

## Cascade Little League

1500 NE 192nd Ave  
Vancouver, WA 98683  
(360) 818-4471

# Safety Plan

March 2021



League ID 04470419

## League Emergency Contact

In the event of an emergency call 911.

Cascade Little League physical address - 1500 NE 192nd Ave. Vancouver, WA 98682

President - Peter White Cell (425)971-4863 Email [Niner320@hotmail.com](mailto:Niner320@hotmail.com)

Safety Office - Andrea Hamblen Cell (360)521-5493 [andrea.hamblen@live.com](mailto:andrea.hamblen@live.com)

## Public Safety Local Contact Numbers

Non-Emergency Police (360) 487-7400

Non-Emergency Fire (360)487-7212

Natural Gas Emergency (800)882-3377

Poison Control (800)222-1222

Clark Public Power outage & line down number (360)992-8000

## Purpose

The purpose of the Safety Plan is to outline the various policies and procedures by Cascade Little League. The document also reaffirms our commitment to safety for all those affiliated and participate in Cascade Little League. The purpose of the Safety Program is to prevent injuries, rather than simply reacting to them. All safety policies are outlined on the Cascade Little League website. A copy of the safety plan is distributed to all league officers, coaches, and volunteer staff.

Additional information regarding policies is accessible on the Little League website. [www.littleleague.org](http://www.littleleague.org). All contact information for league officers is posted in the snack and on our website [www.cascadelittleleague.org](http://www.cascadelittleleague.org). Cascade Little League has an active safety officer on file as is required by Little League International.

## Safety Rules

- Responsibility for enforcement of safety procedures should be that of the team, managers, coaches, and umpires.
- Managers, coaches, and umpires will be provided some training in first-aid. First-Aid Kits will be provided.
- No games or practice should be held when weather or field conditions are not good, particularly when lighting is inadequate.
- The play area should be inspected frequently for holes, damage, glass, and other foreign objects. Any hazards should be reported to a league officer immediately.
- Dugouts and bat racks should be positioned behind screens.
- Only players, managers, coaches, and umpires are permitted on the playing field during play and practice sessions.
- Responsibility for keeping bats and loose equipment off the field of play should be that of a regular player assigned for this purpose.
- A procedure should be established for retrieving foul balls batted out of the playing area.
- During practice sessions 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 errant balls.
- Equipment should be inspected regularly. Make sure it fits properly.
- Pitching machines, if used, must be in good working order (including extension cords, outlets, etc.) and must be operated only by adult managers and coaches.
- Batters must wear protective NOCSAE helmets during practice, as well as during games. (For more information on NOCSAE visit [www.littleleague.org](http://www.littleleague.org))

- Catchers must wear a catcher's helmet (with a face mask and throat guard), a chest protector, and shin guards. Male catchers must wear a protective supporter and cup at all times.
- Except when the runner is returning to a base, head-first slides are not permitted. This applies only to Little League (Majors), Minor League, and Tee Ball.
- During sliding, practice bases should not be strapped down.
- At no time should "horseplay" be permitted on the playing field.
- Parents of players who wear glasses should be encouraged to provide "Safety Glasses."
- Players must not wear watches, rings, pins, jewelry, hard cosmetics, or hard decorative items.
- Catchers must wear a catcher's helmet, face mask, and throat guard in warming up pitchers. This applies between innings and in bullpen practice. Skull caps are not permitted.
- Batting/catcher's helmets should not be painted unless approved by the manufacturer.
- Regulations prohibit on-deck batters. This means no player should handle a bat, even while in an enclosure until it is his/her time at-bat. This applies only to Little League (Majors), Minor League, and Tee Ball.
- Players who are ejected, ill, or injured should remain under supervision until released to the parent or guardian.
- Managers and coaches should be knowledgeable of the CLL Rules pertaining to the pitching policy.
- The use of donuts and weight sleeves is forbidden.
- Remind managers and coaches they're not allowed to catch pitches (Rule 3.09); this includes standing at the backstop during practice as an informal catcher for batting practice.
- Players, as well as parents, should be reminded of the hazards of heatstroke. Each player should drink adequate fluids to prevent dehydration.
- If it is determined a player sustains a possible concussion the player is to be removed from the game/practice for the remainder of the day. A doctor's note is required to return to play.
- Basic first aid and fundamental coach training dates will be available at the beginning of the season on our website.

## First Aid Kits

- First Aid Kits are mandatory at each game and practice. First aid kits are issued with equipment at the commencement of the season. There are also first aid kits in the snack shack. If any first aid kit needs replacement contact Cascade Little League at [info@cascadelittleleague.org](mailto:info@cascadelittleleague.org).
- AED (automated external defibrillators) have been placed in the field house. See [map](#) pg.7

## Enforcing Little League Rules

- Cascade Little League will follow rules provided by and for baseball and softball.
- Cascade will provide resources on our website for coaches/umpires to purchase physical books or use the official little league app.
- Coaches will be provided with and agree to Little League [Coaches Code of Conduct](#) during coach training. A copy of this will also be available on our website.

## Accident Reporting Procedures

- Coaches are responsible for having in their possession the completed Little League Medical Release Form along with Emergency contact information for each player on your roster. The medical release form is accessible for download from the CLL website as well as the Little League website.
- Any injuries that require immediate medical attention should be reported to 9-1-1 for Emergency Medical Services to properly evaluate and treat the injured. Know your location and field number to accurately report your location to the police or emergency services.
- Any injuries received by players, spectators, and coaches should be reported to the League Director as well as the League Safety Officer within 48 hours of the incident.
- All reported injuries should be followed up in writing by filing an accident report with the League Safety Officer.
- The Accident Forms are used to file a claim with our league's insurance and can be accessed from the CLL website and stored in the snack shack. Part 1 is to be filled out by the injured or parent/guardian of a minor. Part 2 is to be filled out by the league officer
- All managers and coaches are required to participate annually in online training provided by CDC- HEADS UP training and report all known concussions to the league immediately. For training and more information on concussions can be found on our website.
- Remember your first aid training
  - Reassure and aid children who are injured
  - Know where phones are

- Know your limits Looks for signs of injury; blood, black and blue marks, etc. Listen to the injured describe what hurts
- Feel the injured area gently and carefully for signs of swelling or broken bones
- Have medical forms with you at all times
- DON'T - Transport injured children, leave children alone at any time, and don't give medications.
- Any player, manager, coach, umpire, or volunteer who requires first aid must be reported to the league officer at [info@cascadelittleleague.org](mailto:info@cascadelittleleague.org). Please provide the name of the injured person, phone number, date, time, location, and a detailed description of the injury. Please include the name and phone number of the person reporting the injury.

## **Concessions Stands**

- Concession stands are located at Cascade Little League and Harmony Sports Complex Facility. Concession stands are inspected on an annual basis by the city health inspectors. A permit is kept in the concessions stand.
- The league's officers are responsible for safe food handling practices instruct all volunteers who work the stand. Also, frequent hand washing and use of sanitary gloves by concession staff are required.
- Volunteers are expected to check equipment daily and report any issues.
- The concessions lead will review CDC guidance annually and make proper adjustments as per CDC guidelines for proper food handling.
- Fire extinguishers are available in the snack shack. Equipment is checked regularly.
- Cascade Little League will utilize Little League concession stands inspection checklist at the beginning of each season which includes the following
  - Cooking Appliances and Equipment
  - Electrical Outlets and Sinks
  - Countertops, Table, and Floors
  - Train staff

## **Background Checks**

- Managers, coaches, board members, and any other person, volunteer or hired workers who provide regular services to the league and/or have repetitive access to or contact with players or teams must fill out the online application form as well as provide a government-issued ID.
- Anyone refusing to fill out a volunteer application is ineligible to be a league member.
- Cascade Little League will complete this background before the season begins.
- Cascade Little League will utilize Little League Data Center and background check procedure through JDR.

## Facilities/Equipment

- Equipment is issued to each manager in the league. Before the issuance of league equipment, it is inspected for defects. Each manager is responsible to inspect the equipment before each use. For any equipment that is deemed inadequate, the CLL officer is to be contacted for the replacement of the damaged or inadequate equipment.
- Fields: Outfield fences have protective black guards on them to prevent injury. Guards are inspected yearly to be sure they are installed properly and are not defective.
- All fields are inspected by the home team before each game.
- Batting cage use: One batter at a time. An adult must always be in the cage. Batter must have a helmet on. A protective net must be in place.
- Field back netting to prevent foul ball in the stands will be inspected annually for holes or repairs.
- Bathrooms - portable sanitation stations are available and maintenance per our contract with Honey Bucket during CLL spring and fall seasons.
- Before CLL seasons begin an officer will walk the grounds and ensure any additional park maintenance or hazards are address before the beginning of the season.
- League officers will complete the annual facilities survey through Little League Data Center before the season begins.

## Forms/References/Field Map

Cascade Little League agrees to submit accurate annual player data to Little League Data Center as requested. Including updating and reviewing Cascade Little League Safety Plan annually for approval.

[Code of Conduct](#)

[Coaches Concussion Training](#)

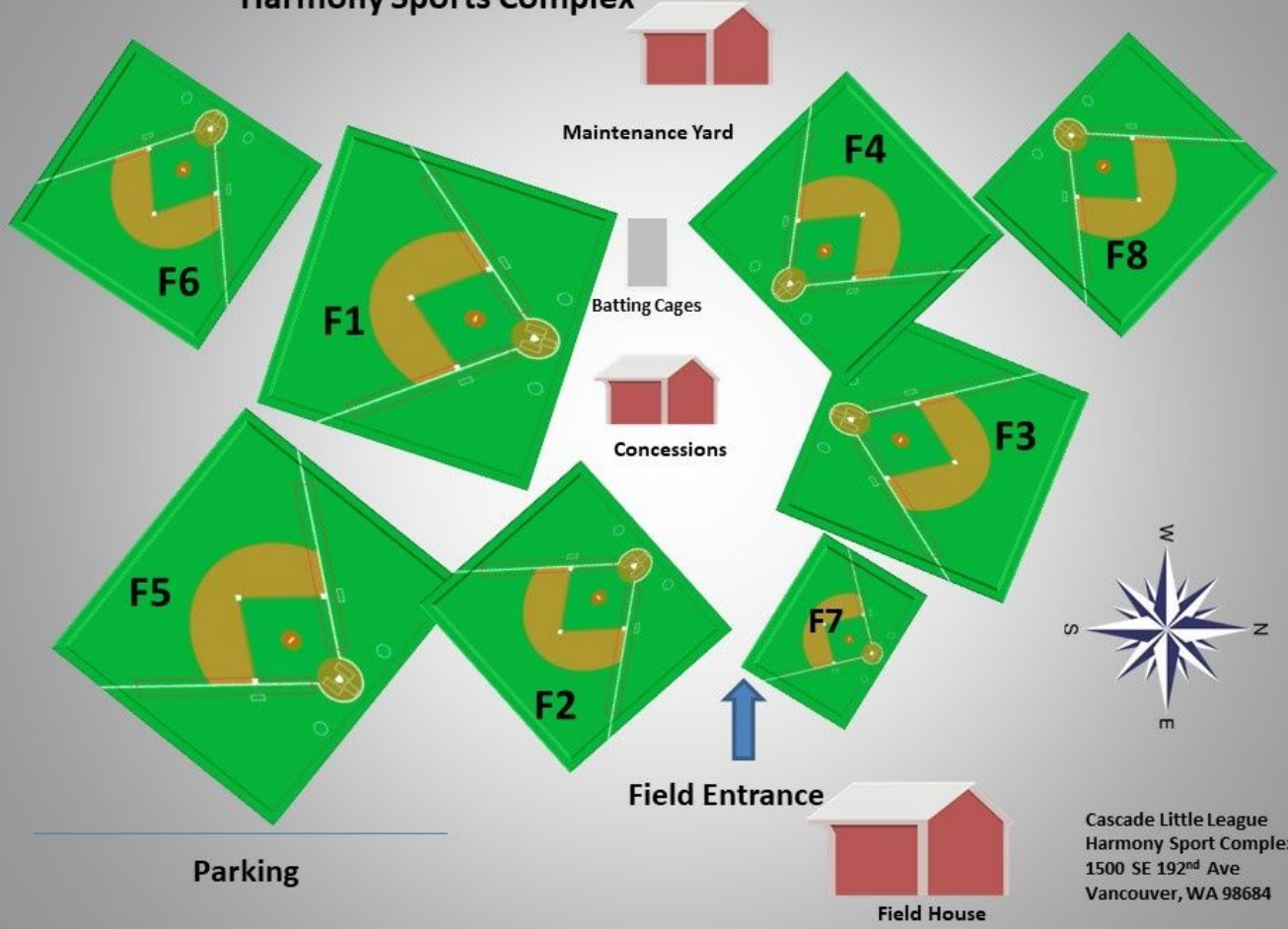
[Parent Concussion Training](#)

[Accident Report Form - How to fill out the form](#)

[Injury Report Form](#)

[CDC Food and Safety Guidelines](#)

# Harmony Sports Complex



Cascade Little League  
Harmony Sport Complex  
1500 SE 192<sup>nd</sup> Ave  
Vancouver, WA 98684