

Wells-Ogunquit Little League

WOLL Safety Plan

Wells, Maine #2190408

www.w-oll.com

2019

***Wells-gunquit
Little League***



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WOLL Mission Statements

WOLL Mission Statement

Wells-Ogunquit Little League is committed to the development of the children in our community as better ballplayers, honest and respectful citizens and kids who play for the love of the game and learn the values of healthy competition and good sportsmanship by providing a safe and fun atmosphere where coaches, children and parents cooperate so that all involved learn and enjoy their experience.

Safety Mission Statement

Wells-Ogunquit Little League is committed to keeping our children safe by educating parents, coaches and volunteers on ways they can help prevent injuries and maintain a safe atmosphere. The league will promote safety and safety awareness, offer training opportunities to coaches and volunteers, and provide ongoing safety education throughout the season. We will work to ensure that all volunteers are properly screened and trained. We will periodically review and/or inspect our facilities, equipment and procedures to ensure that all children, coaches, parents and spectators a safe and fun-filled experience.

President's Welcome

Welcome 2019 Managers, Coaches and Parents,

The Wells-Ogunquit Little League's Safety Plan (ASAP) for the upcoming 2019 Little League season was developed to ensure that the participants in the league have the opportunities to play and learn the game of baseball and softball in a safe setting. This plan has been updated and approved by the 2019 Wells-Ogunquit Little League Board of Directors. By submitting this approved plan to Little League Incorporated, WOLL is entitled to numerous incentives to make our program run more efficiently. This annual plan will be revised and updated each year for the safety of everyone involved with Wells-Ogunquit Little League. This plan discusses specific guidelines and criteria that insure the safe operation of Little League Baseball and Softball at Tilcon Fields. Reading and acknowledging this plan is mandatory for all managers. This plan will be shared with coaches, parents, umpires, Snack Shack volunteers. It will also be posted on our league web site. Wells-Ogunquit Little League has developed this plan to maintain the highest possible standard of safety. Feedback and suggestions are an important part of this process. Suggestions and/or recommendations to improve the safety of WOLL should be directed to Michael Carboneau league president at (207) 344-8993 or by e-mail at michael@carbonneau.net or any Board Member.

We look forward to a safe and exciting Little League season.

President: Michael Carboneau

Mailing Address: PO Box 974

Wells, ME 04090

C: (207) 604-2299

E: michael@carbonneau.net

Safety Office: Mark Blaisdell

Mailing Address: PO Box 974

Wells, ME 04090

Safety Officer's Welcome

Welcome 2019 Managers, Coaches and Parents,

In 2019 the Wells Ogunquit Little League has revamped our ASAP (A Safety Awareness Plan.) Since Little League's inception of the ASAP program, injuries to players have dropped significantly. Awareness of safety issues is a major component to keeping our children safe. Secondly, should there be an emergency; the WOLL ASAP will help all deal with most scenarios more effectively. This year's retooling focused on reorganizing the material to make it user friendly, expanding the topics covered, providing more resources for parents and for the first time, including a point of emphasis - concussions.

Although the risk of concussions is lower in baseball than it is in other sports, the WOLL board chose concussions as our point of emphasis for the 2019 season because of the potential seriousness of the injury and because greater awareness now could be beneficial to all, particularly if your children play other sports. This season the WOLL board is recommending that all managers and coaches complete the CDC Heads Up concussion training program. We are also strongly encouraging that all parents complete program as well.

Did you know . . .

- Helmets do little to prevent concussions. (They do provide protection against other serious head trauma.)
- Concussions are not always caused by a blow to the head.
- Concussion symptoms change over time.
- Parents (or teachers), and not managers or coaches are more likely to see the symptoms of a concussion.

If you did not know all these things then our ASAP is working – we are making you aware!

This plan is not just for coaches anymore. Parents, you play an integral role in keeping all the players safe so please take the time to peruse this manual. With everyone working together we our kids can enjoy the friendly competition of baseball in the safest way possible.

Sincerely,

Mark Blaisdell, WOLL Safety Officer

WOLL Board Members

Position	Name	Phone	Email
President	Michael Carboneau	(207) 604-2299	michael@carbonneau.net
Vice President	Shawn Kirby		skirbykandk@gmail.com
Secretary	Lisa Trudeau	(603) 475-0939	lt@maine.rr.com
Treasurer	Alden Pelletier		
Equipment Manager	Greg Flagg		tccarpenter@maine.rr.com
Field Representative			
Player Agent	Eric Sargent		
Safety Officer	Mark Blaisdell	(207)251-2774	mark.a.blaisdell@gmail.com
Umpire in Chief			
Facilities Chief		(207) 251-9575	jtrudeau@maine.rr.com
Snack Shack Coordinator	Jen Kirby		

Emergency Phone Numbers

All EMERGENCIES

911

Wells Fire Department NON EMERGENCY

(207) 646-7912

Ogunquit Fire Department NON EMERGENCY

(207) 646-5112

Poison Center

(800) 222-1222

Wells ERgent Care

(207) 646-5211

York Hospital

(207) 363-4321

Maine State Police

(800) 482-0730

If the victim loses consciousness, you MUST call 911.

WOLL Adult/Role Model CODE OF CONDUCT

The 2019 Wells-Ogunquit Little League Board of Directors has mandated the following code of conduct.

No board member, manager, coach, player, official or spectator shall at any time:

1. Touch, push, shove, strike, or otherwise threaten (physically or verbally) any other individual.
2. Exhibit unsportsmanlike conduct including the throwing of gloves, helmets, hats, bats, balls, or any other object.
3. Use or cause the use of unnecessarily rough tactics in the play of a game against opposing players.
4. Use profane, obscene or vulgar language.
5. Exhibit physical contact of a sexual or affectionate nature.
6. Appear anywhere in the facility while in an intoxicated state.
7. Gamble on any play or game.
8. Use tobacco (any form) within the WOLL Tilcon field.
9. Speak disrespectfully to any other manager, coach, player, official, spectator or board member.
10. Tamper or manipulate any league documents including, but not limited to, player rosters, game and tournament schedules, all-star affidavits, and scorebooks.
11. Challenge any umpire's authority. This conduct shall be maintained on any field or in any facility in which the team represents Wells Ogunquit Little League including all-star and championship play.

The Board of Directors will review all infractions of the Conduct Code. Depending on the seriousness or frequency of the infraction, the board may assess additional disciplinary action up to and including expulsion from the league.

WOLL Safety Code of Conduct

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 managers’ and coaches’ finger tips.

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
- Assist those who require medical attention - and when administering aid, remember to **LOOK** for signs of injury (*Blood, Black-and-blue deformity of joint etc.*).
- **LISTEN** to the injured describe what happened and what hurts if conscious. Before questioning, you may have to calm and soothe an excited child.
- **FEEL** gently and carefully the injured area for signs of swelling, or grating of broken bone.
- Make arrangements to have a cellular phone available when your game or practice is at a facility that does not have any public phones.

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 Director of Safety immediately.

WOLL Safety Code

Dedicated to Injury Prevention

- Arrangements should be made in advance of all games and practices for emergency medical services.
- First-aid kits have been given to each manager and it is his/ her responsibility to ask Safety Officer for more supplies if used, they are also located at the Snack Shack.
- No games or practices should be held when weather or field conditions are not good, Responsibility for Safety procedures should be that of an adult member of WOLL...particularly when lighting is inadequate. Always check the WOLL web site for field closings etc.
- Grounds should be inspected frequently for holes, damage, stones, glass and other foreign objects. Any problems need to be reported to the safety officer.
- All team equipment should be stored within the team dugout, 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.
- Procedure should be established for retrieving foul balls batted out of 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.
- 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, pepper, swinging bats, etc.).
- Equipment should be inspected regularly for the condition of the equipment as well as for proper fit.
- Batters must wear Little League approved protective helmets during batting practice and games.
- Catcher must wear catcher’s helmet, mask, throat guard, long model chest protector, shin guards and protective cup with athletic supporter at all times (males) for all practices and games. **NO EXCEPTIONS.** Managers should encourage all male players to wear protective cups and supporters for practices and games.
- 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.

- 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.
- Speed Limit 5 mph in roadways and parking lots while attending any WOLL function. Watch for small children around parked cars.
- No Alcohol or Tobacco of any kind allowed in any field or common areas within the WOLL complex.
- No Playing in parking lots at any time.
- No Profanity.
- No throwing balls against dugouts
- No throwing rocks.
- Only a player at bat may swing a bat. Be alert of area. No bat swinging is permitted in the on-deck area.
- 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.
- There are no dogs allowed on the field or in any part of the parking lot at Tilcon,
- No children under the age of 14 are to be permitted to work in the Snack Shack. Children under 16 must have permission from the Snack Shack Coordinator and are prohibited from using any cooking equipment.

Failure to comply with the above may result in removal from the WOLL field or complex

Concerning SafeSport: "Protecting Young Victims from Sexual Abuse and SafeSport Authorization Act of 2017". WOLL shall inform all volunteers to abide by the following:

- Reporting of Sexual Abuse involving a minor to the proper authorities
 - All volunteers of a local league are mandated reporters and could face criminal charges if the league chooses to ignore, or not report to the proper authorities, any witnessed act of child abuse, including sexual abuse, within 24 hours.
 - WOLL board members are aware of the proper procedures to report sexual abuse in their state. Please reference LittleLeague.org/ChildAbuse
- WOLL has adopted a policy that prohibits retaliation on "good faith" reports of child abuse
- WOLL has adopted a policy that limits one-one-one contact with minors
- WOLL highly encouraged to complete the below Abuse Awareness training provided by [USA Baseball and SafeSport](#)
- <https://sportdev.org/ItemDetail?iProductCode=OCAAM&Category=ONLINE&WebsiteKey=f50aacb2-a59e-4e43-8f67-29f48a308a9e>

Who Should Use This Manual

Parents/Spectators/Volunteers

Practice and game time can be hazardous to all spectators, particularly young children. Spectators are requested to remain vigilant during games and practices in order to ensure the safety of others as well as themselves. Spectators standing along the fences or behind the backstops or sitting in the bleachers should be wary of foul balls or errant throws. Supervising children can greatly reduce the chances of injury from batted or thrown balls, horseplay or other accidents. Maintaining safety is everyone's responsibility. If you spot an unsafe situation, please intervene or report the activity to a coach, umpire or other league official.

All spectators are expected to adhere to the WOLL Code of Conduct.

Noteworthy Items for Parents

Beginning in the 2018 season, WOLL has made significant changes to its A.S.A.P. We have made a conscious effort to include a lot more resources for parents. As you read through this manual, we encourage you to pay specific attention to the following sections:

Coaches

Before games/practices, coaches will:

- Walk the field for debris/foreign objects
- Inspect helmets, bats, catchers' gear
- Make sure a First Aid kit is available
- Check conditions of fences, backstops, bases and warning track
- Make sure a working telephone (includes cell phone) is available
- Hold a warm-up drill
- Be available to parents for communicating concerns or suggestions
- Meet with the opposing team coach and umpire to review safety rules, in particular the WOLL rules related to darkness and weather.

Background Checks

In order to help ensure the safety of the players, WOLL will conduct a background check on all managers, coaches, WOLL board members, parent volunteers, hired workers and any other individual that have repetitive contact with or access to the players or teams. Background checks must be conducted annually. Any individual who meets the above conditions and fails to submit a volunteer application will not be allowed to participate on behalf of WOLL.

No exceptions.

Social Security Numbers

- Complete SS#s are needed on the application for new volunteers
- After the background check is complete, the first 5 digits of your SS# will be redacted.
- Complete SS#s will not be retained after the background check has been completed.

The Safety Officer or other board member as may be designated by the President will conduct the background checks. No board member shall be allowed to conduct a background check on themselves. The Safety Officer (or other designee) will regularly provide the President with a list of individuals that have successfully passed the background check and will note on the volunteer's application that the background check was successful. Should the results of any background check show grounds for disqualification or any questionable activity, the Safety Officer will provide the results to the President for his/her final determination. In some cases, the President may put the decision to the WOLL board members. The President will be responsible for notifying any volunteers that they have passed/failed the background check. ***No manager, coach, volunteer or board member may perform any WOLL related duties until they have successfully completed a background check.***

For the 2019 season, WOLL will be using First Advantage for background checks. The First Advantage national Criminal File database contains more than 270 million records including criminal and sex offender registry records covering 50 states and the District of Columbia. In order to complete the background check, First Advantage requires social security numbers. All volunteers will need to provide this information on their application. Upon completion of the background check, the Safety Officer (or designee) will redact all but the last four digits the applicant social security numbers. ***Complete social security numbers must not be retained after the background check has been completed.***

Player Equipment

Protective Equipment

Required Player Equipment

Defense	Offense
Athletic Supporter – all male players	Helmet meeting NOCSAE standards – all batters, base runners, and players in coaches boxes
Metal, fiber, or plastic type cup – all male catchers	Helmet chinstrap – all helmets made to have chinstrap (with snap buttons, etc.)
Catcher's helmet and mask , with “dangling” throat guard; NO skull caps – all catchers; must be worn during pitcher warm-up, infield practice, while batter is in box	Regulation-sized ball for the game and division being played; marked RS for regular season or RS-T for regular season and tournament in baseball
Chest protector and leg protector – all catchers; must be worn while batter is in box; long model chest protector required for Little League (Majors) and younger catchers	Regulation-sized bat – all batters; Little League (Majors) and younger baseball divisions must have bat market with BPF 1.15 (baseball) or BPF 1.20 (softball)
Catcher's mitt – all baseball catchers	Non-wood bats must have a drip of cork, tape, or composite material , and must extend a minimum of 10 inches from the small end. Slippery tape is prohibited.

Required Field Equipment

1st, 2nd and 3rd bases that disengage from their anchors
Pitcher's plate and home plate
Players' benches behind protective fences
Protective backstop and sideline fences

Optional Player Equipment

Defense	Offense
Metal, fiber, or plastic type cup – any player, esp. infielders	Helmet – adults in coaches boxes
Pelvic protector – any female, esp. catchers	Helmet with Face-Guards or C-Flap meeting NOCSAE standards – all batters, esp. in younger divisions
Heart Guard/XO Heart Shield/Female Rib Guard – any defensive players, esp. pitchers and infielders	Mouth Guard – batters, defensive players
Game-Face Safety Mask – any players, esp. infielders	Batters vest/Heart Guard/Heart Shield/Female Rib Guard – any batter
Goggles/shatterproof glasses – any player, esp. infielders or those with vision limitations	Goggles/shatterproof glasses – any player, esp. infielders or those with vision limitations
	Regulation-sized reduced impact ball

Optional Field Equipment

1st, 2nd and 3rd bases that disengage from their anchors
Pitcher's plate and home plate
Players' benches behind protective fences
Protective backstop and sideline fences

Equipment Inspection

Prior to the start of the season, the Equipment Manager or his/her designees will inspect all league owned equipment, replace worn straps, worn helmet pads, etc., and discard cracked helmets and other damaged equipment. The Safety Officer or his/her designees will inspect the fields, bleachers, dugouts, fences, concession appliances, batting cages, pitching machines, extension cords, etc. and organize any repairs that may be necessary. The Safety Officer/Equipment Manager or their designees will inspect all maintenance equipment such as mowers, tractors, etc.

Each team will be provided with a first-aid kit. Before the start of each game or practice, each coach will make sure the first-aid kit is available and stocked with supplies. Should additional supplies be needed, coaches should contact the Safety Officer. A coach/manager from each team should verify that they have a working phone (or cell phone) that can be used to contact public safety in case of an emergency prior to the start of games or practices. Coaches/manages should periodically inspect bats and helmets. Any damaged equipment or illegal bats should be removed from the game/practice. If the equipment can be repaired, contact the Equipment Manager.

All bats need to comply with Little League standards. ***Parents/coaches – please see the Bats Section for more details on allowed bats.***

Bats

Baseball Requirements (for Majors and below)

- The bat must be a baseball bat which meets the USA Baseball Bat standard (USABat) as adopted by Little League. It shall be a smooth, rounded stick, and made of wood or of material and color tested and proved acceptable to the USA Baseball Bat standard (USABat).
- Beginning with the 2018 season, non-wood and laminated bats used in the Little League (Majors) and below, Intermediate (50-70) Division, Junior League divisions, and Challenger division shall bear the USA Baseball logo signifying that the bat meets the USABat – USA Baseball's Youth Bat Performance Standard. All BPF – 1.15 bats will be prohibited beginning with the 2018 season. Additionally, starting in 2018, the bat diameter shall not exceed $2\frac{5}{8}$ inches for these divisions of play. Bats meeting the Batted Ball Coefficient of Restitution (BBCOR) standard may also be used in the Intermediate (50-70) Division and Junior League divisions. Additional information is available at LittleLeague.org/batinfo.

Helmets

All batters, base-runners and youths coaching bases must wear a NOCSAE approved helmet. Helmets for adult bases coaches are optional.

Helmets should be properly sized for the player to reduce the risk of head injury due to a helmet falling off. Helmets with face guards are not required but parents are encouraged to consider this type of helmet as they can reduce the risk of dental or other facial injuries.

Cracked helmets or helmets that have received a hard hit should be discarded as the material can be compromised even though there may not be any visible cracks. Painting or apply stickers/decals can chemically degrade the material and may be unsafe. Little League rules require that written permission from the manufacturer be received before applying any paint, stickers or decals to a helmet.

Umpires and catchers (see also Catchers section) must wear appropriate helmets, masks and other protective equipment.

Parent Warning!

Helmets do little to prevent concussions. However, they can be very important in protecting your child from other severe head and brain injuries.

Note that the use of protective equipment does not guarantee your child won't be injured. Although protective equipment reduces injury risks, serious injuries can still occur during games or practices.

Catching Equipment

Male catchers must wear metal, fiber or plastic type cup and a long-model chest protector.

Female catchers must wear long or short model chest protectors.

All catchers must wear chest protectors with neck collar, throat guard, shin guards and catcher's helmet, all of which must meet Little League specifications and standards.

All catchers must wear a mask, "dangling" type throat protector and catcher's helmet during practice, pitcher warm-up, and games.

All catchers must wear a catcher's mitt.

Skullcaps are **not** permitted.



Mouthguards

Mouthguards can be purchased at many fine sporting good and retail stores. It is recommended that children with braces or other dental appliances utilize mouth guards specifically designed for this situation. These can be purchased from Nadeau Orthodontics located at 63 Portland Rd., Kennebunk, ME (207-985-8999).

Practice and Game Time Safety Tips

Field and Equipment Inspection

WOLL Requires coaches/umpires to walk fields for hazards before practices and games.

- Track and document any facility issues needing to be repaired.
- Use common sense: look for glass, rocks, holes, etc.

Conditioning and Stretching

Conditioning is a very important part in the prevention of accidents. Studies have shown that stretching and contracting of muscles before an athletic event improves general control of movements, coordination and alertness. Conditioning and stretching also help develop the strength and stamina needed for the average player to compete with minimum accident exposure. The purpose for conditioning and stretching is to improve the flexibility of various muscle groups and to prevent the tearing of the muscle due to overexertion.

Never force a muscle group during stretching but rather in a gradual manner to encourage looseness and flexibility.

Areas to stretch before an athletic event: neck, back, arms, thighs, legs, and calves. Hold the stretch for at least 10 seconds. **Don't bounce while stretching.**

Calisthenics should also be an important part of pregame warm up. This is another way to stretch the muscle group as well as increasing the heart rate. When warming up using calisthenics use at least 10 repetitions per exercise, and keep the pace up and vary between upper and lower body exercises.

Hydration

In the summer months we usually think of dehydration. It does not matter if it is January or July, children must be encouraged to drink fluids even when they do not feel thirsty. As coaches, we must remember that when children become physically active, their muscles generate heat thereby increasing their body temperature. As these temperatures rise, the cooling mechanism – sweat – kicks in. When sweat evaporates, the body is cooled. If these fluids are not replaced, children can become overheated. Managers and coaches should schedule water breaks every 30 minutes during practices on hot days, and should encourage fluid intake between every inning.

Water is an excellent fluid, however, sports drinks and fruit juices can encourage children to drink more during events. When offering sports drinks and fruit juices, be careful of the carbohydrate level. These drinks should contain between 6 and 8 percent carbohydrates that is (15 to 18 grams per cup). If the concentrations are higher, then the sports drink or juice should be diluted with water on a 1 to 1 ratio. If drinks are high in carbohydrates, they may cause stomach cramps, nausea and diarrhea when the child becomes active. Caffeine contained in tea, coffee, and colas should also be avoided because it can dehydrate the body further.

Drinking Guidelines for Hot Day Activities:

Before: Drink 8 oz. immediately before exercise

During: Drink at least 4 oz. every 20 minutes

After: Drink 16 oz. for every pound of weight lost

Dehydration Signs: Fatigue, flushed skin,
light-headed

What to Do: Stop exercising, get out of the sun, drink

Severe Signs: Muscle spasms, clumsiness, delirium

Pitchers and Pitch Counts

Managing the pitch count is the best tool coaches have to prevent serious injury to our children. Following a significant increase in “Tommy John” surgeries by younger pitchers, the American Sports Medicine Institute conducted a series of scientific studies to determine the significant contributors to arm problems. They examined a number of potential factors including, pitch counts, types of pitches, quality of mechanics and other factors. The number of pitches thrown was found to be the most significant contributor to arm problems. In fact, young pitchers who often **pitched past the point of fatigue were 36 times more likely to end up having surgery**. Participating in year-round baseball without sufficient rest (WOLL suggest at least four month a year away from throwing) was also found to contribute to arm injuries. Other risk factors included participating in showcases and throwing the ball with high velocity.

WOLL coaches and managers are expected to strictly adhere to Little League pitch count rules for **baseball** (softball does not have pitch count restrictions.) A summary of the pitch count and rest rules are provided below. For complete rules see Section VI of the Little League Official Regulations and Playing Rules.

League Age	MAX Pitches	Calendar Days of Rest (per pitches thrown)				
		1 – 20	21 – 35	36 – 50	51 – 65	66+
13 – 14	95	0	1	2	3	4
11 – 12	85	0	1	2	3	4
9 – 10	75	0	1	2	3	4
7 – 8	50	0	1	2	---	---

League Age is defined as the age of the player *before* May 1st.

A **Calendar Day of Rest** is defined as a complete calendar day off. For example, a 12 year old who throws 35 pitches on a Saturday morning is not eligible to pitch until Monday. If there is a game on Sunday night, he/she is not eligible to pitch in that game.

Exceptions:

- 1) A pitcher may complete the batter if he/she reaches their pitch limit in the middle of an at bat.
- 2) A pitcher may not pitch in more than one game per day.
- 3) A player who has caught 4 or more innings in a game may not pitch that **day**.
- 4) A pitcher who throws 41 or more pitches in a game cannot play catcher for the **rest of that day**.
- 5) 12 year olds cannot pitch in the minors.

What about breaking balls?

Although many medical professionals speculate that throwing breaking balls by children under 14 may be harmful, there is no medical evidence to support that. At this time, Little League strongly discourages the use of breaking pitches by those under 14 but they are participating in a study on the subject with the University of North Carolina.

Pitch Tracking Tips:

- Have your official scorekeeper track pitch count.
- Track balls/strikes/fouls/HBP on the score sheet.
- Track pitches on a separate tally sheet.
- Use a pitch counter.
- Record final tally on the score sheet for the coaches/managers.

Game Day Tips:

- Make sure the pitcher is warmed up properly before throwing in a game.
- Returning pitchers are allowed 8 warm-up throws (or 1 minute) before the start of an inning. Use them!
- Utilize a “bullpen” catcher to warm up your pitcher between innings.

Warning Signs

If any of the following red flags persist for more than two weeks, consult a sports medicine specialist:

- Sharp pain to the shoulder that increases with throwing.
- Painful clicking, catching or popping with throwing or overhead movement
- Increased, unexplained weakness in the shoulder, forearm or wrist.
- Increased prolonged achiness to shoulder following throwing.
- A painful arc of movement when raising the arm.
- Numbness or tingling in the forearm or fingers.

Practices

Pitches thrown in practice and during warm-up do not count toward the Little League pitch count. However, we ask that all coaches/managers be mindful of the amount of pitches thrown during practice and games.

Note: Rules for tournament play and softball may vary.

On-Deck Hitters

Little League rules strictly prohibit on-deck batters

Facility and Equipment

WOLL Facility Policy

1. The WOLL President shall issue keys to the equipment facility.
2. Keys shall be returned to the WOLL President once someone ceases to have responsibilities for the equipment.
3. Equipment facility shall be locked at all times.
4. All individuals with keys to the equipment facility shall be aware of the responsibility for the orderly and safe storage of heavy equipment and hazardous materials.
5. All chemicals located in the equipment facility shall be labeled and stored in its original container if available.
6. Any loose chemicals within the equipment facility shall be cleaned and disposed of to prevent accidental poisoning.
7. Dispose of outdated products as recommended by the manufacturer.
8. Use chemicals only in well-ventilated areas.
9. Wear proper protective clothing when handling toxic substances.

Machinery

Tractors, mowers, gators, golf carts and other heavy machinery will:

1. Be operated by appointed staff only.
2. Never operated under the influence of alcohol or drugs.
3. Not to be operated by person under the age of 16.
4. Never operated in a careless and reckless manner.
5. Never be operated or ridden in a precarious or dangerous way.

Snack Shack

Snack Shack Policy

1. No one under the age of 14 behind concession stand counter. Children under 16 will be allowed with permission from the Snack Shack Coordinator. In accordance with Maine State Law, no children under 16 will be allowed to operate grills, deep fryers or any other cooking equipment.
2. All volunteers must wash their hands upon starting their shift.
3. Food covered at all times and fans on to prevent insects from resting on food.
4. Inspect cooking equipment before use and report damage to the Snack Shack.
5. Cooking grease will be stored safely in containers away from open flames.
6. Cleaning chemicals must be stored in a locked cabinet.
7. Certified fire extinguisher suitable for grease fires must be placed in plain sight at all times.
8. All Snack Shack workers are to be instructed on the use of fire extinguishers.
9. All Snack Shack workers are to be aware of the location of the first aid kit located in the concession stand.
10. Utensils washed and put away at the end of the days games. Snack Shack workers must wash hands each time to the restroom and after handling foreign objects.

Coaching Baseball Fundamentals

Overview

The Goal of Wells Ogunquit Little League is to instill the love of the games of Baseball and Softball in our players. “Success Brings Success!”

Fundamental Skills Training

Criteria for Success

As a way of establishing a more standardized guideline for evaluating players skills in batting, fielding and throwing, managers should use the following criteria for assigning the ratings.

BATTING:	
Majors	Always steps forward into the pitch with weight on toes
	Good exchange of weight from rear foot to front
	Rapid motion on hips forward in sync with swing
	Head movement minimum
	Hands extend forward and away from body
	Swing is level
	Makes good contact with ball the majority of the time
Minors	Steps forward, but step is not always the same (sometimes forward, sometimes to the side. Also stride may vary in distance)
	Weight is not always on toes (sometimes on heels)
	Weight exchange only partial (still a lot of weight on back foot)
	Swing could be quicker and more forceful
	Hips do turn, but only partially
	Hits ball, but not hard (contact majority of the time)
	Hands not always extended at swing
Beginners	Doesn't take a stride
	Hips flat, no turn
	Swing with hands tight to body (no extension)
	Eyes don't follow the ball
	Hands and waist locked, don't turn over
	Consistently misses ball

FIELDING:	
Majors	Catches ball in middle of body (not off to side)
	Glove fingers up for ball above waist and down for below the waist
	Ability to apply above while moving laterally to catch ball
	Catches ground balls away from body with arms extended
	Ability to catch fly balls hit in area. Also turns on fly ball, doesn't back peddle
	Overall catches great majority of balls hit in his/her area
Minors	Attempts to catch ball in the middle of the body and does so some of the time
	Does move towards ball, not hit at them
	Attempts to have glove fingers up on fly balls and down on grounders
	Successful in majority attempts in fielding ball (will always put glove on ball)
	Generally can judge fly balls and put glove on them
Beginners	No movement towards the ball with body
	Consistently unable to get the glove on the ball
	Doesn't follow ball with eyes
	Doesn't have ability to catch any balls
THROWING:	
Majors	Throws ball either directly overhead or ¾ arm
	Throws with elbow forward
	Takes step with correct foot when throwing
	Doesn't release ball until front foot set and rolls over it (throwing hand releases ball after front foot is set on ground)
	Throws in direction intended
	Has a smooth, strong throwing technique (arm extended back, then elbow forward, then follow through in conjunction with forward step)
Minors	Doesn't always take a step when throwing
	Elbow not always forward (sometimes pushes the ball). Also may not extend arm back prior to throwing (short arms the ball).
	Not real accurate
	Not a strong or smooth throw
Beginners	Throws consistently with elbow down and off to the side
	Never takes a step, throws with wrong foot forward
	Not much speed or distance on throws

Safety Resources

First Aid Training

Outline requirements, annual safety training, develop tracking spreadsheet

Communicable Disease Procedures

1. Bleeding must be stopped, the open wound covered, and the uniform changed if there is blood on it before the athlete may continue.
2. Routinely use gloves to prevent mucous membrane exposure when contact with blood or other body fluids are 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.

WEATHER

These are the steps to take to determine to delay or stop practice or play.

Rain: if it begins to rain the manager or coach should evaluate the strength and direction of the storm and evaluate the playing field as it becomes more saturated with water. If the playing conditions become unsafe, stop the practice. In a game situation, consult with the other coach and umpire to formulate a decision.

Lighting: If you can HEAR, SEE, OR FEEL A THUNDERSTORM, SUSPEND ALL GAMES AND PRACTICES IMMEDIATELY. Stay away from metal objects. Don't hold metal bats. Have players walk, not run, to their parent's or designated driver's car and await a decision on whether to continue play. Players and Coaches are not permitted to stay in the dug outs during a thunderstorm.

Consider the following facts:

- The average lightning stroke is 6 - 8 miles long.
- The average thunderstorm is 6 -10 miles wide and travels at a rate of 25 miles per hour.

- Once the leading edge of a thunderstorm approaches to within 10 miles, you are at immediate risk due to the possibility of lightning strokes coming from the storm's overhanging anvil clouds.
- On the average, thunder can only be heard over a distance of 3 -4 miles, depending on humidity, terrain, and other factors. This means that by the time you hear the thunder, you are already in the risk area for lightning strikes.

Rule of Thumb

The ultimate truth about lightning is that it is unpredictable and cannot be prevented. Therefore, a manager, coach, or umpire who feels threatened by an approaching storm should stop play and get the kids to safety- regardless of whether or not the lightning detector has been used and has gone off or if the “flash-bang” proximity measure applies.

Where to Go?

No place is absolutely safe from the lightning threat, but some places are safer than others. Large shelters (substantially constructed buildings) are the safest! For the majority of participants, the best area for them to seek shelter is in a fully enclosed metal vehicle with the windows rolled up. If you are stranded in an open area and cannot get to shelter in a car, put your feet together, crouch down, and put your hands over your ears (to try and prevent eardrum damage).

Where NOT to Go!! Avoid high places and open fields, isolated trees, unprotected gazebos, rain or picnic shelters, dugouts, flagpoles, light poles, bleachers (metal or wood), metal fences, and water.

WHEN YOU SEE IT - FLEE IT WHEN YOU HEAR IT - CLEAR IT

First Aid to a Lightning Victim

Typically, the lightning victim exhibits similar symptoms as that of someone suffering from a heart attack. In addition to calling 911, the rescuer should consider the following:

- The first tenet of emergency care is “make no more casualties”. If the victim is in a high-risk area (open field, isolated tree, etc.) the rescuer should determine if movement from that area is necessary - lightning can and does strike the same place twice. If the rescuer is at risk, and movement of the victim is a viable option, it should be done.
- If the victim is not breathing, start mouth-to-mouth resuscitation. If it is decided to move the victim, give a few quick breaths prior to moving them.

- Determine if the victim has a pulse. If no pulse is detected, start cardiac compressions as well.

Note: CPR should only be administered by a person knowledgeable and trained in the technique.

Concussions

Injuries

muscle/bone/joint, strains/sprains, Broken bones, head/spine, Concussions, Sudden Illness, Dental Injuries, Asthma, CPR, AED

Other Safety Items – allergies (nuts, bees), insects (EEE, West Nile, ticks, Lyme, bees/wasps under fence caps), ADD/ADHD, Learning Styles

Awareness Action Plan – spell out plan for communication and awareness

SAFETY PRELIMINARIES

All managers, and/or coaches and/or umpires are required to walk the entire field to identify any hazards. Any hazards should be eliminated prior to start of play and reported to the safety officer within 24 hours.

REPORTING ACCIDENTS

All accidents and injuries shall be reported to the league safety officer within 24 hours. After notification the safety officer will notify the WOLL President in which all information will be recorded and the proper forms completed and mailed to the insurance representative. If the safety officer is unavailable, the WOLL President is to be notified of the accident or injury. If the WOLL President or safety officer cannot be located on the facility grounds, any board member can be notified of the accident or injury (see list of phone numbers located on page (2) in this Safety Plan manual.

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.

All Coaches must attend both a coach's fundamental training and a Safety training. The trainings will be scheduled in the month of March or April. The safety training will include CPR and basic safety training provided by Shannon Bridges and others from the Ogunquit Fire Department.

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 2019 is Mark Blaisdell, and he can be reached at the following: 207-251-2774 mark.a.blaisdell@gmail.com

Appendix A - WOLL 2019 Forms

WOLL Medical Release

Accident Tracking (League Use Only)

Coaching Application

Little League Volunteer Application (and Background Check Authorization)

Note* All the information for all forms is now gathered by the registration process online via the Dick's Sporting Goods/Blue Sombrero website endorsed by Little League International. The data gathered is in excess of the paper forms, and is archived digitally for WOLL.

WOLL Medical Release

Little League - Baseball and Softball

Player: _____ Date of Birth: _____ Gender (M/F) _____
 Parent(s)/Guardian Name: _____ Relationship: _____
 Parent(s)/Guardian Name: _____ Relationship: _____
 Player's Address: _____ City: _____ State: _____ Zip: _____
 Home Phone: _____ Work Phone: _____ Cell Phone: _____

PARENT OR GUARDIAN AUTHORIZATION:

In case of emergency, if family physician cannot be reached, I hereby authorize my child to be treated by Certified Emergency Personnel. (i.e. EMT, First Responder, E.R. Physician)

If parent(s)/guardian cannot be reached in case of emergency, contact:

Family Physician: _____ Phone: _____
 Address: _____ City: _____ State: _____
 Hospital Preference: _____
 Parent Insurance Co: _____ Policy No.: _____ Group ID#: _____
 League Insurance Co.: _____ Policy No.: _____ League/Group ID#: _____

Please list any allergies/medical problems, including those requiring maintenance medication. (i.e. Diabetic, Asthma, Seizure Disorder)

Medical Diagnosis	Medication	Dosage	Freq. of Dosage

Date of last Tetanus Toxoid
Booster: _____

The purpose of the above listed information is to ensure that medical personnel have details of any medical problem which may interfere with or alter treatment.

Mr./Mrs./Ms

 Authorized Parent/Guardian Signature Date:

FOR LEAGUE USE ONLY:

Division: _____ **Team:** _____ **Date:** _____

Little League does not limit participation in its activities on the basis of disability, race, color, creed, national origin, gender, sexual preference or religious preference.

Accident Tracking Form

League Name:	Wells/Ogunquit Little League	League ID:	#2190408	Incident Date:	
Field Name/Location:				Incident Time:	
Injured Person's Name:				Date of Birth:	
Address:				Age:	
				M:	<input type="checkbox"/>
				F:	<input type="checkbox"/>
City:		State:		Home Phone:	
Parent's Name (If Player):				Work Phone:	
Parents' Address (If Different):				City:	

Incident occurred while participating in:

- A.) ☐ Baseball ☐ Softball ☐ Challenger ☐ TAD
- B.) ☐ Major ☐ Minor ☐ T-Ball
- C.) ☐ Game ☐ Practice ☐ Tryout ☐ Tournament ☐ Special Event
- ☐ Travel to ☐ Travel from ☐ Other (Describe):

Position/Role of person(s) involved in incident:

- D.) ☐ Batter ☐ Baserunner ☐ Pitcher ☐ Catcher ☐ First Base ☐ Second
- ☐ Third ☐ Short Stop ☐ Left Field ☐ Center Field ☒ Right Field ☐ Dugout
- ☐ Umpire ☐ Coach/Mgr. ☐ Spectator ☒ Volunteer ☐ Other

Was first aid required? ☐ Yes ☐ No If yes, what: _____

Was professional medical treatment required? ☐ Yes ☐ No If yes, what: _____

(If yes, the player must present a non-restrictive medical release prior to being allowed in a game or practice.)

Type of incident and location:

- | | |
|---|---|
| <p>A. On Primary Playing Field</p> <p><input type="checkbox"/> Base Path: <input type="checkbox"/> Running or <input type="checkbox"/> Sliding</p> <p><input type="checkbox"/> Hit by Ball: <input type="checkbox"/> Pitched or <input type="checkbox"/> Thrown or <input type="checkbox"/> Batted</p> <p><input type="checkbox"/> Collision with: <input type="checkbox"/> Player or <input type="checkbox"/> Structure</p> <p><input type="checkbox"/> Grounds Defect</p> <p><input type="checkbox"/> Other</p> <p>:</p> | <p>B. Adjacent to Playing Field</p> <p><input type="checkbox"/> Seating Area <input type="checkbox"/> Travel</p> <p><input type="checkbox"/> Parking Area <input type="checkbox"/> Car or <input type="checkbox"/> Bike or</p> <p>C. Concession Area</p> <p><input type="checkbox"/> Volunteer Worker <input type="checkbox"/> League Activity</p> <p><input type="checkbox"/> Customer/Bystander <input type="checkbox"/> Other: _____</p> |
|---|---|

Please give a short description of the incident: _____

Could this accident have been avoided?**How:** _____

This form is for Little League purposes only, to report safety hazards, unsafe practices and/or to contribute positive ideas in order to improve league safety. When an accident occurs, obtain as much information as possible. For all claims or injuries which could become claims, please fill out and turn in the official Little League Baseball Accident Notification Form available from your league president and send to Little League Headquarters in Williamsport (Attention: Dan Kirby, Risk Management Department). Also, provide your District Safety Officer with a copy for District files. All personal injuries should be reported to Williamsport as soon as possible.

Prepared

By/Position: _____

Signature

:

Phone

Number: _____

Date: _____

Wells-Ogunquit Little League Coaching Application

Name: _____

Addres:

Home Phone: _____ **Work Phone:** _____

Cell Phone: _____ **E-Mail:** _____

Position Applying for (check one): Manager ☐ Coach ☐

Sport Applying for (check one): Baseball ☐ Softball ☐

Level Applying for (check one): AA Minor League (7 – 8 Year Olds) ☐

AAA Minor League (9 – 11 Year Olds) ☐Major League (9 – 12 Year Olds) ☐

Were you a WOLL Manager or Coach last Year?

Yes ☐ No ☐

If yes, what team/division/capacity?

Manager/coach with whom you wish to coach/manage:

Name and age of child(ren) in the league:

Other than Little League, what other coaching experience do you have?

What are your strengths as a youth coach?

Why do you want to be a manager or coach?

What expectations do you have for parents of your team members and how would you communicate them to the parents?

What is your philosophy regarding team line-ups and amount of playing time at this level?

Your team loses five consecutive games and you sense that many of your players are getting discouraged. What would you do to improve team moral?

Please list other individuals who may have not coached in our league in the past but should be considered as a coach or a manger in our league.

Completed applications must be returned by **Friday March 21, 2019**. They can be given to a board member of the league or mailed directly to Wells-Ogunquit Little League, PO Box 974, Wells, ME 04090.

In order to help ensure the safety of our children, all managers, coaches, parent volunteers and WOLL board members must undergo a background check. Please submit a completed Little League ® Volunteer Application Form with your WOLL Coaching Application



Our Facilities

Field Map

Directions to Tilcon Fields (625 North Berwick Rd., Wells, ME)

From Maine Turnpike

- Exit 19
- **Right** onto Rt. 109N/Rt 9W. – 0.6 miles
- **Left** onto Rt. 9 West/N. Berwick Rd.- 0.8 miles
- Entrance to the field will be on your **right** just past the Wells DOT building

From Sanford (and points northwest) – at the Rt. 4/Rt. 109 traffic circle . . .

- Rt. 109 South – 8.9 miles
- **Right** onto Rt. 9 West/N. Berwick Rd.- 0.8 miles
- Entrance to the field will be on your **right** just past the Wells DOT building

From York (and points South)

- Rt. 1 North (or follow directions from the Maine Turnpike)
- Continue past Hannaford's, Rite Aid
- **Left** onto Chapel Rd. (Steakhouse Restaurant will be on your right)
- Follow to end (1.2 miles)
- **Left** onto onto Rt. 109N/Rt 9W. – 1.1 miles
- **Left** onto Rt. 9 West/N. Berwick Rd.- 0.8 miles
- Entrance to the field will be on your **right** just past the Wells DOT building

From The Berwicks

- Follow Rt. 9 East. Tilcon Fields are located 5.8 miles from the Rt. 4/Rt. 9 intersection
Entrance to the field will be on your **left**