

**Oregon District 5  
Bend South Little League  
Safety Plan  
2025**



The Mission of the League's Safety Plan is to increase the awareness of the opportunities to provide a safer environment for all Little League participants. Having a league safety program is instrumental to the well-being of players, volunteers and parents. *The Little League ASAP* is a safety program designed to educate league members as outlined below.

1 - Bend South Little League has the following Safety Officer on file at Little League International: Trista Deane, [safety@bendsouthll.org](mailto:safety@bendsouthll.org), or 541-815-3688

2 - The Safety plan is available to all league participants via the coach's manual or by contacting the safety officer and requesting a copy

3 - Emergency and league officer phone numbers:

EMERGENCY	9-1-1
BEND POLICE NON-EMERGENCY	541-388-0170
BEND FIRE DEPARTMENT	9-1-1
POISON CONTROL CENTER	1-800-222-1222
BEND POLICE NON-EMERGENCY	541-388-0170
DESCHUTES COUNTY NON-EMERGENCY	541-693-6911
President, Theresa DeBardelaben	760-771-7345
VP of Baseball, Chris McCarty	586-255-7942
VP of Softball, Dawn Difuria	541-310-2494
Director of Coaches, Bobby Evers	541-948-9440
Secretary, Mariah Smith	541-578-0166
Treasurer, Kelly Vlach	503-333-6256
Player Agent:	
Minors and Above, Jeff Perkins	562-552-5866
Rookies and Down, Randy Munch	541-706-1939
Safety Officer, Trista Deane	541-815-3688

4 - It is the policy of the league to do a background check on all its volunteers that are in constant contact with the players or have access to their personal information. You will be asked to fill out a volunteer application form provided by Little League International. This form will be used to complete the background check. The most recent volunteer application required by Little League Inc. can be found at [bendsouthll.org](http://bendsouthll.org).

5 and 6 - Managers and Coaches are required to complete a basic first aid/concussion training course and abuse awareness training. A free online course is available at the link below. Create a free account and follow the prompts to each of the trainings. Once completed download the certification from your courses under "my account" and email them to the league safety officer before the start of the season.

First Aid Training: <https://usabdevelops.com/page/3532/courses?page=1>

Abuse Awareness Training: [Abuse Awareness Training Course - Little League](#)

7 – All league participants including players, parents, and coaches will be asked to participate in a field day where we ensure the proper conditioning of our fields prior to regular season play. Managers, coaches, and umpires must complete field inspections before every practice and game to assess if it is safe to play. Look for glass, rocks, holes and any foreign objects that might injure players. Install the bases securely. Refer to the Field Maintenance Protocol section of the coach's manual for proper care and maintenance of the field.

8 – The League has completed an *Annual Facility Survey* and compiled a list of upgrades and improvements needed for our fields. If you find any safety related repairs that are needed, please report them to the League Safety Officer.

9 – The league does not sponsor or utilize concession stands so safety protocols are not needed in this section

10 – Coaches and managers will check equipment, inspect it for defects, and make repairs or replace any defective gear before it is used. Coaches can contact the equipment manager to replace any defective equipment right away. If an injury happens due to defective equipment, coaches should indicate that on the accident report.

11 – On field accidents and injuries must be reported to the League Safety Officer no later than 24 hours after the accident. Fill out the enclosed incident report and email it to [info@bendsouthll.org](mailto:info@bendsouthll.org). Any injury requiring professional medical services requires a secondary C.N.A. insurance form – The League Safety Officer will follow up with the injured participant to complete this form.

12 – First aid kits will be provided in all field equipment boxes. Notify the League Safety Officer whenever these supplies are running low or if you use the last something. The League Safety officer will resupply the first aid kits regularly.

13 – All Little League National Rules & Regulations will be enforced including proper safety equipment. Refer to [www.littleleague.org/playing-rules/rules-regulations-policies/](http://www.littleleague.org/playing-rules/rules-regulations-policies/)

14 – League Registration data, including medical information that may affect a child during games and practice, will be submitted to the district. If you have concerns or questions about this, please contact the League President. All information will be considered confidential.

15 – The league will communicate with the district regarding additional actions that Little League International can take or resources it can offer to local leagues to supplement local safety plans. Please communicate any input you have with the League Safety Officer.

Basic Field Safety Rules to enforce on the field:

- Bats should remain in equipment bags, in the dugout, or on the ground until they are needed. Most serious on field injuries involve a bat. An example of this could be a player who decides to take a practice swing in the dugout and hits another player. No one holds a bat, except when going to the plate.
- The manager or coach will never leave a player alone at a field. It is very important parents are there to pick their child up on time.
- No alcohol or tobacco is allowed on the field.
- Be extra cautious when entering and leaving busy parking lots.
- Players should eat a snack before practice or games, hungry ball players don't concentrate well. Provide players with plenty of water for practice and games.
- Routinely check equipment for safety concerns.
- Arrive to practice and games early to allow for proper warmups.
- Have a pre-season team safety meeting. Ask parents if any player has any medical condition you need to be aware of. Examples are asthma, diabetes, allergies, or physical restrictions. Take a poll of parents who are trained in first aid or CPR and record the information for future reference.
- Do not leave any player after practice or games unattended. Each team must have two adults wait with any child for the parents to arrive.
- It is the manager's responsibility to inspect the team's equipment before each use and exchange any broken or defective gear.
- Pitching machines, if used, must be in good working order and must be operated only by managers and coaches.
- Each field is equipped with a first aid kit. It must be present at all team activities. It is mandatory that a phone/cell phone be available at all practices and games in case of an emergency.
- Before every practice and game, a representative from each team will be required to walk the field in order to inspect the field for rocks, holes, glass, and any other dangerous conditions.
- Both managers shall agree on the fitness of the playing field before the game starts. Once the game starts the head umpire shall be the sole judge on the weather and condition of

the playing field. In the case of the lower divisions; the home team manager will make the decision on a rain out.

- Games and practices will be canceled if; lightning strikes within a 10-mile radius of the field, if there is standing water in the field of play that is unable to be cleared or absorbed with proper field maintenance, or if ambient temperatures are below 32° F or above 100° F.
- Catchers must wear a catcher's helmet (with face mask and throat guard,) chest protector and shin guards. Male catchers must wear a long-model chest protector, protective supporter and cup when squatting behind home plate. They will wear the mask, helmet and cup when warming up the pitcher before innings or in the bullpen and designated warm up areas. A mask will be worn during infield warm-up.
- No adult, coach or parent is permitted to warm up pitchers while in a squatting position on or off the game field.
- All batters, base runners, and base coaches must wear a batting helmet that is NOCSAE approved.
- Players cannot wear jewelry. Medical alert jewelry is permitted.
- Players who are ejected, ill or injured should remain under supervision until released to the parent or guardian.
- No injured player or player wearing a cast shall be permitted on the field during regular game play
- Do not allow players to play on playground equipment during practice.
- No Climbing fences at any field.
- Use shoulder and arm warm-up and stretches before throwing.
- Team warm-up should be in parallel lines throwing the same direction.
- When running multiple drills, allow enough room for players to maneuver without collision.
- Teach basemen proper positioning to avoid collision with base runners.
- Call for a fly ball. The louder the better.
- Teach the proper technique of sliding.
- No headfirst sliding. Dive backs are ok.

- No on deck batter's circle, the next batter up will be given time to swing the bat when they get to home plate
- Visit [www.littleleague.org/playing-rules/rules-regulations-policies/](http://www.littleleague.org/playing-rules/rules-regulations-policies/) for a complete list of rules and regulations