

# **2026 FIRST AID / SAFETY PRESENTATION**

## **RHLL MANAGERS' MEETING**

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**RHLL SAFETY OFFICER**  
**JANUARY 28, 2026**



# AGENDA

1. **Your Role in RHLL Safety**
2. **Safety Awareness Trainings**
3. **RHLL Reported Injuries**
4. **Injury Reporting Requirements**
5. **Preventing Injuries**
6. **Managing Injuries**
  - Recognizing Emergencies
  - Providing First Aid

# YOUR ROLE IN RHLL SAFETY

- **Thank you for volunteering to coach during the 2026 RHLL Spring season!**
- **As managers / assistant coaches, you are the most important factor in the kids' overall experience this year**
- **We want the kids to have fun, learn the game, and come back next year**
- **Getting hurt is not the best way to have fun and/or want to come back next year**
- **You play a critical role in keeping our kids safe!!**



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# LITTLE LEAGUE SAFE AND SAFE TO PLAY

## SAFETY AWARENESS TRAINING COURSE

Provides volunteers with an overview of core safety concepts and risk management practices that support safe league operations.



The safety and well-being of all participants in the Little League® program continues to be a top priority, and creating a safe, positive environment is a shared responsibility. Each season, league and volunteers play an important role in identifying risks, preparing for emergencies, and supporting a fun and consistent experience for players and families.

The Little League Safety Awareness Course provides volunteers with a broad overview of key safety concepts and best practices that support safe league operations. Designed specifically for the Little League program, this course helps volunteers better understand their role in promoting safety, recognizing potential hazards, and supporting a strong culture of safety throughout the season.

This course serves as a foundational resource for leagues and volunteers committed to keeping safety front and center.

# LITTLE LEAGUE SAFE

Little League SAFE brings together trusted safety resources to help leagues provide a safe, positive, and consistent experience for players, volunteers, and families. Safety is a shared responsibility, and SAFE supports leagues in building a strong, informed approach to safety at every level of the game. Under Little League SAFE, leagues can access a central library of safety resources, including the Child Protection Policy, JDP background-check information, and state-specific guidance.

As part of this new initiative, Little League SAFE outlines four core areas of focus for every league, providing a clear framework for building safer, stronger Little League programs:

- 1) **Child Protection**
- 2) **Physical Safety**
- 3) **Mental Well-Being**
- 4) **Risk Management**

To support these four pillars, several new tools and trainings have been developed to make safety planning easier and more effective for every league, including a **SAFE Summary Builder**, [Free Safety Awareness](#) and [First Aid Awareness Trainings](#), and an **Updated Annual Facility Survey**.

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# **INJURY REPORTING REQUIREMENTS**

- **Threshold:** any incident that causes a player, manager, coach, umpire, or volunteer to receive first aid or medical treatment must be reported to the RHLL President and Safety Officer
- **Timeline:** verbal notification within 24 hours; written report within 48 hours (use form)
- **Contact Info:**

Role	Name	Phone	Email
RHLL President	Peter Cubba	(586) 634-3226	michreal@aol.com
RHLL Safety Officer	JoAnn Yaklin	(248) 496-7563	joannnyaklin@yahoo.com

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# **PREVENTING INJURIES IS MUCH BETTER THAN MANAGING THEM**

**Keys to injury prevention:**

- **Health screenings / medical release**
- **Proper inspection of playing field and protective gear**
- **Monitor weather conditions**
- **Conditioning / stretching**
- **Avoiding overuse**

# HEALTH SCREENINGS / MEDICAL RELEASE

- **Make sure you have signed medical release forms for each player and bring them to every game and practice**
  - 62% of organized sports-related injuries occur during practice
- **Key components**
  - Authorization for emergency treatment
  - Emergency contact information
  - Pre-existing conditions / allergies
  - Insurance info
  - Primary care physician info
- **Many hospitals will not treat non-life threatening conditions without one (in the absence of parents)**

# INSPECT FIELDS AND EQUIPMENT BEFORE PRACTICE & GAMES



Walk field to look for debris / foreign objects



Check conditions of fences, backstops, and bases



Inspect helmets, bats, and catchers' gear



Make sure First Aid kit is stocked and available

Ice / cold pack

Gloves

Assorted bandages

Disinfectant

Athletic tape / wrap

# CAREFULLY MONITOR WEATHER CONDITIONS

- If hot weather is in the forecast, make sure your players are staying hydrated
  - Drink 8 oz immediately before exercise, 4 oz every 20 minutes, and 16 oz for each pound of weight lost afterwards
- Track approaching storms using weather radar apps
- Play it safe with lightning
  - “If you see it, flee it – if you hear it, clear it”



# MAKE THE TIME FOR STRETCHING / CONDITIONING

- **Players who do not participate are more likely than their peers to get injured doing the same activities**
- **Improves the flexibility of the muscles and reduces the likelihood that the tissue will tear**
- **Key areas of focus for pre-game / practice stretching:**
  - Neck
  - Back
  - Arms
  - Thighs
  - Legs
  - Calves



# AVOIDING OVERUSE INJURIES

- **Pitch count rules are there for a very good reason:**
  - Overuse injuries are responsible for almost half of all middle school sports injuries
  - 20% of players aged 8-12, and 45% of players aged 13-14 will have arm pain during a single baseball season
  - Since 2000, there has been a 500% increase in serious shoulder / elbow injuries among youth baseball / softball players
- **Monitor your players for signs of fatigue / overuse and remove from activity if needed**
- **Don't push these kids**





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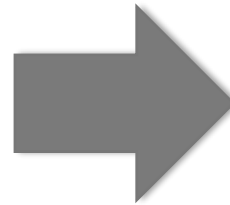
# **IN SPITE OF OUR BEST EFFORTS AT PREVENTION, INJURIES CAN AND DO STILL HAPPEN**

- **The most common causes of severe injuries during youth baseball activity are:**
  1. **Being hit by a ball (46%)**
    - Of these 68% occurred to players on defense – i.e., hit by a batted ball
    - The most common area injured is the face
    - A key reason for implementing the USABat standard
  2. **Collisions between players (27%)**
    - Please spend time on proper positioning and sliding techniques during practice
- **The #1 recommendation to reduce severe injuries in a national Little League injury study was to encourage the use of mouth guards, especially on defense**
- **This was closely followed by encouraging the use of sports goggles to protect the eyes**

# **JOB #1 IS RECOGNIZING EMERGENCIES AND GETTING HELP**

## **Examples of Emergencies**

- **Severe bleeding**
- **Open fracture**
- **Stopped breathing / choking**
- **Head injury with worsening symptoms**
- **Eye / orbit injuries**
- **Heat stroke / heat exhaustion**
- **Severe allergic reaction**
- **Dental injuries**
- **Asthma attack not responding to treatment**



- **Call 911 or proceed immediately to nearest Emergency Room (or dentist for oral injuries)**
- **Play it safe – know your limits – if in doubt, call for help**

# FUNDAMENTALS OF FIRST AID

- **Good Samaritan Laws apply – do not be afraid to help. Do your best and do the right thing!**
- **Follow universal precautions for body fluids**
- **Call for help if needed**

P Protection – prevent further injury by stopping play and removing the player from activity (if he/she is safe to move)

R Rest – injuries need time to heal. Pain during activity is always a warning sign

I Ice – administer ice to bone, joint, and muscle injuries to reduce inflammation

C Compression – after applying ice, apply compression wrap to further reduce inflammation

E Elevation – keeping the injury elevated reduces blood flow to the area and limits swelling

# **FOLLOW UP ACTIONS AFTER AN INJURY**

- **Be sure to report it to the League as discussed earlier with as detailed a description as possible**
- **If formal treatment was required, get a medical release before allowing the player to resume activity**