

# Marion Walker Little League Safety Manual

## **2011 Marion Walker Little League Emergency Contacts**

President	Chris Lauck	(814) 383-4991
Safety Officer	Tom Przybys	(814) 383-4849
Umpire Chief	Bill Walk (BBALL)	(814) 308-2642
	Darion Pletcher (SBALL)	(814) 383-2228

**IN THE EVENT OF A MEDICAL EMERGENCY,  
PLEASE DO NOT HESITATE TO**

**CALL 911!**

**IT IS ALWAYS BETTER TO BE SAFE THAN SORRY!!!!**

**IN THE EVENT OF AN EMERGENCY, YOU ARE LOCATED AT**

**816 NITTANY VALLEY DRIVE  
BELLEFONTE, PENNSYLVANIA**

**REMEMBER TO STAY ON THE LINE AND STAY CALM!!!!**

## **FROM THE SAFETY OFFICER**

I hope for a safe and enjoyable softball and baseball season for the players, coaches and parents. The Marion Walker Little League has made a commitment to the safety of the League in general. Through the purchasing of proper equipment for our players and the appointing of quality individuals as coaches, we can be assured that our players are well taken care of.

Bumps and bruises are a given in any sport. All involved need to work together to prevent injuries. We can prevent injuries by teaching proper techniques and keeping our fields well cared for.

Remember that *safety is everyone's responsibility*. Report all hazardous conditions to a League Officer immediately. Do not play on a field that is unsafe or with improper equipment. Be sure your players are fully equipped at all times, especially catchers and batters. Check your equipment before each use.

Remember: play fair, play hard and, most of all play safe!

Thank you,

Thomas M. Przybys  
Marion Walker Safety Officer

# ACCIDENT REPORTING PROCEDURES

## WHAT TO REPORT

Any accident that requires a player, coach, umpire or volunteer to receive first aid or medical treatment. All incidents must be reported to the safety officer with 24 to 48 hours of the incident. An incident tracking report must be filled out **with** the safety officer, which will be sent to Little League Headquarters in Williamsport.

Upon notification of an accident the Safety Officers shall:

- ✓ Contact the injured person's guardians, if relevant
- ✓ Verify the report information
- ✓ Advise the guardian of the Marion Walker League's coverage in the event of an emergency room or doctor's visit.

## HEALTH AND SAFETY TIPS

- ↳ **Look** for signs of blood, bruising, deformity or swelling.
- ↳ **Listen** for the injured to describe what has happened and what hurts.
- ↳ **Feel** the injured area *gently and carefully* for signs of swelling or deformities.
- ↳ Keep the person **calm**.
- ↳ **Don't move** a person with a possible back or neck injury.
- ↳ Don't hesitate to **call 911** for help.
- ↳ Have each of your player's medical clearance forms at all games and practices.

## DON'T

- ↳ Don't administer any medications.
- ↳ Don't hesitate in giving first aid when needed, but know your limitations.
- ↳ Don't be afraid to ask for help if you are not sure of proper procedures.
- ↳ Don't leave an injured player unattended at a game or practice.
- ↳ Don't forget to report injuries to the Safety Officer immediately.

# WEATHER

## RAIN

If it begins to rain:

- ✓ Evaluate the strength of the rain: is it a light drizzle or it is pouring?
- ✓ Determine the direction that the storm is moving.
- ✓ Evaluate the playing field as it becomes more saturated.
- ✓ Stop practice or games immediately if playing conditions become unsafe.

## LIGHTING FACTS

*When you hear it --- clear it*

*When you see it --- flee it*

Consider this: the average lightning stroke is 6 to 8 miles long. Once the leading edge of a storm approaches to within 10 miles, you are in immediate danger. On average, thunder can only be heard over a distance of 3 to 4 miles depending on humidity, terrain and other factors. This means by the time you hear thunder, you are already in a dangerous situation.

## WHERE TO GO?

No place is absolutely safe from lightning strikes, but some are safer than others. Large enclosed shelters are best.

- ↳ Our restrooms
- ↳ Equipment storage areas
- ↳ Concession stand
- ↳ Vehicle, with windows up *\*best plan\**

## WHERE NOT TO GO

- ↳ Avoid high places and open fields, isolated trees, picnic shelters, dugouts or under bleachers.

## FIRST AID TO A LIGHTING VICTIM

Typically, the lightning victim will exhibit symptoms similar to that of a heart attack. **You must call 911** and consider the following. Make no more casualties; if the victim is in a high risk area consider moving them. Lighting can and does strike the same place twice. CPR should be administered if the person has no pulse and not breathing.

## **2011 FIRST AID TRAINING FOR MARION WALKER LITTLE LEAGUE MANAGERS, COACHES AND UMPIRES**

2011 training was held at the Walker Township building on Tuesday, March 1, 2011 at 6:30 p.m.

This year Mikel Milliken, previous MWLL Safety Officer, presented a half-hour safety talk on:

1. Cuts and scrapes
2. Pulled muscles and sprains
3. Broken bones
4. Diabetic illnesses
5. Heat related illnesses
6. General Safety Information

Persons who took the training last year are on record and in good standing with the League for three (3) years.

Remember that **one person from each team must attend.**

## **Marion Walker Little League Safety Code**

1. Responsibility for safety procedures belong to every adult member of Marion Walker Little League.
2. Each player, manager, designated coach, umpire, and team safety officer shall use proper reasoning and care to prevent injury to themselves and to others.
3. Only League approved managers and/or coaches are allowed to practice teams.
4. Only League approved managers and/or coaches will supervise batting cages.
5. Arrangement should be made in advance of all games and practices for emergency medical services.
6. All managers and designated coaches will have mandatory training in First Aid.
7. First Aid kits are issued to each team manager during the pre-season.
8. No games or practices will be held when weather or field conditions are poor, particularly when lightening is not adequate.
9. Play area will be inspected before all games and practices for holes, damage, stones, glass and other foreign objects.
10. Team equipment should be stored within the team dugout or behind screens, and not within the area defined by the umpires as “in play”.
11. Only players, managers, coaches and umpires are permitted on the playing field or in the dugout during games and practice sessions.
12. Responsibility of keeping bats and loose equipment off the field of play should be that of a player assigned for this purpose or the team’s manager and designated coaches.
13. During practice and games, all players should be alert and watching the batter on each pitch.
14. During warm-up drills, players should be spaced so that no one is endangered by wild throws or missed catches.
15. Equipment should be inspected regularly for the condition of the equipment as well as for proper fit.
16. Batters must wear Little League approved protective helmets that bear the NOCSAE seal during batting practice and games.

17. Except when a runner is returning to a base, head first slides are not permitted.
18. At no time should “horse plan” be permitted on the playing field.
19. Parents of players who wear glasses should be encouraged to provide “safety glasses” for their children.
20. On-deck batters are not permitted.
21. Male catches must wear the metal, fiber or plastic type cup and a long model chest protector.
22. Female catches must wear long or short model chest protectors
23. All catchers must wear chest protectors with neck collar, throat guard, shin guards and catcher’s helmet, all of which must meet Little League specifications and standards.
24. All catchers must wear a mask with “dangling” type throat protector and a catcher’s helmet during practice, pitcher warm-up and games. Note: Skullcaps are **NOT** permitted.
25. Shoes with metal spikes or cleats are **NOT** permitted. Shoes with molded cleats are permissible.
26. Players will not wear watches, rings, pins, jewelry or other metallic items during practices or games. (Exception: Jewelry that alerts medical personnel to a specific condition is permissible and must be taped in place.)
27. Catchers must wear a catcher’s mitt (not a first baseman’s mitt or a fielder’s glove) of any shape, size or weight consistent with protecting the hand.
28. Catchers may not catch, whether warming up a pitcher, in practices or games, without wearing full catchers gear and an athletic cup as described above.
29. Managers will never leave an unattended child at a practice or game.
30. NO children under the age of 15 are permitted in the concessions stands.
31. All present or potential safety hazards should be reported to the Marion Walker Little League Safety Officer immediately.
32. Arrangements should be made to have a cellular phone available when a game or practice is at a facility that does not have public telephones.
33. Speed limit is 5 miles per hour in roadways and parking lots.

34. No alcohol or drugs are allowed on the premises at any time.
35. NO MEDICATION will be taken at the facility unless administered directly by the child's parents. This includes aspirin and Tylenol.
36. No playing in the parking lots at any time.
37. No swinging bats or throwing baseballs or softballs at any time within the walkways and common areas of the complex.
38. No throwing rocks.
39. No climbing fences.
40. No swinging on dugout roofs.
41. No pets are permitted on the premises at any time. This includes dogs, cats, horses, etc.
42. Observe all posted signs.
43. Players and spectators should be alert at all times.
44. After players have entered or left the playing field, all gates to the field must remain closed at all times.
45. Coaches and Managers are not permitted to catch or warm up pitchers per Little League Rule 3.09.
46. The Safety Officer has the authority to postpone a game due to weather or unsafe conditions.

# **KEEP IT CLEAN!!!!**

## Tips for Safe Food Handling

1. Wash your hands with soap and water as hot as you can stand it for at least 30 seconds before serving food.
2. Change utensils, gloves and dishes when changing functions. Especially from handling or preparing raw or fresh foods to serving fresh or cooked foods.
3. Sanitize the food preparation area.
4. Avoid Cross-Contamination:
  - ✓ Have one person service.
  - ✓ Keep unused foods, condiments, sauces and drinks separate from leftover foods.
  - ✓ Do not service or store foods in unsanitary containers.
  - ✓ Keep long hair under control. Tie your hair back if you have long hair.
  - ✓ Do not have sick volunteers serving or preparing food. Send them home.
5. Maintain safe temperatures for potentially hazardous foods or don't serve them.
  - ✓ Keep hot foods hot (140F or above). Use warming plates or trays.
  - ✓ Keep cold foods cold (41F or below). Use ice chests or other cooling devices to keep food cold.
6. Never leave hot food out over two hours, cold food over 4 hours.
7. Throw away potentially hazardous food, including those that are out of safe temperature ranges longer than two hours.
8. Leftovers? When in doubt toss it out. Refrigerate or freeze leftovers promptly in small containers.
9. Immediately after the event, seal all food garbage in plastic garbage bags and dispose of the bags in a dumpster.

# MARION-WALKER LITTLE LEAGUE

## Code of Conduct – For all Participants and Members

1. Respect the confidentiality of discussion with others.
2. Do not use foul, abusive or profane language.
3. Do keep the field clean by picking up after yourself.
4. Do not argue with the umpire, coaches, players or spectators. The umpires, coaches and players are doing their best to have fun.
5. You have responsibility for any guest you bring to the fields. They must follow the rules of the League.
6. Keep off Township property (stones and sand piles, equipment, etc).
7. Encourage and support all players. Harassment is not permitted on or off the field.
8. Be on time and honor all obligations (practices, games, working the concession stand, etc).
9. No tobacco used on the playing field or in the dugout.
10. No unnecessary roughness or fighting.
11. Be courteous.
12. Conduct yourself with good sportsmanship at all times.
13. All persons should be active participants and are expected to serve in some capacity.
14. All persons are expected to see that these rules are followed. It is not just the responsibility of the Board or the umpires.
15. Act in a safe and sensible manner while at or on the field.
16. Obey all League and Township rules and regulations (including the prohibition of alcoholic beverages and pets).
17. Once the game begins and until the game ends, the umpire is in charge. (Umpires must know the rules of the League, which include the rules of Little League Baseball and Little League Softball.)
18. If you don't agree with this code, please discuss it with your Team Representative on the Board or come to a League Meeting.

The Board of Directors will resolve any questions or disagreements regarding the Code of Conduct.

**Remember: These are our children playing a children's game. We want this to be a pleasurable experience for everyone.**