

Henderson Little League Safety Plan 2024

“Where Safety Comes First”

League ID #04280208

Henderson Little League Safety Program

Safety Mission Statement

Henderson Little League is a non-profit organization run by volunteers whose mission is to provide an opportunity for our community's children to learn the game of baseball and/or softball in a safe and friendly environment.

Henderson Little League Board of Directors 2024

President**Jason Caldwell****jcaldwell4479@gmail.com****Secretary****Rebecca Salazar****ssalazar25@yahoo.com****Treasurer****Randy Flowers****randyflowers@live.com****Safety Officer****Jon Atkin****jonsappleid@yahoo.com****Vice President Baseball****Jeff Martin****jlmart7@gmail.com****Vice President Softball****Sponsorship Coordinator****Equipment Manager****Jon Atkin****jonsappleid@yahoo.com****Coaches Coordinator****Dave Soto****coachdave2@cox.net****Information Officer****Lynne Pisan****lynnepisan@gmail.com****Umpire in Chief****Daniel Medrano****dmedrano1666@yahoo.com****Team Mom Coordinator****Haley Atkin****haleycore@aol.com**

Division Reps

Seniors Rep

Chris Petty

cpetty22@gmail.com

AAA Rep

Chris Petty

cpetty22@gmail.com

Rookies Rep

Geoff Sneed

geoffsneed@gmail.com

Intermediate Rep

Majors Rep

Art Emling

aemling29@gmail.com

AA Rep

Joe Danczak

flyagain2@aol.com

T Ball Rep

David Day

davidcraigday@yahoo.com

Softball Rep

Sarah Townsend

townsend.sarah07@gmail.com

Emergency Phone Numbers

Police Emergencies	911
Non Threat Emergency	311
Fire	911
Non Emergency	702-267-5000
Ambulance Dispatch	911
Clark County Health District	702-759-1000
Animal Control	702-267-4970

Neighboring Hospitals

St Rose Hospital 3001 St Rose Pkwy Henderson, NV 89052	702-616-5000
Henderson Hospital 1050 Galleria Dr Henderson, NV 89011	702-963-7000
Dignity Health 102 E Lake Mead Pkwy Henderson, NV 89015	702-564-2622
ER at Green Valley Ranch 2581 St Rose Pkwy Henderson, NV 89052	702-780-2700

Some important Do's and Don'ts

Do...

- Reassure and aid children that are injured, frightened or lost
- Provide or assist in obtaining medical attention for those that require it
- Contact the parent immediately when a problem occurs that requires medical attention
- Know your limitations
- Carry your first aid kit to all practices and games
- Make sure the first aid kit is replenished when needed. Contact the Safety Officer or your Division Rep
- When administering first aid, remember to
LOOK for signs of injury (blood, bruising, bone deformity)
LISTEN to the injured person describe what happened and
What hurts. Before questions, you may have to soothe an

excited child.

FEEL gently and carefully the injured are for signs of
Swelling or grating of broken bones.

- Make sure you have your player's Medical Release form at every game and practice.
- Assign a parent who is at all games to be your safety representative. This person should have a cell phone and can assist in case of an accident.
- Have plenty of water available for players at the games and practices

DON'TS.....

- Administer any medications
- Hesitate in giving aid when needed
- Be afraid to ask for help if you're not sure of the proper procedure. (CPR, First Aid, Etc.)
- Transport injured individuals except in extreme circumstances
- Leave an unattended child at a practice or game
- Hesitate to report any present or potential safety hazard to the Safety Officer or League President immediately

League Training Dates and Times

Coaches Clinic	Feb 7th, 2024	6pm	Pinecrest Academy Cadence
Safety Training	Feb 7th, 2024	6pm	Pinecrest Academy Cadence

Each team will receive a paper copy of this manual. The Manager and/or Team Safety Officer should have a copy of the safety manual at all league functions.

Code of Conduct

- ☐ **No alcohol allowed in any parking lot, field or common areas within a city or county field or complex**
- ☐ **No playing in parking lots at any time**
- ☐ **No profanity**
- ☐ **No swinging bats or throwing baseballs at any time within the walkways and common areas of the field**
- ☐ **No throwing balls against dugouts or backstops.
Catchers must be used for all batting practice sessions.**
- ☐ **No throwing rocks**
- ☐ **No climbing fences**
- ☐ **Extreme care must be used when holding a bat. No warm up swings or on deck batters at Majors and below. Juniors and above must be alert of the area around them when swinging a bat.**
- ☐ **Players and spectators should be alert at all times for foul balls and errant throws.**
- ☐ **During a game, all players must remain in the dugout area in an orderly fashion at all times. There must be a coach in charge of the dugout and the players at all times.**
- ☐ **After each game and practice, each team is responsible for cleaning up the dugout and the playing area.**

Failure to comply with these rules will result in disciplinary action by the Board.

Background Checks

Little League International has established criteria for each chartered league's performance of an investigation into the background of all individuals who volunteer in any capacity. Each volunteer will be required to complete a volunteer application form and provide a copy of their photo ID. The minimum requirement for these background investigations is verification that the volunteer is not a registered sex offender. In order to provide additional protection to the children we will submit a list of all volunteers to JDP. A background investigation that will list any convictions nationwide will be completed. Upon clearance of an individual background investigation all volunteers will be notified by the Board of Directors.

Communicable Disease Procedures

- **Bleeding must be stopped, the open wound covered and the uniform changed if there is blood on it before the athlete may continue**
- **Routinely use gloves to prevent mucous membrane exposure when in contact with blood or other body fluids is anticipated...(provided in the first aid kit)**
- **Immediately wash hands and other skin surfaces if contaminated with blood**
- **Clean all blood contaminated surfaces and equipment with hydrogen peroxide**
- **Managers, coaches, and volunteers with open wounds should refrain from all direct contact until the condition is resolved.**
- **Follow accepted guidelines in the immediate control of bleeding and disposal when handling bloody dressings, mouth guards and other articles containing body fluids.**
- **Clean uniforms or equipment soiled with blood or other bodily fluids with hydrogen peroxide**

Roster Data

Henderson Little League will submit league rosters to the Little League Data Center at www.littleleague.org. This will include team name, division, players, coaches, managers and volunteers by March 22, 2024 or 2 weeks after the draft.

Posting Of Safety Plan

Henderson Little League will post an electronic copy of this plan to our website at www.hendersonlittleleague.org for all league members to review. This Safety Plan is reviewed at the annual safety training that is held with our coaches and managers. A paper copy is provided to each team to carry with them.

All Board Members have been trained and have reviewed this Safety Manual.

Please send any suggestions that can be implemented to improve safety to hendersonlittleleague@gmail.com

Safety Code

- **Responsibility for safety procedures should be that of an elected Safety Officer on the Board of Directors**
- **Arrangements should be made in advance of all games and practices for emergency medical service**
- **Managers, Coaches and Umpires should have training in first-aid. First aid kits are issued to each team manager.**
- **No game or practice should be held when weather or field conditions are not good, particularly when lighting is inadequate. Only players, managers, coaches and umpires are permitted on the playing field or in the dugout during games and practice sessions.**
- **Play areas should be inspected frequently for holes, stones, glass and other foreign objects.**
- **All team equipment should be stored within the team dugout or behind screens and not within the area defined by the umpires as “in play”.**
- **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 or coaches.**
- **Procedure should be established for retrieving foul balls batted out of the playing area.**
- **During warm up drills, all players should be spaced so that no one is endangered by wild throws or missed catches.**
- **During practice and games, all players should be alert and watching the batter on each pitch**

- All pre game warm ups should be performed within the confines of the playing area and not within areas frequented by and thus endangering spectators (ie, playing catch, pepper, etc)
- Equipment should be inspected regularly for the condition as well as the proper fit.
- Batters must wear Little LEague approved protective helmets during batting practice and games (no paint or stickers may be applied to the helmets)
- General rule of thumb is if a player has a bat in their hands they should have a helmet on their head.
- Catchers must wear a catcher's mask, throat guard, shin guards and protective cup with athletic supporters for all practices and games.
- Majors and below, head first slides are only permitted when returning to a base.
- During sliding practice bases should not be strapped down or anchored.
- At no time should “Horse Play” be permitted on the playing field.
- Parents of players who wear glasses should be encouraged to provide “safety glasses”
- Players must not wear watches, rings, pins or metallic items during games and practices.
- The catcher must wear the catcher's helmet and mask with the throat guard in warming up pitchers. This applies between innings and in the bullpen during a game and practice.

Some Friendly Rule Reminders

- **All volunteers must have a volunteer application filled out and on file with the league. The league will conduct annual background checks**
- **No laminated bat shall be used (Rule 1.10)**
- **Batting donut is not allowed (Rule 1.10)**
- **A pitcher shall not wear any items on his or her hands, wrists or arms which may be a distraction to the batter. White long sleeve shirts are not permitted (Rule 1.11)**
- **Player must not wear jewelry (Rule 1.1)**
- **Catcher must wear a catcher's mitt (Rule 1.12)**
- **All batters must wear protective batting helmets, all helmets must bear the NOCAE stamp. NO painting or stickers on helmets (Rule 1.16)**
- **All male players must wear athletic supporters. Male catchers must wear the metal, fiber or plastic type protective cup**
- **A catcher's helmet must have the dangling type throat protector and the catcher's helmet during infield/outfield practice, pitcher warm ups and games**
- **Skull caps are not permitted (Rule 1.17)**
- **Each team is allowed 3 coaches in the dugout**

Accident Reporting Procedure

What to Report: An incident that causes a player, manager, coach or umpire to receive medical treatment or first aid must be reported to the Safety Officer.

When to Report: All such incidents described above must be reported to the Safety Officer within 48 hours of the incident.

The Safety Officer is: Jon Atkin
jonsappleid@yahoo.com
702-767-0777

How to Make a Report: Reporting incidents can come in a variety of forms. Most typically they are telephone conversations. At a minimum the following information is needed.

1. The name and address of the injured person
2. The date, time and location of the incident
3. As detailed of a description of the incident as possible
4. The preliminary estimation of the extent of the injury
5. The name and phone number of the person making the report
6. Name and phone number of any witnesses

In your safety packet you will find the injury report forms. If your safety parent is there, he/she can assist you in getting the form filled out. Then a call is made to the Safety Officer reporting the incident within 48 hours. Little League Insurance is a supplemental insurance to the insured's own insurance. There is a \$50 deductible

First Aid Kits

Each team is provided with a league issued first aid kit. Each kit contains the following:

- (10) Adhesive sterile bandages**
- (2) Extra large adhesive sterile bandages**
- (2) Non adherent pads 2x3**
- (2) Gauze pad 12 ply 3x3 sterile**
- (1) Adhesive tape**
- (2) Instant cold compress 4x4**
- (3) Triple antibiotic ointment**
- (3) Antiseptic towelette**
- 1/8 oz burn cream**
- (3) Sting relief wipes**
- (1) Tweezers**

Teams are required to carry first aid kits to games and practices

Safety Officer Responsibilities

Within 48 hours of receiving a report the Safety Officer will contact the injured party or the party's parents/guardians and verify

- 1. Verify the information received**
- 2. Obtain any other information deemed necessary**
- 3. Check on the status of the injured party**
- 4. In the event that the injured party required other medical treatment (ie. ER visit, doctors visit, etc) will advise the injured party or the injured party's parent/guardian of the Little League insurance coverage and the provisions for submitting a claim. If the extent of the injury is more than minor in nature, the Safety Officer shall periodically call and check on the status of the injuries and to 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" (ie. no further claims are expected and/or the individual is participating in the league again).**

Team Safety Officer Responsibilities

- Review Safety Manual**
- Always have a cell phone at the fields**
- Report injuries to the League Safety Officer**
- Inspect First Aid kit weekly**
- Obtain additional items for the first aid kit from the League Safety Officer**
- Replace Accident and Injury tracking forms from the League Safety Officer or on the Little League website**
- Contact the League Safety Officer with any questions or concerns.**

Storage Procedures

The following applies to the entire storage trailer used by the League and applies to anyone that has been issued a key to the trailer.

- 1. Everyone is aware of their responsibility for the orderly and safe storage of rakes, shovels, bases and other equipment.**
- 2. Before you use any equipment located in the trailer please locate and read the written operating procedures for that equipment.**
- 3. All chemicals or organic materials stored in the trailer shall be properly marked and labeled as to its contents.**
- 4. Any witnessed “loose” chemicals or organic materials within the trailer should be cleaned up and disposed of as soon as possible to prevent accidental poisoning.**

Lightning Facts and Procedures

Consider the following facts:

- **The average lightning stroke is 6-8 miles long**
- **The average thunderstorm is 6-10 miles wide and travels about 25 miles per hour**
- **On average, thunder can be heard over a distance of 3-4 miles depending on humidity, terrain and other factors. This means by the time you hear thunder you are already in the risk area for lightning strikes.**

Rule of Thumb

The ultimate truth about lightning is that it is unpredictable and cannot be prevented. Therefore, a manager or coach who feels threatened should contact the head umpire and recommend stopping play and clearing the field. In our league the umpire makes the decision as to whether or not play is stopped. Once play is stopped, take the kids to safety until play resumes or the game is called. ONLY AN UMPIRE CAN CALL A GAME!!

Where to Go?

No place is absolutely safe from lightning threats, but some places are safer than others. Constructed buildings are usually the safest. The majority of people will find shelter in a fully enclosed metal vehicle with the windows rolled up. If you are stranded in an open area, put your feet together, crouch down and put your hands over your ears to prevent eardrum damage.

Where Not to Go?

Avoid high places and open fields, isolated trees, unprotected gazebos, rain or picnic shelters, dugouts, flagpoles, light poles, bleachers, metal fences and water.

First Aid for Lightning Victim:

- **Call 911 Immediately**
- **Typically the lightning victim has similar symptoms as that of someone having a heart attack. Consider: will moving cause any more injury. If the victim is in a high risk area, determine if movement is necessary. Lightning does strike twice the same place. If you are not at risk, and moving the victim is viable option, you should move the victim**
- **If the victim is not breathing, start mouth to mouth resuscitation. If it is decided to move the victim, give a few quick breaths prior to moving the victim.**
- **Determine if the victim has a pulse. If no pulse is detected, start cardiac compressions as well.**

Note: CPR should only be administered by a person knowledgeable and trained in the technique

Hydration

Managers are required to bring water to each practice and game.

Players are encouraged to bring bottled water or sports drinks

Tips to Prevent Heat Illness

- **Know that once you are thirsty you are already dehydrated**
- **Drink before you become thirsty**
- **Drink plenty of liquids like water or sports drinks every 15 minutes**
- **Water seems to be the preferred beverage. Water has many critical functions in the body that are important for performance including carrying oxygen and nutrients to exercising muscles**
- **Do not drink beverages with caffeine before practice and games. Caffeine can increase the rate of dehydration.**
- **Do not exercise vigorously during the hottest time of the day**
- **Practice in the morning and during the latter part of the evening**
- **Wear light color loose clothes**
- **Use sunscreen**
- **If you begin to feel faint or dizzy, stop your activity and cool off by sitting in the shade, air conditioned car or using a wet rag to cool off.**

How is it treated?

Emergency medical treatment is necessary. If you think someone has a heat stroke, call 911 or a doctor immediately. In the meantime give first aid as follows.

- **Move the person to a shady area**
- **Cover the person with a wet sheet and keep the sheet wet for cooling from evaporation**
- **Fan the person with a paper or an electric fan**
- **Sponge down the body, especially the head, with cool water**
- **Continue giving first aid until the body feels cool to the touch**
- **If the person is conscious, let them sip water, fruit juice or a soft drink**

Concession Stand Guidelines

Every worker must be instructed on these guidelines before they are allowed to work.

Wash your hands regularly:

- **Use soap and warm water**
- **Rub your hands vigorously as you wash them**
- **Wash all surfaces including the backs of wrists, between fingers and under fingernails**
- **Rinse hands well**
- **Dry hands well**
- **Dry hands with paper towels**
- **Turn off water using a paper towel instead of your bare hands**

Wash your hands in this fashion before you start work and especially after performing any of these activities.

- **After touching bare human body parts other than clean hands and clean exposed portions of arms**
- **After using the restroom**
- **After caring for or handling animals**
- **After coughing, sneezing, using a handkerchief or tissue**
- **After touching soiled surfaces**
- **After drinking, using tobacco or eating**
- **During food preparation**
- **When switching from raw to ready to eat foods**
- **After engaging in activities that contaminate hands**

Basic Rules:

- 1. Menu..smaller is better. No salads, cut up fruit or vegetables and no food prepared at home**
- 2. Cook food thoroughly. Use a meat thermometer. Keep hotdogs and hamburgers at 41 degrees when cold and cook to 155 degrees or above when hot**
- 3. Rapidly reheat foods to 165 degrees. SLOW cooking devices may activate bacteria and never reach killing temperature**
- 4. All foods that require refrigeration must be cooled to 1 degrees as quickly as possible and held there until ready to use. To cool foods quickly, use the ice water bath (60% ice and 40% water) stirring the product frequently, or place the food in shallow pans no more than 4 inches in depth and refrigerate. Pans should not be stored one on top of the other and the lid should be off until after the food is completely cooled. Check the temperature periodically to see if the food is cooling properly. DO NOT LEAVE FOOD OUT AT ALL!!**
- 5. FREQUENT AND THOROUGH HAND WASHING IS REQUIRED**
- 6. Only healthy people should prepare and serve food. Anyone with symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, cough, etc) or who has open sores or infected cuts on the hands should not be allowed in the food concession area. Workers' clothes should be clean and they should not smoke in the concession area. Hair restraints are recommended.**

- 7. Food handling: Avoid contact with raw food, ready to eat foods and food contact surfaces. Use a utensil and/or gloves**
- 8. Use disposable utensils for food service. Keep your hands away from food contact surfaces and never reuse disposable dishware. Ideally utensils should be washed in a four step method:(1) soapy hot water, (2) rinsing in clean water, (3)chemical or heat sanitizing (4) air drying**
- 9. Ice that is used to cool cans/bottles should not be used in cup beverages and should be stored separately. Use a scoop to dispense ice, never use hands.**
- 10. Wiping cloths should be rinsed and stored in a bucket sanitizer (1 gallon water and ½ tsp chlorine bleach). Change the solution every 2 hours.**
- 11. Insect control and waste. Keep foods covered to protect from insects. Store pesticides away from food. Place garbage and paper waste in a refuse container with a lid that fits tightly. Dispose of all water in the restrooms, do not pour outside. All water that is used should be potable from an approved source.**
- 12. Keep food stored off the floor at least 6 inches. After the event is finished, clean the concession area and discard any unusable food. Do not save food for reheating.**

Henderson Little League “Where Safety Comes First”

Before the season starts

- **Familiarize yourself with the safety plan**
- **Appoint a Safety Parent for your team. It needs to be someone who is at all the games and has a cell phone. It can be an assistant coach**

Prior to each game

- **Complete a field safety checklist. Report any problems to the League Safety Officer or League President.**
- **Check the team equipment for any problems. Report any equipment problems to the Equipment Manager.**
- **Check the contents in your team's First Aid kit. Contact the League Safety Officer for any items that need to be replaced**

If medical attention is needed

- **Utilize communicable disease procedures**
- **Utilize emergency safety procedures**
- **Notify Parents/Guardians**
- **Complete accident notification form**
- **Fill out Part 1 and have parent/guardian sign the form**
- **Notify the Safety Officer within 48 hours. Do it while the accident is fresh in your mind.**

Inspection of Equipment

- **This league requires regular inspection of playing equipment**
- **Unsafe equipment should not be given in team equipment bags**
- **Managers, coaches and umpires are required to inspect equipment prior to use**
- **Bad equipment will be removed and destroyed**

Pregame Field Inspection Checklist

<i>Field</i>	Yes	No	<i>Catchers Equipment</i>	Yes	No
Backstop Intact			Hockey Style Helmet		
Home Plate Intact			Throat Guard		
Base Secure			Helmets		
Pitchers Mound			Catchers Mitt		
Batters Box			Chest Protector		
Infield Fence			Shin Guards		
Outfield Fence			<i>Dugouts</i>		
Foul lines			Fencing		
Infield Repairs			Benches		
Outfield Repairs			Trash Cans		
Warning Track			Clean Up		
Coaches Box			<i>Spectator Area</i>		
Grass Surface			Bleachers		
			Protective Screens		
Player Equipment			Parking Area		
Batting Helmets			<i>Safety Equipment</i>		
Jewelry Removed			First Aid Kit		
Shoes/Bats			Medical Release Form		

Face Mask			Ice Packs		
Athletic Cup			Safety Manual		
Full Uniform			Injury Report Form		
			Drinking Water		

