

Lobo Little League Safety plan

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Lobo Little League Safety Officer



Prevention of Safety Issues

- Alert coaches to a player's medications and medical conditions
- A pre-game field walk by coaches and umpires is a Little League requirement that helps 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

- Safety walk through fields and common areas prior to all games
- Notify field monitor and do not pick-up needles
- Sharps container located in concession stand
- If a “dirty stick” should occur, notify field monitor and safety officer
- Seek attention and nearest ED



Hygiene

- Good hygiene is also part of prevention and will keep players on the field by avoiding illness
- Handwashing, viral illnesses etc

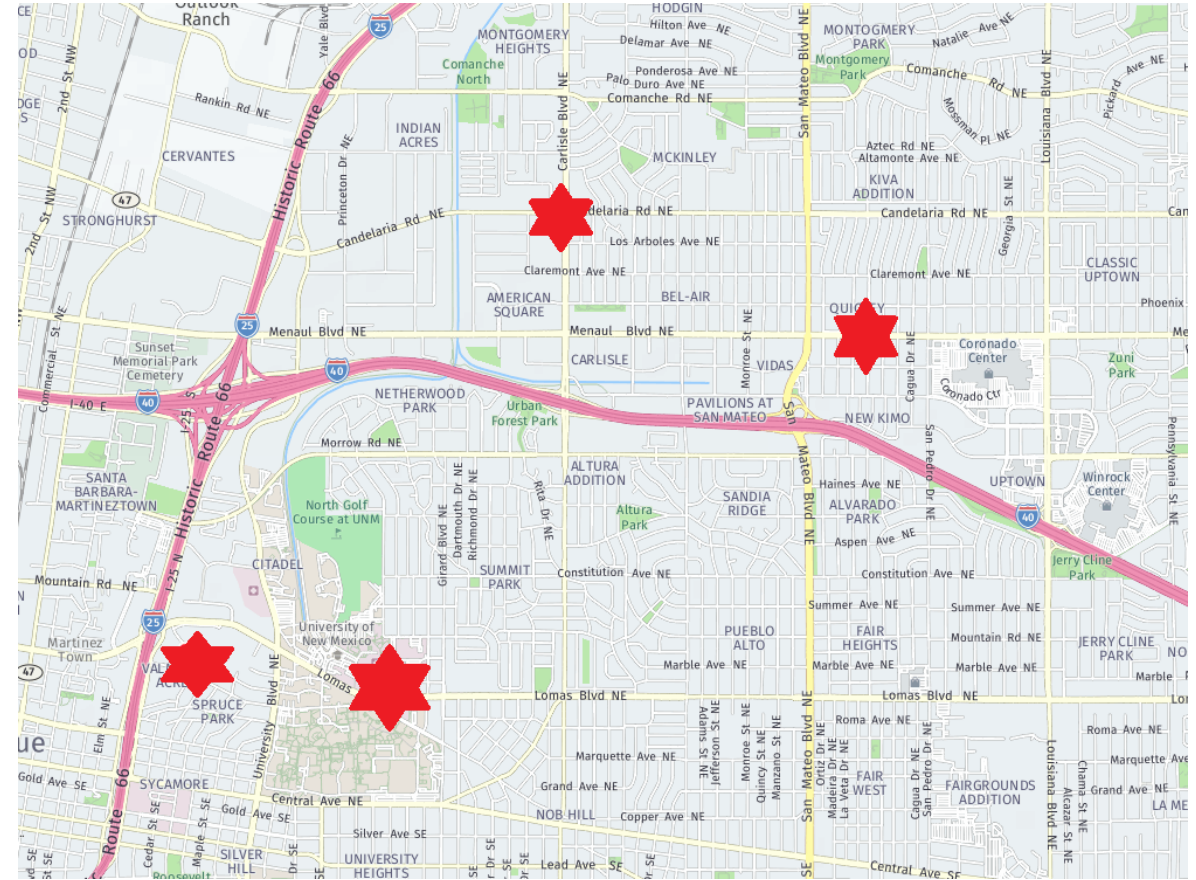
Concession Stand Safety

- Little League Recommendations are posted in the concession stand



Know where to go for further medical attention

- Call 911
- HCP Urgent Care at 2925 Carlisle
- Statmed at 3916 Carlisle
- Duke City Urgent Care 3500 Constitution Ave NE
- Nextcare Urgent Care at 5504 Menaul
- Lovelace Women's Hospital at 4701 Montgomery
- Presbyterian Kasemen at 8300 Constitution
- UNM Hospital at 2211 Lomas



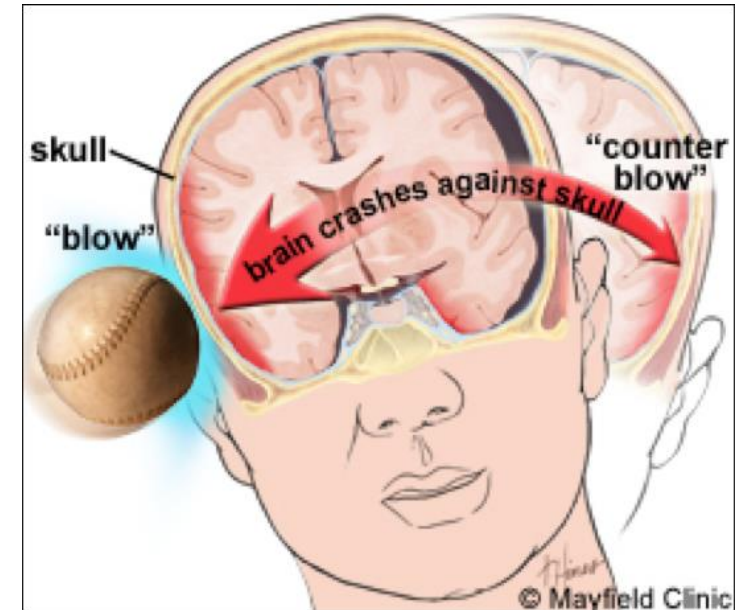
First response (when an injury or other issue does arise)

- 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 for that game or 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 includes: 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.CDC.gov
 - www.aps.edu/athletics
 - www.littleleague.org/player-safety/concussions-youth-athletes/



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 LLL'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 party 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.



Medical Emergencies

(more likely a parent/grandparent than a player)

HEART ATTACK SIGNS

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



Chest Pain



Vomiting



Sweating



Dizziness



Stroke

Stroke:

Symptoms include:

Confusion

Facial droop

Arm weakness

Headache

Slurred or garbled speech

Remember the time symptoms are first noted

The acronym is **F.A.S.T.**

Treatment is call 911—

Best results of treatment are within 3 hours of symptoms starting



Bites/Stings/Allergic Reactions



Types of Bites and Stings we may encounter:

ant bites

bee stings

spider bites



Can range from slight irritation to allergic or anaphylactic reaction

How to treat : inspect area

Do not remove any stinger , can scrape off with a credit card if it is still present

ASK if child has a bee sting allergy

(Minor) reaction :swelling and itching to bite/sting area. Treatment : ice pack, rest.

(Moderate) Allergic reaction : will see rash/hives on body, in addition to bite/sting area Treatment :may also need benadryl

(Severe)Anaphylactic reaction: parents or player may have their own EpiPen. Administer immediately. Take player to closest hospital or call EMS





COVID Guidelines NMAA

2021-2022 Guidelines for Participation

- Masks shall be worn indoors at all times by all persons, regardless of vaccination status
- Masks are recommended outdoors by all persons, regardless of vaccination status
- Unvaccinated individuals shall social distance to the greatest extent possible
- Personal athletic equipment shall not be shared by any individuals
- Link to Guide: https://www.nmact.org/file/NMAA_COVID-19_PARTICIPATION_GUIDELINES.pdf



Heat-related injuries

Prevention!

sun screen

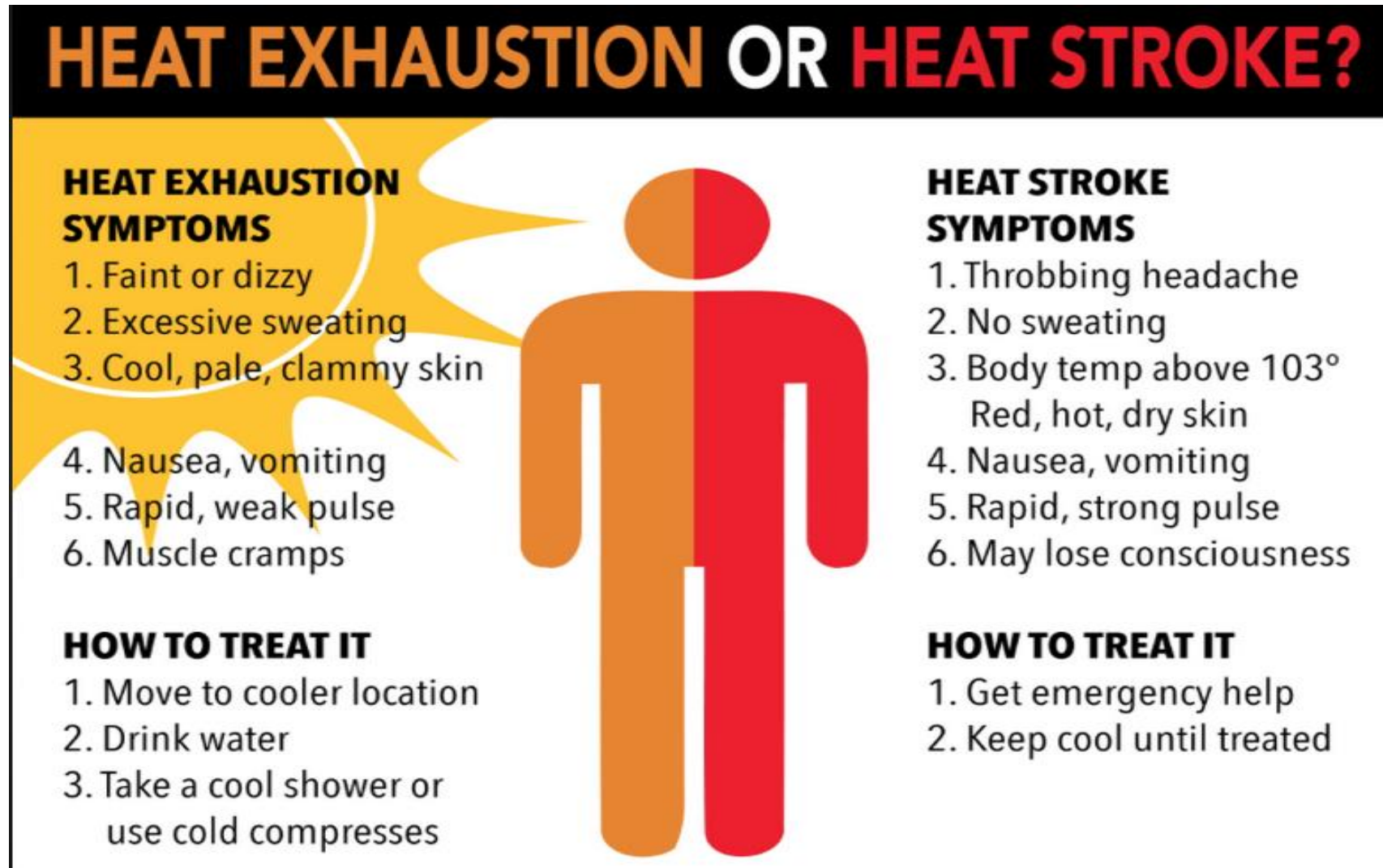
hydration

shade

hydration

hydration

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

Lightning

- Prevention is everything (significant mortality from lightning strikes)
- If lightning within 10 miles of field: clear field and seek shelter
- Little League Weather Bug is the official lightning meter of Lobo Little League



Enforce Little League Rules

- Enforce Little League rules including proper equipment.
- Most Little League rules have some basis in safety — follow them.
- Ensure players have required equipment at all times, even catchers warming up during infield.
- Make sure coaches and managers enforce rules at practices as well as games.
- Make sure all fields have all bases that disengage from their anchors, as required starting in 2008.
- Managers, coaches they are not allowed to catch pitchers (Rule 3.09); this includes standing at backstop during practice as informal catcher for batting practice.



When there is an accident, injury or other health/safety issue:

- Report it:
 - Safety officer: Jessica Medrano
 - jessmedrano1979@gmail.com
 - 505-917-3232
 - President: Ramon Trujillo
 - 505-400-4954
- Forms available in concession stand
- **Questions?**

