

# Bloomington Baseball & Softball Association

## Safety Program

1/16/15  
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The Safety Plan includes the Code of Conduct and Safety Code adopted by the BBSA Board of Directors. This document outlines specific safety related policies and procedures of the BBSA. All participants, volunteers, spectators, and guests are bound by the guidelines set forth in this document.

### **League Safety Officer**

The League Safety Officer is an elected member of the Board of Directors. This individual acts as the BBSA's primary point of contact for the safety issues and is responsible to review, modify and communicate the BBSA's Safety Plan each year. The plan is presented to the Board for approval and ratification in February or March prior to the start of each upcoming season.

The BBSA President and Safety Officer have primary responsibility for ensuring compliance with the Safety Plan. However the entire BBSA Board of Directors and elected League Officers share in the responsibility to ensure awareness and compliance with the Safety Plan relative to their respective position or office.

### **Board Meetings**

The BBSA Board of Directors should meet (at minimum) once every month. All adults/parents are welcome and encouraged to attend. A report from the Safety Officer should be included on the agenda for every Board of Directors meeting. Besides providing an opportunity for the Safety Officer to inform and update Board members on the status of safety initiatives (whether they be at the local, District or Park District level), it ensures continued awareness and attention to the subject of safety within the league.

### **Safety Committee**

The BBSA per the President's guidance shall form a Safety Committee comprised of the Safety Officer, Board VPs of Baseball and Softball, the Director of Umpires, Director of Fields, and the Equipment Director for Baseball and Softball. This committee will have the primary responsibility for the initial annual review of the BBSA Safety Plan and to monitor the number of injuries and accidents that occur during the season. The Safety Committee will recommend courses of action regarding any safety issues that may present itself to the league. For example, it is envisioned that this committee will meet to assist Safety Officer in preparing revisions and updates to the BBSA Safety Plan, which will then be distributed to the Board for comment.

### **Rules Committee**

All BBSA Rules and Polices shall be reviewed and amended with the input of the Rules Committee, chaired by the VPs of Baseball and Softball respectively. Areas such as complete balance, player participation, speed of play, and safety are discussed and any changes or additions are presented to the Board for discussion and or ratification. Each year, these committees evaluate the league rules and consider necessary changes, additions and or improvements as related to safety.

**"AN EYE ON SAFETY" IS THE JOB OF ALL WHO ARE INVOLVED IN THE BBSA**

Safety is the job of every adult involved in all BBSA activities. Strategy for reducing accidental injuries and to invest in prevention through the education of adult volunteers, well maintained facilities, the utilization of safe playing practices, safe field conditions and the use of protective equipment at all practices and games.

**Please help the BBSA by following these simple safety guidelines:**

**Facilities:** Children are not allowed in the maintenance buildings. Field maintenance equipment is to be used only by trained adults and stored properly. Fields should be walked before each game and practice. Fences should be checked for any loose fittings that could pose a safety issues. All storage boxes should be closed.

**Equipment:** Helmets should be snug fitting. Catcher's gear is needed at all levels; masks must have a throat protector in place. Female catchers need PPE. Bats must not be swung behind the dugouts. Level 10 RIF (reduced injury factor) balls and double first bases are to be used at the 10U level and below for both baseball and softball. Break away safety bases are to be used on all fields.

**Team Management:** Health forms for all players, coaches & managers must be kept on file. A cell phone will be carried by one of the coaches for all team events. A first aid kit and ice packages will be available at every practice and game.

**Preventative Training:** Warm up and stretching before playing. Take care when sliding to avoid collisions: absolutely no head first slides. Managers will keep track of the number of pitches thrown by each pitcher and observe the pitch count rule. Adequate hydration will be provided for all participants.

**Injuries:** When an injury occurs parents will be advised as to the nature of the injury and care given. Coaches should know how to recognize signs of allergic reactions and overheating.

**Other:** Children will be supervised by at least two adults at every team activity. Obey traffic rules on the street and parking lots. Observe public park and school rules and restrictions.

**Reporting:** Anything requiring medical attention and ALL head injuries must be reported to the President and or the Safety Director within 24 hours!

**Managers & Coaches Important Do's and Don'ts:**

**Do....**

Reassure and aid children who are injured, frightened or lost.

Provide or assist in obtaining medical attention for those who require it.

Know your medical aid limitations.

Bring your first aid kit to all practices and games, or know where the kit is kept at your playing facility.

Have ice packs / first aid kits available for every practice and games.

Have all player's emergency phone numbers available to you at all practices and games.

LOOK for signs of injury (blood, bruising or discoloration, deformity of the joint or extremities.

LISTEN to the injured describe what happened and what hurts if conscious. You may need to calm or soothe an excited child before you begin questioning.

ADVISE a child that you are going to examine the injury before you touch the child.

FEEL gently and carefully the injured area for signs of swelling, or limitation of motion.

MAKE arrangements to have a cell phone available at all practices and games.

ADVISE the child's parents of any injury and treatment rendered.

CLEAR the field immediately upon seeing lightening.

REPORT any present or potential safety hazard to the President and or the League Safety Director.

**Don't.....**

Administer any medications.

Provide and food or beverage, other than sips of water or ice chips to an injured player.

Hesitate in giving aid when needed.

Be afraid to ask for assistance if you are unsure of proper first aid procedures.

Transport injured players yourself.

Leave an unattended child at a practice or game.

Conduct a practice without at least two adults in attendance at all times.