

# Brewster Little League Safety Manual

## Brewster Little League Ten Commandments of Safety

1. Be alert
2. Check playing field for safety hazards
3. Wear proper equipment
4. Ensure equipment is in good shape
5. Ensure first aid is available
6. Maintain control of the situation
7. Maintain discipline
8. Make sure you have access to a phone
9. Be organized
10. Have fun

## Safety Code For Brewster Little League

- Responsibility for procedures should be that of an adult member of Brewster Little League;
- Arrangements should be made in advance of all games and practices for emergency medical services;
- Managers, coaches and umpires should have some training in first aid, if possible;
- No games should be played or practices held when field conditions are not good, particularly when lighting is inadequate;
- Play area should be inspected frequently for holes, damage, stones, glass and other foreign objects;
- Dugouts and bat racks should be positioned behind screens;
- Only players, managers, coaches and umpires are permitted on the field during play or practice sessions;
- Responsibility for keeping bats and loose equipment off the field of play should be that of a player assigned for this purpose;
- Procedure should be established for retrieving foul balls batted out of the playing area;
- 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;
- Equipment should be inspected regularly. Make sure it fits properly;
- Batters must wear approved protective helmets during batting practice, as well as during games;
- Catchers must wear catchers helmet, mask, throat protector, long model chest protector, shin guards and male catchers must wear protective supporter at all times;
- Except when runner is returning to a base, head first slides should be avoided;
- During slide practices bases should not be strapped down and should be located away from base anchoring system;
- 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";
- Players should not wear watches, chains, rings, pins or other metallic items;
- Catchers must wear catchers helmet and mask with throat protection in warming up pitchers. This applies between innings and in the bull pen.

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### IN CASE OF EMERGENCY:

Be sure to keep your original medical release form for each player and your safety manual with the team at all times.

1. Give first aid and have someone call 911 immediately if an ambulance is necessary (i.e. severe injury, neck or head injury, not breathing. *Always err on the side of caution.*
2. Notify the child's parents.
3. Notify the Safety Officer by phone within 24 hours of injury.
4. Notify the Vice President of incident.
5. Complete accident form. Hand deliver to Safety Officer or President or Vice President of Brewster Little League.
6. Talk to team players about the accident. They may be worried or upset. They need to feel safe and understand why the injury occurred.
7. Talk to anyone in Brewster Little League that you feel will be Helpful to speak to your team.
8. Brewster Little League insurance is supplemental to your own insurance policy. Claims must be filed with the Safety Officer of Brewster Little League.

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### Safety Suggestions for Coaches:

- *Take a moment before each practice or game to walk the field to identify any potential playing hazards. It only takes a few minutes and it could prevent a serious injury.*
- *Always make sure that someone at your practice or game has a cell phone to use in case of emergency.*
- *Make sure you have your properly stocked first aid kit (to be provided by Brewster Little League) with you for every practice and game.*

Before the game, Umpires and Managers meet at the plate:

- Introduce plate umpires, manager and coaches;
- Exchange official lineup cards for each team;
- Discuss any local playing rules (time limit, playing boundaries, etc.);
- Discuss the strike zone;
- Discuss unsportsmanlike conduct by the players, parents, etc.;
- Discuss the innings pitched by a pitcher rule;
- Clarify calling the game due to darkness or weather (rain, lightning, etc.);
- Inspect playing field for unsafe conditions;
- Discuss legal pitching motions or balks;
- Home team to supply two game balls;
- Be sure players are not wearing any jewelry or metallic objects;
- Be sure players are all in full uniform with shirts tucked in and hats on;
- Umpires should inspect equipment for damage and to meet regulations;
- Ensure that game starts promptly.

During the game, Umpires, Managers and Coaches:

- Coaches should help speed play by having catcher and players on the bench and prepared to take the field with two outs;
- Make sure catchers are wearing proper equipment;
- Encourage everyone to think "Safety First";
- Continue to monitor field for safety and playability;
- Catcher warming up a pitcher must wear helmet, chest protector and catchers glove;
- Keep the game moving - eight pitches to warm up the pitcher between Innings;
- Umpire should make call loud and clear, signaling each call properly;
- No arguing of any call made by umpire, especially judgment call. This is not the example we want to set;
- Managers are responsible for keeping their fans on their best behavior.

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### **Communicable Disease Procedures:**

While the risk of one athlete infecting another with HIV/AIDS during completion is close to nonexistent, there is a remote risk of an other blood borne infectious disease can be transmitted. Procedures for reducing the potential for transmission of infectious agents should include but not be limited to the following:

**One:**

Bleeding must be stopped, the open wound covered, and if there is any excessive amount of blood on the uniform, it must be changed before an athlete may participate.

**Two:**

Routine use of gloves or other precautions to prevent skin and mucous membrans exposure when contact with blood or other bodily fluids is anticipated.

**Three:**

Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other bodily fluids. Wash hands immediately after using gloves.

**Four:**

Clean all blood contaminated surfaceds and equipment with a solution made from a proper dilution of household bleach (CDC recommends 1X100) or other disinfectant before competition resumes.

**Five:**

Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.

**Six:**

Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth, resuscitation mouthpieces, resuscitation bags, or other ventilation decises should be available for use.

**Seven:**

Athletic trainer/coaches with bleeding or ozing skin should refrain from all direct athlete care until condition resolves.

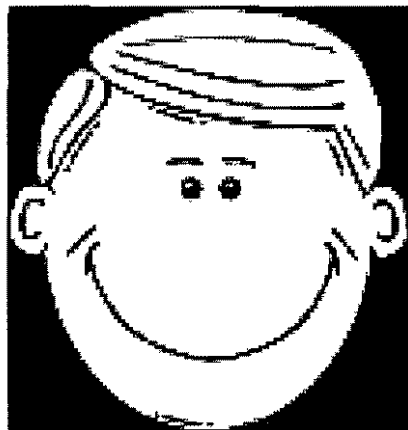
**Eight:**

Contaminated towels should be disposed of or disinfected property.

**Nine:**

Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards and other articles containing body fluids.

# Coaches Code of Conduct



**Stay Safe, Stay in Baseball!!!**

## Coach Says

- **Speed Limit 5 mph** in roadways and parking lots while attending any Little League function. Watch for small children around parked cars.
- **No Alcohol** allowed in any parking lot, field, or common areas within the Little League complex.
- **No SMOKING or TOBACCO** products of any kind (including spit tobacco) allowed in any common areas within Little League complex.
- **No Playing in Parking Lots** at any time..
- **No Playing** on and around lawn/maintenance equipment.
- **No Profanity** allowed in any parking lot, field, or common areas within the Little League complex.
- **No Swinging Bats or Throwing Baseballs** at any time within the walkways and common areas of the Little League Complex.
- **No Throwing Balls** against dugouts or back stops.
- **No Throwing Rocks** and no climbing Fences.
- **Only Player on the Field** and at bat, may swing a bat (ages 5-12)
- **Observe All Posted Signs.** Players and spectators should be alert at all times for foul balls and errant throws.
- **During the Game,** players must remain in the dugout area in an orderly fashion at all times.
- **After Each Game,** each team must clean up trash in dugout and around stands.
- **All Gates to the Field** must remain closed at all times. After players have entered or left the playing field, gates should remain closed and secured.
- **No Children Under 16** are to be permitted in the snack bars.

**Failure to comply with the above may result in expulsion from the Brewster Little League field and/or complex**