

La Sierra Little League

Emergency Action Plan (EAP)

Purpose

The purpose of this Emergency Action Plan (EAP) is to provide clear, organized procedures to follow in the event of an emergency during La Sierra Little League practices, games, events, or other league activities. This plan prioritizes the safety of players, coaches, volunteers, umpires, families, and spectators.

1. Emergency Contacts & Key Information

Emergency Services: 911

Nearest Hospital / Urgent Care: Kaiser Permanente 10800 Magnolia Ave.

Field Address(s): 5215 La Sierra Ave. Riverside, CA 92505

League Officials:

- League President: Oswaldo Vazquez. Phone: 951.642.4057
- Safety Officer: Armando Alfaro Phone: 951.522.5933
- Field Manager: Richard Hernandez. Phone: 951.312.6815

On-Site Resources:

- First Aid Kit Location(s): Field 4 Snack Bar
 - AED Location(s): Field 1 Snack bar and Field 4 Snack Bar
-

2. General Emergency Procedures (All Situations)

1. **Stop all play immediately.**
 2. **Ensure scene safety** for players and responders.
 3. **Assign roles** if possible:
 - One adult to call 911 (if needed)
 - One adult to meet emergency responders at the entrance
 - One adult to manage players and keep them calm
 4. **Do not move an injured person** unless there is immediate danger.
 5. **Contact parent/guardian** as soon as possible.
 6. **Document the incident** after the situation is under control.
-

3. Medical Emergencies

Examples

- Serious injury (head, neck, spine)
- Loss of consciousness
- Breathing difficulties
- Heat illness
- Severe allergic reaction
- Cardiac emergency

Action Steps

1. Stop play and assess the situation.
2. Call **911** for any life-threatening or serious condition.
3. Provide **basic first aid** only if trained to do so.
4. Use the **AED** immediately if a cardiac emergency is suspected.
5. **Keep the injured individual comfortable and still.**
6. Clear unnecessary spectators from the area.
7. Notify parent/guardian and league officials.

Heat-Related Illness

- Move the individual to shade.
 - Provide water if conscious.
 - Cool with ice packs or cold towels.
 - Call 911 if symptoms worsen or do not improve.
-

4. Weather-Related Emergencies

Lightning

- At the first sound of thunder or sight of lightning, **suspend play immediately**.
- Clear the field and move everyone to a safe shelter (vehicles or permanent buildings).
- Wait **30 minutes after the last thunder** before resuming play.

Extreme Heat

- Increase water breaks.
- Monitor players for heat illness.
- Shorten or cancel activities if conditions are unsafe.

Heavy Rain / Flooding

- Stop play if fields become unsafe.
- Evacuate areas with standing water or flooding.

High Winds

- Stop play if debris, dust, or falling objects create unsafe conditions.

Authority to Suspend Play:

The umpire, league official, or coach has full authority to suspend or cancel activities for safety reasons.

5. Violent or Criminal Activity

Examples

- Active shooter
- Physical altercation
- Threatening individual
- Suspicious behavior

Immediate Actions

1. **Call 911 immediately.**
2. **Stop all activities.**
3. Follow the principle of **Run, Hide, Fight** (as a last resort only):
 - **Run:** Evacuate if a safe path is available.
 - **Hide:** Shelter in place, lock or barricade if possible, silence phones.
 - **Fight:** Only if unavoidable and to protect life.
4. Coaches should **keep players together** and move them to safety.
5. Do not confront a suspect unless absolutely necessary.
6. Follow all instructions from law enforcement.

After the Incident

- Account for all players and staff.
 - Reunite players with parents/guardians only when cleared by authorities.
 - Report the incident to league officials.
-

6. Evacuation Procedures

- Evacuation routes should be identified for each field.
 - A designated meeting area should be established:
 - Coaches are responsible for headcounts and supervision.
-

7. Training & Review

- Coaches and volunteers should review this EAP annually.
 - First aid and CPR/AED training is strongly encouraged.
 - Emergency drills may be conducted periodically.
-

8. Incident Documentation

After any emergency:

- Complete an incident report.
 - Submit documentation to the Safety Officer.
 - Review the response to improve future preparedness.
-

Approved By: Oswaldo Vazquez

Date: 03/2026

This Emergency Action Plan should be readily available at all La Sierra Little League events.