner.
4. Drivers will then proceed slowly and cautiously out of the facility, observing the 5 MPH speed limit.
5. Once outside the facility, drivers will observe the posted speed limits.

### **Storage Shed Procedures**

The following applies to all of the storage sheds used by Garner Little League and further applies to anyone who has been issued keys by Garner Little League to use these sheds.

- Keys to the equipment sheds will only be issued by GLL's President.
- A record shall be kept of all individuals possessing keys.
- Keys will be returned to the League President immediately once someone ceases to have responsibilities for equipment sheds.
- All storage sheds will be kept locked at all times.
- All individuals with keys to the equipment sheds are aware of their responsibility for the orderly and safe storage of heavy machinery, hazardous materials, fertilizers, poisons, tools, etc...
- Before the use of any machinery located in the shed (i.e. lawn mowers, weed whackers, lights, scoreboards, public address systems, etc.) please locate and read the written operating procedures for that equipment.
- All chemicals or organic materials stored in storage sheds shall be properly marked and labeled and stored in its original container if available.
- Any witnessed "loose" chemicals or organic materials within these sheds should be cleaned up and disposed of immediately to prevent accidental poisoning.
- Keep products in their original container with the labels in place.
- Use poison symbols to identify dangerous substances.

- Dispose of outdated products as recommended.
- Use chemicals only in well-ventilated areas.
- Wear proper protective clothing, such as gloves or a mask when handling toxic substances.

## **GENERAL FACILITY**

- All dugouts will have bat racks.
- Speed bumps are painted yellow – their purpose to slow traffic.
- The dugouts will be clean and free of debris at all time.
- Dugouts and bleachers will be free of protruding nails and wood splinters.
- Home plate, batter’s box, bases and the area around the pitcher’s mound will be checked periodically for tripping and stumbling hazards.
- Materials used to mark the field will consist of a non-irritating white pigment (no lime).
- Chain-link fences will be checked regularly for holes, sharp edges, and loose edges and will be repaired or replaced accordingly.
- All score booths will have a working P.A. system with an emergency alarm.
- All bases will be break away, or “disengage-able,” bases.
- All bleachers will have back guard rails and side rails.
- GLL Board Members will discuss adding a double first base and warning track during the 2018 spring season.

## **ACCIDENT REPORTING PROCEDURE**

### **What to report:**

An incident that causes any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid must be reported to the GLL Safety Officer. This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury.

### **When to report:**

All such incidents described above must be reported to the GLL Safety Officer within 24 hours of the incident.

**The GLL Safety Officer, Joshua Delgado, can be reached at the following:**

League Phone: 972-379-7392

Cell Phone: 214-402-9126

Email: [joshuajdelgado@gmail.com](mailto:joshuajdelgado@gmail.com)

The GLL Safety Officer’s contact information will be posted at all times on the main message board outside the concession stand.

### **How to make a report:**

Reporting incidents can come in a variety of forms. Most typically, they are telephone conversations.

At a minimum, the following information must be provided:

- The name and phone number of the individual involved.

- The date, time, and location of the incident.
- As detailed a description of the incident as possible.
- The preliminary estimation of the extent of any injuries.
- The name and phone number of the person reporting the incident.

**Team Safety Officer’s Responsibility:**

The TSO will fill out the GLL Accident Investigation Form and submit it to the GLL Safety Officer within 24 hours of the incident. If the team does not have a safety officer then the Team Manager will be responsible for filling out the form and turning it in to the GLL Safety Officer.

(GLL Accident Investigation Forms can be found in the Appendix) Accidents occurring outside the team (i.e., spectator injuries, concession stand injuries and third party injuries) shall be handled directly by the GLL Safety Officer.

**GLL Safety Officer’s Responsibilities**

Within 24 hours of receiving the GLL Accident Investigation Form, the GLL Safety Officer:

- Will contact the injured party or the party’s parents and
- Verify the information received obtain any other information deemed necessary
- Check on the status of the injured party
- In the event that the injured party required other medical treatment (i.e., Emergency Room visit, doctor’s visit, et.) will advise the parent or guardian of the Garner Little League’s insurance coverage and the provision for submitting any claims.

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

- Check on the status of any injuries,
- 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).

**CHILD ABUSE**

**Volunteers:**

Volunteers are the greatest resource Little League has in aiding children’s development into leaders of tomorrow. But some potential volunteers maybe attracted to Little League to be near children for abusive reasons. Big Brothers/Big Sisters of America defines child sexual abuse as “the exploitation of a child by an older child, teen or adult for the personal gratification of the abusive individual.”

So abusing a child can take many forms, from touching to non-touching offenses. Child victims are usually made to feel as if they have brought the abuse upon themselves; they are made to feel guilty. For this reason, sexual abuse victims seldom disclose the victimization. Consider this: Big Brothers/Big Sisters of America contend that for every child abuse case reported, ten more go unreported. Children need to understand that it is never their fault, and both children and adults need to know what they can do to keep it

from happening. Anyone can be an abuser and it could happen anywhere. By educating parents, volunteers and children, you can help reduce the risk it will happen at Garner Little League. Like all safety issues, prevention is the key. Garner Little League has a three-step plan for selecting caring, competent and safe volunteers.

**Application:**

Applications will include residence information, employment history and three personal references from non-relatives. All potential volunteers must fill out the application that clearly asks for information about prior criminal convictions. The form also points out that all positions are conditional based on the information received back from a background check.

**Interview:**

Make all applicants aware of the policy that no known child-sex offender will be given access to children in the Little League Program.

**Reference/Background Checks:**

Make sure the information given by the applicant is corroborated by references. Criminal background checks will be completed on all volunteers, including GLL Board Members, GLL Officers, Umpires, Coaches, Assistant Coaches, and all other volunteers who have direct contact with children registered in the Garner Little League.

All GLL Board Members, Managers, Coaches, Assistant Coaches and any league approved volunteers will wear identifying badges to prove they are allowed on the field. Any person that does not have an identifying badge will not be allowed on the field of play.

**Reporting:**

In the unfortunate case that child sexual abuse is suspected, you should immediately contact the GLL President, or a GLL Board Member if the President is not available, to report the abuse. GLL along with district administrators will contact the proper law enforcement agencies.

- Fiction and Fact “Sex abusers are dirty old men.”
  - Not true. While sex abusers cut across socioeconomic levels, educational levels and race, the average age of a sex offender has been established at 32.
- “Strangers are responsible for most of the sexual abuse.”
  - Fact: 80-85% of all sexual abuse cases in the US are perpetrated by an individual familiar to the victim. Less than 20% of all abusers are strangers.
- “Most sex abusers suffer from some form of serious mental illness or psychosis.”
  - Not true. The actual figure is more like 10%, almost exactly the same as the figure found in the general population of the United States.
- “Most sex abusers are homosexuals.”
  - Also not true. Most are hetero sexual.

- “Children usually lie about sexual abuse, anyway.”
  - In fact, children rarely lie about being sexually abused. If they say it, don’t ignore it.
- “It only happens to girls.”
  - While females do comprise the largest number of sexual abuse victims, it is now believed that the number for male victims is much higher than reported.

### **Investigation**

GLL will appoint an individual with significant professional background to receive and act on abuse allegations. These individuals will act in a confidential manner, and serve as the League’s liaison with the local law enforcement community. Little League volunteers should not attempt to investigate suspected abuse on their own.

### **Suspending/Termination**

When an allegation of abuse is made against a Little League volunteer, it is our duty to protect the children from any possible further abuse by keeping the alleged abuser away from children in the program. If the allegations are substantiated, the next step is clear -- assuring that the individual will not have any further contact with the children in the League.

### **Immunity from Liability:**

According to Boys & Girls Clubs of America, “Concern is often expressed over the potential for criminal or civil liability if a report of abuse is subsequently found to be unsubstantiated.” However, we want adults and Little Leaguers to understand that they shouldn’t be afraid to come forward in these cases, even if it isn’t required and even if there is a possibility of being wrong. All states provide immunity from liability to those who report suspected child abuse in “good faith.” At the same time, there are also rules in place to protect adults who prove to have been inappropriately accused.

### **Make Our Position Clear**

Make adults and kids aware that Little League Baseball and GLL will not tolerate child abuse, in any form.

### **The Buddy System:**

It is an old maxim, but it is true: There is safety in numbers. Encourage kids to move about in a group of two or more children of similar age, whether an adult is present or not. This includes travel, leaving the field, or using the restroom areas. It is far more difficult to victimize a child if they are not alone.

### **Access:**

Controlling access to areas where children are present -- such as the dugout or restrooms -- protects them from harm by outsiders. It’s not easy to control the access of large outdoor facilities, but visitors could be directed to a central point within the facility. Individuals should not be allowed to wander through the area without the knowledge of

the Managers, Coaches, Board Directors or any other Volunteer.

### **Lighting:**

Child sexual abuse is more likely to happen in the dark. The lighting of fields, parking lots and any and all indoor facilities where Little League functions are held should be bright enough so that participants can identify individuals as they approach, and observers can recognize abnormal situations.

### **Toilet Facilities:**

Generally speaking, Little Leaguers are capable of using toilet facilities on their own, so there should be no need for an adult to accompany a child into rest room areas. There can sometimes be special circumstances under which a child requires assistance to toilet facilities, for instance when the T-Ball divisions, but there should still be adequate privacy for that child. Again, we can utilize the “buddy system” here.

## **TRANSPORTATION**

Before any manager or designated coach can transport any GLL child, other than his/her own, anywhere, he or she must:

- Have a valid Texas Driver’s License.
- Submit a photo copy of his or her Driver’s License to the GLL Player Agent so the driving record can be checked.
- Submit a photo copy of proof of insurance to the GLL Player Agent. (Must have Uninsured Motorist coverage)
- Wear corrective lenses when operating a vehicle if the Driver’s License stipulates that the operator must wear corrective lenses.
- Notify the GLL Player Agent of who is driving and when at least 24hours prior to departure.
- Have signed permission slips from parents before children are transported. (see sample in appendix section).
- Have correct class of license for the vehicle he or she is driving.
- Not carry more children in their vehicle than they have seat belts for.
- Make sure that the vehicle is in good running order and that it would pass a DPS vehicle safety inspection if spontaneously given.
- Not drive in a careless or reckless manner.
- Not drive under the influence of alcohol, drugs, or medication.
- Obey all traffic laws and speed limits at all times.
- Never transport a child without returning him/her to the point of origin.

### **What is First-Aid?**

First-Aid means exactly what the term implies -- it is the first care given to a victim. It is usually performed by the first person on the scene and continued until professional medical help arrives, (9-1-1 paramedics). At no time should anyone administering First-Aid go beyond his or her capabilities. Know your limits!

The average response time on 9-1-1 calls is 5-7 minutes. In route Paramedics are in

constant communication with the local hospital at all times preparing them for whatever emergency action might need to be taken. You cannot do this. Therefore, do not attempt to transport a victim to a hospital. Perform whatever First Aid you can and wait for the paramedics to arrive.

First Aid Kits will be furnished by the league and placed at the concession stand and the Board Rooms. The GLL Safety Officer's name and phone number are posted at the concession stand bulletin board. To replenish materials in the First Aid Kit, the Manager, designated coaches or the appointed Team Safety Officer must contact the GLL Safety Officer. (See contact information and address in phone # section of this Safety Manual or on the bulletin board at the concession stand.)