

RANCHO SAN DIEGO LITTLE LEAGUE

RANCHO SAN DIEGO LL



**SAFETY PLAN
2014**

Safety Code Dedicated to Injury Prevention

Prior to any adult working with any player in any capacity, they need to be approved by the RSD Little League Board. Approval is obtained by submitting a completed Official Little League Volunteer application and a photocopy of a government issued photo ID to the League Safety Officer. Upon receipt, RSDLL will run a nationwide background check. Responsibility for Safety procedures should be that of adult members of Little League Managers, coaches and umpires should have training in first-aid. First-aid kits are issued to each team manager and are located at each concession stand. No games or practices should be held when weather or field conditions are not good, particularly when lighting is inadequate. Play area should be inspected frequently for holes, damage, and other foreign objects. All 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 coaches. 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 and not within areas that are frequented by, and thus endanger spectators (i.e., playing catch, swinging bats, etc.) Equipment should be inspected regularly for condition as well as for proper fit. Batters must wear Little League approved helmets during batting practice and games. Catcher must wear catcher's helmet, mask, throat guard, long model chest protector, shin guards and protective cup (males) for all practices and games. The Catcher must wear catcher's helmet and mask with a throat guard in warming up pitchers. This applies between innings and in the bullpen during a game and also during practices. **NO EXCEPTIONS.** Managers should encourage all male players to wear protective cups for practices and games. 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. Parents of players who wear glasses should be encouraged to provide "safety glasses" Player must not wear watches, rings, pins or metallic items during games and practices. Managers and Coaches may not warm up pitchers before or during a game. On-deck batters are not permitted (except in Juniors Division).

See a need to add to or modify the safety code? Contact: Earl Restine at 619-571-0812

ASAP

What is it?

In 1995, ASAP (A Safety Awareness Program) was introduced with the goal of re-emphasizing the position of Safety Officer "to create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League Baseball". This manual is offered as a tool to place some important information at manager's and coach's finger tips.

ASAP Requirement for Managers & Coaches Provide and require fundamentals training, with at least one manager or coach from each team attending (fundamentals including hitting, sliding, fielding, pitching etc.). Require managers and coaches to attend at least once every three years.

Require First Aid training for managers and coaches, with at least one manager or coach from each team attending. Require managers and coaches to attend at least once every three years.

Some Important Do's and Don'ts

Do...

- 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
- Have your players' Medical Clearance Forms with you at all games and practices.
- Make arrangements to have a cellular phone available at all practices and games

Don't...

- Administer any medications
- Provide any food or beverages (other than water)
- Hesitate in giving aid when needed
- Be afraid to ask for help if you're not sure of the proper procedures (i.e., CPR, etc.)
- Transport injured individuals except in extreme emergencies
- Leave an unattended child at a practice or game
- Hesitate to report any present or potential safety hazard to the Safety Officer.

Remember, safety is everyone's job. Prevention is the key to reducing accidents to a minimum. Report all hazardous conditions to the Director of Safety or another Board member immediately. Don't play on a field that is not safe or with unsafe playing equipment. Be sure your players are fully equipped at all times, especially catchers and batters.

Rancho San Diego Little League

Emergency: 911

San Diego County Sheriff	Non-emergency	619-691-2131
EI Cajon Police	Non-emergency	619-579-3311

RSDLL Safety Officer	Earl Restine	619-571-0812
Chief Umpire & Training	Greg Stephens	619-250-7685
Fields/Grounds Director	Eric Scribner	619-851-9270

RSDLL Board of Directors:

President	Kevin Collier	619-302-3745
Vice President	Dominic Dirksen	619-665-8668
Secretary	Tami Dunnam	619-417-6441
Treasurer	Tracy Clark	619-873-6087
Player Agent	Torn Dunnam	619-889-6872
Concessions Manager	Michelle Stephens	619-250-7690
Auxiliary President	Katie Domes	619-871-2423
Equipment Manager	Tommy Armijo	619-933-1927
Information Officer	Domenic Lupo	619-339-1956
Director of Sponsorship	Steve Lopez	619-708-3036
Coaches' Coordinator	Matt Laird	619-920-2453

Rancho San Diego Little League Code of Conduct

- Speed Limit 5 mph in roadways and parking lots while attending any Rancho San Diego Little League function. Watch for small children around parked cars.
- No Alcohol allowed in any parking lot, field, or common areas within a Rancho San Diego Little League complex at any time.
- No Playing in parking lots
- No Tobacco Products allowed in any parking lot, field, or common areas within a Rancho San Diego Little League complex at any time.
- Use Crosswalks when crossing roadways. Always be alert for traffic.
- No Profanity please.
- No Swinging Bats or throwing baseballs at any time within the walkways and common areas of a Rancho San Diego Little League complex.
- No throwing balls against dugouts or against backstop.
- No throwing rocks.
- No horseplay in walkways at any time.
- No climbing fences.
- No pets are permitted at Rancho San Diego Little League games or practices.
- Only a player on the field and at bat, may swing a bat (Age 5 -12) Juniors (Age 13) on the field at bat or on deck may swing a bat.
- Be Alert of area around you when swinging bat while in the on deck position.
- Observe all posted signs. Players and spectators should be Alert at all times for Foul Balls and Errant Throws.
- During 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 be closed and secured.
- Failure to comply with the above may result in expulsion from the Rancho San Diego Little League field or complex.

Accident Reporting Procedures

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 Safety Officer. This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury or periods of rest.

When to report

All such incidents described above must be reported to the Safety Officer within 48 hours of the incident. The Safety Officer for 2013 is Earl Restine and he can be reached at the following: Email: e3@fullerelectric.com Phone: (619)571-0812

How to make the report

Reporting incidents can come in a variety of forms . Most typically, they are emails, which provide written documentation to the league. At a minimum, the following information must be provided:

1. The name and phone number of the individual involved.
2. The date, time, and location of the incident
3. As detailed a description of the incident as possible.
4. The preliminary estimation of the extent of any injuries.
5. The name and phone number of the person reporting the incident.

Safety Officer's Responsibilities -Within 48 hours of receiving the incident report, the Safety Officer 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 Rancho San Diego Little League ' s insurance and the provisions for submitting any claims. If the extent of the injuries are more than minor in nature, the Safety Officer shall periodically call the injured party to (1) check on the status of any injuries, and (2) to check if any other assistance is necessary in areas such as submission of insurance forms, etc. until such time as the incident is considered "close" (i.e., no further claims are expected and/or the individual is participating in the league again).

What Do I Expect From My Players

- to be on time for all practices and games
- to always do their best whether in the field or on the bench
- to be cooperative at all times and share team duties
- to respect not only others, but themselves as well
- to be positive with teammates at all times
- to try not to become upset at their own mistakes or those of others ... we will all make our
- share this year and we must support one another
- to understand that winning is only important if you can accept losing, as both are important parts of any sport

What Do I Expect From You As Parents

- to come out and enjoy the game. Cheer to make all players feel important
- to allow me to coach and run the team
- to try not to question my leadership. All players will make mistakes and so will I
- do not yell at me, the players or the umpires. We are all responsible for setting examples for our children. We must be the role models in society today. If we eliminate negative comments, the children will have an opportunity to play without any unnecessary pressures and will learn the value of sportsmanship
- if you wish to question my strategies or leadership, please do not do so in front of the players or fans. My phone number will be available for you to call if you have a concern

What Can You and your Child Expect from Me

- to be on time for all practices and games
- to be as fair as possible in giving playing time to all players
- to do my best to teach the fundamentals of the game

Pre-Game Safety Check

- Checked fences, backstops and bases for safety issues.
- Check playing field for hazards, debris or foreign objects.
- Inspected helmets, bats and catcher's gear.
- Made sure a first aid kit is available.
- Made sure a phone is available.
- Held warm up drills

In-Game Safety Controls

- Maintain Control of the Situation
- Maintain discipline (yours and the kids!)
- Be organized
- Know players limits and don't exceed them
- Make it fun.

Storage Shed

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

- All individuals with keys to the Rancho San Diego Little League equipment sheds (i.e., Managers, Umpires, etc.) are aware of their responsibilities for the orderly and safe storage of rakes, shovels, bases, etc.
- Keep the sheds clean
- Before you use 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 Rancho San Diego Little League sheds shall be properly marked and labeled as to its contents.

- All chemicals or organic materials (i.e., lime, fertilizer, etc.) stored within these equipment sheds will be separated as much as possible from the areas used to store machinery and gardening equipment to minimize the risk of puncturing storage containers.
- Any loose chemicals or organic materials within these sheds should be cleaned up and disposed of as soon possible to prevent accidental poisoning.

First Aid

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:

- Grasp the choking person from behind;
- Place a fist, thumb side in, just below the person's breastbone (sternum), but above the naval;
- Wrap second hand firmly over this fist;
- 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 (bellybutton). 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, as many times as it takes.

For a child:

- Place your hands at the top of the pelvis;
- Put the thumb of you hand at the pelvis line;
- Put the other hand on top of the first hand;
- 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, medical care should be sought.

If the object cannot be removed completely by performing the Heimlich, immediate medical care should be sought by calling 911 or going to the local emergency room.

Communicable Disease Procedures

1. Bleeding must be stopped, the open wound covered, and the uniform changed if possible before the athlete may continue.
2. Use gloves to prevent exposure when contact with blood or other body fluids is anticipated (provided in first-aid kit).
3. Immediately wash hands and other skin surface if contaminated with blood.
4. Clean all blood contaminated surfaces and equipment.
5. Managers, coaches, and volunteers with open wounds should refrain from all direct contact until the condition is resolved.
6. Follow accepted guidelines in the immediate control of bleeding and disposal when handling bloody dressings, mouth guards and other articles containing body fluids.

Clean Hands for Clean Foods

Since the staff at concession stands may not be professional food workers, it is important that they be thoroughly instructed in the proper method of washing their hands. The following may serve as a guide:

- Use soap and warm water.
- Rub your hands vigorously as you wash them.
- Wash all surfaces including the backs of hands, wrists, between fingers and under fingernails.
- Rinse your hands well.
- Dry hands with a paper towel.
- Turn off the water using a paper towel, instead of your bare hands.

Wash your hands in this fashion before you begin work and frequently during the day, especially after performing any of these activities:

- After touching bare human body parts other than clean hands and clean, exposed portions of arms.
- After using the restroom.
- After caring for or handling animals.
- After coughing, sneezing, using a handkerchief or disposable tissue.
- After handling soiled surfaces, equipment or utensils.
- After drinking, using tobacco, or eating.

From past experience, the US Centers for Disease Control and Prevention (CDC) list these circumstances as the most likely to lead to illness. Check this list to make sure your concession stand has covered these common causes of food borne illness.

- Inadequate cooling and cold holding.
- Preparing food too far in advance for service.
- Poor personal hygiene and infected personnel.
- Inadequate reheating.
- Inadequate hot holding.
- Contaminated raw foods and ingredients.