

# **Bethlehem Little League Safety Plan**

2026

## **Policy Statement**

Bethlehem Little League is a non-profit organization run by volunteers whose mission is to provide an opportunity for our community's children to learn the game of baseball in a safe and friendly environment

IN CASE OF LIFE  
THREATENING  
EMERGENCY DIAL  
911  
FROM THE  
NEAREST PHONE

Bethlehem Little League Safety Plan

**2026 Board of Directors**

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### **Safety Manual and First Aid Kits**

Each team will be issued a safety manual and a first aid kit at the beginning of the season. The manager of the team will acknowledge the receipt of both signing in the space provided below when taking possession of these articles.

The concession stand will have a first aid kit and safety manual in plain sight at all times.

The first aid kit will include the necessary items to treat an injured player until professional help arrives if need be (see first aid section).

In conjunction with, there will be a manager/skills and safety training session to include first aid training.

I have received my safety manual and first aid kit and will have them both present at all practices, batting cage practices, games (season games and post-season games) and any other event where team members could become injured.

**I HAVE RECEIVED MY FIRST AID KIT AND SAFETY MANUAL**

DIVISION: \_\_\_\_\_

TEAM NAME: \_\_\_\_\_

PRINT NAME OF MANAGER: \_\_\_\_\_

SIGNATURE OF MANAGER: \_\_\_\_\_

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PHONE NUMBER: \_\_\_\_\_

The board of directors of Bethlehem Little League has mandated the following Code of Conduct:

### **Code of Conduct**

- No Board member, manager, coach, player, or spectator shall: At any time, lay a hand upon, push, shove, strike, or threaten an official.
- Be guilty of heaping verbal or physical abuse upon any official for any real or imaginary belief of a wrong decision or any other forceful unsportsmanlike action.
- Be guilty of using unnecessary rough tactics in the play of a game against the body of an opposing player.
- Be guilty of a physical attack upon any board member, official, manager, coach, player, or spectator.
- Be guilty of the use of profane, obscene, or vulgar language or action in any manner at any time.
- Appear on the field of play, stands, or anywhere on the BLL complex while in an intoxicated state at any time. Intoxication will be defined as an odor or behavior issue.
- Be guilty of discussing publicly with spectators in a derogatory or abusive manner any play, decision, or personal opinion on any players during the game.
- Speak disrespectfully to any manager, coach, official, or representative of the league.
- Be guilty of tampering or manipulation of any league rosters, schedules, draft positions, or selections, official score books, rankings, financial records or procedures.
- Shall challenge an umpire's authority. The umpires shall have the authority and discretion during a game to penalize the offender according to the infraction up to and including removal from the game.

**The board of Directors will review all infractions of the BLL code of conduct depending on the seriousness or frequency, the board may assess additional disciplinary action up to and including expulsion from the league.**

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**I have read the Bethlehem Little League Code of Conduct and promise to adhere to its rules and regulations.**

**Team name and division** \_\_\_\_\_

**Manager (Print)** \_\_\_\_\_

**Signature of Manager** \_\_\_\_\_

**Coach #1** \_\_\_\_\_

**Coach #2** \_\_\_\_\_

**Date:** \_\_\_\_\_

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### **The Board of Directors of Bethlehem Little League has mandated the following safety code:**

- All managers and coaches will read this safety code.
- All managers and coaches will read this safety code to their players and parents.

### **Safety Code:**

- Responsibility for safety procedures belongs to every adult member of Bethlehem Little League.
- Each player, manager, coach, and umpire shall use proper reasoning and care to prevent injury to himself/herself and to others.
- Only league-approved managers and/or coaches are allowed to practice teams.
- Only league-approved managers and/or coaches will supervise batting cages.
- First-Aid kits will be provided to each team manager during the pre-season and one will be located in the concession stand and each press box.
- No games or practices will be held when weather or field conditions are poor, particularly when lighting is inadequate.
- Play area will be inspected before games and practices for holes, damage, stones, glass and other foreign objects.
- Team equipment should be stored within the team dugout or behind screens, and not on the field of play.
- Only players, managers, coaches, and umpires are permitted on the playing field or in the dugouts during the games.
- Responsibility for keeping bats and loose equipment off of the field of play should be that of the player assigned for this purpose of the team's manager or coach.
- During practice and games, all players should be alert and watching the batter on each pitch.

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- 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 will be performed within the confines of the playing field.
- Equipment should be inspected regularly for the condition of the equipment as well as for the proper fit.
- Batters must wear Little League approved protective helmets that bear the NOSSAE seal during batting practice and games.
- Except when a runner is returning to a base, head first 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” for their children.
- On deck batters are not permitted.
- Manager will only use the official Little League balls supplied by BLL.
- All players must wear athletic supporters or cup during games and practices.
- Catchers must wear a cup.
- Male catchers must wear the metal, fiber, or plastic type cup and a long-model chest protector.
- Female catchers must wear long chest protection.
- 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 helmets during practice, pitcher warm-up, and games. Note: skullcaps are NOT permitted.
- Shoes with metal spikes or cleats are NOT permitted- Majors down. Shoes with molded cleats are permissible.
- Players will not wear watches, rings, pins, jewelry, or other metallic items during practices or games. (Exception: jewelry that alerts medical personnel to a specific condition is permissible and must be taped in place.)

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- Catchers must wear a catcher's mitt (not a first baseman's mitt or fielder's glove) of any shape, size, or weight consistent with protecting the hand.
- Catchers may not catch, weather warming up a pitcher, in practices, or games without wearing full catchers gear and an athletic cup as described above.
- Managers will never leave a child unattended.
- Never hesitate to report any present or potential safety hazard to the BLL safety officer immediately.
- Speed limit is 5 MPH on roadways and parking lots.
- No alcohol or drugs are allowed on the premises at any time.
- No medication will be taken at the facility unless administered directly by the child's parent. (This includes Tylenol and Aspirin)
- No playing in the parking lots at any time.
- No playing on or around lawn equipment or machinery at any time.
- No swinging bats or throwing baseballs at any time within the walkways and common areas of the complex.
- No throwing rocks.
- No climbing fences.
- Observe all posted signs.
- Players and spectators should be alert at all times for foul balls and errant throws.
- All gates to the field must remain closed at all times. After players have entered or left the playing fields, gates should be closed and secured.
- No one is allowed on the complex with open wounds at any time. Wounds should be treated and properly bandaged.
- There is no running allowed on or around the bleachers.

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**I have read or have been read the Bethlehem Little League Safety Code and promise to adhere to its rules and regulations.**

Team name/division: \_\_\_\_\_

Printed name of Manager: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Manager: \_\_\_\_\_

Coach 1: \_\_\_\_\_ Coach 2: \_\_\_\_\_

Player 1: \_\_\_\_\_

Player 2: \_\_\_\_\_

Player 3: \_\_\_\_\_

Player 4: \_\_\_\_\_

Player 5: \_\_\_\_\_

Player 6: \_\_\_\_\_

Player 7: \_\_\_\_\_

Player 8: \_\_\_\_\_

Player 9: \_\_\_\_\_

Player 10: \_\_\_\_\_

Player 11: \_\_\_\_\_

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Player 12: \_\_\_\_\_

### **Responsibilities**

**The President:** The President of BLL is responsible for ensuring that the policies and regulations of the BLL Safety Officer are carried out by the entire membership to the best of his abilities.

**BLL Safety Officer:** The main responsibility of the BLL Safety Officer is to develop and implement the League's safety program. The BLL Safety Officer is the link between the Board of Directors of Bethlehem Little League and its managers, coaches, umpires, players, spectators, and any other third parties on the complex in regard to safety matters, rules, and regulations.

**The BLL Safety officer's responsibilities include:**

- Assisting parents and individuals with insurance claims and will act as a liaison between the insurance company and the parents and individuals.
- Explaining insurance benefits to claimants and assisting them with filing the correct paperwork.
- Keeping the first-aid log. This log will list where accidents and injuries occur, to whom, in which division, at what times and under what supervision.
- Correlating and summarizing the data in the first-aid log to determine proper accident prevention in the future.
- Ensuring that each team receives its safety manual and its first-aid kit at the beginning of the season.
- Installing the first-aid kit in the concession stand and restocking the kit as needed.
- Make Little League's "no tolerance with child abuse" clear to all.
- Inspecting concession stands and checking fire extinguishers.
- Scheduling a first-aid clinic

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- Acting immediately in resolving unsafe or hazardous conditions once a situation has been brought to his/her attention.
- Making spot checks at practices and games to make sure all managers have their first aid kits and safety manuals.
- Tracking all injuries and near misses in order to identify injury trends.
- Making sure that safety is a monthly board meeting topic and allowing experienced people to share ideas on improving safety.

### **The Bethlehem Little League members:**

BLL members will adhere to and carry out the policies as set forth in this safety manual.

### **Managers and Coaches:**

The manager is a person appointed by the board of BLL to be responsible for the team's actions on the field and to represent the team in communication with the umpire and the opposing team.

- The manager shall always be responsible for the teams conduct, observance of the official rules and deference to the umpires.
- The manager is also responsible for the safety of his players. He/She is also ultimately responsible for the actions of designated coaches.
- If a manager leaves the field, that manager shall designate a coach as a substitute and such substitute manager shall have the duties, rights and responsibilities of the manager.

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### **Pre-Season**

#### **Managers/Coaches:**

Attend required fundamentals training and first-aid training with at least one coach or manager from each team attending.

**Requirement: Coaches/Managers to attend at least one every three years.**

**Training qualifies volunteer for three years; but one team rep still required each year.**

#### **Managers will:**

- Take possession of the Safety Manual and the First-Aid kit supplied by BLL.
- Cover the basics of safe play with his/her team before starting the first practice.
- Return the signed BLL Code of Conduct and the BLL Safety code to your division VP or the Safety officer before the first game. **NO TEAM WILL START THE SEASON WITHOUT MEETING THIS REQUIREMENT.**
- Teach players the fundamentals of the game while advocating safety.
- Teach players how to slide before the season starts. A board representative will be available to reach these fundamentals.
- Encourage players to bring water bottles to practices and games.
- Tell parents to bring sunscreen for themselves and their child.
- Encourage your players to wear mouth protection.

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### Season play

#### **Managers will:**

- Make sure that telephone access is available to all activities including practices. It is suggested that a cell phone is always on hand.
- Not expect more from their players than what the players are capable of.
- Teach the fundamentals of the game to the players
  - Catching fly balls
  - Sliding correctly
  - Proper fielding of ground balls
  - Simple pitching motion for balance
- Be open to ideas, suggestions or help
- Enforce that prevention is the key to reducing accidents.
- Have players wear sliding pads if they have cuts or scrapes on their legs.
- Always have first-aid kit and safety manual on hand.
- Use common sense.
- Make sure players are healthy, rested and alert.
- Make sure players are wearing the proper uniform and catchers are wearing a cup.
- Make sure the equipment is in good working order and safe.
- Agree with the opposing manager on the fitness of the playing field. In the event that two managers cannot agree, the President or a duty delegated representative shall make the determination.
- Enforce the rule that no equipment is permitted on the field until all players have done their proper stretching.

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### **The pregame:**

Schedule allows ten minutes for stretching and a light jog around the field. A simple stretching session would include the following:

1. Neck circles
2. Arm circles
3. Trunk twist
4. Touching toes
5. Knee bends
6. Jumping jacks
7. Light jog

All teams shall adhere to the following pre-game schedule:

- All field preparation should be completed 25 minutes before the start of the game
- The next 10 minutes will be used by both teams for stretching and conditioning (If game before you is running over, stretching can be done off the field as a group)
- Any player reporting late to a game or practice must complete condition and stretching, under supervision, before taking the field.
- The remaining 15 minutes:
  - 5 minutes = visitor warm up
  - 5 minutes = home warm up
  - 5 minutes = managers and umpires meeting at home plate
- Home team- field preparation- inspect entire field for hazards
- Visitors- press box
- Home team will supply two game balls.

The Umpire will:

Plate umpire-

- Check equipment in dugouts of both teams, equipment that doesn't meet specifications must be removed from the game.
- Make sure catchers are wearing helmets when warming up pitchers.
- Make sure bats have grips.
- Make sure there are foam inserts in helmets and that helmets meet Little League NOCSAE specifications and bear Little League's seal of approval.

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- Inspect helmets for cracks.
- Check players to see if they are wearing jewelry.
- Secure official Little League balls for play from the home team.

Field umpire-

- Walk the field for hazards and obstructions (e.g. rocks and glass)
- Make sure that all playing lines are marked with non-caustic lime, chalk or other white material easily distinguishable from the ground or grass.

### **During the Game**

Managers will:

- Make sure that players carry all gloves and other equipment off the field and to the dugout when their team is up at bat. No Equipment shall be left lying on the field, either in fair or foul territory.
- Keep players alert.
- Maintain discipline at all times.
- Be organized.
- Keep players and substitutes sitting on the team's bench or in the dugout unless participating in the game or preparing to enter the games.
- Encourage everyone to think "Safety First!"
- Observe the "no on-deck rule" for batters and keep players behind the screens at all times. No player should handle a bat in the dugout at any time.
- Get players to drink often so they do not dehydrate.
- Not play children that are ill or injured.
- Attend to children that become injured in a game.
- Not lose focus by engaging in conversation with parents and passersby.

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The Umpire will:

- Govern the game as mandated by Little League rules and regulations.
- Check baseballs for discoloration and nicks and declare a ball unfit for use if it exhibits these traits.
- Act as the sole judge as to whether when play shall be suspended or terminated during a game because of unsuitable weather conditions or the unfit condition of the playing field; as to when and if play shall be suspended or resumed; and as to whether and when a game shall be terminated after such suspension.
- Act as a sole judge as to whether and when play shall be suspended or terminated during a game because of low visibility due to atmospheric conditions or darkness.
- Enforce the rule that no spectators shall be allowed on the field during the game.
- Make sure catcher is wearing proper equipment.
- Continue to monitor the field for safety and playability.
- Make the calls loud and clear, signaling each call properly.
- Make sure players and spectators keep their fingers out of the fencing.

### **Post-game:**

Managers will:

- Those who throw regularly (pitchers and catchers) should ice their shoulders and elbows.
- Catchers should ice their knees.
- Not leave the field until every team member has been picked up by a family member.
- Notify parents if their child has been injured, no matter how small or insignificant the injury. There are no exceptions to this rule. This protects you, Little League Baseball incorporated and BLL.
- If there is an injury, make sure an accident report is filled out and given to the BLL safety officer.

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- If a manager knowingly disregards safety, he or she will come before the BLL Board of Directors to explain his or her conduct.

The Umpire will:

- Check with the managers of both teams regarding safety violations.
- Report any unsafe situations to the BLL Safety Officer by phone and in writing.

### **Facilities Manager:**

The BLL Facilities Manager is responsible for ensuring the fields and structures used by BLL meet the safety requirements as set forth in this manual.

### **Concession Stand Manager:**

The BLL Concession stand Manager is responsible to ensure the Concession Stand volunteers are trained in the safety procedures as set forth in this manual.

### **Equipment Manager:**

The BLL Equipment Manager is responsible for getting damaged equipment repaired or replaced as reported. This replacement will happen in a timely manner. The equipment manager will also exchange equipment if it doesn't fit properly.

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### Conditioning and Stretching:

Conditioning is an intricate part of accident prevention. Extensive studies on the effect of conditioning, commonly known as warm up have been demonstrated that:

- The stretching and contracting of muscles just before an athletic activity improves general control of movements, coordination and alertness.
- Such drills also help develop the strength and stamina needed by the average youngster to compete with minimum accident exposure.  
The purpose of stretching is to increase flexibility within the various muscle groups and prevent tearing from overexertion. Stretching should never be done forcefully, but rather in a gradual manner to encourage looseness and flexibility.

Hints on Stretching:

- Stretch necks backs, arms, thighs, legs, and calves.
- Don't ask the child to stretch more than he/she is capable of.
- Hold the stretch for at least 10 seconds.
- Don't allow bouncing while stretching. This tears down the muscle rather than stretching it.
- Have a coach or parent lead the stretching exercises.

Hints on Calisthenics:

- Repetitions of at least 10.
- Have kids synchronize their movements.
- Vary upper body with lower body.
- Keep the pace up for a good cardiovascular workout.

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### **Pitching:**

Pitch Count:

Pitch count DOES matter

Little League has implemented a new pitch count rule that will be closely watched and enforced at all levels.

**A child cannot be expected to play like an adult!**

Little League managers and coaches are usually quick to teach their pitchers how to get movement on the ball. Unfortunately, the technique that older players use is not appropriate for children thirteen years and younger. The snapping of the arm used to develop this technique will most probably lead to serious injuries to the child as he matures.

Arm stress during the acceleration phase of throwing affects both the inside and outside of the growing elbow. On the inside, the structures are subjected to distraction forces, causing them to pull apart. On the outside, the forces are compressive in nature with different and potentially more serious consequences.

The key structures on the inside (or medial) aspect of the elbow include the tendons of the muscles that allow the wrist to flex, and the growth plate of the medial epicondyle ("knobby" bone on the inside of the elbow). The forces generated during throwing can cause this growth plate to pull away (avulse) from the main bone. If the distance between the growth plate and main bone is great enough, surgery is the only option to fix it. This growth plate does not fully adhere to the bone until age 15!

Similarly, on the outside (or lateral) aspect of the elbow, the two bony surfaces can be damaged by compressive forces during throwing. This scenario can lead to a condition called Avascular Necrosis or bone cell death as a result of compromise of the local blood flow to that area. This disorder is permanent and often leads to fragments of bone breaking away (loose bodies) which float in the joint and can cause early arthritis. This loss of elbow motion and function often precludes further participation. Studies have demonstrated that curveballs cause most problems at the inside of the elbow due to the sudden contractive forces of the wrist musculature. Fastballs, on the other hand, place more force at the outside of the elbow.

Sidearm delivery, in one study, led to elbow injuries in 74% of pitchers compared with 27% in pitcher with a vertical delivery style,

Dr. Glenn Fleisig at the American Sports Medicine Institute is in the process of signaling the results of a study funded by USA baseball that evaluated pitch counts in skeletally immature athletes as they relate to both elbow and shoulder injuries. The study included 500 athletes, ages 9-14, from the Birmingham Alabama area. Each child who pitched in a game was called after the game and interviewed over the phone. The investigators were able to

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conduct over 3,000 interviews. Approximately 200 of the 500 pitchers have videotapes of their mechanics.

### PRELIMINARY DATA HAS DEMONSTRATED THE FOLLOWING:

1. A significantly higher risk of elbow injury occurred after pitchers reached 50 pitches/outing.
2. A significantly higher risk of shoulder injury occurred after pitchers reached 75 pitches/outing
3. In one season, a total of 450 pitches or more led to cumulative injury to the elbow and shoulder
4. The mechanics, whether good or bad, did not lead to an increased incidence of arm injuries.
5. The pitchers who limited their pitching repertoire to the fastball and change-up had the lowest rate of injury to their throwing arm.
6. A slider increased the risk of both elbow and shoulder problems. Based on this research, BLL recommends against the teaching or throwing of curveballs under the age of 13. If a curveball is taught, the Manager should instruct the child to throw the curveball} like a football without snapping the arm or the wrist. If the manager or coach is unsure how to do this, he can contact the league safety officer or training director for further instruction. Managers and coaches should look to their players' future and make an effort to protect their elbows against the tragedy of A vascular Necrosis. We advise the following ranges for pitch counts based on age.

### **Ice is a universal First Aid treatment for minor sports injuries.**

Ice controls the pain and swelling. Pitchers should be taught how to ice their arms at the end of a game. If the manager or coach is unsure how to do this, he can consult the league safety officer or training director for further instruction,

### **Children should NOT be encouraged to play through the pain," Pain is a warning sign of injury. Ignoring it can lead to greater injury.**

### **Hydration**

Good nutrition is important for children. Sometimes, the most important nutrient children need is water- especially when they're physically active. When children are physically active, their muscles generate heat thereby increasing their body temperature. As their body temperature rises, their cooling mechanism, sweat, kicks in. When sweat evaporates, the body is cooled. Unfortunately, children get hotter than adults during physical activity and their body's cooling mechanism is not as efficient as adults. If fluids aren't replaced, children can become overheated.

We usually think about dehydration in the summer months when hot temperatures shorten the time it takes for children to become overheated. But keeping children well hydrated is just as

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important in the winter months. Additional clothing worn in the colder weather makes it difficult for sweat to evaporate, so the body doesn't cool as quickly.

It doesn't matter if it's January or July, thirst is not an indicator of fluid needs. Therefore, children must be encouraged to drink fluids even when they don't feel thirsty. Managers and coaches should schedule drink breaks every 15-30 minutes during practices on hot days and should encourage players to drink between every inning.

During any activity, water is an excellent fluid to keep the body well hydrated. It's economical too. Offering flavored fluids like sports drinks or fruit juice can help encourage children to drink. Sports drinks should contain between 6-8% carbohydrates or less. If the carbohydrate levels are higher, the sports drinks should be diluted with water. Fruit juice should also be diluted (1 cup juice to 1 cup water). Beverages high in carbs like undiluted fruit juice may cause stomach cramps, nausea and diarrhea when the child becomes active. Caffeinated beverages (tea, coffee & soda) should be avoided because they are diuretics and can dehydrate the body further. Avoid carbonated drinks which can cause gastrointestinal distress and may decrease fluid volume.

**Commonsense:** Playing  
safe boils down to using common sense.

For instance, if you witnessed a strange person walking around BLL complex who looked like he/she doesn't belong, you should report the incident to a Board Member.

There will always be a Board member on site (see the telephone number list in the beginning of this manual to identify them.)

The BLL Board Member, after hearing your concerns, would investigate the matter and have the person in question removed before anything could happen if, indeed, that person did not belong there.

Another example of common sense - You witness kids throwing rocks or batting rocks on the BLL complex. They are having fun but are unknowingly endangering others. Don't just walk on by figuring that someone else will deal with them. Stop and explain to the kids what they are doing is wrong and ask them to stop.

### **Equipment**

The Equipment Manager is an elected BLL Board Member and is responsible for purchasing and distributing equipment to the individual teams. This equipment is checked and tested when it is issued, but it is the manager's responsibility to maintain it. Managers should inspect equipment before each game and each practice. The BLL Equipment Manager will promptly replace damaged and ill-fitting equipment. Some players like to bring their own gear. This equipment can only be used if it meets the requirements as outlined in this Safety Manual and the Official Little League Rule Book. At the end of the season, all equipment must be returned to the BLL Equipment Manager, First Aid kits and Safety Manuals must be turned in with the equipment.

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Each team, at all times in the dugout, shall have seven (7) protective helmets which must meet NOCSAE specifications and standards. These helmets will be provided by BLL at the beginning of the season. If players decide to use their own helmets, they must meet NOCSAE specifications and standards. Each helmet shall have an exterior warning label.

NOTE: The warning label cannot be embossed in the helmet but must be placed on the exterior portion of the helmet and be visible and easy to read.

\*Use of a helmet by the batter and all basic runners is mandatory.

\*Use of a helmet by a player/base coach is mandatory,

\*Use of a helmet by an adult base coach is optional.

\*All players must wear athletic supporters.

Male and female catchers must wear the metal, fiber or plastic type cup and a long-model chest protector. Female catchers must wear long or short model chest protectors. Female players AA through senior divisions must wear a sports bra. All catchers must wear chest protectors with neck collar, throat guard, shin guards and catcher's helmet, all of which must follow 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, If the gripping tape on a bat becomes unraveled, the bat must not be used until it is repaired. Bats with dents, or that are fractured in any way, must be discarded. Only Official Little League balls will be used during practices and games. Make sure that the equipment issued to you is appropriate for the age and size of the players on your team. If not, get replacements from the Equipment Manager. Make sure helmets fit. Replace questionable equipment immediately by notifying the BLL Equipment Manager.

- Make sure that players respect the equipment that is issued.
- Multi-colored gloves can no longer be worn by pitchers.

### **WEATHER**

Richmond is warm and sunny but there are those days when the weather turns bad and creates unsafe weather conditions,

#### **Rain:**

If it begins to rain: 1. Evaluate the strength of the rain. Is it a light drizzle or pouring? 2. Determine the direction the storm is moving. 3. Evaluate the playing field as it becomes increasingly saturated. 4. Stop practice if the playing conditions become unsafe-use common sense. If playing a game, consult with the other manager and the umpire to formulate a decision.

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### **Lightening:**

The average lightning stroke is 5-6 miles long with up to 30 million volts at 100,000 amps flow in less than a tenth of a second. The average thunderstorm is 6-10 miles wide and winds at a rate of 25 miles an hour.

**Once the leading edge of a thunderstorm approaches within 10 miles, you are at inundate risk due to the possibility of lightning strike coming from the storm's overhanging anvil cloud. This fact is the reason that many lightning deaths and injuries occur with clear skies overhead.**

**On average, the thunder from a lightning stroke can only be heard over a distance of 3-4 miles, depending on terrain, humidity and background noise around you. By the time you can hear the thunder, the storm has already approached within 3-4 miles. The sudden cold wind that many people use to gauge the approach of a storm is the result of downdrafts and usually extends less than 3 miles from the storm's leading edge. By the time you feel the wind, the storm can be less than 3 miles away. If you can HEAR, SEE OR FEEL a storm: 1. Suspend all games and practices immediately. 2. Stay away from metal including fencing and bleachers. 3. Do not hold metal bats. 4. Get players to walk, not run, to their parent's or designated driver's cars and wait for your decision on whether or not to continue the game or practice.**

**Hot Weather:** Precautions must be taken in order to make sure the players on your team do not dehydrate or hyperventilate.

1. Suggest players take drinks of water when coming on and going off the field between innings.
2. If a player looks distressed while standing in the hot sun, substitute that player and get him into the shade of the dugout ASAP.
3. If a player should collapse as a result of heat exhaustion, call 911 immediately. Get the player to drink water and use ice bags to cool him down until the emergency medical team arrives. (see section of Hydration)

**Ultra-Violet Ray Exposure:** This kind of exposure increases an athlete's risk of developing a specific type of skin cancer known as melanoma. The American Academy of Dermatology estimates that children receive 80% of their lifetime sun exposure by the time they are 18 years old. Therefore, BLL will recommend the use of sunscreen with an SPF of at least 15 as a means of protection from damaging ultraviolet light.

## **Storage Shed Procedures**

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The following applies to all of the storage sheds used by BLL and further applies to anyone who has been issued keys by BLL to use these sheds.

- Keys to the equipment sheds will only be issued by BLL's president.
- A record shall be kept of all individuals possessing keys.
  
- Keys will be returned to the League President immediately once someone ceases to have responsibilities for equipment sheds. All storage sheds will be kept locked at all times. All individuals with keys to the equipment sheds are aware of their responsibility for the orderly and safe storage of heavy machinery, hazardous materials, fertilizers, poisons, tools, etc. Before the use of any machinery located in the shed (I.e. lawn mowers, weed eaters, lights, scoreboards, public address systems, etc.) please locate and read the written operating procedures for that equipment.
  
- All chemicals or organic materials stored in storage sheds shall be properly marked and labeled and stored in its original container if available. Any witnessed "loose" chemicals or organic materials within these sheds should be cleaned up and disposed of immediately to prevent accidental poisoning.

Keep products in their original container with the labels in place.

- Use poison symbols to identify dangerous substances.
- Dispose of outdated products as recommended.

Use chemicals only in well ventilated areas. Wear proper protective clothing, such as gloves or a mask when handling toxic substances

### **Machinery**

Tractors, mowers and any other heavy machinery will:

- Be operated by appointed staff only.
- Not be operated by any person under the age of 16.
- Never be operating in a reckless or careless manner.
- Be stored appropriately when not in use with the brakes in the on position, the blades retracted, the ignition locked, and the keys removed.
- Never be operated or ridden in a precarious or dangerous way.
- Never left outside the tool sheds or appointed garages if not in use.

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### **General Facility**

- Speed bumps are painted yellow-their purpose is to slow traffic.

The dugouts will be clean and free of debris at all times

Dugouts and bleachers will be free of protruding nails and wood splinters.

- Home plate, batter's box, bases and the area around the pitcher's mound will be checked periodically for tripping and stumbling hazards, Chain link fences will be checked regularly for holes, sharp edges and loose edges and will be repaired or replaced accordingly.

All score booths will have a working P.A. system.

All bases will be of the breakaway design.

### **Accident Reporting Procedure**

#### **What to report:**

Incident that causes any player, manager, coach, umpire or volunteer to receive medical treatment and/or first aid must be reported to the BLL Safety Officer. This includes even passive treatments such as the evaluation and diagnosis of the extent or injury.

**When to report:** Such incidents described above must be reported to the BLL Safety Officer or League President within 24 hours of the incident.

Contact information is:

#### President:

<b>Matt Cole</b>	<a href="mailto:bethlehemllpresident@gmail.com">bethlehemllpresident@gmail.com</a>
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#### Safety Officer:

<b>Stacey Richman</b>	<a href="mailto:richmanss@alumni.vcu.edu">richmanss@alumni.vcu.edu</a>
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**How to make a report:** > Any person needing to fill out a preliminary accident report can obtain one from any manager or from the Safety Manual located in the concession stand. The forms are located in the back of each manual.

### **BLL Safety Officer's Responsibilities**

Within 24 hours of receiving the BLL Preliminary Accident Report, the BLL Safety Officer will contact the person reporting the accident and then contact the injured party or the party's parents and > Verify the information received > Obtain any other information deemed necessary,

Check on the status of the injured party. → In the event the injured party required other medical treatment (ER room visit, doctor's visit, etc.) will advise the parent or guardian of the BLL insurance coverage and the provision for submitting any claims. If the extent of the injuries is more than minor in nature, the BLL Safety Officer shall periodically call the injured party to

1. Check on the status of any injuries
2. Check if any other assistance is necessary in areas such as submission of insurance forms, etc. until such time as the incident is considered "closed" (1.e.no further claims are expected, and/or the individual is participating in the League Again)

### **Insurance Policies**

Little League accident insurance covers only those activities approved or sanctioned by Little League Baseball, Incorporated. BLL Majors, Minors and Tee Ball participants shall not participate as Little League Majors, Minors and Tee Ball team in games with other teams of other programs or in tournaments except those authorized by Little League Baseball, Incorporated. BLL Majors, Minors and Tee Ball participants may participate in Other programs during the Little League regular season provided such participation does not disrupt the Little League Majors, Minors, and Tee Ball season or tournament team, unless expressly authorized by the Board of Directors of BLL, games played for any purpose other than to establish a League champion or as part of the International Tournament are prohibited, (see IX - Special Games, pg. 15 in the Rule Book for further clarification)

**Explanation of Coverage:** The CAN Little League's insurance policy is designed to afford protection to all participants at the most economical cost to BLL. It can be used to supplement other insurance carried under a family policy or insurance provided by a parent's employer. If there is no other coverage, CAN Little League insurance - which is purchased by the BLL

- takes over and provides benefits, after a \$50 deductible per claim, for all covered injury treatment costs up to the maximum stated benefits. This plan makes it possible to offer exceptional, low-cost protection with assurance to parents that adequate coverage is in force at all times during the season, **Bethlehem Little League Insurance Policy is designed to supplement a parent's existing family policy.**

**How the Insurance Works:**

## Bethlehem Little League Safety Plan

1. First, have the child's parents file a claim under their insurance policy
2. Should the family's insurance plan not fully cover the injury treatment, the Little League CAN Policy will help pay the difference, after a \$50 deductible per claim, up to the maximum stated benefits.
3. If the child is not covered by any family insurance, the Little League CAN Policy becomes primary and will provide benefits for all covered injury treatment costs, after a \$50 deductible per claim, up to the maximum benefits of the policy.
4. Treatment of dental injuries can extend beyond the normal fifty-two-week period if dental work must be delayed due to the physiological changes of a growing child. Benefits will be paid at the time treatment is given, even though it may be some years later, Maximum dollar benefit is \$500 for eligible dental treatment after the normal fifty-two-week period, subject to the \$50 deductible for claims.

**Filing a Claim:** When filing a claim, all medical costs should be fully itemized. If no other insurance is in effect, a letter from the parent's / guardian's or claimant's employer explaining the lack of Group pr Employer insurance must accompany a claim form. On dental claims, it will be necessary to fill out a Major Medical Form, as well as a Dental Form; then submit them to the insurance company of the claimant, or parent/guardian, if claimant is a minor. "Accident damage to whole, sound, normal teeth as a direct result of an accident: must be stated on the form and bills. Forward a copy of the insurance company's response to Little League Headquarters. Include the claimant's name, League ID and year of the injury on the form. Claims must be filed with the BLL Safety Officer. He forwards them to Little League Baseball, Incorporated, PO Box 3485, Williamsport, PA 17701. Claim officers can be contacted at (717) 327-1674 and fax (717) 326-1074. Contact the BLL Safety Officer for more information. Protective equipment cannot prevent all injuries a player might receive while participating in baseball,

### Concession Stand Safety

- No person under the age of 15 will be allowed behind the counter in the concession stands. People working in the concession stands will be trained in safe food preparation. Training will cover safe use of the equipment. This training will be provided by the Concession Stand Manager (a BLL Board Member certified in restaurant safety) and given to Team Mom's on Parent's Day at the beginning of the season. Cooking equipment will be inspected periodically and repaired or replaced if need be (see "Concession Stand Weekly Checklist" in appendix)

Cooking grease will be stored safely in containers away from open flames, Carbon Dioxide tanks will be secured with chains, so they stand upright and can't fall over. Report damaged tanks or valves to the supplier and discontinue sue (see "concession stand weekly checklist" in appendix) A Certified Fire Extinguisher suitable for grease fires must be placed in plain sight at all times. All concession stand workers are to be instructed on the use of fire extinguishers. All concession stand workers will attend a training session in the Heimlich maneuver, A fully stocked first aid kit will be placed in each concession stand. The concession stand main entrance door will not be locked or blocked while people are inside.

## **Child Abuse**

### **Volunteers:**

Volunteers are the greatest resource Little League has in aiding children's development into leaders of tomorrow. But some potential volunteers may be attracted to Little League to be near children for abusive reasons. Big Brothers/Big Sisters of America defines child sexual abuse as "the exploitation of a child by an older child, teen or adult for the personal gratification of the abusive individual." Abusing a child can take many forms, from touching to non-touching offenses.

Child victims are usually made to feel as if they have brought the abuse upon themselves; they are made to feel guilty. For this reason, sexual abuse victims seldom disclose the victimization. Consider this: Big Brothers/Big Sisters of America contend that for every child abuse case reported, ten more go unreported. Children need to understand that is never their fault and both

Children and adults need to know what they can do to keep it from happening, anyone can be an abuser and it could happen anywhere. By educating parents, volunteers and children, you can help reduce the risk it will happen at Bethlehem Little League. Like all safety issues, prevention is the key. BLL has a two-step plan for selecting caring, competent and safe volunteers.

**Application:** All potential volunteers must fill out the application that clearly asks for information about prior criminal convictions. The form also points out that all positions are conditional based on the information received from a background check.

**Interview:** Make all applicants aware of the policy that no child sex offender will be given access to children in the Little League program.

**Reporting:** In the unfortunate case that child sexual abuse is suspected, you should immediately contact the BLL President or a BLL Board Member if the President is not available, to report the abuse. BLL along with district administrators will contact the proper law enforcement agencies.

**Investigation:** BLL will appoint an individual with significant professional background to receive and act on abuse allegations. These individuals will act in a confidential manner and serve as the League's liaison with the local law enforcement community. Little League volunteers should not attempt to investigate suspected abuse on their own.

**Suspending/Terminating:** When an allegation of abuse is made against a Little League volunteer, it is our duty to protect the children from any possible further abuse by keeping the alleged abuser away from children in the program. If the allegations are substantiated, the next step is clear - **assuring** that the individual will not have any further contact with the children in the league.

## Bethlehem Little League Safety Plan

**Immunity from Liability:** According to the Boys & Girls Clubs of America, "Concern is often expressed over the potential for criminal or civil liability if a report of abuse is subsequently found to be unsubstantiated." However, we want adults and Little Leaguers to understand that they shouldn't be afraid to come forward in these cases, even if it isn't required and even if there is a possibility of being wrong. All states provide immunity from liability to those who report suspected abuse in "good faith." At the same time, there are also rules in place to protect adults who prove to have been inappropriately accused.

### **Make Our Position Clear:**

Make adults and kids aware that Little League Baseball and BLL will not tolerate child abuse in any form.

**The Buddy System:** It is an old maxim, but it is true: There is safety in numbers. Encourage kids to move about in a group of two or more children of similar age, whether an adult is present or not. This includes travel, leaving the field, or using the restroom areas. It is far more difficult to victimize a child if they are not alone.

**Access:** Controlling access to areas where children are present - such as dugout or restrooms protects them from harm by outsiders. It's not easy to control the access of large outdoor facilities, but visitors could be directed to a central point within the facility. Individuals should not be allowed to wander through the area without the knowledge of the Managers, Coaches, Board of Directors or any other volunteer,

**Lighting:** Child sexual abuse is more likely to happen in the dark. The lighting of fields, parking lots and any and all indoor facilities where Little League functions are held should be bright enough so that participants can identify individuals as they approach, and observers can recognize abnormal situations.

**Toilet Facilities:** Generally speaking, Little Leaguers are capable of using the toilet facilities on their own, so there should be no need for an adult to accompany a child into the restroom areas. There can sometimes be special circumstances under which a child requires assistance to toilet facilities, for instance, with T-Ball and Challenge divisions, but there should still be adequate privacy for that child. Again, we can utilize the "buddy system" here.

## **Health and Medical - Giving First Aid**

**What is First Aid?** First aid means exactly what the term implies - it is the first care given to a victim. It is usually performed by the first person on the scene and continued until professional medical help arrives, (911, paramedics). At no time should anyone administering first aid go beyond his capabilities. Know your limits! The average response time on 911 calls is 2-3 minutes. Paramedics are in constant

## Bethlehem Little League Safety Plan

communication with the local hospital at all times preparing them for whatever emergency action might need to be taken. You cannot do this. Therefore, do not attempt to transport a victim to a hospital. - Perform whatever first aid you can and wait for the paramedics to arrive,

### **First Aid Kits**

- First aid kits will be furnished to each team at the beginning of the season. To replenish materials in the team first aid kit, the Manager must contact the BLL Safety Officer. First aid kits and this Safety Manual must be turned in at the end of the season along with your equipment package.
- A first aid kit will be available at the concession stand. Materials from these additional kits may not be used to replenish materials in the team's kit but only used in emergency situations.

### **Good Samaritan Laws**

There are some laws to protect you when you help someone in an emergency situation. The "Good Samaritan Laws" give legal protection to people who provide emergency care to ill or injured persons. When citizens respond to an emergency and act as a reasonable and prudent person would under the same conditions, Good Samaritan immunity generally prevails. This legal immunity protects you, as a rescuer, from being sued and found financially responsible for the victim's injury. For example, a reasonable and prudent person would -

Move a victim only if the victim's life was endangered.

Ask a conscious victim for permission before giving care.

Check the victim for life-threatening emergencies before providing further care.

Summon professional help to the scene by calling 911.. Continue to provide care until more highly trained personnel arrive.

Good Samaritan laws were developed to encourage people to help others in emergency situations. They require that the Good Samaritan use common sense and a reasonable level of skill, not to exceed the scope of the individual's training in emergency situations. They assume each person would do his or her best to save a life or prevent further injury. People are rarely sued for helping in an emergency. However, the existence of Good

Bethlehem Little League Safety Plan

Samaritan laws do not mean that someone cannot sue. In rare cases, courts have ruled that these laws do not apply in cases when an individual rescuer's response was grossly or willfully negligent or reckless or when the rescuer abandoned the victim after initiating care.

### **Permission of Give Care:**

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If the victim is conscious, you must have his/her permission before giving first aid. To get permission, you must tell the victim who you're, how much training you have, and how you plan to help. Only then can a conscious victim give you permission to give care. Do not give care to a conscious victim who refuses your offer to give care, If the conscious victim is an infant or child, permission to give care should be obtained from a supervising adult when one is available. If the condition is serious, permission is implied if a supervising adult is not present. Permission is also implied if a victim is unconscious or unable to respond. This means that you can assume that, if the person could respond, he or she would agree to care.