

LEMONT LITTLE LEAGUE **2008 SAFETY PLAN**

Purpose

The purpose of the Lemont Little League Safety Plan is to provide every child of Little League age the opportunity to play baseball in the safest possible conditions. Although there are inherent risks of injury in the games, we will strive to minimize those risks by incorporating and renewing this Safety Plan every season.

Dedication

This Safety Plan is dedicated to the memory of Tommy Steck, a Lemont Little Leaguer who died during the course of a Little League game in 1974. We hope that by this dedication and the grace of God such a tragedy will never happen again.

SAFETY OFFICER

The Lemont Little League Safety Officer is the direct link between the Board of Directors and the managers, coaches, umpires, players, and any other third parties regarding safety matters. The main responsibility of the LLL Safety Officer is to develop, implement, and communicate the League's safety program to all involved. The Lemont Little League Safety Officer for 2009 is Tim Filippini.

The LLL Safety Officer's responsibilities shall include but are not limited to:

Post and distribute any relevant Little League ASAP (A Safety Awareness Program) newsletters to team managers.

Assist parents and individuals with insurance claims and will act as the liaison between the insurance company and the parents/player.

Maintain statistical log of where accidents and injuries occur, to whom, in which division, at what times and under what supervision.

Distribute a copy of the Safety Manual to all managers at the beginning of each season.

Inspect playing fields for potential safety hazards and notify appropriate persons for necessary corrective action.

Make First- Aid training available to managers and coaches prior to the start of the season

Review and update the safety plan annually.

Assure that first aid kits are included with equipment distribution for each team and are present at games/practice.

Assure that all volunteers have completed the background statements and are verified as needed with the Lemont Police Department.

Act immediately to resolve unsafe or hazardous conditions.

Complete the annual Little League Facility Survey and lighting audit prior to the start of the season.

VOLUNTEER APPLICATIONS AND BACKGROUND CHECKS

Background checks will be required for all volunteers, including, but not limited to board members, managers, coaches, team parents, and anyone else who has direct contact with children. The purpose of the background check is to ensure that children are protected from anyone who has committed a sexual offense against a minor. LLL will use national databases, including ChoicePoint to conduct criminal background checks as well.

Prior to the start of the season, anyone who desires to volunteer will be required to complete an application form and submit a photocopy of their driver's license or other government identification to verify their identity.

MANAGER AND COACH TRAINING

Prior to the start of every season, Lemont Little League will offer training for managers and coaches for the purpose of teaching the fundamentals of hitting, sliding, fielding, pitching, etc. At least one representative from each team will be required to attend the training. Managers and coaches will be encouraged to attend the Manager's Clinic.

FIRST AID TRAINING

A manager or coach from each team will also be required to attend first aid training prior to the start of the season. Training qualifies the volunteer for a period of three years; however, a representative from each team must still attend every year.

FACILITIES AND EQUIPMENT:

Prior to the start of the season, LLL Equipment Manager, John Tisza, will inspect all equipment for safety defects before it is distributed to the managers. Defective equipment shall be discarded.

GENERAL SAFETY AND RESPONSIBILITY

Safety is the responsibility of all managers, coaches, and parents.

Each manager, coach, team parent and player shall use proper reasoning and care to prevent injury to him/herself and to others.

Arrangements should be made in advance of all games and practices for emergency medical services.

Only league-approved managers and/or coaches are allowed to practice teams.

No games or practices are to be held when weather or field conditions are poor, particularly when lighting is inadequate.

Managers and umpires shall inspect playing area before games and practices for holes, damage, stones, glass and other foreign objects and repair or remove any obstacles.

Team equipment will be stored within the team dugout or behind screens, and not within the area defined as in play.

Only players, managers, coaches, umpires and team parent are allowed on the playing field or in the dugout during games.

Managers and coaches are responsible for keeping bats and loose equipment off the field of play. It is recommended the manager designate a different player this responsibility each game

Foul balls batted out of the playing area shall be returned to the nearest dugout.

During practice and games, all players should be alert and watching the batter on each pitch.

During warm-up drills, players should be spaced so as to not endanger them of wild throws or missed catches.

All pre-game warm ups should be performed within the confines of the playing field.

The condition of equipment shall be inspected regularly by the manager and coaches.

Batters must wear Little League approved protective helmets during batting practice and games while batting and when on base. Chinstraps are recommended, with an exception for Major divisions or above.

Headfirst slides are not permitted except when a runner is returning to a base.

During sliding practice, bases shall not be strapped down or anchored.

At no time will horseplay be permitted in the dugout or on the field.

Managers will only use official Little League balls supplied by L.L.L.

All male players will wear athletic supporters or cups during practice and games.

Male catchers must wear metal, fiber or plastic type cup and a long-model chest protector.

Female catchers must wear long or short model chest protector.

All catchers must wear a facemask, throat guard, shin guards and chest protector when catching.

Managers and coaches may not warm up pitchers.

A catcher must wear their mask while warming up pitchers.

Shoes with metal spikes or cleats are permitted in the boy's juniors and seniors only, shoes with molded cleats only are permissible in all other divisions.

Players will not wear watches, rings, pins or other metallic items during practice or games.

Managers will never leave a child unattended at a practice or game.

Never hesitate to report any present or potential safety hazard to the LLL Safety Officer.

Always insure a cellular phone is available when a game or practice is held at a facility that does not have a public phone.

No drugs or alcohol will be allowed on the playing fields or their premises at any time.

No medication will be taken at a practice or game unless administered directly by the child's parents.

No smoking is allowed on baseball fields or dugouts.

No one is allowed to play baseball with open wounds. Wounds should be treated and properly bandaged.

Be aware of any medical problems or allergies pertaining to your players; determine from with the parent on how to detect or deal with any condition

At least two adults must be present at any game or practice

Park District policy dictates that dogs are permitted only on the walking paths and must be on leashes. Dogs are not permitted anywhere else. Managers and coaches shall communicate this to parents and families and are expected help to enforce this policy during practices and games.

GAME PREPERATION

Conduct stretching prior to practice and games. The purpose of stretching is to increase flexibility within the various muscle groups and prevent tearing from overexertion. Stretching should never be done forcefully, but rather in a gradual manner to encourage looseness and flexibility. Lemont Little League strongly supports stretching before every practice and game. (See Conditioning Illustration page)

Make sure that players are healthy, rested and alert.

Insure that players returning from injury have a medical release signed by their doctor.

Insure players are wearing the entire proper uniform.

Insure that all equipment is in good, safe working order.

Check Shed #4 At Centennial Park, and the equipment sheds at the Bowl and Bambrick Park to ensure extra first-aid kits and a copy of the Safety Plan are available.

Do a physical inspection of the playing field, correcting any hazardous conditions (i.e., fill divots, remove debris) immediately. Report any other repairs that are necessary to Safety Officer as soon as possible.

Determine with the opposing manager that the playing field is fit to play on. In the event that it is not playable, contact the President or board member on field duty.

Have the players do a light jog around the field before throwing warm-ups that should follow this order...

Light tosses short distance
Light tosses medium distance
Light tosses long distance
Medium tosses medium distance
Regular tosses medium distance
Field ground balls
Field pop flies

No soft toss batting drills where balls are batted into fence.

DURING THE GAME

Players shall not be alone in the dugout. A coach or parent shall be assigned to the dugout at all times. Utilize a player as a base coach if necessary.

Assure no equipment is left lying in the field, either in fair or foul territory.

Keep players alert.

Maintain discipline and be organized at all times

Keep players sitting on the team's bench in the dugout unless they are preparing to enter the game.

Make sure catchers are wearing proper equipment.

Observe the "no on-deck "rule for batters and keep players behind the screens at all times. Exception is in the Boys Junior and Senior Divisions.

Do not allow players to climb on fences.

Get players to drink fluids often to prevent dehydration.

Do not play children who are ill or injured.

Tend to children that become injured in a game or practice.

POST GAME

Do not leave the field until every team member has been either picked up by a known family member or has left with a pre-designated driver.

Notify parents if their child has been injured, no matter how small or insignificant the injury may seem. NO EXCEPTIONS.

Any safety problems shall be reported to the League Safety Officer or League President.

Any injury that was treated must be reported to the League Safety Officer or League President within 24 hours of the incident.

Returning the field to its pre-game condition.

ACCIDENT REPORTING PROCEDURE

An incident that causes any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid must be reported to the League Safety Officer or the League President in the event the Safety Officer is not available. Such incidents will be reported within 24 hours of the incident.

The safety officer for Lemont Little League is Tim Filippini. He can be reached at (630) 972-0735.

The president of Lemont Little League is Mark Menconi. He can be reached at (630) 243-0546.

The phone number for LLL is: 708-802-1759

Please be prepared to provide the following information:

- the name, address and phone number of the individual(s) involved
- the name and phone number of the reporting manager/coach
- the date, time and location of the incident
- a detailed description of the incident
- the preliminary estimation of the extent of the injuries

He or she will verify the information, obtain any other information deemed necessary, and check on the status of the injured party. The Safety Officer will complete the accident/insurance forms for submission.

WEATHER

The Lemont Park District shall be responsible for determining when games are cancelled.

Call 708-802-1759 to receive information about game cancellations. The only exception is the Bowl. The managers and umpire assigned will determine if the field is playable.

Managers/coaches should listen to current weather forecasts the day of any game and be alert to changing weather conditions.

If inclement weather is forecasted, it is recommended that prior to starting the game an adult be appointed to monitor the weather conditions as they appear on the horizon.

RAIN

If it begins to rain:

Evaluate the strength of the rain. Is it a light drizzle or is it pouring?

Determine the direction the storm is moving.

Periodically evaluate the condition of playing field.

Stop play if conditions become unsafe. Managers are to consult with the umpire, of which the umpire makes the final decision.

If the umpire and managers decide to postpone, wait 20 minutes from this point before making a decision to cancel the game.

LIGHTNING

When lightning is observed or thunder is audible, all outdoor activities will be suspended for 20 minutes.

All players, coaches and managers will return to their vehicles for this period of time.

If a severe thunderstorm warning is issued, all field activities will cease and everyone directed to return home.

The same holds true if the Outdoor Warning System is activated. Assure all players are with adults and off the fields. If caught out side at this time, seek shelter in the Centennial Community Center, a car, or a low-lying area.

If at anytime a Park District employee informs you of an approaching storm, dismiss all players, coaches and managers to their vehicles for a minimum of 20 minutes, afterwhich managers and umpires may re-evaluate conditions.

Stay away from metal including fencing and bleachers and do not hold metal bats.

HYDRATION

Good nutrition is important for children. Sometimes the most important need is water, especially when they're physically active. During the season encourage players to drink fluids every 15 to 30 minutes. If a player looks distressed while standing in the hot sun, substitute that player and get them into the shade as soon as possible.

CHILD ABUSE/NEGLECT

In the event you suspect that one of your players is a victim of abuse/neglect; you should immediately contact the League President or Safety Officer for possible follow up with local law enforcement.

Lemont Little League volunteers shall not investigate suspected abuse/neglect cases independently.

HEALTH AND MEDICAL

Inspect your first aid kit and what it contains before it becomes necessary to use it. Additional kits can be obtained from the Safety Officer. First Aid is the first care given to a victim. Know your limits when rendering care.

GOOD SAMARITAN LAW

The "Good Samaritan Law" gives protection to people who provide emergency care to ill or injured persons. This legal immunity protects you, as a rescuer, from any litigation and being held responsible for the victim's injury. When citizens respond to an emergency and act as a reasonable and prudent person would under the same conditions, this immunity will prevail.

CHECKING A VICTIM, WHERE DO I START?

If the victim is conscious, ask them what happened. The victim may be able to tell you what happened and how he or she feels. This information helps determine what care may be needed. Never be in a hurry to move any victim, the ground is firm and works like a splint. Then do the following:

If the victim is unconscious, obtain what happened from them bystanders.

Check the victim from head to toe so you don't overlook any problems.

Do not ask the victim to move or move the victim yourself until the check is completed.

Examine the scalp, face, ears nose and mouth.

Examine the arms and legs for cuts, bruises, bumps or depressions.

Watch for changes in consciousness.

Notice if the victim is drowsy, not alert or confused.

Look for changes in the victim's breathing. It should be regular, quiet and easy.

Notice how the skin looks and feels. Note if the skin is reddish, bluish, pale or gray.

Feel with the back of your hand on the forehead to see if the skin feels unusually damp, dry, cool or hot.

Ask the victim again about the area that hurts.

Ask the victim to move each part of the body that doesn't hurt.

Check the shoulders by asking the victim to shrug them.

Ask the victim if they can move fingers, hands and arms.

Think of how the body usually looks. If you are not sure if something is out of shape, check it against the other side of the body.

When you have finished checking, if the victim can move their body without any pain and if there are no other signs of injury, assist them in sitting up.

When the victim is ready, assist them to their feet.

CONCESSION STAND

The concession stand at the Lemont Little League fields is owned and operated by the Lemont Park District. They are required to have a Cook County Health permit before they are allowed to open and operate the stand. Park District employees run the stand. Lemont Little League does not operate the concession stand or have any control over it. We have made the recommendation to prohibit the sale of concession items in glass bottles and glass containers are discouraged in or around all playing fields during Little League functions.

Submitted by: Tim Filippini, Safety Officer
Lemont Little League
League I.D.# 113-11-11

CODE OF CONDUCT

Code of conduct is distributed to all parents at time of registration and discussed again before the season begins at the manger/coach training. Managers/Coaches are instructed to remind parents and players of the Code of Conduct at their team meetings.

THIS SAFETY PLAN IS AVAILABLE ON THE WEBSITE

“www.lemontlittleleague.com”

Board of Directors

A list of the Lemont Little League Board of Directors can be found on the Lemont Little League website at www.lemontlittleleague.com