

Safety Plan

FFWLL Board of Directors

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Other League Officials

Equipment Manager

Brian Miller

Registration-OCN

Amber Soter

Umpire in Chief

All volunteers must complete a Little League Volunteer Application every year prior to the applicant assuming his/her duties for the current season.

Mission

The mission of the FFWLL is to provide an organized baseball and softball program for children which gives everyone involved the opportunity to have fun, strengthen character, develop skills, and reach his or her potential. It is important that the league work toward these goals while protecting the safety and well being of every player.

FUN is the #1 Factor in successful practices.

FUN is what brings your players out and brings them back. It keeps them pumped up and motivated and sets the stage for growth and development.

FUN causes players to try new things, builds teamwork and spirit, develops each player's self-esteem, and of course leads to success in practice and games.

FUN is the foundation for everything that is positive in baseball and softball and what coaching and managing is all about.

Your goal should be to make sure each practice is fun, efficient, and improvement-focused all season long.

CODE OF CONDUCT

The Board of Directors of FFWLL encourages all adult volunteers associated with any youth baseball or softball league to practice the following guidelines in teaching our youth the game of baseball or softball.

The League will be guided by teaching the principles of respect in each and every action related to the operation of the league through the following guidelines:

- All participants will be expected to treat every umpire, coach, teammate and opponent with respect.
- No one will question the call or judgment of any umpire.
- No coach will argue or voice disagreement with the call or judgment of any umpire.
- All participants will respect the equipment provided for participation. Therefore, the throwing of bats and helmets will not be tolerated.
- No profanity will be tolerated.
- No alcohol or drugs will be allowed in the ball fields. Persons appearing under the influence will be asked to leave.
- During game time, all players must remain in the dugout in an orderly fashion.
- After the game, each team must clean up trash in the dugout and field.
- **Failure to comply with the above may result in expulsion from the ball field.**

CODE OF SAFETY**Dedicated to Injury Prevention**

**All boys
Farm Level and above
MUST wear a protective
supporter and cup at all
times.**

**All girls
Pitchers in Major and
Minor level softball
MUST wear protective
face masks during
practice or games with
live pitching to hitters.**

Players may not climb or hang from any fences in the dugout or anywhere else on the field.

Players **must not** wear watches, rings, pins, jewelry, or other metallic objects.

Safety is the primary concern of the FFWLL Board of Directors. Therefore, all coaches and managers will enforce the following guidelines during games and practices.

There must be at least two adults present for each practice or game.

Playing area should be inspected before each game and practice for hazards like holes, rocks, glass and other foreign objects to prevent injuries.

All playing fields are equipped with disengage-able bases and a double safety first base.

A first aid kit is supplied by the league to all team managers to be on hand at all practices and games.

All players returning to play after a significant illness or injury where they missed 2 consecutive weeks or more of play must present a doctors note clearing them to participate.

During warm-up drills, players should be spaced so that no one is endangered by wild throws or missed catches.

Batters must wear Little League approved helmets during batting practice and games.

Except when returning to base, NO head first slides are allowed.

Equipment should be inspected on a regular basis. Faulty equipment should be removed from play and reported to the league Equipment Manager.

Rules specific to catching and batting

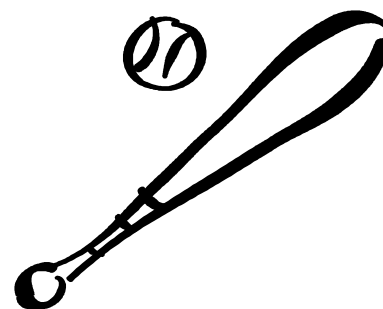
Only a player on the field and at bat may swing a bat.

The on deck batter position will not be allowed.

The catcher must wear a catcher's helmet and mask with a throat guard, chest protector, and double knee shin guards at all times when warming pitchers up, whether in a game or practice, or between innings and/or in a bull pen.

Skull caps are not permitted.

Male catchers must wear protective support and cup at all times.



Some Important Do's and Don'ts

DO...

❖ **HAVE FUN!**

- ❖ Call 9-1-1 in the event of a serious injury.
- ❖ Reassure and aid children who are injured or frightened.
- ❖ Know your limitations.
- ❖ Carry your first-aid kit to all games and practices. Know what is in your first aid kit and how to use it. Notify your Safety Officer if you need supplies for your kit or if you have any questions about its contents.

- ❖ **LOOK** for signs of injury- blood, bruising, swelling, deformity of joint, etc.
- ❖ **LISTEN** to the injured person describe what happened and what hurts.
- ❖ **KEEP** Medical Release forms with you at all games and practices.

All players with special needs, such as epi-pens or inhalers, must have them available at all practices and games.

Adults familiar with their administration must be present at all times.

Make arrangements to have a cell phone available when your practice or game is at a facility that does not have any public phones and designate one person to call for help when needed.

FFWLL Safety Officer
 Anna Gabaree
 802-355-6286

DON'T...

- ❖ Don't administer any medications unless you have a signed consent form from the parents.
- ❖ Don't move any player with a suspected head, neck, or spine injury.
- ❖ Don't provide any food or beverages other than water to an injured player.
- ❖ Don't hesitate to give aid when needed.
- ❖ Don't be afraid to ask for help if you are not sure of the proper procedure (i.e. CPR, severe trauma, etc.) Call 9-1-1
- ❖ Don't transport injured individuals
- ❖ Don't leave an unattended child or player at a practice or game field.
- ❖ Don't hesitate to report any present or potential safety hazards to the Safety Officer, Board Member, or League President immediately.

Accident Reporting

Procedures and Policies

Report any incident that causes any player, manager, coach, umpire, volunteer, or spectator to seek professional medical treatment.

While it is not necessary to report every batter hit by a pitch or every base runner involved in a collision, the intent of the league and this policy is to always err on the side of caution.

Please report any injury or incident that you feel might possibly be serious enough to require professional intervention.

Report any incident that could have resulting in serious injury. Reporting such incidents will bring potentially hazardous situations and conditions to the attention of the Board that could prevent an injury in the future.

When to Report

All such incidents must be reported to the Safety Officer, Peggy Matthews, at 922-3468 within 24 hours of the incident.

Serious injuries should be reported immediately to the Safety Officer, League President, or other Board member.

Information to Report

Remember—
Safety is everyone's job.

Prevention is the key to reducing accidents.

Report all hazardous conditions.

Don't play on a field that is not safe.

Don't play with unsafe equipment.

Check equipment every practice and every game.

Play Ball

Play Safely

- ✓ Name and phone number of the individual(s) involved.
- ✓ Date, time, and location of the incident.
- ✓ A detailed description of the incident.
- ✓ The preliminary estimation of the extent of the injuries.
- ✓ Name and phone number of person reporting the incident.

The Little League Incident/ Injury Tracking Report is included in this manual and should be kept in team binder with player medical release forms.

Safety and the Board of Directors

The FFWLL Board of Directors shall elect a Safety Officer.

This Board member shall serve as a risk management director, and will work to assure that the safety interests of all athletes, coaches, umpires, and spectators of FFWLL are considered.

Each team manager is **Required** to attend the annual managers meeting held in March, prior to the start of the season.

Each team shall have at least one manager or coach attends the annual First-Aid Clinic held in April, prior to the start of the season.

Safety Officer's Responsibilities

The Safety Officer shall:

- Assess all safety policies of FFWLL and make recommendations for safety to the Board.
- Together with the Equipment Manager, assess the safety of all equipment.
- Inventory and maintain first aid kits to be provided to each team.
- Work to assure that used items are promptly replaced.
- Maintain a record of all injuries reported.
- Develop long-term and short-term training objectives.
- Work directly with the Board of Directors to assure that proper training is provided to all coaches, umpires, and other personnel regarding both safety and baseball/ softball fundamentals and playing mechanics.
- Work with area emergency response agencies to develop emergency response protocol.
- Conduct an annual safety survey of all fields.
- Publish the Safety Plan on the FFWLL website and include in the team binders.
- Within 24 hours of receiving an incident report, the Safety Officer will contact the injured party or party's parents and verify the information received; obtain any other information deemed necessary; check on the status of the injured party.
- Advise parent of the FFW Little League's insurance coverage and the provisions for submitting any claims.
- League insurance is supplemental to any insurance covering the injured person.

Communicable Disease Procedures and Prevention

Use the non-latex gloves provided in your first aid kit to prevent mucous membrane exposure when contact with blood or other body fluids is anticipated.

Bleeding must be stopped, the open wound covered, and the uniform changed if there is blood on it before the athlete can resume playing.

Immediately wash hands and other skin surfaces if contaminated with blood.

Clean all blood-contaminated surfaces and equipment.

Managers, coaches and other volunteers with open wounds should refrain from all direct contact until the condition is resolved.

Plastic bags are provided for proper disposal of any material contaminated with body fluids.

Report injury if deemed necessary.

All wounds are to be treated within OSHA Guidelines of Exposure and Universal precautions.

Lightning

In the event lightning is detected, teams are required to suspend play for 30 minutes.

After waiting 30 minutes, the coaches and the plate umpire will convene to make a decision as to whether play should resume.

Consensus is not required to suspend play.

Play must be suspended if either of the two team managers or the plate umpire feels this precaution is necessary.

We're on the Web!

See us at:

www.FFWLL.net

Weather Safety

Coaches and umpires are encouraged to use reasonable judgment when weather negatively impacts the players' ability to safely play a ball game.

Excessive wet weather can cause severe injury. Care and caution must be exhibited when determining the condition of a wet field.

How hard is it raining and what was the weather forecast?

How much water is accumulating on the field?

How is the traction of the base paths, the pitcher's mound and the home plate area?

Play should be halted when the safety of the players is in question.

At the first sign of a storm, either by observing lightning or hearing thunder, the field and dugouts must be immediately evacuated.

More Lightning Safety

While no place is absolutely safe during an electrical storm, players should be housed in the nearest building, if possible, or in a fully enclosed vehicle with the windows rolled up.

Places to be avoided at all times during a storm are: high places, open fields, isolated trees, unprotected structures like dugouts, flag poles, light poles, bleachers, and metal fences.

Stop the game.

Do not hold a metal bat.

Walk, don't run, to a car or enclosed building and wait for the decision as to whether or not play will continue.

Hydration

Always make sure your team and coaches have adequate amounts of water and/or fluids available during practices and games.

This is the best way to prevent dehydration and heat problems.

A properly hydrated athlete will also be able to perform better due to less fatigue and "thirst" distraction.