



2023 SAFETY CLINIC

Safety Officers



**THANK YOU
VOLUNTEERS!!**



Safety Officers Contact

Kate Dougherty

610-212-3850 cell

Text is BEST!!

safety-officer@cslbaseball.com

CPR / AED Training



- (1) Coach, Manager or Safety Officer from each team
- IF needed, CSLL will cover a CPR Class/ First Aid at Above Bar CPR 3/2/23 @ 8pm
- AED Located next to Snack Shack
- Door Code #1234

Email CPR Cards to:

safety-officer@csllbaseball.com

Safety Supplies



- Hand Sanitizer
- Disposable Gloves
- Masks
- Wipes
- First Aid Kits
- Ice Packs!!!
- Additional supplies, contact Safety Officer



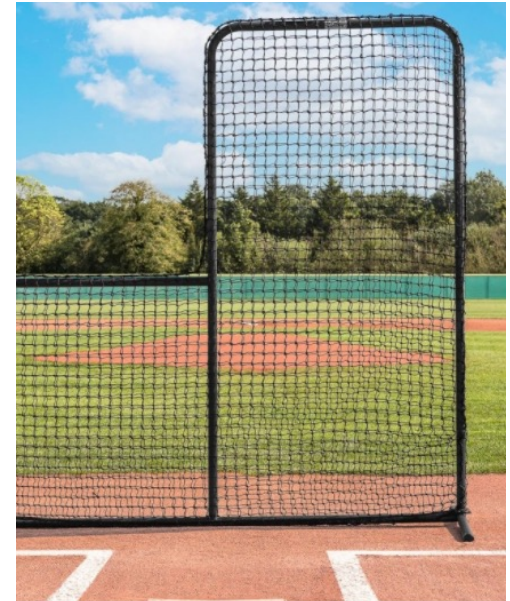
Field / Equipment Safety

Fields

- Inspect your field before game time
- Holes or hazards
- Debris/ garbage

L-Screens

- Use for coach pitch
- Monterey Park – chained to fence
- Managers have code





Bats / Helmet Safety

Helmets

- Helmets required for all batters
- No sharing
- Helmets with chin guard – no after market add on

Bats

- Umps will inspect BATS and HELMETS before each game
- LL List of approved bats
- CSLL Website for links to bat information
- No Bats in players hands while in bleachers or dugout
- No on-deck batter circle

Player Safety

BATTING CAGE & BAT SAFETY

- Adult Supervision
- **ALL participants MUST wear helmets**
- 1 batter and 1 pitcher allowed in Cage
- **NO SWINGING BATS** if you are not up to bat
- **NO BATS** in DUGOUT



Player Safety

Catchers

- Proper catcher attire ALWAYS required
 - Even when warming up pitchers
 - Coaches can warm up pitchers this year**
- Male catchers cup protection is **mandatory**
- Helmet, Mask and Throat Protector
- Chest Protector and Shin Guards when a batter is present
- Catchers Mitt (except Farm/T-Ball)



Player Safety

Pitchers

- Watch for Overuse Injuries / Arm Fatigue

Pitch Counts

- AA, AAA, Majors, 50/70
- Managers designate a pitch counter for each game
- Game Changer App**
- Safety Officer Monitoring
- Required Rest Days



Pitch Counts

Maximum Pitch Counts

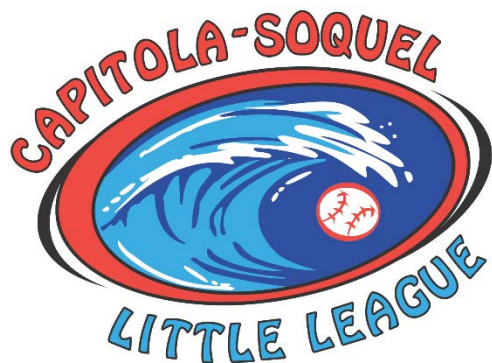
| Age | Pitches/Game |
|-------|--------------|
| 7–8 | 50 |
| 9–10 | 75 |
| 11–12 | 85 |
| 13–16 | 95 |
| 17–18 | 105 |

Source: Little League Baseball

Rest Periods Required

| Ages 14 and under | Ages 15–18 | Required # of Rest Pitches |
|-------------------|------------|----------------------------|
| 66+ | 76+ | 4 calendar days |
| 51–65 | 61–75 | 3 calendar days |
| 36–50 | 46–60 | 2 calendar days |
| 21–35 | 31–45 | 1 calendar day |
| 1–20 | 1–30 | None |

Source: Little League Baseball



Potential Injuries

Lumps & Bumps (most common)

- Ice packs
- First aid kits
- Band-Aids / Antiseptic
- Comfort

Concussion / Head Injury

- Training on CDC Train website
- Headache or neck pain
- Light-headed / dizzy / Nausea
- Slowness in thinking, speaking, or acting
- Blurred vision or Sensitivity to lights / sounds
- Ringing in the ears
- Concussion Protocol

Sliding Injuries

- Ankle Fracture
- Hand Fractures
- Hard Casts → cannot participate



Injury Reporting

What

- Any incident that causes a player, manager, coach, umpire or volunteer to receive medical treatment and/or first aid
- Any injury or illness outside of baseball as reported by parent (broken arm, etc.)

When

- Within 48 hours of injury

How

- Injury Report link on CSLL Website

Safety Officer

- Contact Manager for more information
- Contact parents to check on status of injured player
- Report to CSLL Board



Injury Reporting Form

- QR Code
- Scan & Save to links on phone
- Easy access on field





CAPITOLA-SOQUEL LITTLE LEAGUE

STRATION

FIELD CONDITIONS Q&A

SNACK SHACK

DOWNLOADS

FAQS

TEAM CENTRAL

CALENDAR

LI

SAFETY

Safety Documents

[2021 Safety Manual](#)

[2021 COVID-19 Safety Plan](#)

[2021 Safety Incident Report Link](#)

[Concussion Information](#)



COVID-19



Exposure Protocol

- Covid +
- Report to Safety Officer
- COVID positive test requires quarantine regardless of vax status/asymptomatic for player or staff member
- CDC
 - <https://covid19.ca.gov/quarantine-and-isolation/>
- This is fluid and continues to change as it has over past few years

COVID-19

Example:

Jett tests positive for Covid-19



What happens next:

-Notify Safety Officer

1. When was + test?
2. Notify Team of exposure
3. 5-day quarantine
4. F/u with Safety officer on Day five *prior* to return to participation



Questions?