

Lobo Little League 2026 Safety Plan



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Preventing Safety Issues

- Alert coaches to a player's medications and medical conditions (e.g. allergies, asthma, etc.)
- Coaches and umpires conduct a pre-game field walk to identify potential safety hazards on the field (e.g. glass, holes to trip in, etc.).

Preventing Sports Injuries in Children

Of the 46.5 million children that play sports in the U.S. each year, one in three will be injured seriously enough to miss practice or games.

PRACTICE MAKES PERFECT!

Knowing how to safely perform sport-related skills will lessens the likelihood of injury, and it will increase enjoyment of the game!



GEAR UP!

Make sure players wear properly-fitted protective gear such as shin guards, padding, and helmets.



PAY ATTENTION!

Make sure players warm up enough before playing in cold weather, and watch that they don't overdo it in hot weather.

In both cases, drink plenty of water to stay hydrated.



Needle Safety

- Conduct a safety walk through fields and common areas prior to all games
- If needles are discovered, notify the field monitor. **DO NOT PICK-UP NEEDLES.**
- A sharps container is located in the batting cages building.
- If a “dirty stick” should occur, notify field monitor and safety officer.
- Seek attention and nearest emergency department (ED).



Hygiene

- Good hygiene keeps players on the field by avoiding illness.
- Handwashing helps prevent the spread of illness.

Concession Stand Safety

- Little League Recommendations and Instructions are posted in the concession stand. All volunteers must abide by these instructions.



Local Hospitals and Urgent Care Centers

If there is an emergency, call 911

Local Emergency Departments

(in order of proximity from Lobo LL field)

- UNM Hospital at 2211 Lomas NE (2.5 mi)
- Lovelace Women's Hospital at 4701 Montgomery NE (2.6 mi)
- Presbyterian Kasemen Hospital at 8300 Constitution NE (4.4 mi)

Nearby Urgent Care Centers

(in order of proximity from Lobo LL field)

- Concentra Urgent Care at 3101 Menaul NE (.2 mi)
- Lovelace Urgent Care at 5504 Menaul NE (1.6 mi)
- PRESNow 24/7 Urgent and Emergency Care at 7400 Menaul NE (2.7 mi)



First Response

If an injury or other issue arises...

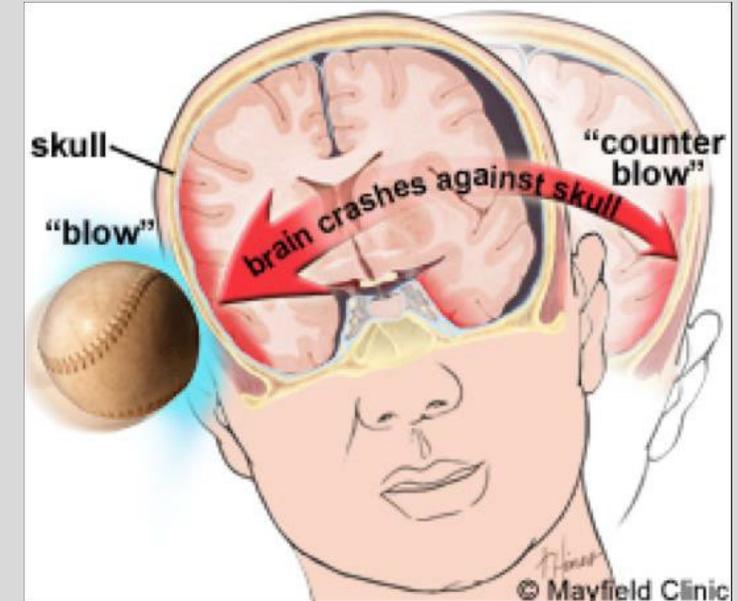
- Stay calm
- Assess the situation
- Reassure the injured party
- Make a plan to rectify the situation (take your time but avoid "paralysis through analysis")
- First Aid Kits are available at each game with the Scorer or Coach and in the batting cages.



Head Injury/Concussion

Symptoms include:

- altered mentation
- changes in mood
- changes in sleep pattern
- physical symptoms like headache, nausea, dizziness, etc.



Treatment can involve assessment and close follow up for symptoms, medical attention as needed, and return to play gradually to avoid Second Injury Syndrome.

Further resources about head injury/concussion can be found at:

- www.littleleague.org/player-safety/concussions-youth-athletes/
- www.cdc.gov/headsup/basics/index.html
- www.aps.edu/athletics



Eye and Dental Injuries

Eye Injuries

Dust and specks can be treated with flushing or dabbing the speck out of the eye with a clean sterile soft cloth.

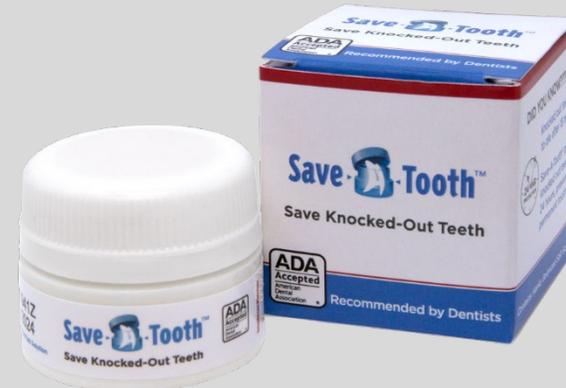
Everything else should be evaluated by an ophthalmologist or other qualified healthcare provider



Dental Injuries

If a tooth is knocked out it may be able to be re-implanted with the use of the Save A Tooth kit(available in LL's first aid kits)

Put the tooth in the Save A Tooth container (don't wash it) and get to a dentist or emergency department as soon as possible



Orthopedic Injuries

(bruises/sprains/breaks)

- If the injured player can bear weight on/with the limb, it is not too painful to touch, and it is not deformed or terribly swollen, the treatment is RICE
 - RICE (Rest, Ice, Compression, Elevation)
- If the injured party cannot bear weight on the limb, it hurts to touch the limb, or there is obvious deformity, seek medical attention.

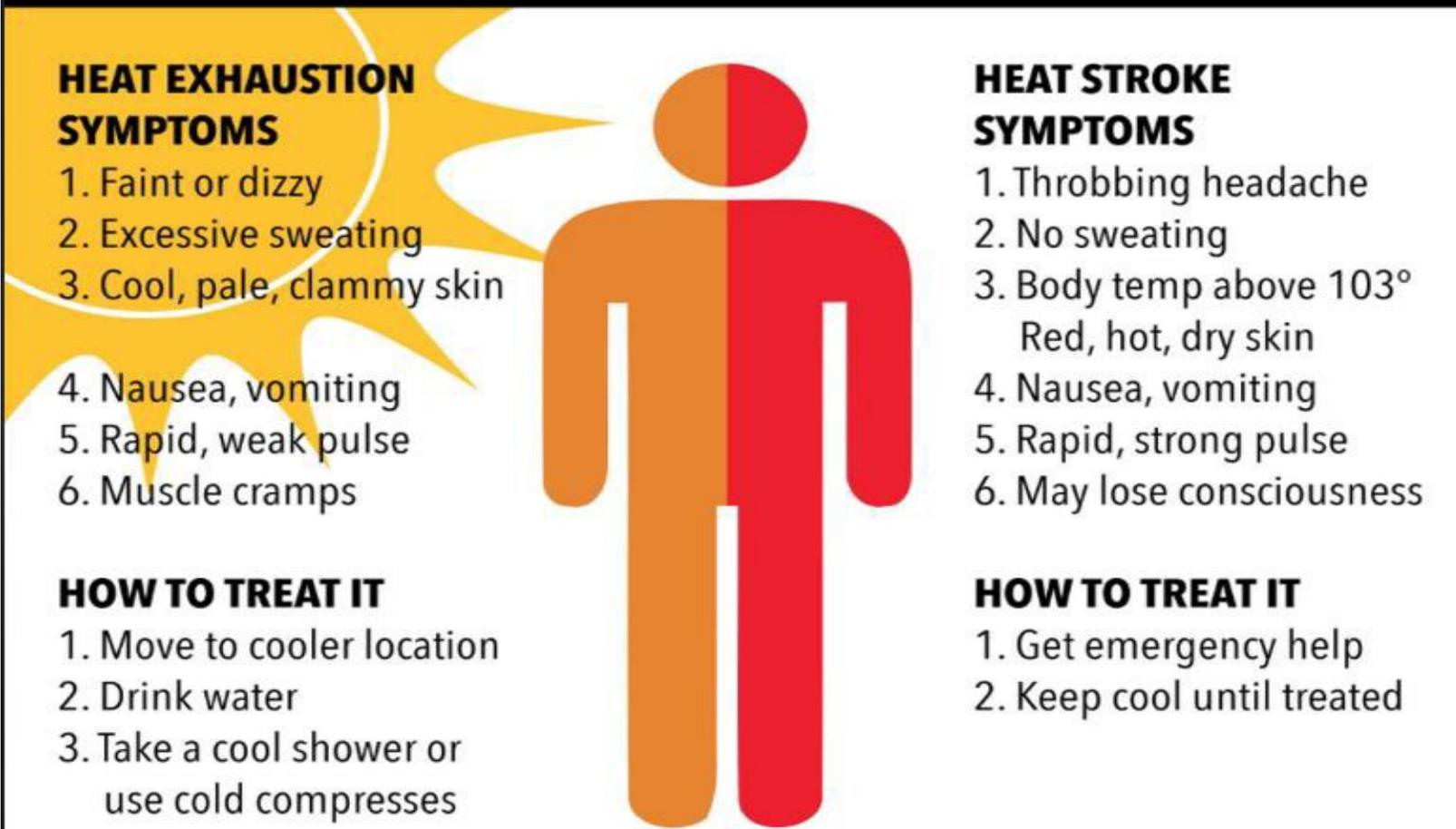


Heat-related injuries

When it comes to heat-related problems, prevention is key!

- Wear sunscreen
- Stay hydrated by drinking lots of water

HEAT EXHAUSTION OR HEAT STROKE?



HEAT EXHAUSTION SYMPTOMS

1. Faint or dizzy
2. Excessive sweating
3. Cool, pale, clammy skin
4. Nausea, vomiting
5. Rapid, weak pulse
6. Muscle cramps

HOW TO TREAT IT

1. Move to cooler location
2. Drink water
3. Take a cool shower or use cold compresses

HEAT STROKE SYMPTOMS

1. Throbbing headache
2. No sweating
3. Body temp above 103°
Red, hot, dry skin
4. Nausea, vomiting
5. Rapid, strong pulse
6. May lose consciousness

HOW TO TREAT IT

1. Get emergency help
2. Keep cool until treated

Bites/Stings/Allergic Reactions



Bites and Stings that players and fans may encounter at Lobo LL Field:

- Ant Bites
- Bee Stings
- Spider Bites

Reactions can range from slight irritation to allergic or anaphylactic reaction.



If a player or fan is stung,

- Inspect area
- Do not remove stinger (can scrape off with credit card if it is still present)
- Ask if they are allergic to bee stings
- For a **minor reaction** (swelling or itching to bite/sting area), treatment is an ice pack and rest.
- For a **moderate allergic reaction** (hives on the body in addition to sting area), treatment may also include Benadryl
- For a **severe anaphylactic reaction** (swelling of the throat or tongue, difficulty breathing, wheezing or/and faintness), immediately administer an EpiPen. Take individual to the closest hospital or call 9-11.



Lightning Safety



Lightning is a serious threat. According to the National Weather Service, an average of 73 people are killed by lightning each year and hundreds more are injured.

If lightning is within 10 miles of the field, teams must clear the field and seek shelter.

Play will be suspended for at least 30 minutes. League officials will determine when play will resume once the lightning has moved out of the area.

WeatherBug is the official lightning meter of Lobo Little League.



Medical Emergencies

(more likely a parent/grandparent than a player)

Heart Attack

Classic symptoms include:

- Chest pain, shortness of breath, nausea, left arm pain
- Women's symptoms may be non-specific (e.g. "feel tired")
- Treatment is call 911 and/or administer CPR

CPR Basics include:

- Push hard and fast at 100 compressions per minute (beat of "Staying Alive")
 - "Mouth to mouth" is out! Compressions Only!
 - An automated external defibrillator (AED) is located inside of batting cages.
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- Find a CPR course at:
 - www.heart.org
 - www.redcross.org

HEART ATTACK SIGNS



Chest Pain



Vomiting



Sweating



Dizziness

Stroke

(more likely a parent/grandparent than a player)

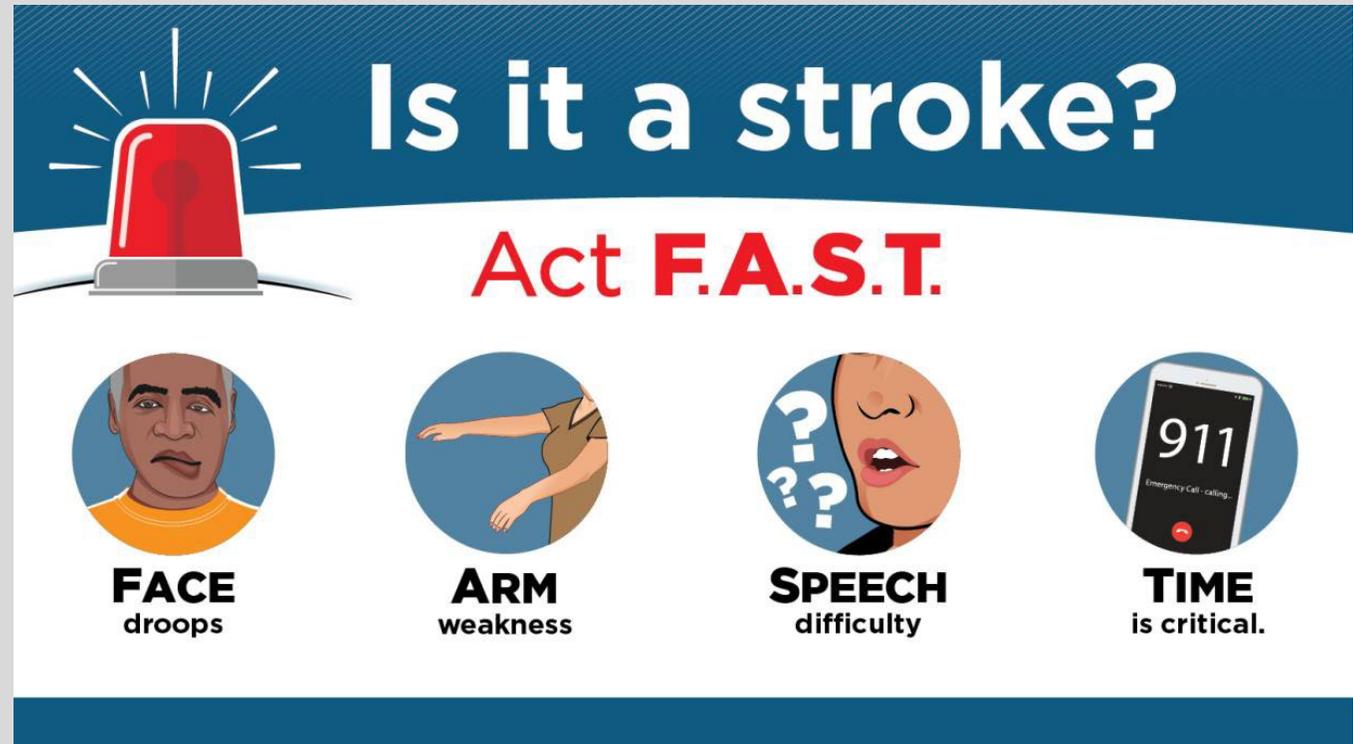
Stroke Symptoms include:

- Confusion
- Facial Droop
- Arm Weakness
- Headache
- Slurred or Garbled speech

Remember the acronym **F.A.S.T**

Call 9-11 immediately

The best results of treatment occur within 3 hours of initial symptoms



Required Abuse Awareness Training for Volunteers



In 2018, the “Protecting Young Victims from Sexual Abuse and SafeSport Authorization Act of 2017” became Federal law. As part of SafeSport, abuse awareness training is now a required part of the annual Little League Volunteer Application, along with the annual background check. The training must be completed before any individual can assume any duties for the current season. Volunteers must complete the training on an annual basis.

USA Baseball’s BASE Abuse Awareness Training is a FREE online training that is SafeSport-compliant. This course can be completed in approximately 30 minutes online, producing a certificate of completion that you will share with the league official who is responsible for overseeing your league’s background checks. This certificate verifies that you have completed the training.

All Little League Volunteers are mandated reporters and could face criminal charges if the league chooses to ignore, or not report to the proper authorities, any witnessed act of child abuse, including sexual abuse, within 24 hours.



Other Little League Rules

- Little League rules have some basis in safety – follow them.
- Players must have the required equipment at all times, even catchers warming up during infield.
- To prevent injury, our fields have bases that disengage from their anchors.
- Coaches and managers will enforce rules at practices as well as games.
- Safety policies affecting play are determined by Little League Baseball's Safety Code. Additional policies not discussed here can be found at:
<https://www.littleleague.org/playing-rules/appendices/appendix-b/>



If there is an accident, injury, or other health/safety issue...

- Report it to:
 - Safety officer: Owen Whooley
 - 718-820-2364
 - owen.whooley@gmail.com
 - President: Ramon Trujillo
 - 505-400-4954
 - Lobo.little.league.nm@gmail.com
- Forms available in concession stand and our 2025 [Safety Plan & Incident Report webpage](#)



Questions?

