



SAFETY PLAN

2019

Lansing Little League

Submitted by:

Ray Nommensen
President

Oscar Rincon
League Safety Officer

Ray Krueger
League Information Officer



MISSION STATEMENT:

The objective of the League shall be to implant firmly in the children of the community the ideals of good sportsmanship, skills of baseball, honesty, loyalty, courage and respect for authority, so that they may be well adjusted, stronger and happier children and will grow to be good, decent, healthy and trustworthy citizens.

SAFETY FIRST! BE ALERT!

- CHECK PLAYING FIELD FOR HAZARDS
- PLAYERS MUST WEAR PROPER EQUIPMENT
- ENSURE EQUIPMENT IS IN GOOD SHAPE
- MAINTAIN CONTROL OF THE SITUATION
- MAINTAIN DISCIPLINE
- BE ORGANIZED
- KNOW PLAYERS' LIMITS AND DON'T EXCEED THEM

MAKE IT FUN



TABLE OF CONTENTS

Introduction Letter.....	1
Contact Information.....	2
Code of Contact.....	3
Responsibilities.....	4-5
Umpires.....	6
Managers & Coaches.....	7-11
Team Safety Officer (TSO).....	12-13
Accident Reports.....	14-17
Safety Code.....	18-21
Conditioning &Stretching.....	22
Equipment.....	23
Weather/Machinery.....	24,25
Health & Medical.....	26-30
FAQ.....	32-33
Other Topics.....	34
Safety Overview.....	36



Dear Managers, Coaches, & Parents,

Welcome to another exciting year of Lansing Little League Baseball.

It is with pleasure that we present you with this comprehensive booklet covering our safety plan.

In an effort to help our managers and coaches comply with our safety standards, the Board of Directors has put forth a mandate of safety rules to be followed as outlined in this manual. Each team will also appoint a Team Safety Officer (TSO) who will assist the manager and the designated coaches of that team to insure that the safety guidelines are met whether at practice or during a game.

The commitment to this Safety Manual is proof that we at LLL are dedicated to our cause. Please read it carefully, from cover to cover, as it will familiarize you with safety fundamentals. Then use the manual as a powerful reference guide throughout the season.

If you are a manager, coach or team mom you will have attended one of our mandatory meetings in which Lansing Little Leagues Safety Policies were discussed.

In closing, remember that safety rests with all of us, the volunteers of Lansing Little League. Always use common sense, never doubt what children tell you, and report all accidents or safety infractions when they occur. Now, play ball and play it safe!

Very truly yours,

Lansing Little League Board of Directors

LANSING LITTLE LEAGUE

BOARD OF DIRECTORS

Name	Title	Phone No.	
Ray Nommensen	President	708-895-3682	
Brian Modjeski	Vice President	708-418-0908	
Frank Kiefor	Secretary/ Treasurer	708-474-0359	
RJ Ryan Sr.	Umpire in Chief	708-895-0985	
Jim Riffice	Majors Director	708-516-4569	
Daniel Gianoli	Equipment Manager	708-774-2262	
Brian Engler	Pee Wee Director	708-752-6956	
Ray Krueger	League Information Officer	708-639-0905	
Oscar Rincon	Safety Officer	773-842-9369	
Matt Nommensen	Bantams Director	708-380-1122	
Dave Neibert	Majors Player Agent	708-251-5327	
Dave Soderstom	Coaching Coordinator	708-514-1495	
Chris Marnell	Minors Player Agent	708-370-1242	
Steve Toosevich	Tournament Director	708-925-2248	
Star Sannito	Public Relations Director	708-502-0217	
A.J. Goranowski	Minors Director	708-698-6162	

EMERGENCY INFORMATION

Name	Address	City	Phone
LANSING COMPLEX	165 th & Chicago Ave.	Lansing	
LIONS STADIUM	183 rd & Oakley Ave.	Lansing	
LAN OAK PARK	180 th & Arcadia	Lansing	708-474-8552
EMERGENCY	911		
LANSING POLICE DEPT	170 th & Chicago Ave.	Lansing	708-895-7150
LANSING FIRE DEPT		Lansing	708-895-7400
STATE POLICE			847-294-4400
ILL POISON CENTER			800-942-5969
INGALLS HOSPITAL	One Ingalls Drive	Harvey	708-333-2300
ST. JAMES HOSPITAL	1423 Chicago Rd.	Chicago Heights	708-756-1000
INGALLS CARE CENTER	170 th Torrence Ave.	Lansing	

CODE OF CONDUCT

Lansing Little League has mandated the following Code of Conduct.

Coaches' Code of Conduct

- Set a positive professional example for our youth.
- Never demean a player, coach, parent, or umpire: Remember the kids are watching.
- Never question a call by the umpire during the game: Remember the kids are watching.
- Emphasize skill development, fair play, and having fun. Want to win, but do not over emphasize it or sacrifice the League's values or goals to do so.

Remember: Follow Lansing Little League Rules and make baseball fun for all.

Parents Code of Conduct

- Be considerate of all Board Members, Managers, Coaches, Players, and Umpires. They are giving of their own personal time to provide your child an opportunity to play.
- De-emphasize winning/losing - stress learning, fun, & good sportsmanship.
- Cheering will take the form of encouragement. No coaching or negative words aimed at any player, coach, manager, or umpire permitted.
- We are guests of the Lan Oak Park District. Park only in designated spots, supervise your children, and clean your field after each game or practice.
- Show support for your child, your team, and your league.
- Volunteer to help! Without volunteers there is no Little League!
- No smoking, no alcohol, and no pets.

Players' Code of Conduct

- Show respect to all coaches, parents, players, and umpires.
- Play fair at all times have **FUN** and **LEARN!**

RESPONSIBILITIES

The President:

The President of LLL is responsible for ensuring that the policies and regulations of the LLL Safety Officer are carried out by the entire membership to the best of his abilities.

LLL Board Members:

The LLL Board Members will adhere to and carry out the policies as set forth in this safety manual.

LLL Information Officer:

The LLL Communication manager is responsible for maintaining LLL's web site at www.lansingyouthbaseball.com and providing regular safety information updates.

Facilities Manager:

The LLL Facility's manager is responsible to ensure the fields and structures used by LLL meet the safety requirements as set forth in this manual.

Concession Stand Manager:

The GHLL Concession Stand Manager is responsible to ensure the Concession Stand Volunteers are trained in the safety procedures as set forth in this manual.

Equipment Manager:

The LLL Equipment Manager is responsible to get damaged equipment repaired or replaced as reported. This replacement will happen in a timely manner. The Equipment Manager will also exchange equipment if it doesn't fit properly.

LLL Safety Officer

The main responsibility of the LLL Safety Officer is to develop and implement the League's safety program.

The LLL Safety Officer is the link between the Board of Directors of Lansing Little League and its managers, coaches, umpires, team safety officers, players, spectators, and any other third parties on the complex in regards to safety matters, rules and regulations.

LLL Safety Officer's responsibilities include:

- Coordinating the individual Team Safety Officers (TSO) in order to provide the safest environment possible for all.
- Assisting parents and individuals with insurance claims and will act as the liaison between the insurance company and the parents and individuals.
- Explaining insurance benefits to claimants and assisting them with filing the correct paperwork.
- Keeping the First Aid Log. This log will list where accidents and injuries are occurring, to whom, and in which divisions, and other detail.
- Correlating and summarizing the data in the First-Aid Log to determine proper accident prevention in the future.
- Insuring that each team receives its Safety Manual and its First-Aid Kit at the beginning of the season.
- Installing First-Aid Kits in all concession stands and re-stocking the kits.
- Make Little League's "no tolerance with child abuse" clear to all. Inspecting concession stands and checking fire extinguishers.
- Checking fields with the Field Managers and listing areas needing attention.
- Scheduling a First-Aid Clinic and CPR training class for all managers, designated coaches, umpires, player agents and team safety officers during the pre-season.
- Creating and maintaining all signs on the LLL fields including No Parking signs, No Smoking signs, No Pets Allowed, cautionary signs etc.....
- Acting immediately in resolving unsafe or hazardous conditions once a situation has been brought to his/her attention.
- Making spot checks at practices and games to make sure all managers have their First-Aid Kits and Safety Manuals.

Tracking all injuries and near misses in order to identify injury trends.

UMPIRES

Pre Game: Before a game starts, the umpire shall :

1. Check equipment in dugouts of both teams, equipment that does not meet specifications must be removed from the game.
2. Make sure catchers are wearing helmets when warming up pitchers.
3. Run hands along bats to make sure there are no splinters.
4. Make sure that bats have grips.
5. Make sure there are foam inserts in helmets and that helmets meet Little League's NOCSAE specifications and bear Little League's seal of approval. Inspect helmets for cracks.
6. **Walk the field for hazards and obstructions (e.g. rocks and glass).**
7. Check players to see if they are wearing jewelry.
8. Check players to see if they are wearing metal cleats.
9. Make sure that all playing lines are marked with non-caustic lime, chalk or other white material easily distinguishable from the ground or grass.
10. Secure official Little League balls for play from both teams.
11. Use the FIELD SAFETY CHECK LIST (included in the appendix of this safety manual) to document that all of the above was carried out.

During the Game: During the game the umpire shall:

1. Govern the game as mandated by Little League rules and regulations.
2. Check baseballs for discoloration and nicks and declare a ball unfit for use if it exhibits these traits.
3. Act as the sole judge as to whether and when play shall be suspended or terminated during a game because of unsuitable weather conditions or the unfit condition of the playing field; as to whether and when play shall be resumed after such suspension; and as to whether and when a game shall be terminated after such suspension.
4. Act as the sole judge as to whether and when play shall be suspended or terminated during a game because of low visibility due to atmospheric conditions or darkness.
5. Enforce the rule that no spectators shall be allowed on the field during the game.
6. Make sure catchers are wearing the proper equipment.
7. Continue to monitor the field for safety and playability.
8. Make the calls loud and clear, signaling each call properly.
9. Make sure players and spectators keep their fingers out of the fencing.

Post Game: After a game the umpire shall:

1. Check with the managers of both teams regarding safety violations.
2. Report any unsafe situations to the LLL Safety Officer.

Managers and Coaches:

The Manager is a person appointed by the president of LLL to be responsible for the team's actions on the field, and to represent the team in communications with the umpire and the opposing team.

- (a) The Manager shall always be responsible for the team's conduct, observance of the official rules and deference to the umpires.
- (b) The Manager is also responsible for the safety of his players.
- (c) If a Manager leaves the field, that Manager shall designate a Coach as a substitute who will have the rights and responsibilities of the Manager.

Pre-Season: Managers will:

- Take possession of this Safety Manual and the First-Aid Kit .
- Appoint a volunteer parent as Team Safety Officer (TSO). The TSO must own or have access to a cell phone for emergencies if games or practices take place off the complex.
- Attend a mandatory training session on First Aid given by LLL with his/her designated coaches and TSO.
- Meet with all parents to discuss Little League philosophy and safety issues.
- Cover the basics of safe play with his/her team before starting the first practice.
- Read the LLL Code of Conduct and the LLL Safety Code.
- Teach players the fundamentals of the game while advocating safety.
- Teach players how to slide before the season starts.
- Encourage players to wear mouth protection.
- Notify parents that if a child is injured or ill, he or she can not return to practice unless they have a note from their doctor.
There are no exceptions to this rule.

Encourage players to bring water bottles to practices and games.

**Managers and Coaches:
(cont'd)**

Season Play: Managers will:

- Work closely with Team Safety Officer to make sure equipment is in first-rate working order.
- Make sure that telephone access is available at all activities including practices. It is suggested that a cellular phone always be on hand.
- Not expect more from their players than what the players are capable of.
- Teach the fundamentals of the game to players.
- Catching fly balls / Sliding correctly
- Proper fielding of ground balls / Simple pitching motion for balance
- Be open to ideas, suggestions or help.
- Enforce that prevention is the key to reducing accidents to a minimum.
- Have players wear sliding pads if they have cuts/ scrapes on their legs.
- Always have First-Aid Kit and Safety Manual on hand.
- Use common sense.

Pre-Game and Practice: Managers will:

- Make sure that players are healthy, rested and alert.
- Make sure that players returning from being injured have a medical release form signed by their doctor. Otherwise, they can't play.
- Make sure players are wearing the proper uniform and are wearing a cup.
- Make sure that the equipment is in good working order and is safe.
- Agree with the opposing manager on the fitness of the playing field. In the event that the two managers cannot agree, the President or a duly delegated representative shall make the determination.

**Managers and Coaches:
(cont'd)**

- Tell parents to bring sunscreen for themselves and their child.
- Enforce the rule that no bats and balls are permitted on the field until all players have done their proper stretching. (See Conditioning Section)
-

1. Calf muscles	5. Back
2. Hamstrings	6. Shoulders
3. Quadriceps	7. Elbow/forearm
4. Groin	8. Arm shake out
	9. Neck

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

- Light tosses short distance. /Light tosses medium distance.
- Light tosses large distance. /Medium tosses medium distance.
- Regular tosses medium distance.
- Field ground balls / Field pop flies

**** First-time Managers and Coaches are requested to read books or view video on Little League Baseball mechanics****



Managers and Coaches:
(cont'd)

During the Game: Managers will:

- Make sure that players carry all gloves and other equipment off the field and to the dugout when their team is up at bat. No equipment shall be left lying on the field, either in fair or foul territory.
- Keep players alert.
- Maintain discipline at all times.
- Be organized.
- Keep players and substitutes sitting on the team's bench or in the dugout unless participating in the game or preparing to enter the game.
- Make sure catchers are wearing the proper equipment.
- Encourage everyone to think Safety First.
- Observe the "no on-deck" rule for batters and keep players behind the screens at all times.
- No player should handle a bat in the dugouts at any time.
- Keep player's off fences.
- Get players to drink often so they do not dehydrate.
- Not play children that are ill or injured.
- Attend to children that become injured in a game.
- Not lose focus by engaging in conversation with parents and passerby's.

If a manager knowingly disregards safety, he or she will come before the LLL Board of Directors to explain his or her conduct.

**Managers and Coaches:
(cont'd)**

Post Game: Managers will:

- Do cool down exercises with the players.
 1. Light jog.
 2. Stretching as noted above.
 3. Those who throw regularly (pitchers and catchers) should ice their shoulders and elbows.
 4. Catchers should ice their knees.
- Do not leave the field until every team member has been picked up by a known family member or designated driver.
- Notify parents if their child has been injured no matter how small or insignificant the injury is. There are no exceptions to this rule. This protects the player, you, Little League Baseball, Inc. and Lansing Little League.
- Discuss any safety problems with the Team Safety Officer that occurred before, during or after the game.
- If there was an injury, make sure an accident report was filled out and given to the LLL Safety Officer.
- Return the field to its pre-game condition per LLL policy.

**** IF A MANAGER HAS NOT APPOINTED A
TEAM SAFETY OFFICER (TSO)
THEN HE OR SHE MUST ASSUME THOSE
RESPONSIBILITIES. ****



Team Safety Officer (TSO):

The TSO is:

A Role model to younger children.

A Defender of safety.

A Liaison between the team and the LLL Safety Officer.

A Hero when injuries are prevented by taking safety seriously.

Duties and Responsibilities include:

- Have parents fill out Emergency Medical Treatment Consent and Contact forms and return them to you. (photocopy sample in the appendix)
- Inspect the equipment when the Equipment Manager issues it to your team and replace any equipment that looks unsafe.
- Get to know the players on your team.
- Talk to parents, confidentially, and inquire if their child suffers from allergies, asthma, heart conditions, past injuries, ADD, ADHD, a communicable disease such as hepatitis, HIV, AIDS, etc.
- Fill out a medical history form on each child (see sample in appendix)
- Find out if a child is taking any kind of medication.
- Report your findings in a written summary and submit it to the LLL Safety Officer for his/her records.

Pre-Season

In the pre-season, the TSO must;

- Acquire this Safety Manual from the team manager and read it.
- Call the GHLL Safety Officer and introduce yourself.
- Attend the Emergency Medical Clinic with your team manager.

Season

During the season, the TSO will:

- Keep a Safety Log of all injuries that occur on his or her team.
- Report weekly as part of a Safety Committee to the LLL Safety Officer even if nothing is wrong.

- Making sure that safety is a monthly Board Meeting topic, and allowing experienced people to share ideas on improving safety.
- Inspect players' equipment for cracks and broken straps on a routine basis.
- Have a five-minute safety meeting with the team each week.
- Communicate any safety infractions to the LLL Safety Officer or any other Board Member.
- Help managers and designated coaches give First-Aid if needed.
- Act as a conduit between parents, managers, the LLL Safety Officer and the kids.
- Fill out accident reports if an injury occurs.
- Report an injury to the LLL Safety Officer within 12 hours of the occurrence.
- Track the First-Aid Kit inventory and ask the LLL Safety Officer for replacements when needed.

Pre-Game

Before the game starts the TSO will:

Make sure that this Safety Manual and the First-Aid Kit are present.

Greet the players as they arrive and make sure everyone is feeling all right.

Watch the players when they stretch and do warm up exercises for signs of stress or injury.

Check equipment for cracks and broken straps.

Walk the field, remove broken glass and other hazardous materials.

Be ready to go into action if anyone should get hurt.

During the Game

During the game the TSO will:

Watch players to see that they are alert at all time.

In case of injury, help the team manager treat the child until profession help arrives.

Act as the conduit between the LLL Safety Officer, the team manager, the child and his or her parents.

Post-Game

After the game the TSO will:

- Record any safety infractions or injuries in his/her Safety Log.
- Report any injuries to the LLL Safety Officer within 12 hours of the occurrence.
- Fill out an accident investigation report (see appendix) and send a copy to the LLL Safety Officer if there is an injury requiring medical attention.
- Assist parents if child must go to a hospital or to see a doctor.
- Provide insurance documentation to the hospital if necessary
-

(Claim form is in the appendix with all necessary insurance information).

Follow up with parents to make sure the child is all right.

ACCIDENT REPORTING PROCEDURE

What to report:

An incident that causes any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid must be reported to the LLL Safety Officer.

This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury.

When to report:

All such incidents described above must be reported to the LLL Safety Officer within 24 hours of the incident.

How to make a report:

- Reporting incidents can come in a variety of forms.
- At a minimum, the following information must be provided:
 1. The name and phone number of the individual involved.
 2. The date, time, and location of the incident.
 3. As detailed a description of the incident as possible.
 4. The preliminary estimation of the extent of any injuries.
 5. The name and phone number of the person reporting the incident.

Team Safety Officer's Responsibility:

- The TSO will fill out the LLL Accident Investigation Form and submit it to the LLL Safety Officer within 24 hours of the incident.
- If the team does not have a safety officer then the Team Manager will be responsible for filling out the form and turning it in to the LLL Safety Officer.
(LLL Accident Investigation Forms can be found in the Appendix)
- Accidents occurring outside the team (i.e., spectator injuries, concession stand injuries and third party injuries) shall be handled directly by the LLL Safety Officer.



- **LLL Safety Officer's Responsibilities:**
 - Within 24 hours of receiving the LLL Accident Investigation Form, the LLL Safety Officer will contact the injured party or the party's parents and;
 1. verify the information received & obtain any other info deemed necessary;
 2. check on the status of the injured party; and
 - in the event that the injured party required other medical treatment (i.e., Emergency Room visit, doctor's visit, et.) will advise the parent or guardian the Lansing Little League's insurance coverage and the provision for submitting any claims.
 - If the extent of the injuries are more than minor in nature, the LLL Safety Officer shall periodically call the injured party to:
 1. Check on the status of any injuries, and check if any other assistance is necessary in areas such as submission of insurance forms, etc., until such time as the incident is considered "closed" (i.e., no further claims are expected and/or the individual is participating in the League again).

Little League accident insurance covers only those activities approved or sanctioned by Little League Baseball, Incorporated.

Lansing Little League (Majors), Minor League and Bantam participants shall not participate as a Little League (Majors), Minor League and Bantam team in games with other teams of other programs or in tournaments except those authorized by Little League Baseball, Incorporated.

Lansing Little League (Majors), Minor League and Bantam participants may participate in other programs during the Little League (Majors), Minor League and Bantam regular season and tournament provided such participation does not disrupt the Little League (Majors), Minor League and Bantam season or tournament team.

Unless expressly authorized by the Board of Directors of LLL, games played for any purpose other than to establish a League champion or as part of the International Tournament are prohibited.

**Little League Inc. Insurance Policy is designed to
supplement a parent's existing family policy.**

ACCIDENT REPORTING PROCEDURE (cont'd)

Explanation of Coverage:

The AIG Little League's insurance policy (see in Appendix) is designed to afford protection to all participants at the most economical cost to LLL.

It can be used to supplement other insurance carried under a family policy or insurance provided by a parent's employer.

If there is no other coverage, AIG Little League insurance - which is purchased by the LLL, not the parent - takes over and provides benefits, after a \$50 deductible per claim, for all covered injury treatment costs up to the maximum stated benefits.

This plan makes it possible to offer exceptional, low-cost protection with assurance to parents that adequate coverage is in force at all times during the season.

How the insurance works:

1. First have the child's parents file a claim under their insurance policy; Blue Cross, Blue Shield or any other insurance protection available.
2. Should the family's insurance plan not fully cover the injury treatment, the Little League CNA Policy will help pay the difference, after a \$50 deductible per claim, up to the maximum stated benefits.
3. If the child is not covered by any family insurance, the Little League CNA Policy becomes primary and will provide benefits for all covered injury treatment costs, after a \$50 deductible per claim, up to the maximum benefits of the policy.
4. Treatment of dental injuries can extend beyond the normal fifty-two week period if dental work must be delayed due to physiological changes of a growing child. Benefits will be paid at the time treatment is given, even though it may be some years later. Maximum dollar benefit is \$500 for eligible dental treatment after the normal fifty-two week period, subject to the \$50 deductible per claim.

ACCIDENT REPORTING PROCEDURE
(cont'd)

Filing a Claim:

When filing a claim, (see claim forms in appendix) all medical costs should be fully itemized.

If no other insurance is in effect, a letter from the parent's/guardian's or claimant's employer explaining the lack of Group or Employer insurance must accompany a claim form.

On dental claims, it will be necessary to fill out a Major Medical Form, as well as a Dental Form; then submit them to the insurance company of the claimant, or parent(s)/guardian(s), if claimant is a minor. "Accident damage to whole, sound, normal teeth as a direct result of an accident" must be stated on the form and bills.

Forward a copy of the insurance company's response to Little League Headquarters. Include the claimant's name, League ID, and year of the injury on the form.

Claims must be filed with the LLL Safety Officer. He/she forwards them to Little League Baseball, Incorporated, PO Box 3485, Williamsport, PA, 17701.

**Protective equipment cannot prevent all
injuries a player might receive while
participating in Baseball**



SAFETY IS EVERYONES RESPONSIBILITY

SAFETY CODE

The Board of Directors of Lansing Little League has mandated the following *Safety Code*.

All managers and coaches will read this Safety Code and then review it with the players on their team. Responsibility for safety procedures belongs to every adult member of Lansing Little League.

- Each player, manager, designated coach, umpire, team safety officer shall use proper reasoning and care to prevent injury to him/herself and to others.
- Only league approved managers and/or coaches are allowed to practice teams.
- Only league-approved managers and/or coaches will supervise batting Cages.
- Arrangement should be made in advance of all games and practices for emergency medical services.
- Managers, designated coaches and umpires will have training in First Aid.
- First-aid kits are issued to each team manager during the pre-season and additional kits will be located at each concession stand.
- No games or practices will be held when weather or field conditions are poor, particularly when lighting is inadequate.
- Play area will be inspected before games and practices for holes, damage, stones, glass and other foreign objects.
- Team equipment should be stored within the team dugout or behind screens, and not within the area defined by the umpires as “in play”.
- Only players, managers, coaches and umpires are permitted on the playing field or in the dugout during games and practice sessions.

Responsibility for 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.

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SAFETY CODE

(cont'd)

- Foul balls batted out of playing area will be returned to the umpire via the installed ball returns located behind home plate or by handing them to a coach and not thrown over the fence during a game.
- 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 that no one is endangered by wild throws or missed catches. All pre-game warm-ups should be performed within the confines of the playing field and not within areas that are frequented by, and thus endangering spectators, (i.e., playing catch, pepper, swinging bats etc.)
- Equipment should be inspected regularly for the condition of the equipment as well as for proper fit.
- Batters must wear Little League approved protective helmets that bear the NOCSAE seal during batting practice and games.
- Except when a runner is returning to a base, head first slides are not permitted.
- During sliding practice, bases should not be strapped down or anchored.
- Managers will only use the official Little League balls supplied by LLL.
- Once a ball has become discolored, it will be discarded.
- No throwing rocks. No climbing fences.
- Parents of players who wear glasses should be encouraged to provide “safety glasses” for their children. On-deck batters are not permitted.
- All male players will wear athletic supporters or cups during games. Managers should encourage that cups be worn at practices too.

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.

SAFETY CODE

(cont'd)

- Shoes with metal spikes or cleats are not permitted. Shoes with molded cleats are permissible.
- 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 this must be taped in place.)
- No one is allowed on the field(s) with open wounds at any time, Wounds should be treated and properly bandaged.
- No food or drink, at any time, in the dugouts.
(Exception: bottled water, Gatorade and water from drinking fountains)
- Catchers must wear a catcher's mitt (not a first baseman's mitt or fielder's glove) of any shape, size or weight consistent with protecting the hand.
- Catchers may not catch, whether warming up a pitcher, in practices, or games without wearing full catcher's gear and an athletic cup as described above.
- Managers will never leave an unattended child at a practice or game.
- Never hesitate to report any present or potential safety hazard to the LLL Safety Officer immediately.
- Make arrangements to have a cellular phone available when a game or practice is at a facility that does not have public phones.
- Speed Limit is 5 miles per hour in roadways and parking lots.
- No alcohol or drugs allowed on the premises at any time.
- No medication will be taken at the facility unless administered directly by the child's parent. This includes aspirin and Tylenol.

No playing in the parking lots at any time. Observe all posted signs.

SAFETY CODE

(cont'd)

- No smoking within twenty feet of the dugouts No swinging bats or throwing baseballs at any time within the walkways and common areas of the complex.
- No pets are permitted on the premises at any time. This includes dogs, cats, etc.
- Players and spectators should be alert at all times for foul balls and errant throws.
- All gates to the fields must remain closed at all times. After players have entered or left the playing field, gates should be closed and secured.
- Use crosswalks when crossing roadways. Always be alert for traffic.
- The area of the creek north and east of the Complex is off limits at all times.
- The railroad tracks south of Lions field is off limits at all times.
- All catchers must wear a mask, “dangling” type throat protector and catcher’s helmet during practice, pitcher warm-up, and games.
Note: Skullcaps are not permitted.

NOTES:

CONDITIONING & STRETCHING

Conditioning is an intricate part of accident prevention.

Extensive studies on the effect of conditioning, commonly known as “warm-up,” have demonstrated that:

- The stretching and contracting of muscles just before an athletic activity improves general control of movements, coordination and alertness.
- Such drills also help develop the strength and stamina needed by the average youngster to compete with minimum accident exposure.

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.

Hints on Stretching

1. Stretch necks, backs, arms, thighs, legs and calves.
2. Don't ask the child to stretch more than he or she is capable of.
3. Hold the stretch for at least 10 seconds.
4. Don't allow bouncing while stretching. This tears down the muscle rather than stretching it.
5. Have one of the players lead the stretching exercises.

Hints on Calisthenics

1. Repetitions of at least 10.
2. Have kids synchronize their movements.
3. Vary upper body with lower body.
4. Keep the pace up for a good cardio-vascular workout.

EQUIPMENT

The Equipment Manager is an elected LLL Board Member and is responsible for purchasing and distributing equipment to the individual teams. This equipment is checked and tested when it is issued but it is the Manager's responsibility to maintain it. Managers should inspect equipment before each game and each practice. The LLL Equipment Manager will promptly replace damaged and ill-fitting equipment.

Furthermore, kids like to bring their own gear.

This equipment can only be used if it meets the requirements as outlined in this Safety Manual and the Official Little League Rule Book.

At the end of the season, all equipment must be returned to the LLL Equipment Manager.

- Each team, at all times in the dugout, shall have five (5) protective helmets which must meet NOCSAE specifications and standards. These helmets will be provided by LLL at the beginning of the season. If players decide to use their own helmets, they must meet NOCSAE specifications and standards.
- Each helmet shall have an exterior warning label. NOTE: The warning label cannot be embossed in the helmet, but must be placed on the exterior portion of the helmet and be visible and easy to read.
- Use of a helmet by the batter and all base runners is mandatory.
- Use of a helmet by a player/base coach is mandatory.
- Use of a helmet by an adult base coach is optional.
- All male players must wear athletic supporters.
- Male catchers must wear the metal, fiber or plastic type cup and a long-model chest protector. • Female catchers must wear long or short model chest protectors.
- 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.
- All catchers must wear a mask, "dangling" type throat protector and catcher's helmet during practice, pitcher warm-up, and games. NOTE: Skull caps are not permitted.
- If the gripping tape on a bat becomes unraveled, the bat must not be used until it is repaired.
- Bats with dents, or that are fractured in any way, must be discarded.
- Only Official Little League balls will be used during practices and games.
- No wood bats at any time.
- Make sure that the equipment issued to you is appropriate for the age and size of the kids on your team. If it is not, get replacements from the Equipment Manager.
- Make sure helmets fit.
- Replace questionable equipment immediately by notifying the LLL Equipment Manager.
- Make sure that players respect the equipment that is issued.
Multi-colored gloves can no longer be worn by pitchers.

WEATHER

Our weather runs the range from very bold to sweltering hot.

Rain and thunderstorms will be present from time to time.

It is important to be conscious of the weather what to do When the weather turns bad and creates unsafe weather conditions.

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.
- Evaluate the playing field as it becomes more and more saturated.
- Stop practice if the playing conditions become unsafe -- use commonsense. If playing a game, consult with the other manager and the umpire to formulate a decision.

Lightning:

The average lightning stroke is 5-6 miles long with up to 30 million volts at 100,000 amps flow in less than a tenth of a second.

The average thunderstorm is 6-10 miles wide and moves at a rate of 25 miles per hour. Once the leading edge of a thunderstorm approaches to within 10 miles, you are at immediate risk due to the possibility of lightning strokes coming from the storm's overhanging anvil cloud.

This fact is the reason that many lightning deaths and injuries occur with clear skies overhead.

On average, the thunder from a lightning stroke can only be heard over a distance of 3-4 miles, depending on terrain, humidity and background noise around you.

By the time you can hear the thunder, the storm has already approached to within 3-4 miles!

The sudden cold wind that many people use to gauge the approach of a thunderstorm is the result of down drafts and usually extends less than 3 miles from the storm's leading edge.

By the time you feel the wind, the storm can be less than 3 miles away!

If you can HEAR, SEE OR FEEL a THUNDERSTORM:

Suspend all games and practices immediately.

- Stay away from metal including fencing and bleachers.
- Do not hold metal bats
- Get players to walk, not run to their parent's or designated driver's cars and wait for your decision on whether or not to continue the game or practice.

Hot Weather:

Precautions must be taken in order to make sure the players on your team do not dehydrate or hyperventilate.

Suggest players take drinks of water when coming on and going off the field between innings.

If a player looks distressed while standing in the hot sun, substitute that player and get him/her into the shade of the dugout A.S.A.P.

If a player should collapse as a result of heat exhaustion, call 9-1-1 immediately. Get the player to drink water and use the instant ice bags supplied in your First-Aid Kit to cool him/her down until the emergency medical team arrives.

(See section on Hydration)

Ultra-Violet Ray Exposure:

This kind of exposure increases an athlete's risk of developing a specific type of skin cancer known as melanoma.

The American Academy of Dermatology estimates that children receive 80% of their lifetime sun exposure by the time that they are 18 years old.

Therefore, LLL will recommend the use of sunscreen with a SPF (sun protection factor) of at least 15 as a means of protection from damaging ultra-violet light.

MACHINERY

Tractors, mowers and any other heavy machinery will:

- Be operated by appointed staff only.
- Never be operated under the influence of alcohol or drugs (including medication)
- Not be operated by any person under the age of 16.
- Never be operated in a reckless or careless manner.
- Be stored appropriately when not in use with the brakes in the on position, the blades retracted, the ignition locked and the keys removed.
- Never be operated or ridden in a precarious or dangerous way (i.e. riding on the fenders of a tractor).
- Never be left outside the tool sheds or appointed garages if not in use.

GENERAL FACILITY

- All bleachers will have protective awnings to stop fly balls.
 - All dugouts will have bat racks.
 - The dugouts will be clean and free of debris at all time.
 - Dugouts and bleachers will be free of protruding nails and wood splinters.
 - Home plate, batter's box, bases and the area around the pitcher's mound will be checked periodically for tripping and stumbling hazards.
 - Materials used to mark the field will consist of a non-irritating white pigment (no lime).
- Chain-link fences will be checked regularly for holes, sharp edges, and loose edges and will be repaired or replaced accordingly.
- All score booths will have a working P.A. system with an emergency alarm.
 - After the Parent's Day meeting, Managers will volunteer parents to pick up trash and other materials that could lead to accidents on the LLL complex.

HEALTH AND MEDICAL

Giving First-Aid

What is First-Aid?

First-Aid means exactly what the term implies:it is the first care given to a victim.

First-Aid is usually performed by the first person on the scene and continued until professional medical help arrives, (9-1-1 paramedics).

At no time should anyone administering First-Aid go beyond his or her capabilities.

Know your limits!

The average response time on 9-1-1 calls is 5-7 minutes.

En-route Paramedics are in constant communication with the local hospital at all time preparing them for whatever emergency action might need to be taken.

You cannot do this.

Therefore, do not attempt to transport a victim to a hospital. P

Perform whatever First Aid you can and wait for the paramedics to arrive.

First Aid-Kits First Aid Kits will be furnished to each team at the beginning of the season. The LLL Safety Officer's name and phone number are taped on the inside lid of all First-Aid Kits.

Keep at least two quarters inside the First-Aid Kit for emergency telephone calls.

The First Aid Kit will become part of the Team's equipment package and shall be taken to all practices, batting cage practices, games (whether season or post-season) and any other LLL Little League event where children's safety is at risk.

To replenish materials in the Team First Aid Kit, the Manager, designated coaches or the appointed Team Safety Officer must contact the LLL Safety Officer.

(See contact information and address in phone # section of this Safety Manual.)

HEALTH AND MEDICAL

(cont'd)

Good Samaritan Laws

There are laws to protect you when you help someone in an emergency situation.

The “Good Samaritan Laws” give legal protection to people who provide emergency care to ill or injured persons.

When citizens respond to an emergency and act as a reasonable and prudent person would under the same conditions,

Good Samaritan immunity generally prevails.

This legal immunity protects you, as a rescuer, from being sued and found financially responsible for the victim’s injury.

For example, a reasonable and prudent person would –

- Move a victim only if the victim’s life was endangered.
- Ask a conscious victim for permission before giving care.
- Check the victim for life-threatening emergencies before providing further care.
- Summon professional help to the scene by calling 9-1-1.
- Continue to provide care until more highly trained personnel arrive.

Good Samaritan laws were developed to encourage people to help others in emergency situations. They require that the “Good Samaritan” use commonsense and a reasonable level of skill, not to exceed the scope of the individual’s training in emergency situations.

They assume each person would do his or her best to save a life or prevent further injury. People are rarely sued for helping in an emergency.

However, the existence of Good Samaritan laws does not mean that someone cannot sue. In rare cases, courts have ruled that these laws do not apply in cases when an individual rescuer’s response was grossly or willfully negligent or reckless or when the rescuer abandoned the victim after initiating care.

Permission to Give Care

If the victim is conscious, you must have his/her permission before giving first-aid.

To get permission you must tell the victim who you are, how much training you have, and how you plan to help.

Only then can a conscious victim give you permission to give care.

Do not give care to a conscious victim who refuses your offer to give care.

If the conscious victim is an infant or child, permission to give care should be obtained from a supervising adult when one is available.

If the condition is serious, permission is implied if a supervising adult is not present. Permission is also implied if a victim is unconscious or unable to respond. This means that you can assume that, if the person could respond, he or she would agree to care.

HEALTH AND MEDICAL

(cont'd)

Treatment At Site

Do . . .

- Access the injury. If the victim is conscious, find out what happened, where it hurts, watch for shock.
- Know your limitations.
- Call 9-1-1 immediately if person is unconscious or seriously injured.
- Look for signs of injury (blood, black-and-blue, deformity of joint etc.)
- Listen to the injured player describe what happened and what hurts if conscious. Before questioning, you may have to calm and soothe an excited child.

Don't . . .

- Administer any medications.
- Provide any food or beverages (other than water).
- Hesitate in giving aid when needed.
- Be afraid to ask for help if you're not sure of the proper procedure, (i.e., CPR, etc.)
- Transport injured individual except in extreme emergencies.

Talk to your team afterwards about the situation if it involves them.

Often players are upset and worried when another player is injured.

They need to feel safe and understand why the injury occurred.

HEALTH AND MEDICAL
(cont'd)

911

9-1-1 EMERGENCY NUMBER

The most important help that you can provide to a victim who is seriously injured is to call for professional medical help.

Make the call quickly, preferably from a cell phone near the injured person.

If this is not possible, send someone else to make the call from a nearby telephone.

Be sure to follow these steps.

- First Dial 9-1-1.
- Give the dispatcher the necessary information.
- Answer any questions that he or she might ask. Most dispatchers will ask:

The exact location or address of the emergency.

Include the name of the city or town, nearby intersections, landmarks, etc.

The addresses are:

LANSING SPORTS COMPLEX 165th CHICAGO AVE

LIONS STADIUM 183rd & OAKLEY AVE

- The telephone number from which the call is being made.
- The caller's name.
- What happened - for example, a baseball related injury, bicycle accident, fire, fall, etc.
- How many people are involved.
- The condition of the injured person - for example, unconsciousness, chest pains, or severe bleeding.
- What help (first aid) is being given.
- Do not hang up until the dispatcher hangs up. The EMS dispatcher may be able to tell you how to best care for the victim.
- Continue to care for the victim till professional help arrives.
- Appoint somebody to go to the street and look for the ambulance and fire engine and flag them down if necessary.

This saves valuable time.

Remember, every minute counts.

HEALTH AND MEDICAL (cont'd)

When to call:

If the injured person is unconscious, call 9-1-1 immediately.

Sometimes a conscious victim will tell you not to call an ambulance, and you may not be sure what to do.

Call 9-1-1 anyway and request paramedics if the victim
Is or becomes unconscious.

- Has trouble breathing or is breathing in a strange way.
- Has chest pain or pressure.
- Is bleeding severely.
- Has pressure or pain in the abdomen that does not go away.
- Is vomiting or passing blood.
- Has seizures, a severe headache, or slurred speech.
- Appears to have been poisoned.
- Has injuries to the head, neck or back.
- Has possible broken bones. If you have any doubt at all, call 9-1-1- and requests paramedics.

Also Call 9-1-1 for any of these situations:

- Fire or explosion
- Downed electrical wires
- Swiftly moving or rapidly rising water
- Presence of poisonous gas
- Vehicle Collisions
- Vehicle/Bicycle Collisions
- Victims who cannot be moved easily

HEALTH AND MEDICAL
(cont'd)

PARENTAL CONCERNS ABOUT SAFETY
FAQ

The following are some of the most common concerns and questions asked by parents regarding the safety of their children when it comes to playing baseball.

We have also included appropriate answers below the questions.

Q: I'm worried that my child is too small or too big to play on the team/division he has been assigned to.

A: Little League has rules concerning the ages of players on Bantam, Pee-Wee, Minor, and Major teams. Lansing Little League observes those rules and then places children on teams according to their skills and abilities based on their try-out ratings at the beginning of the season. If for some reason you do not think your child belongs in a particular division, please contact the LLL Player Agent and share your concerns with him or her.

Q: Should my child be pitching as many innings per game?

A: Little League has rules regarding pitching which all managers and coaches must follow. The rules are different depending on the division of play but the rules are there to protect children.

Q: Do mouth guards prevent injuries?

A: A mouth guard can prevent serious injuries such as concussions, cerebral hemorrhages, incidents of unconsciousness, jaw fractures and neck injuries by helping to avoid situations where the lower jaw gets jammed into the upper jaw. Mouth Guards are effective in moving soft issue in the oral cavity away from the teeth, preventing laceration and bruising of the lips and cheeks, especially for those who wear orthodontic appliances.

Q: How do I know that I can trust the volunteer managers and coaches not to be child molesters?

A: Lansing Little League runs background checks on all board members, managers and designated coaches before appointing them. Volunteers are required to fill out applications, which give LLL the information, and permission it needs to complete a thorough investigation. If the League receives inappropriate information on a Volunteer, that Volunteer will be immediately removed from his/her position and banned from the facility.

HEALTH AND MEDICAL
(cont'd)

Q: How can I complain about the way my child is being treated by the manager, coach, or umpire?

A: You can directly contact the LLL Player Agent for your division or any LLL board member. Their names and telephone numbers are posted in this manual and on LLL web site. The complaint will be brought to the LLL President's attention immediately and investigated.

Q: Will that helmet on my child's head really protect him while he or she is at bat and running around the bases?

A: The helmets used at Lansing Little League must meet NOCSAE standards as evidenced protection for your child. The helmets are checked for cracks at the beginning of each game and replaced if need be.

Q: Is it safe for my child to slide into the bases?

A: Sliding is part of baseball. Managers and coaches teach children to slide safely in the pre-season.

Q: My child has been diagnosed with ADD or ADHD - is it safe for him to play?

A: Lansing Little League now addresses ADD and ADHD. Managers and coaches now have a reference to better understand ADD and ADHD. The knowledge they gain here will help them coach ADD and ADHD children effectively. The primary concern is, of course, safety. Children must be aware of where the ball is at all times. Managers and coaches must work together with parents in order help ADD and ADHD children focus on safety issues.

Q: Why can't I smoke at the field?

A: You can smoke but not within 20 feet of the dugout as long as nobody else complains.

www.lansingyouthbaseball.com

Lansing Little League has provided detailed information on the subjects listed below. It is available at the Lansing Little League web site.

PITCHING
HYDRATION
CONCESSION STAND SAFETY
CHILD ABUSE

HEALTH AND MEDICAL

- Conscious
- Unconscious
- Muscle, Bone, Joint Injuries
- Concussion, Head and Spine Injuries
- Sternum Injury
- Sudden Illness
- Shock
- Breathing Problem
- Heart Attack
- Choking
- Osgood Schlaugther's Disease
- Bleeding
- Infection
- Deep Cut
- Splinters
- Insect Stings
- Infections
- Dental Injuries
- Burns
- Sunburn
- Dismemberment
- Penetrating Objects
- Poisoning
- Heat Exhaustion
- Sunstroke
- Communicable Disease
- Prescription Medicine
- Asthma & Allergies
- Colds & Flu
- ADHD

Information available at: www.lansingyouthbaseball.com

SAFETY MANUAL AND FIRST AID KITS

Each team will be issued a Safety Manual and a First Aid Kit at the beginning of the season. A box of chemical ice packs of physical therapy quality will be issued to each team at the beginning of the season.

Others are available at all times in the concession stands.

The head umpire will be issued 10 copies of the Safety Manual.

Both concession stands (Complex & Lions Field) will have a First Aid Kit and a Safety Manual in plain sight at all time.

The Safety Manual will include:

- Maps to hospitals and other emergency services
- Phone numbers for all Board Directors
- Lansing Little League Code of Conduct
- Do's and Don'ts of treating injured players

The First Aid Kit will include the necessary items to treat an injured player until professional help arrives if need be.

(see First Aid section).

I have received my Safety Manual and First Aid Kit and will have them both present at all practices, batting cage practices, games (season games and post-season games) and any other event where team members could become injured or hurt.

Print name of Manager, Team Name, and Division

Print name of Team Safety Officer (TSO)
