

**2021
DTQ
Little League
Safety Plan**

League ID Number: 346-09-08

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Introduction

In 1995, Little League Incorporated introduced ASAP (A Safety Awareness Program) to create a safer environment for all participants in Little League by re-emphasizing the primary importance of safety in Little League sports. For the DTQ Little League to be ASAP compliant, we must file an approved Safety Plan that meets certain criteria with Williamsport at the start of each season.

All managers and coaches should use this safety plan. It should also be made available to parents, particularly Team Moms. The League Safety Officer is an elected member of the DTQ Little League Board of Directors. This person acts as the main contact for any and all safety-related issues and is responsible for reviewing, revising and implementing the League's Safety Plan each year.

The League's Safety Plan is presented to the DTQ Little League board each year for approval. It is then submitted to Williamsport and on file with LL Headquarters. The League President and Safety Officer have primary responsibility to ensure that everyone in the league complies with the Safety Plan. However, the entire Board of Directors shares the responsibility to promote safety awareness and compliance as well.

For the 2021 Little League season, we have Tim Jabs as our Safety Officer. His cell phone number is 703 929-0610 and e-mail address is: DTQLLSafetyOfficer@gmail.com . This information is also available on the League website. He is the League's primary contact for any safety-related issues.

DTQ Safety Plan

The purpose of the DTQ Safety Plan is to introduce and enforce guidelines for a safe playing environment. This is achieved through educating and informing. DTQ Little League also commits itself to providing the necessary organizational structure and focus to develop such a plan. This Safety Plan includes the Conduct Code and Safety Code for both parents and players as adopted by the Board of Directors of DTQ Little League. All participants, volunteers, employees, spectators and guests are bound by the guidelines set forth in this document.

Contact and Communication

The DTQ Little League Board of Directors is committed to making themselves accessible to the entire league. For the league to function effectively, good communication is imperative. We encourage any DTQ Little League parent, manager, coach, umpire, volunteer or player to contact the appropriate Board Member with any questions or concerns you may have.

2020-2021 Board of Directors

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Weather Information

IN THE EVENT OF INCLEMENT WEATHER, call the following Prince William County Park Authority Hotlines to find out if the fields will be open: Wall field/Gardziel/Pattie E.S.- 703 792-3283, Fuller Hgts- 703 792-3284, Neabsco Eagle- 703 792-3286, Henderson- 703 792-3280. Field status is updated at 3 p.m. daily and at 7 a.m. and 12 p.m. on the weekends. **If the fields are closed by the Park Authority, games/practices are NOT to be conducted.**

Guidelines for Lightning Safety During Athletic Events

Coaches and sports officials, physical education teachers, playground monitors, and school administrators must recognize the hazard posed by lightning and be prepared to implement procedures intended to minimize the risk of serious injury or death during outdoor activities. Suspension and resumption of activities should be planned in advance. The following guidelines are offered to facilitate the development of an event or site-specific lightning safety program:

Determine the closest safe structures in advance of any activity. Safe structures include the nearest school building, a complete enclosure, or a fully enclosed metal vehicle with windows tightly closed. Press boxes, sheds, storage buildings, or dugouts will not provide adequate protection.

Practice the "flash-to-bang" method of measuring of lightning distance as it approaches. Using this method, one counts the seconds from seeing the stroke to hearing the thunder. For each 5-second count, lightning is 1 mile away. So, as 25 seconds the strike is 5 miles away; at 20 seconds the strike is 4 miles away.

Select a distinctive, recognizable method to announce or signal the lightning warning and clear-the-area order, such as blast of a whistle and a shouted command.

Estimate the amount of time required to safely evacuate at a comfortable pace, to the designated shelter(s). Decide the minimum safe flash-to-bang interval at which a clear-the-area signal must be given. Remember that lightning may strike as many as 10 miles from the rain that may accompany a thunderstorm. Of course, different distances to shelter, the number of people present, and the variation in mobility of the people seeking shelter will determine different flash-to-bang intervals to suspend activities.

Prior to athletic events, the athletic administrator or game manager must make sure that visiting coaches, school administrators, and officials are informed of the lightning safety guidelines in effect at the facility.

Inform participants and spectators when a thunderstorm watch is in effect. Tell them that play will be suspended as lightning approaches, what the clear-the-area signal is, where to

go for safe shelter, and what routes to take as they evacuate the area. Prior to outdoor competitions, this should include a formal announcement over the public address system. Designate one person who is responsible for monitoring the weather forecasts, watching for the developing weather conditions accompanied by lightning, and timing the flash-to-bang intervals at the first sound of thunder. The use of an inexpensive radio tuned to the all-weather or all-news radio station is recommended (bursts of static on the radio indicate lightning in the area). This person should have the authority to order that the clear-the-area signal be given or be in constant contact with the person who does have the authority. At a count of 15 seconds (3 miles) there is imminent danger, and immediate defensive action must be taken. When lightning strikes this close, participants and spectators are in immediate danger. It is strongly recommended that the clear-the-area signal be given when the flash-to-bang count is no less than 30 seconds (6 miles), especially when small children or a large number of spectators are at risk. Wait a minimum of 30 minutes from the last nearby lightning strike (flash-to-bang count no less than 30 seconds) before resuming activities. Prepared by Fairfax County Public Schools, Office of Security and Risk Management Services.

DTQ Little League Code of Conduct

The Board of Directors has adopted the DTQ Little League Code of Conduct. The Board, league managers and umpires enforce this code. All league officers, participants, members, parents and volunteers are required to abide by this code. Each year the league Safety Officer will consider revising or modifying this Code of Conduct to insure smooth baseball operations and safety. *Failure to comply with this Code of Conduct may result in expulsion from the Little League Complex.*

General Code of Conduct:

- Observe all posted signs.
- Players and spectators must be aware of foul balls at all times.
- There is to be no food consumed in the dugouts during the game.
- Do not climb onto fences or dugouts.
- Mandatory 5 mph speed limit in the Little League Complex. Watch out for small children at all times.
- No alcohol allowed at the complex.
- No smoking (or chewing) of tobacco products in, at or around the baseball fields.
- Only players, managers, coaches and umpires are allowed on the fields and in the dugouts during the game.
- Use of profanity will not be tolerated.
- After each game, each team must clean up trash in the dugout and around the seating areas.
- Only authorized personnel are allowed in the concession stand.

Parents Code of Conduct:

One of the many challenging aspects of coaching is to play the part of role model to our players. Behavior of our players on the field, for the most part, is extremely favorable. In the heat of the game, it isn't hard to get emotional. Nevertheless, we have an obligation to our players to reinforce teamwork and good sportsmanship. Sometimes behavior of individuals off the field raises eyebrows. Like coaches, parents also must be the role models our children need to set a positive example. These guidelines will help provide an enjoyable experience for our players and other spectators.

- Set an example for sportsmanship for our children to follow.
- Retain perspective, there are no major league scouts in the stands.
- Do not criticize the umpires and always treat them with respect.
- Do not criticize an opposing team, their players, coaches or fans by words or gestures.

- Do not be a "Grand Stand Manager".
- Remember that Coaches, Managers and League Officials are unpaid volunteers.
- Do not promote slanderous or hurtful gossip.

Goals

We will provide the opportunity for our children to participate at their own level in order to help them develop.

- **Physically:** Learning and improving their athletic skills and physical condition while avoiding injuries.

- **Psychologically:** Learning to control their emotions and develop positive feelings of self-worth.
- **Socially:** Learning the importance of teamwork, sportsmanship and observance of the rules. In competition we strive to succeed at a task to the best of our ability. Learning to handle success as well as failure. The benefits associated with determination, hard work, self control, teamwork and striving to win. The process of competing and working towards maximum potential is the main focus of our attention.

Winning and Losing

Winning is a component of competition, not the essence of it. The essence of competition is the process of competing and all that it entails. We have the responsibility to educate coaches, parents and most importantly, our children about the true meaning of winning and losing. Competition is not a measure of self worth. It is simply a way to measure our present abilities and efforts against the abilities and efforts of others. Increased self-esteem is one of the primary positive benefits of sports. Competitive situations should be viewed as an area where we can have a positive effect on building character traits such as confidence, pose, self control, self esteem, discipline and the value of setting goals and striving to achieve them. Winning cannot be a goal in itself. However, all the components of competing can be goals that we achieve in order to win. When winning becomes the only goal, competition turns into conflict. **SPORTS ARE COMPETITIVE – WARS ARE CONFLICTS.**

Players Code of Conduct:

The following guidelines will provide an environment that is sure to create an enjoyable experience for all our players, coaches and parents.

- Any player using foul or abusive language or gestures to any other player, coach or umpire can be ejected from the game.
- Fighting is an automatic ejection from a game.
- All players are to treat their co-players, coaches, umpires and fans with respect.
- Players will not taunt, yell at or in any way try to distract players on the opposing team.
- Players will shake hands with the opposing team after the game.

We must remember in order to get respect we must first give respect. We take pride in the DTQ Little League. Therefore, let us, both children and adults set the example to one another.

Players Bill of Rights:

We will provide the opportunity for our children to participate at their own developmental level in order to help them to develop physically, psychologically and socially. Most importantly, we want our children to have fun playing sports. Listed below is our Bill of Rights for Young Athletes.

BILL OF RIGHTS FOR YOUNG ATHLETES:

- The right to participate in sports.
- The right to participate at a level commensurate with each child's maturity and ability.
- The right to have qualified adult leadership.
- The right to play as a child not as an adult.
- The right of children to share in the leadership and decision making of their sports participation.
- The right to participate in safe and healthy environments.
- The right to equal opportunity to strive for success.
- The right to be treated with dignity.
- The right to have fun in sports.

Safety Code

The Board of Directors has approved the following Safety Code. All participants, league officers, volunteers and members are required to abide by this code. It will be mandatory during all practices and games that team managers and umpires take the necessary actions to comply with this code. The League Safety Officer will monitor compliance and make revisions as needed. This Code will be reviewed each season. You, as a League, are welcome to suggest ways in which we can make our baseball program safer.

DTQ Little League Safety Code

- All managers should have a current Little League Rule Book.
- All volunteers are required to have background checks done.
- All teams should have access to a cellular phone in the event emergency medical personal are needed. It is explained further in this manual how to contact Police and Fire.
- Equipment must be in good shape and be inspected regularly.
- Batters at all levels of play must wear Little League approved batting helmets. Youth base coaches must also wear helmets.
- All equipment should remain off of the fields during practices and games.
- There is no on-deck area. Only one batter should have a bat in his hands. Be aware of others when taking practice swings.
- During warm ups, utilize the entire playing field. Maintain ample space between players to avoid being struck by errant throws or missed catches.
- Catchers must wear Little League approved protective equipment at all times during practices and games. This includes catchers' helmet, mask *with dangling type throat guard*, long chest protector, shin guards and protective cup with athletic supporter (male). **NO EXCEPTIONS.** All other players are encouraged to wear protective cups, supporters and mouth guards for practices and games as well.
- Catchers must wear catchers helmet and mask with a throat guard while warming up pitchers. This applies between innings and in the bullpen during all games and practices.
- Managers and coaches may not warm up pitchers before or during a game.
- Headfirst slides are not permitted while advancing to a base. Runner will be called out.
- Batter may not square to bunt, then pull the bat back and swing. Batter will be called out.
- Players who wear glasses are encouraged to wear "safety/sport glasses".
- There is to be no jewelry worn during games (except medical alert bracelet).
- It is recommended that coaches or parents provide ample nourishment during games and practices.
- During practices and games, all players and coaches should be alert and watch the batter on each pitch.
- All bats and equipment should be secure and out of the way. It is recommended that players use bat racks provided and that the amount of bats brought to game be kept at a minimum.
- No games or practices will be held when weather, inadequate light or poor field conditions will pose a safety risk for the players.
- Pre-game warm-ups should be confined to the playing field. There will be no throwing, catching or swinging bats in areas that are frequented by, and thus, endangering spectators.

- A survey shall be conducted each year for all fields and concession area with the results documented on approved forms provided by Little League Baseball.
- First aid kits will be provided for all fields and must be available at all games and practices. Contact the Safety Officer if additional supplies are needed.
- Managers, coaches and umpires will be provided with training in first aid, proper mechanics and fundamentals of Little League Baseball and sound Little League philosophy.
- Managers and umpires should walk the fields prior to *each* game to inspect for potential safety hazards i.e. holes, rocks, broken glass and other foreign objects. Report any hazards to any Board Member.
- This entire Safety Manual will be enforced at all league activities.
- Only authorized personnel are allowed in the concession stand. **NO EXCEPTIONS.**

Training for Managers and Coaches

DTQ Little League will provide adequate training for managers and coaches for the upcoming baseball season. All managers and coaches are encouraged to attend one or more of the upcoming clinics. These clinics will provide instruction on proper warm up exercises, coaching techniques and proper instruction on hitting, fielding and throwing.

First Aid Clinic for All Managers and Coaches

Each team is expected to have at least one person trained in First Aid who will be in attendance at all games and practices. In order to improve our response and treatment of injuries on the field and to comply with Little League Headquarters, DTQ Little League has arranged to offer a baseball orientated First Aid Clinic. It will be mandatory that each DTQ Little League team have at least one manager or Coach attend this training clinic, as they will be with the players during all practices and games when injuries could occur. If you are unable to attend this important clinic, please contact the Safety Officer immediately. DTQ Little League will provide training on how to handle minor injuries and serious medical situations ranging from concussions to heat exhaustion. An overview on first aid for athletes will be discussed. Proper stretching and flexing, lacerations, abrasions, sprains, strains and nutrition will be covered.

Reporting Accidents and Injuries

All managers, coaches, parents, umpires and volunteers should use the following procedures for reporting injuries.

DIAL 9-1-1 You will be connected to the Prince William County Police Department. Tell them that we have a **“MEDICAL EMERGENCY AT THE (RELATED) BASEBALL FIELD”**. Explain the nature of the injury and tell the dispatcher which field to respond to, or to the concession stand. Assign one parent or volunteer to go to the main entrance to direct the Emergency Personnel to the appropriate location. There is a map posted at both the Fire Department and Police Department showing the field locations.

What to report

Any incident that caused any player, manager, coach, umpire or volunteer to receive medical treatment and/or first aid must be reported to the Safety Officer. Incidents that warrant reporting are any injury that caused a player to miss any practice or game time; or any event that has the potential to require the medical assistance of a physician for evaluation and diagnosis.

When to report

All incidents must be reported to Tim Jabs (Safety Officer) within 48 hours of the incident. The manager/coach of the injured player must fill out the **Accident/Injury Tracking Report** and submit it to the Safety Officer. Use the Little League Baseball Insurance Incident/Injury Tracking Report to report injuries. The form is available in this manual.

First Aid Kits

Prior to beginning any game or practice, all baseball field boxes are to contain a fully stocked First Aid Kit approved by DTQ Little League. All team Managers are to keep the First Aid kit in good condition within the field box. The First Aid Kits are not to leave the field box. Ice packs will be stored with the First Aid Kits. There will also be an ample supply of extra ice packs stored at the concession stand. If any First Aid Kit supplies are needed, please contact the Safety Officer immediately.

DTQ Little League First Aid Kit Inventory

First aid tape

Tweezers

Scissors

2" x 2" and 3" x 3" gauze dressing pads

1" x 3" band aids

Elbow and knee bandage

Gauze roll

Insect sting relief pad

Triple antibiotic ointment

Cleaning pad

Burn cream

Rubber gloves

Ice packs*

*While instant cold or gel packs are easy to store and are more convenient than ice, experts say that they may damage the skin because of the cold temperatures they reach. Because ice doesn't get as cold, it is safer, and thus preferable to cold or gel packs. So, while you should have a cold pack in the first aid kit as a back up, ice should be brought to all practices and games.

The Heimlich Maneuver

The Heimlich Maneuver is an emergency method of removing food or foreign objects from the airway to prevent suffocation. When approaching a choking person, one who is still conscious, ask: "Can you cough? Can you speak?" If the person can speak or cough, do not perform the Heimlich Maneuver or pat them on the back. Encourage them to cough.

How to perform the Heimlich:

Method 1: Perform it on a conscious person

- Stand close behind the victim with your thigh between their legs. Some experts recommend that you stand sideways behind the victim (with your hip at a 90 degree angle to the victim's back). This enables you to brace your hip against their lower back or buttocks.
- Make a fist with one hand and place it thumb-first against the person's abdomen, and an inch above the belly button.
- Cover that fist with your other hand. Keeping your elbows out, sharply and quickly pull your fist inward and upwards.

- Be sure to perform this motion with sufficient force to dislodge the object, it often must be repeated up to six times. If the object remains stuck, lay the person on their back, and continue as if the person were unconscious (see method 2). If someone else is present, have him or her call 911. If you're alone, proceed to method 2.

Method 2: Perform it on an unconscious person

- Lower the person to the floor and onto their back. If another person is present, have them call 911.
- Open their mouth and try to see the object.
- Sweep your hooked finger across the back of their throat. Remove the object if you find it.
- Straddle the person's thighs. This will put you in the correct position to do the thrust.
- Place the heel of your hand over the person's abdomen just above their belly button, and cover that hand with your other one.
- Keeping both arms straight, press down and forward into the abdomen with a quick thrust. It may be necessary to repeat this up to four more times.
- If the object hasn't popped out, again sweep your hooked finger across the back of their throat. Remove the object if you find it. Call 911.
- If the person vomits, turn them on their side to avoid further blockage of the air pipe.

The procedure should be repeated until:

The airway is free from obstruction or until the person who is choking loses consciousness (goes limp). These will be violent thrusts, as many times as it takes.

For a child:

- Place your hands at the top of the pelvis
- Put the thumb of your hand at the pelvis line
- Put the other hand on top of the first hand
- Pull forcefully back as many times as needed to get object out or the child becomes limp. Most individuals are fine after the object is removed from the airway. However, occasionally the object will go into one of the lungs. If there is a possibility that the foreign object was not expelled, medical care should be sought. If the object cannot be removed completely by performing the Heimlich, immediate medical care should be sought by calling 911.

Some Important Do's and Don'ts

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.
- Make sure a first-aid kit is available at the field
- Assist those who require medical attention – and when administering aid, remember to :
 1. LOOK for signs of injury (Blood, Black-and-blue deformity of the joint, etc.)
 2. LISTEN to the injured to describe what happened and what hurts if conscious. Before questioning, you may have to calm and soothe an excited child.

3. FEEL gently and carefully the injured areas for signs of swelling, or grating of broken bone.
- Have your players' Medical Release Forms with you at all games and practices.
 - 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 and present any potential safety hazards to the Safety Officer immediately.

How To Prevent Or Reduce Baseball Injuries

To reduce the risks that your child will be injured playing Little League Baseball, the American Academy of Pediatrics, Centers for Disease Control and Prevention (CDC), Consumer Product Safety Commission, American Academy of Orthopedic Surgeons, and other sports and health organizations recommend the following:

Before the Season Starts

- **Make sure children are in proper physical condition to play baseball.**
 1. Conditioning-related injuries occur most often at the beginning of a season when kids are most likely to be out of shape.
 2. Many injuries can be prevented if your child follows a regular conditioning program before the season starts that incorporates exercises designed specifically for baseball, and for the position he or she plays (for instance, catchers, because they have to squat continuously, should do exercises, such as leg extensions, leg curls, and toe raisers, that develop strength and flexibility of the muscles around the knees, especially those of the thighs and calves).
 3. Encourage your child to train to get ready to play baseball, rather than expecting to get in shape simply by playing and practicing. A month before the season begins, he/she should run or engage in some kind of physical exercise once or twice a week. He/She should gradually increase the number of workouts to three or four times a week by the time team practices begin.
 4. Many injuries in baseball involve the throwing arm and shoulder. “Most pitching injuries are caused by overuse, which may be the result of insufficient conditioning of certain muscles.”
 5. All players, but especially pitchers, should incorporate conditioning and stretching exercises for the shoulder into an overall conditioning program. The muscles in the front of the arm are naturally stronger. Because many shoulder injuries result from weaker muscles in the back of the arm that are used to stop the pitching motion, the conditioning program should emphasize building up those muscles. “Exercise routines such as cross-body curls, using light dumbbell weights, and wall push-ups are useful for strengthening shoulder muscles.”
- A reminder: be sure to tell your child’s coach about important medical conditions he/she may have (such as asthma, diabetes, food or insect allergies etc.).
- Teach proper throwing mechanics. If your child is a pitcher, make sure he learns how to properly position his throwing arm during all phases of the pitching motion. They identified four problem areas:
 1. Maximum shoulder rotation: A pitcher needs to rotate his body more to avoid placing too much stress on the arm and shoulder which occurs when his arm is positioned too far behind his body.
 2. Improper elbow angle: The pitcher’s arm needs to be away from his body when the ball is released; the closer the arm is to the body, the more potential for injury.
 3. Arm lagging behind the body. When a pitcher gets tired, his arm tends to lag behind his body, placing undue stress on the shoulder.
 4. Excessive ball speed. Trying to throw too hard can be harmful, especially for young players.

- Coaches should have an emergency information card on every player. You should also ensure that a person certified in first aid and/or CPR is present at every game and practice who is ready to immediately respond to any injury, and that a first aid kit with ice pack is on hand.
- Recommend mouth guards and make sure they wear them. Mouth guards not only protect the teeth, but the lips, cheeks, and tongue and reduce the risk of such head and neck injuries as concussions and jaw fractures.

Before Practices and Games

- **Make sure your players always take time to warm up and stretch.** Research shows that cold muscles are more injury prone. While a proper warm-up is important for all youth athletes, it is particularly critical during a growth spurt, when your children's muscles and tendons are tight. Experts, including the American Academy of Orthopedic Surgeons, recommend that your children warm up by:
 1. Doing jumping jacks, jogging or walking in place for 3 to 5 minutes to get the blood moving through the muscles and ligaments.
 2. Then slowly and gently stretching, holding each stretch for 30 seconds. Have your children do stretches for the position they play: for instance, pitchers should concentrate on stretching their arms, shoulders, neck and wrists, in addition to stretching their legs; catchers should concentrate on stretching their legs, knees, feet and back.

During Practices and Games

- **Make sure all players wear all required safety gear every time he or she plays and practices.** Protective equipment is one of the most important factors in minimizing the risk of injury in baseball. According to a June 1996 study by the Consumer Product Safety Commission (CPSC), baseball protective equipment currently in the market may prevent, reduce, or lessen the severity of more than 58,000 injuries, or almost 36% of the estimated 162,100 baseball-related injuries requiring emergency-room treatment each year. Because most organized sports related injuries (62%) occur during practices rather than games, children need to take the same safety precautions during practices as they do during games. Children should wear the following:
 1. Helmet. A player should wear a properly fitted, certified helmet when batting, waiting to bat, and running the bases.
 2. Protective eyewear. For kids who wear glasses, you should obtain protective eyewear from an eye-care professional who is aware of sports safety standards. Prescription glasses should be fitted with shatterproof lenses and sports frames that hold the lenses tightly in place.
 3. Catcher's gear. When catching, your child must always use a catcher's mitt and wear a helmet, facemask, throat guard, long-model chest protector, protective supporter, and shin guards.
 4. Shoes with molded cleats. Little League prohibits the use of shoes with steel spikes. Instead, wear molded cleat baseball shoes. Make sure the shoes fit properly. Poorly fitted shoes, particularly those that allow movement side-to-side, are a major cause of injuries to the feet, knees and ankles. Avoid hand-me downs, which are likely to fit poorly, and may have worn down cleats. Check the laces frequently for wear.

5. Sunscreen. Apply an SPF level 15 sunscreen on a child's face, neck and arms before going outside and reapply if he or she is sweating.
6. Clean uniform. Don't let your child leave his or her dirty uniform in a locker at school or on the floor of a room. Wearing unsanitary clothing poses a risk of staph infection, not only to your child but the rest of the team.

- **Do not conduct batting practice until everyone on the field is ready and paying attention.**

Especially with younger players, who are easily distracted, it is very important that, when they are in the field, they are paying attention to the batter at all times so they are prepared to field a ball hit in their direction.

- **Make sure that players stand out of harms way.** When a team is batting, players should stand or sit behind screens or fencing in front of the dugout so wild pitches, foul balls, and flying bats don't hit players. Also, make sure that equipment (bats, balls, helmets) is placed where players can't trip on it.

- **Make sure players drink enough fluids.** As parent or coach, you are responsible for taking precautions to prevent heat illnesses in exercising children and making sure they drink enough fluids.

During the Season

- **Limit pitching.** To decrease shoulder and elbow problems from excessive pitching:
- **Limit the number of pitches thrown.** Follow the rules about the number of pitches pitched set by Little League Baseball. Guidelines are listed in both the Official Little League Rulebook and local DTQ Little league rules. Make sure that children ease into throwing and swinging. Players shouldn't start throwing the ball or taking full swings during batting practice right away, especially in cold weather. They should begin by "soft tossing" and then gradually increase the distance and velocity of his throws, as his arm gets loose and warm.
- **Inspect the playing field.** The playing field can pose a risk of injury. Before every game or practice, a manager, coach or parent should check for holes, ruts, glass, or any other unsafe conditions. Players should be reminded to bring any holes that they encounter on the field to the attention of the coach or umpire.

Lightning Evacuation Procedures

- Stop game/practice
- Stay away from metal fencing(including dugouts)
- Do not hold a metal bat
- Walk, don't run to a car and wait for a decision on whether on not to continue the game or practice.

Communicable Disease Procedures

- Bleeding must be stopped, the open wound covered, and the uniform changed if there is blood on it before the athlete may continue.
- Routinely use gloves to prevent mucous membrane exposure when contact with blood or other body fluids are anticipated (provided in first-aid kit).
- Immediately wash hands and other skin surface if contaminated with blood.
- Clean all blood contaminated surfaces and equipment.

- Managers, coaches, and volunteers with open wounds should refrain from all direct contact until the condition is resolved.
- Follow accepted guidelines in the immediate control of bleeding and disposal when handling bloody dressings, mouth guards, and other articles containing body fluids.

Concession Stand

- **Cooking.** Use a food thermometer to check on cooking and holding temperatures of potentially hazardous foods. All potentially hazardous foods should be kept at 41 degree F or below (if cold) or 140 degree F or above (if hot). Ground beef and ground pork products should be cooked to an internal temperature of 155 degree F; poultry parts should be cooked to 165 degree F. Most food-borne illnesses from temporary events can be traced back to lapses in temperature control.
- **Reheating.** Rapidly reheat potentially hazardous foods to 165 degree F. Do not attempt to heat foods in crock pots, steam tables, over sterno units or other holding devices. Slow-cooking mechanisms may activate bacteria and never reach killing temperatures.
- **Cooling and Cold Storage.** Foods that require refrigeration must be cooled at 41 degree F as quickly as possible and held at that temperature until ready to serve. To cool foods down quickly, use an ice water bath (60% ice to 40% water), stirring the product frequently, or place the food in shallow pans no more than 4 inches in depth and refrigerate. Pans should not be stored one atop the other and lids should be off or ajar until the food is completely cooled. Check the temperature periodically to see if the food is cooling properly. Allowing hazardous foods to remain un-refrigerated for too long has been the number ONE cause of food-borne illness.
- **Hand Washing. Frequent and thorough hand washing remains the first line of defense in preventing food-borne disease.** The use of disposable gloves can provide an additional barrier to contamination, but they are no substitute for hand washing.
- **Health and Hygiene.** Only healthy workers should prepare and serve food. Anyone who shows symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, jaundice, etc.) or who has open sores or infected cuts on the hands should not be allowed in the food concession area. Workers should wear clean outer garments and should not smoke in the concession area. The use of hair restraints is recommended to prevent hair ending up in food products.
- **Food Handling.** Avoid hand contact with raw, ready-to-eat foods and food contact surfaces. Use an acceptable dispensing utensil to serve food. Touching food with bare hands can transfer germs to food.
- **Dishwashing.** Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never reuse disposable dishware. Ideally, dishes and utensils should be washed in a four-step process: 1. Washing in hot soapy water, 2. Rinsing in clean water, 3. Chemical or heat sanitizing, 4. Air drying.
- **Ice.** Ice used to cool cans/bottles should not be used in cup beverages and should be stored separately. Use a scoop to dispense ice; never use the hands. Ice can become contaminated with bacteria and viruses and cause food-borne illness.
- **Wiping Cloths.** Rinse and store your wiping cloths in a bucket of sanitizer (example: 1 gallon of water and ½ teaspoon of chlorine bleach). Change the solution every two hours. Well-sanitized work surfaces prevent cross contamination and discourage flies.
- **Insect Control and Waste.** Keep foods covered to protect them from insects. Store pesticides away from foods. Place garbage and paper wastes in a refuse container with a tight-fitting lid. Dispose of wastewater in an approved method (do not dump it outside). All water used should be potable water from an approved source.
- **Food Storage and Cleanliness.** Keep foods stored off the floor at least six inches. After your event is finished, clean the concession area and discard unusable food.

Clean Hands for Clean Foods

Since the staff at concession stands may not be professional food workers, it is important that they be thoroughly instructed in the proper method of washing their hands. The following may serve as a guide:

- Use soap and warm water.
- Rub your hands vigorously as you wash them.
- Wash all surfaces including the backs of hands, wrists, between fingers and under fingernails.
- Rinse your hands well.
- Dry hands with a paper towel.
- Turn off the water using a paper towel, instead of your bare hands. Wash your hands in this fashion before you begin work and frequently during the day, especially after performing any of these activities: After touching bare human body parts other than clean hands and clean, exposed portions of arms; After using the restroom; After caring for or handling animals; After coughing, sneezing, using a handkerchief or disposable tissue; After handling soiled surfaces, equipment or utensils; After drinking, using tobacco, or eating; During food preparation, as often as necessary to remove soil and contamination and to prevent cross-contamination when changing tasks; When switching between working with raw food and working with ready-to-eat food; Directly before touching ready-to-eat food or food contact surfaces; After engaging in activities that contaminate hands.

What is Abuse?

Children are being abused when someone uses his or her power or position to harm them emotionally, physically or sexually.

Emotional Abuse

- Is a verbal attack on a child's self esteem by a person in a position of power, authority, or trust such as a parent or coach.
- Occurs even if the attack is intended as a form of discipline or is not intended by the adult to cause harm
- Takes many forms, including any of the following:
 - o Name calling ("Hey, Fatty!" or "Hey Shorty" or "Hey Mr. Klutz")
 - o Threatening ("If you don't win, you can forget about me buying that new CD you want")
 - o Insulting ("You're stupid" or "You're clumsy" or "You're an embarrassment to our family" or "You don't deserve to wear that uniform.")
 - o Criticizing or ridiculing ("You are a loser" or "I thought you were better than that. I guess I was wrong.")
 - o Intimidating ("Watch out kid, my son is going to break your nose")
 - o Yelling at a child for losing or not playing up to the adult's expectations
 - o Hazing
 - o Questioning ("Why didn't you win?" or "How could you let that guy beat you?")
 - o Shunning or withholding love or affection (not speaking to, hugging, or comforting your child after she plays poorly in a game or practice, or her team loses; showing obvious signs of disappointment)
 - o Punishing a child for not playing up to your expectations or when her team loses.

Physical Abuse

- Occurs when a person in a position of power, authority or trust such as a parent or coach purposefully injures or threatens to injure a child
- Takes many forms, including any of the following: Slapping, Hitting, Shaking, Throwing equipment, Kicking, Pulling hair, Pulling ears, Striking, Shoving, Grabbing, Hazing, Punishing "poor" play or rules violations through the use of excessive exercise (extra laps etc.) or by denying fluids.

Sexual Abuse

All Little League volunteers are subject to a CORI background check. Little League Baseball requires this.

- Occurs when a person in a position of power, authority or trust engages in "sexualized" touching or sex with a child
- "Sexualized touching" is where touching, instead of being respectful and nurturing, is done in a sexual manner. Examples include:
 - o Fondling instead of a hug
 - o Long kiss on the lips instead of a peck on the cheek
 - o Seductive stroking of any area of the child's body instead of a pat on the rear-end for a good play
 - o

What is Harassment?

Children are being harassed when she or he is threatened, intimidated, taunted, or subjected to racial, homophobic, or sexist slurs.

Sexual harassment include comments, contact or behavior of a sexual nature that is offensive, uninvited or unwelcome.

What is Neglect?

Neglect is a chronic inattention to the basic necessities of life such as supervision, medical and dental care, adequate rest, safe environment, exercise, and fresh air. Neglect in a sports setting may take the following forms:

- Injuries are not properly treated
- Athletes are forced to play hurt
- Equipment is inadequate, poorly maintained or unsafe
- Roads trips are not properly supervised

How Common Are Abuse, Harassment And Neglect?

According to a widely reported 1993 survey conducted by the Minnesota Amateur Sports Commission:

- Almost half (45.3%) of those surveyed (both males and females) said they had been emotionally abused while participating in sports (i.e. called names, yelled at, or insulted)
- Slightly more than 1 out of 6 (17.5%) said they had suffered physical abuse while playing sports (i.e. hit, kicked or slapped)
- More than 1 in 5 (21%) said they had suffered neglect while playing sports (pressured to play with an injury)
- 1 in 12 (8%) said they had been sexually harassed while playing sports (called names with sexual connotations)
- 1 in 30 (3.4%) said they had been pressured into sex or sexual touching.

What Kind of Damage Does Emotional Abuse Cause?

Perhaps because the damage caused by emotional abuse is not obvious, like sexual abuse, or immediately apparent, like a physical injury, its effect is often overlooked and minimized. But, experts say, the damage is no less real, and, in fact, may be much more damaging and long-lasting.

- Children are deeply affected by negative comments from parents, coaches and other adults they look up to and respect
- Children are much more sensitive than adults to criticism: being yelled at, put down, or embarrassed is much more likely to have negative psychological consequences and to cause the child to feel humiliated, shamed and degraded and damage her feeling of self-worth and self-esteem.
- If the abuse becomes chronic, a pattern of negative comments can destroy a child's spirit, motivation and self-esteem. Over time, the young athlete will begin to believe what adults say about them. Comments intended to improve athletic performance are likely to have precisely the opposite effect.
- Research has substantiated that children who witness a violent act, such as parental aggression in sports, have negative and possible long-term consequences...including lowered sense of social support, attachment, ...social involvement and exhibit behavior problems...In extreme cases, children who have strong reactions to viewing violence or aggression could develop post-traumatic stress disorder, which is characterized by such symptoms as nightmares or flashbacks, routine

avoidance of reminders of the event, increased sleep disturbances, irritability, poor concentration, startle reaction and regressive behavior. According to an NYSSF Fact Sheet on Emotional Injuries, abuse or witnessing parental misconduct:

- Could adversely affect a child's ability to learn
- Increases the likelihood that the youth will engage in unhealthy behaviors, including suicidal behavior, and delinquent and aggressive behaviors, during adolescence
- Has been linked to adverse health outcomes in adulthood, including mood and anxiety disorders and diseases
- Will "turn off" the child to exercise and participation in sports, preventing the development of a healthy adult lifestyle.

COVID-19 Safety Procedures

Return to Play Guidelines

Personal Protective Equipment (PPE):

- Coaches are not required to wear masks ON THE FIELD if they are maintaining social distance from players. Coaches will make their best effort to put on a mask when closer than six (6) feet.

Dugouts:

- Managers/coaches will be allowed in in the dugout, however they should remain socially distanced when possible.
- Players will be assigned spots along the outside of the field fence so that they are at least ten (10) feet apart. The fences at all DTQ permitted fields will be marked to help players remain in their designated ten (10) feet area. Only the next two (2) players who are up to bat (i.e batter “on deck” and batter “in the hole”) will be in the dugout, spaced approximately ten (10) feet apart when practical.
- Players should remain in their assigned spots when on the bench or while waiting their turn to bat.

Player Equipment:

- No personal player bat bags/equipment bags should be stored in the dugout. Player equipment should be spaced accordingly outside the dugout to prevent direct contact.
- Players should have their own individual batting helmet, glove, bat, and catcher’s equipment.
- Players should not share towels, clothing, or other items that they may use to wipe their face or hands.

Baseballs:

- Teams will be responsible for game balls used when playing defense in the field. At the end of each half inning, players will return the ball to the pitcher or catcher and will keep it until the next half inning. Offensive team should refrain from touching the ball when possible. Each team should be prepared to have at least three (3) game balls.
- Umpires may inspect the ball but should not be in regular contact. Catchers (or any fielding player and/or coach) should retrieve foul balls and passed balls where possible.
- Foul balls landing outside the field of play should be retrieved by participating players and/or coaches. Spectators should avoid retrieving foul balls.

Spitting, Sunflower Seeds, Gum, etc.:

- Sunflower seeds, gum, etc., should not be allowed in dugouts or on the playing field.
- All players and coaches should refrain from spitting in any communal area, including but not limited to, dugouts, batting cages, and field of play.

- Spectators who consume shelled items (sunflower seeds, peanuts, etc.) should not spit the shells on the ground but should dispose of them in a container.

Concession Stand, Drinks, and Snacks:

- No food or concession sales will be sold at the Fuller Heights Complex.
- Players, managers/coaches, volunteers, umpires, and family members are encouraged to bring their own food/beverages. Players' drinks should be labeled with their first and last name.
- All reusable food and drink containers should be sanitized daily.
- Shared beverages/water coolers and/or any food products are prohibited.

Disinfecting Amenities:

- Each team manager/coach is responsible for disinfecting their dugout after each game if it will be used by another team on the same day. Disinfecting spray bottles will be issued to each team manager/coach.

Team Practices:

- Players and spectators should remain in their car until the designated practice time, if there is already a team using the field.
- One parent should remain at the DTQ permitted field during all practices and games, per COVID-19 Response Plan. Parents should maintain social distancing in the park or watch from their car.
- Managers/coaches will space players approximately ten (10) feet apart during practices when practical.

GAMES!

Pre-Game Plate Meetings:

- The use of the GameChanger App to share line-ups and keep score will be mandatory (per LL Guidance – website - <https://gc.com>)
- Social distancing of ten (10) feet between individuals should be implemented during all pregame plate meetings between teams and umpires when practical. Plate meetings should only consist of one manager/coach from each team, and game umpires.

During the Game:

- After the batter has made contact with the ball and drops the bat; the bat will be retrieved by the coach or manager only (not the batter in the hole). The bat will be placed in the dugout to then be picked up by the batter and taken out upon exiting the field of play.
- Base coaches should stay socially distant from baserunners and umpires in the field of play when practical.

Spectators:

- Players, managers/coaches, and volunteers not from the same household should practice social distancing during all events.

No Handshakes/Personal Contact Celebrations:

- Players and coaches will take measures to prevent non-essential contact. This includes refraining from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.
- After the game, players and managers/coaches will line up outside the dugout and tip their caps to the opposing team as a sign of good sportsmanship.
- Players and families should vacate the field/facility as soon as is reasonably possible after the conclusion of their game to minimize unnecessary contact with players, coaches, and spectators from the next game, ideally within 20 minutes.

COVID-19 Acknowledgment of Risk

In consideration of being allowed to participate in any way in Dumfries Triangle Quantico (DTQ) Little League, related events and activities, the undersigned acknowledges and agrees that:

1. The risk to have contact with individuals, who have been exposed to and/or have been diagnosed with one or more communicable diseases, including but not limited to COVID-19 or other medical conditions, diseases, or illnesses does exist, and it is impossible to eliminate the risk that I could be exposed to and/or become infected through contact with or close proximity with an individual with a communicable disease.
2. I understand COVID-19 is a highly contagious virus and it is possible to develop and contract the COVID-19 disease, even if DTQ Little League follows all of the safety precautions stated in the above "DTQ Return to Play Guidelines COVID-19" document and those recommended by the CDC, local health department, and Prince William County Parks and Recreations."
3. I agree to follow all of the safety guidelines DTQ Little League has put into place.

I, _____, as parent/legal guardian with legal responsibility for,

Parent/legal guardian's name **printed**

_____, youth participant, consent and agree to assume the risks of

Child's name printed

his/her participation in Dumfries, Triangle, Quantico Little League.

Parent/legal guardian's **signature**

Date

COVID-19 Screening Protocol

It is recommended that Dumfries, Triangle, Quantico (DTQ) Little League conduct daily screenings of players for COVID-19 symptoms prior to admission to DTQ permitted fields. This screening will be conducted in accordance with applicable privacy and confidentiality laws. This screening should be conducted by the parent/legal guardian prior to each practice, game, or league event. Confirmation of a player’s health eligibility should be communicated to the Team Manager/Coach electronically and/or the preferred method of initialing the “Documentation of Player Eligibility” form at each practice or game.

COVID-19 Screener for Eligibility

(Circle)

1.	Does the player have a temperature of 100.4 °F or higher	Yes or No
2.	Has the player been in close contact <i>(within 6 feet of someone who has COVID-19 for a total of 15 minute or more)</i> with someone who has been diagnosed with or is currently being tested for COVID-19, within the past 14 days?	Yes or No
3.	Has the player had any NEW respiratory problems such as shortness of breath or coughing? <i>(Not including on-going medical issues for example asthma)</i>	Yes or No
4.	Has the player been feeling ill?	Yes or No

- If you answered, **YES to any of these questions**, your player is **not eligible** to play. Please contact DTQ Little League’s Safety Officer to receive further instruction and determine if the Response Plan should be enacted.
- If you answered, **NO to ALL of these questions**, your player is **eligible to play**.

DTQ Little League

COVID-19 Response Plan

It is recommended that one parent and/or legal guardian remain onsite at all DTQ Little League activities that their child attends if the child is under the age of sixteen (16). If the player is sixteen (16) years of age or old and drives themselves to a DTQ event they may document their own player eligibility and initial the documentation sheet. If any player begins to display COVID-19 symptoms (as described by the Center for Disease Control) while at any of the DTQ permitted fields, the player will immediately be separated from all players, coaches/managers, and spectators. Coaches/manager will contact individual(s) listed on the player's emergency contact form. It is the parent's/legal guardian/emergency contact's responsibility to take the child to receive medical attention. If the parent's/legal guardian/emergency contact cannot be contacted, DTQ Little League will call 911. The parent/legal guardian must contact the DTQ Little League Safety Officer to determine when their child may return to play. All parents/legal guardians who have a player on that team will be made aware of the situation and be continually updated. The team will be quarantined for 14 days or until a negative COVID-19 test result is confirmed.

Conclusion

It is a huge undertaking to run a Little League program the size of DTQ Little League. Safety should not be taken lightly, especially when it comes to our children, our future. This Safety Program is *intense*. For it to be effective everyone must be involved. The Safety Officer cannot enforce it. Our Board Members cannot enforce it. ***You enforce it!*** Communication and compliance are the keys to keeping DTQ Little League safe. If you see something that isn't safe, report it. If you have any ideas or suggestions that can make it better, tell any Board Member. This Safety Plan is the foundation for years to come. With your help, it can only get better. Have a safe and rewarding baseball season.

Miscellaneous Forms

The following pages have forms that may be required to be filled out during the upcoming season. If additional forms are needed you can contact the Safety Officer.

