

NORTH BOTHELL LITTLE LEAGUE

BOTHELL, WA



Emergency Action Plan
2026

Table of Contents

| Content | Page |
|--|------|
| <u>Emergency Phone Numbers</u> | 3 |
| <u>Field Addresses</u> | 4-5 |
| <u>Emergency Procedures</u> | 6 |
| <u>Communicable Disease Procedures</u> | 7 |
| <u>First Aid Kit Supplies</u> | 8 |
| <u>The Heimlich Maneuver Quick Sheet</u> | 9 |
| <u>Concussion Quick Sheet</u> | 10 |



Emergency Phone Numbers

| | | |
|-------------------------------|--------------|----------------|
| League President: | John O'Dell | (425) 772-3572 |
| League VP Baseball: | Cody Lamens | (509) 750-8275 |
| League VP Softball: | Stacy Jordan | (425) 736-5770 |
| League Player Agent Baseball: | Ryan Cox | (206)605-0165 |
| League Player Agent Softball: | Susan Tait | (425) 985-5536 |
| League Safety Officer: | Niki Gerardi | (407) 690-0719 |
| Umpire-In-Chief Baseball:: | Ken Jager | (206) 356-8883 |

In case of emergency, call 911

Non-Emergency Police: 425-486-1254

Non-Emergency Fire: 425-486-1678



Field Addresses

| Field | Address |
|--------------------------------|---|
| Bastyr University | 14445 Juanita Dr NE Kenmore 98028 |
| Bothell High School | 9130 NE 180th St. Bothell 98011 |
| Canyon Creek Elementary | 21400 35th Ave SE Bothell 98021 |
| Canyon Park Middle School | 23723 23rd Ave SE Bothell 98021 |
| Cedar Grove Park | 22421 9th Ave SE Bothell 98021 |
| Crystal Springs Elementary | 21615 9th Ave SE Bothell 98021 |
| D-Bat | 18421 Bothell Everett Hwy Ste 150 Bothell 98012 |
| Doug Allen Field | 19515 88 th Ave NE Bothell 98011 |
| Fernwood Elementary | 3933 Jewell Road Bothell 98012 |
| Forsgren Park | 23709 Carter Road Bothell 98021 |
| Inglemoor High School | 15500 Simonds Road Kenmore 98028 |
| Kenmore Middle School | 20323 66th Ave NE Kenmore 98028 |
| Kokanee Elementary | 23710 57th Ave SE Woodinville |
| Leota Middle School | 19301 168th Ave NE Woodinville |
| MTC - Mariners Training Center | 14220 NE 193rd Pl Woodinville, 98072 |



Field Addresses Continued...

| Field | Address |
|----------------------------------|--|
| Natural Ball Player | 13424 NE 126th Place Kirkland, 98034 |
| North Creek Fields 1,4 | 19016 North Creek Parkway Bothell 98011 |
| North Creek Fields 2,3 | 11800 North Creek Parkway S Bothell 98011 |
| North Creek High School | 3613 191 st St Place SE Bothell 98012 |
| Northshore Athletic Fields (NAF) | 14700 NE 145th St Woodinville 98072 |
| Ruby Bridges Elementary | 4709 Maltby Road, Woodinville, 98072 |
| Skyview Middle School | 21404 35th Ave SE Bothell 98021 |
| Tambark Creek Park | 17217 35 th Ave SE Bothell 98012 |
| Woodinville High School | 19819 136th Ave NE Woodinville 98072 |
| Westhill Elementary | 19515 88th Ave NE Bothell 98011 |
| Woodinville Sports Field | 17400 131 st Ave NE Woodinville 98072 |



(Should a Call to 911 Become Necessary)



Emergency Procedures

- Give first aid and **call 911 immediately**. If in doubt, always err on the side of caution and call 911.
- Notify parents immediately if they are not on the scene.
- Notify league Safety Officer by phone within 24 hours. [Niki Gerardi (407)-690-0719]
- Fill out a [North Bothell Little League Injury Report form](#) and send to safety@nbll.club within 24 hours.
- Talk to the team about the event and why the situation occurred and how it might have been prevented.
- North Bothell Little League insurance is supplemental to parents' own insurance policy. Claims must be filed with the League Safety Officer.
- Forms are available through the Little League Website <https://www.littleleague.org/forms-publications/#asap>
- REMEMBER: **Safety is everyone's job**. Prevention is the key to reducing accidents to a minimum.
 - Report all hazardous conditions to NBLL immediately.
 - Do not play on a field that is unsafe or use unsafe playing equipment.
 - Be sure your players are fully equipped at all times, especially catchers and batters.
 - **Check your team's equipment often!**



Communicable Disease Procedures

Communicable diseases are those passed from one person to another through bodily fluids, such as blood or saliva. This includes HIV, Hepatitis B, and several others. While the risk of one athlete infecting another is low, it is not non-existent. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to the following:

- Before participating, all bleeding must be stopped. Open wounds must be covered. If an excessive amount of blood is on the uniform, it must be changed.
- Use gloves when dealing with any type of body fluid, including blood, saliva, or urine.
- Immediately wash hands after any contact with bodily fluids and/or after removing gloves.
- Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes. If an injury or incident occurs that produces a moderate to severe amount of bodily fluid in a place where others will be exposed (ie: on the field), play must stop until it can be properly cleaned.
- Practice proper disposal procedures. Moderately contaminated gloves and bandages should be placed in a sealed plastic bag prior to placing in the garbage. Any heavily contaminated (ie: blood or other fluids actively dripping from it) should be placed in a Biohazard bag. Special disposal is required. Both types of bags are provided in your NBLL First Aid Kit.
- Coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition is resolved.



First Aid Kit Supplies

| | | | |
|---|---------------------------------|----|-------------------------------|
| 1 | STAINLESS STEEL SCISSORS | 1 | ACETAMINOPHEN PACKET |
| 1 | TWEEZERS | 1 | IBUPROFEN PACKET |
| 2 | PAIR VINYL GLOVES | 15 | 3/8" X 1-1/2" BANDAGE |
| 3 | SAFETY PIN | 20 | 3/4" X 3" BANDAGE |
| 6 | COTTON TIPPED APPLICATOR | 3 | KNUCKLE BANDAGE |
| 1 | HAZARDOUS MATERIAL BAG | 3 | KNEE/ELBOW BANDAGE |
| 2 | GALLON SIZED ZIPLOCK BAGS | 10 | WOUND CLOSURE STRIP |
| 4 | WOOD FINGER SPLINT | 3 | 2" X 2" STERILE GAUZE PAD |
| 2 | POCKET-SIZE PACKAGES OF KLEENEX | 3 | 3" X 3" STERILE GAUZE PAD |
| 3 | SMALL INSTANT COLD PACK | 1 | EYE PAD |
| 6 | TRIPLE ANTIBIOTIC OINTMENT | 3 | 3" X 4" NON-ADHERENT DRESSING |
| 2 | HYDROCORTISONE CREAM | 1 | 2" CONFORMING GAUZE ROLL |
| 6 | ALCOHOL PREP PAD | 1 | 2" ELASTIC BANDAGE |
| 3 | IODINE PREP PAD | 1 | TRIANGLE BANDAGE |
| 3 | STING RELIEF PAD | 1 | CO-FLEX BANDAGE ROLL |
| 6 | ANTISEPTIC TOWELETTE | 1 | 1" ADHESIVE TAPE ROLL |
| | | 1 | STERILE SALINE EYE FLUSH |

To restock supplies, email safety@nbll.club



The Heimlich Maneuver

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.*

*If they cannot speak or cough, **CALL 911**. Then proceed.*

To Perform the Heimlich Maneuver:

- Grasp the choking person from behind;
- Place a fist, thumb side in, just below the person's breastbone (sternum), but above the naval;
- Wrap second hand firmly over this fist; and
- Pull the fist firmly and abruptly into the top of the stomach.
- *It is important to keep the fist below the chest bones and above the naval (belly button).*
- *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; and
- 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 maneuver, immediate medical care should be sought by calling 911 or going to the local emergency room.



CONCUSSION FACT SHEET FOR PARENTS



WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

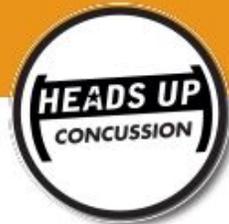
If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

SYMPTOMS REPORTED BY ATHLETE:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

SIGNS OBSERVED BY PARENTS/ GUARDIANS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes



DANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. SEEK MEDICAL ATTENTION RIGHT AWAY

A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

2. KEEP YOUR CHILD OUT OF PLAY.

Concussions take time to heal. Don't let your child return to play the day of the injury and until a health care professional says it's OK. Children who return to play too soon - while the brain is still healing - risk a greater chance of having a second concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

3. TELL YOUR CHILD'S COACH ABOUT ANY PREVIOUS CONCUSSION.

Coaches should know if your child had a previous concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION OR OTHER SERIOUS BRAIN INJURY?

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
 - However, helmets are not designed to prevent concussions. There is no "concussion-proof" helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

HOW CAN I HELP MY CHILD RETURN TO SCHOOL SAFELY AFTER A CONCUSSION?

Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork
- Reduce time spent reading, writing, or on the computer

Talk with your child's teachers, school nurse, coach, speech-language pathologist, or counselor about your child's concussion and symptoms. As your child's symptoms decrease, the extra help or support can be removed gradually.

