



CROTON LITTLE LEAGUE SAFETY MANUAL

FOR
MANAGERS
COACHES
& VOLUNTEERS

TABLE OF CONTENTS

Emergency Contacts & Numbers	3-4
Why a Safety Program?	5
Code of Conduct	6
Field Safety	7
Playing Conditions.....	8
Equipment Safety.....	10
Player Safety & Injury Prevention.....	13
What to do if Injury Occurs... ..	16
Quick and Simple First Aid... ..	17
Notes... ..	20

EMERGENCY CONTACT INFORMATION

FOR ANY EMERGENCY CALL 911

CROTON POLICE	271-5177
CROTON FIRE	271-2693
CROTON RECREATION & PARKS	271-3006
CROTON PUBLIC WORKS	271-3775
CON EDISON	1-800-752-6633
PHELPS MEMORIAL HOSPITAL	366-3000
HUDSON VALLEY HOSPITAL CENTER	737-9000
CLL SAFETY OFFICER ANDY SHAPLEY	271-9280

FIELD ADDRESSES

DOBBS PARK	Maple Street (RT 129) & Old Post Rd South
DUCK POND	Bungalow Rd & South Riverside Ave
CET UPPER	Hughes St (END)
FIREFIGHTERS MEMORIAL	Gerstein St (END)
VASSALLO	Old Post Rd South & Grand St
MANES	Alexander Lane (END)
PVC	Glen Place

CONTACT INFORMATION CROTON LITTLE LEAGUE BOARD

PRESIDENT	Andy Shapley	917-572-8913
VP MAJORS	Johnnie Walker	914-262-5538
	Joe Barillaro	646-234-6668
VP AAA MINORS	Matt McCulloch	917-362-5815
	Rich Weatherbee	646-898-9103
VP AA MINORS		
VP ROOKIES	Eric Korn	914-338-3476
VP TEE BALL	Christine Ernest Short	240-381-2357
VP SOFTBALL	Julie Burns	914-843-3458
PLAYER AGENT	Joe Barillaro	646-234-6668
SAFETY OFFICER	Matt Kosara	845-774-6887

WHY A SAFETY PROGRAM?

It has been shown statistically that since the implementation of Little Leagues Safety Program, ASAP (A Safety Awareness Program), in 1995, a 77 % reduction in injuries has been achieved.

We run background checks with the Department of Justice nationwide sex offender registry on all individuals associated with Croton Little League. Anybody refusing to fill out our confidential form or with a conviction as a sex offender is not allowed to be a volunteer.

A method to report and track injuries as well as “near misses” is implemented to evaluate the need for improvement in our safety practice.

Using ASAP’s recommendations and guidelines for a safety program, Croton Little League follows a proven formula that reduces incidents that cause injury and is updated annually.

This manual serves as a tool to place the most important safety information in Croton Little League at the manager and coach’s fingertips. The Safety Officer is available as a resource and should be contacted if an issue, injury or need for continuing education exists.

Safety is continuous. Don’t ignore problems or contribute to them. We as a community need to protect people in spite of themselves.

CODE OF CONDUCT

- NO ALCOHOL ALLOWED IN ANY COMMON AREA
- NO SMOKING WHILE IN THE COMPANY OF PLAYERS
- NO PROFANITY OR GAMBLING
- NO DISCUSSING PUBLICALLY IN A DEROGATORY MANNER ANY PLAY OR OPINION OF PLAYERS OR LITTLE LEAGUE PERSONNEL
- DO NOT SPEAK DISRESPECTFULLY TO OTHERS
- DO NOT CHALLENGE THE UMPIRES AUTHORITY
- DO NOT VERBALLY OR PHYSICALLY ATTACK OR THREATEN ANY PLAYER OR LITTLE LEAGUE PERSONNEL
- DO NOT BEHAVE UNSPORTSMAN LIKE IN OBJECTION TO A PLAY OR DECISION DURING A GAME. RESPECT THE RULES AND AS MANAGERS AND COACHES, ENFORCE THEM.

FIELD SAFETY

- CHECK TO SEE IF A FIRST AID KIT IS PRESENT AND STOCKED BEFORE EACH GAME. ANY MISSING SUPPLIES/NEEDS ARE TO BE REPORTED TO THE SAFETY OFFICER IMMEDIATELY.
- MANAGERS AND COACHES ARE RESPONSIBLE TO CHECK THE FIELD BEFORE PLAY FOR SAFETY HAZZARDS. EXAMPLES: HOLES, DITCHES, BOTTLES, ROCKS, BROKEN CHAIN LINK FENCES.
- HAVE PLAYERS AND COACHES BE AWARE OF PLAY ON THE FIELD. YOUNGER PLAYERS NEED FREQUENT REMINDERS.
- MAINTAIN CONTROL OF PRACTICE AND/OR GAME. NO HORSEPLAY.
- NO PLAYING IN PARKING LOTS.
- PLAYERS AND SPECTATORS KEEP FINGERS OUT OF CHAIN LINK FENCES.
- NO CLIMBING OVER FENCES OR IN TREES.
- NO CHILD LEFT UNATTENDED. A PARENT OR RESPONSIBLE ADULT SHOULD BE PRESENT AT ALL TIMES.
- ONLY PLAYERS, MANAGERS, COACHES AND UMPIRES ARE ALLOWED ON THE PLAYING FIELD OR DUGOUT DURING PRACTICE OR GAMES.

PLAYING CONDITIONS

- NO INNING OR HALF INNING IS TO START AFTER PUBLISHED SUNSET TIME. MANAGERS AND/OR UMPIRES HAVE THE AUTHORITY TO STOP PLAY BEFORE THIS TIME FOR ANY REASON IF THE CONTINUATION OF PLAY WOULD BE UNSAFE.
- NO PLAY ON ANY FIELD CLOSED BY CROTON RECREATION AND PARKS DEPARTMENT. STOP PLAY IF PLAYING CONDITIONS BECOME UNSAFE. USE COMMON SENSE.
- INFIELDS SHOULD BE RAKED BEFORE AND AFTER PLAY. UPON COMPLETION OF GAMES OR PRACTICES, MAKE SURE TRASH IS COLLECTED PROPERLY. NEGLIGENCE OF THE FIELDS REFLECTS POORLY ON CROTON LITTLE LEAGUE.
- NO PLAY ON ANY FIELD/COMMON AREA FROM THE FIRST SIGHT/SOUND OF LIGHTENING/THUNDER TO **30 MINUTES** AFTER THE LAST SOUND OF THUNDER.

- **LIGHTNING IS A REAL RISK ON CROTON FIELDS. REMEMBER 3 MAIN FACTORS ATTRACT LIGHTENING:**
 1. HEIGHT RELATIVE TO OTHER NEARBY OBJECT.
 2. ISOLATION.
 3. POINTINESS.

- **1 OUT OF EVERY 4 PEOPLE INJURED WERE UNDER A TREE.**

- **THE SAFEST PLACE IS IN A LARGE BUILDING. SMALL SHEDS OR DUGOUTS ARE NOT.**

- **A CAR IS A GOOD SECOND CHOICE, BUT NO CONVERTIBLES.**

- **IT IS NOT ACCEPTABLE TO WAIT ON AN OPEN FIELD FOR A STORM TO PASS.**

EQUIPMENT SAFETY

- All equipment must be inspected prior to use in each game. Any damaged or improperly fitting equipment must be taken out of use. Our equipment manager inspected your equipment prior to distribution but, expect during the season for equipment to wear out or break. Any need for replacement, contact the equipment manager or VP of your league.
- Have properly fitting equipment available to all. Improper fit will hinder performance and lead to injury.
- All team equipment must be stored behind fence or off field of play. Responsibility for this is the manager/coach or when age appropriate a player may be assigned.
- Bases are to be breakaway or not strapped down. (This rule has virtually eliminated offensive sliding injuries).
- Only soft, reduced impact balls are allowed for play and practice for Tee Ball, Rookie and AA Divisions.
- No metal spiked shoes. Only rubber cleats allowed.

- Helmets, NOCSAE approved, are required to be worn AT ALL times while on the field batting and running bases. Players coaching bases are required to wear helmets. Faceguards are encouraged but not required.
- Beginning with the 2018 season, non-wood and laminated bats used in the Little League (Majors) and below, Intermediate (50-70) Division, Junior League divisions, and Challenger division shall bear the USA Baseball logo signifying that the bat meets the USABat – USA Baseball’s Youth Bat Performance Standard. All BPF – 1.15 bats will be prohibited beginning with the 2018 season. Additionally, starting in 2018, the bat diameter shall not exceed $2\frac{5}{8}$ inches for these divisions of play. Bats meeting the Batted Ball Coefficient of Restitution (BBCOR) standard may also be used in the Intermediate (50-70) Division and Junior League divisions. Additional information is available at LittleLeague.org/batinfo.
- Catchers must wear catchers helmet, mask, throat guard, and long model chest protector and shin guards. In addition, for boys AA level and up, a protective cup with supporter for all practices and games while catching.
- No on deck batters in little league. Bats are not to be picked up until it is that player’s turn to bat. There is no swinging of the bat anywhere during a game other than in the batter’s box.

- No bats handled in dugout.
- Remind your players to be alert to what is around them before swinging a bat.
- Encourage parents who have children wearing glasses to purchase “safety glasses.”

PLAYER SAFETY AND INJURY PREVENTION

- Players are to warm up by running bases or doing calisthenics followed by muscle stretching and throwing drills.
- No bats/balls on field during warm up/stretching.
- During drills, space players apart to prevent injury from missed catches or wild throws.
- Observe children during warm up for signs of injury.
- Coaches do not play catcher to children pitching.
- Encourage players to focus on play and be aware of each pitch. Most injuries are during defensive play.
- Except when returning to a base, no head first slides.
- No throwing baseballs against dugouts, fences, or backstops.
- Young athletes of same age can differ greatly in size and physical maturity. Try to recognize less mature individuals who might try to perform at the level of their age group and therefore be more susceptible to injury.

- Players must not wear watches, rings, pins or other metallic items during play or practice.
- In hot weather make sure players stay hydrated and rest those showing signs of fatigue. Have players drink BEFORE they get thirsty. Dehydration is one of the most common causes of sudden decreased sports performance.
- When possible encourage players/parents to practice/train outside our games and practices. Remember, many injuries are prevented by being in proper physical condition. Poor conditioning is the most common reason for joint injuries.
- As a manager, you are to carry your players medical release forms during practice games. Be aware of major medical issues and consult the Safety Officer if you have any questions on how those medical conditions could affect the player.
- Teaching of curveballs and sliders should be reserved to only those who have excellent mechanics. Fastball and change ups are first and are as far as most players in our age groups should go. Throwing curveballs with bad mechanics may lead to permanent injury as well as taking away from time needed to master the fastball.

- There are regulations regarding the amount a player may pitch. The manager must remove the pitcher when they reach the limit for his/her age group. The pitcher may remain in the game at another position.

13-16 95 pitches per day

11-12 85 pitches per day

9-10 75 pitches per day

7-8 50 pitches per day

In addition, there are rest requirements following pitching outings:

61 or more pitches in a day, 3 calendar days rest

41-60 pitches in a day, 2 calendar days rest

21-40 pitches in a day, 1 calendar day of rest

less than 20 pitches in a day requires no rest

- After hard throwing, apply ice for 15min and hour for 3-4 hours to reduce inflammation and long term damage.
- The managers involved must designate someone to keep pitch count during play.
- It is the manager who is ultimately responsible for knowing when to remove a player.

WHAT TO DO IF AN INJURY OCCURS.

- Any situation that you are uncomfortable with or unable to control, call 911. Have people ready to direct EMS to the injured person when they arrive.
- Assess the injury to determine if it is mild or severe in nature. Act appropriately. Don't go beyond your limits.
- Any incident that causes any player, manager, coach, umpire or volunteer to receive medical treatment and/or first aid **must** be reported to the safety officer. An injury report must be filed within 24 hours (forms and instructions are with this manual). Any “near misses” must also be reported to the safety officer so trends can be tracked and safety evaluated.
- After an injury younger children prefer the company of their parents while older children might want their manager/coach.
- While you are attending to the injured player, make sure another coach/manager is monitoring all other players on field. Stop all play. Bats and balls down.
- Do not move the injured who have had trauma involving the head, chest or neck.
- Do not administer medication to children.
- Report the injury to the Safety Officer.

QUICK & SIMPLE FIRST AID

KNOW WHERE YOUR FIRST AID KIT IS!

NOTIFY PARENT OR GUARDIAN OF ****ANY**** INJURY
NO MATTER HOW SMALL!

SCRAPES/ABRASIONS:

Wash out or clean with provided antiseptic wipes all dirt debris.
Dress with available bandage. Provide antibiotic ointment.

CUTS/OPEN WOUNDS:

Any skin break that:

- Doesn't stop bleeding after 10 minutes
- Is deep and greater than ½ inch long
- Is on a cosmetic area (face)
- Bleeds with a pulsing action

Should be cleaned, bandaged and pressure applied to control bleeding. Encourage medical attention within 3 hours.

BRUISES:

Ice pack to the affected area with light pressure- 20 minutes on, 20 minutes off.

JOINT INJURIES:

Ice pack to affected area, 20 minutes on, 20 minutes off, with an Ace bandage to prevent further swelling. Elevate injured part.

Any:

- Massive bruise
- Deformity (compare to unaffected side)
- Inability to bear weight on joint

Joint should be splinted; ice applied and seek medical attention.

“JAMMED” FINGERS:

Any finger that the player is unable to straighten out and has tenderness at the joints (bends of finger) needs medical attention. Do not attempt to “fix” this injured finger.

BEE STINGS:

Refer to medical release forms or parents for medical history. Any child with multiple allergies or asthma is prone to an allergic reaction.

- Seek medical attention for first timers or the allergic.
- Move child from the stinging area (more bees will come)
- Scrape stinger out (if present)
- Ice pack to area and insect sting ointment.

Any breathing problem, redness/swelling/hives to upper body/face/neck seek immediate medical attention.

HEAD INJURY:

Take child out of game/practice and rest. Seek immediate medical attention if:

- loss of consciousness for any time
- nausea, vomiting, or dizziness
- loss of memory of the event
- repetitive speech
- mechanism or injury is severe if hit by bat

TOOTH LOSS:

- If tooth is an adult tooth, clean tooth gently with water and put into Save a Tooth container located in first aid kit.
- Pack tooth socket with gauze to control bleeding.
- Seek immediate medical attention from dentist for reinsertion.

Best-case scenario would be to clean tooth, reinsert into socket and then see dentist. Most children are uncooperative with this after trauma and will often swallow tooth.

BABY TEETH DO NOT GET REINSERTED

EYE INJURIES:

- Dirt/speck in eye:
attempt to wash with clean water or with clean hand pull upper eyelid gently over lower to create tears.
- Blunt trauma:
With intact globe, cover with provided eye patch, apply ice pack as tolerated, follow head injury precautions

HEAT EXHAUSTION:

- Remove from heat, cool body.
- Ice packs to cramping muscles.
- Water or juice, no caffeinated drinks.

Seek medical attention if:

- loss of consciousness
- drowsiness
- skin is hot, red and dry
- headache, nausea, vomiting

CHILDREN DON'T DISSIPATE HEAT AS QUICKLY AS ADULTS DO!

OVERUSE INJURIES:

Players who exhibit pain that

- * does not improve/resolve with rest
- does not have definitive cause of injury
- returns periodically in same nature
- occurs in the elbow or shoulder and are regularly pitching

Have a more serious problem that involves physical hurt and playing mechanics. 1 out of 4 injuries are from overuse. Make parents aware and encourage medical attention.

PLEASE INFORM SAFETY OFFICER OF USED OR MISSING SUPPLIES FROM FIRST AID KITS SO THAT THEY MAY BE REPLACED IMMEDIATELY

NOTES:

CROTON LITTLE LEAGUE:

- Does not have concession stands at the fields
- Has completed an Annual Facility Survey.
- Enforces League rules with zero tolerance.
- Provides fundamentals and safety instruction/training according to little league standards. A minimum of one representative from each team will attend and coaches/managers were reminded that it is required that they attend once every three years. This manual was distributed there and is further available through the Safety Officer.

