



White Plains Little League

2021 First Aid / Safety Meeting

March 23rd, 2021

Play Hard, Play Safe!



Agenda

- Dedicated to Injury Prevention and Safety for All
- First Aid: Important Do's and Don'ts
- Accident Reporting Procedures
- Lightning Facts and Safety Procedures
- Covid-19 Safety Requirements
- District 20 Safety Checks
- Final Thoughts / Q&A

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Dedicated to Injury Prevention | Safety

- Safety of ALL participants is our #1 priority
- Managers/Coaches responsible to promote safe activity
 - Equipment – Inspect, Remove/Repair/Replace
 - Facility – Check for rocks, glass, potential dangers
 - Participant actions -- ball throwing, location, attention, horse-play...
- BATS are a major concern! Only batter can be holding a bat.
- “Properly and safely equipped” – Cup, No jewelry, glasses, etc.
- Little League rules – sliding, collisions, etc.
- First Aid Kits, Ice Packs, Cellphone...



First Aid: Important Do's and Don'ts

Do's	Don'ts
Have First Aid Kit, Ice Packs, Cellphone at all times	Be afraid to seek help for an injured player
Look for signs of injury (blood, displacement)	Hesitate to provide aid (i.e. ice) for an injury
Listen to the child describe what happened/hurts	Leave an unattended child after practice or game
Gently feel injured area for signs of injury	Hesitate to report a potential safety issue to WPLL
Encourage Warm-up and Stretching	Hesitate to raise a concern – Be our eyes and ears
Hydration – Encourage Water Bottles (to Parents)	
Ice – apply to injury to reduce swelling	
Rest – remove injured players from practice/game	
Sunblock – Encourage Sunblock (to Parents)	



Accident Reporting Procedures

- What to Report? Any incident that causes any player, manager, coach, umpire or volunteer to receive medical treatment.
 - Beyond a band-aid or simple ice pack...
- When to Report? Report incidents within 48 hours to WPLL Safety Officer by phone or email.
 - Terence Guerriere 917.455.6970 tpguerriere@gmail.com
- Information to Report:
 - Name/Phone # of individual involved
 - Date, time and location of incident
 - Detailed description of incident and injuries

Lightning/Thunder Facts and Safety Procedures



Lightning strikes the Empire State Building about 25 times per year.

- By the time you hear thunder, you are already in the risk area for lightning!
- Hear thunder or see lightning – IMMEDIATELY stop play and get everyone to safety.
- Hear it, Clear it.
- See it, Flee it.
- Seek shelter in cars, large enclosed shelters
- Avoid dugouts, batting cages, stands, under trees
- 30 MINUTE RULE: Play can not resume until there has been no lightning or thunder for 30 continuous minutes.



Covid-19 Safety Requirements

- Managers/coaches, fans/spectators, and umpires must wear face coverings at ALL times.
 - Players must wear face coverings off the field and in the dugouts
 - Umpire will be positioned 6ft behind pitcher (preferred) or catcher
- Practice social distancing
 - Have players spread out their stuff as a starting point
- Everyone should have their own equipment, no sharing!
 - Give player WPLL helmet at outset of season
 - Bring wipes for any shared equipment (catching gear, bats)
- Defensive team to bring ball out/in after each half-inning
- No “huddles” of any kind on or off the field
- Please share the D20 Covid-19 safety guidelines broadly



District 20 Safety Checks

- District 20 administrators will be randomly attending league games to ensure all Little League rules are being enforced.
- The BIGGEST issue is BATS. No one except the batter may be holding a bat during a game. NO ONE.
 - No swinging outside the dugout, or field of play, even in-between innings
 - No hitting into nets/screens within the facility during a game
 - Also, only another player, with a catcher's mask, can warm-up the pitcher. Coaches CAN NOT warm-up the pitcher.
- Managers/Coaches are responsible to ensure they and their players follow ALL Covid-19 requirements.
 - All D20 Little Leagues have adopted the same Covid-19 requirements.



Final Thoughts

- Safety is our #1 priority!
- Please ensure all Managers/Coaches get a copy of the Safety Manual and are familiar with the key points in this presentation.
 - Posted under “Safety Info” on www.whiteplainslittleleague.com
- Bring the First Aid Kit, Ice Packs and your cellphone to every practice and game!
- When in doubt, ask your VP, Safety Officer, President or other Board member!
- Use common sense!
- Have a safe season!