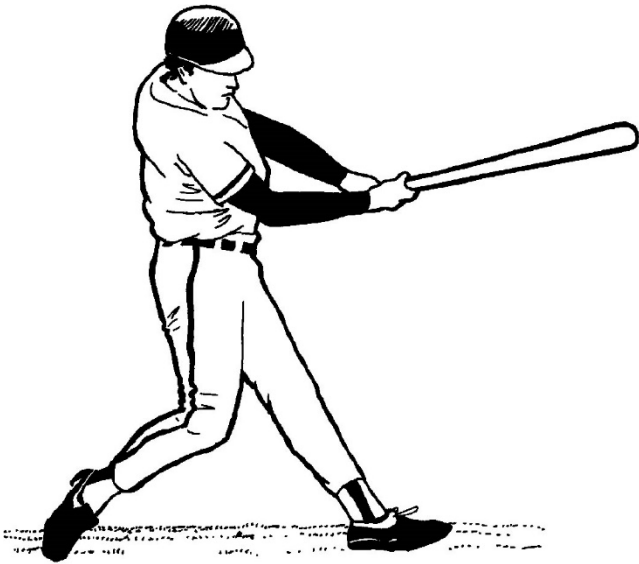


Plaza Little League  
League ID # 3460817

## District 8 Little League



2025 Safety Plan



## **Purpose and Essential Objectives of Safety Plan**

The purpose of the safety plan is to create awareness for procedures which will allow for a rewarding and safe Little League experience. The objectives below support the purpose of the plan and align with the A Safety Awareness Plan (ASAP) as well as Little League expectations and requirements for a qualified safety plan (Little League, 2023a).

- Practice and playing field conditions are made as safe as possible.
- Players' protective equipment and other facilities are available and in good condition.
- Arrangements have been made for first aid treatment and more severe emergencies.
- All managers, player agents, coaches, and umpires have been instructed in the inclusion of suitable safety precautions as an integral part of their regular duties.
- Other volunteers, such as groundskeepers and auxiliary members, are carrying out their jobs safely.
- Arrangements are made for the prompt investigation and reporting of accidents and near-misses with a definite follow-up for the prevention of further accidents of a similar nature.

## **1. Safety Officer (SO):**

Patrick Cohen is on file with Little League Headquarters as the Safety Officer for Plaza Little League, ID# 3460817.

### **Safety Officer (SO):**

Patrick Cohen

(757) 381-5123 (cell)

Email: [patrick.cohen84@gmail.com](mailto:patrick.cohen84@gmail.com)



## **2. Safety Plan Distribution:**

The enclosed Plaza Little League's Safety Manual will be distributed in print or electronically to all board members, managers, coaches, volunteers, and the district administrator. An electronic version will be available online as well.

# Emergency Procedures

## 3. Contact information:

Plaza Little League teams are to have a plan for who will call 911 in case of an emergency; that person shall have a cell phone. Contact information shall be posted in the concession area and made available to coaches.

### Board of Directors

**President:**

Chris Atkinson  
(804) 944-1466 (Cell)  
Email: [mistercatkinson@aol.com](mailto:mistercatkinson@aol.com)

**Safety Officer (SO):**

Patrick Cohen  
(757) 381-5123  
Email: [patrick.cohen84@gmail.com](mailto:patrick.cohen84@gmail.com)

**Secretary:**

Kate Sytsma  
(757) 553-8692  
Email: [kate.sytsma@outlook.com](mailto:kate.sytsma@outlook.com)

**Treasurer:**

Georgina Quillas  
(813)385-1278 (Cell)  
Email: [Georginaquillas@gmail.com](mailto:Georginaquillas@gmail.com)

**Player Agent:**

Dessie Atkinson  
(804)867-5107 (Cell)  
Email: [odessadoo@aol.com](mailto:odessadoo@aol.com)

**VP Baseball:**

Andrew Sytsma  
(757) 705-8131 (cell)  
Email: [asytsma80@gmail.com](mailto:asytsma80@gmail.com)

**VP Softball:**

Jeff Moffett  
(757) 449-5561  
Email: [Jmoffett@hrsd.com](mailto:Jmoffett@hrsd.com)

**Information Officer (IO):**

Eddy Hendricks  
(757) 385-0438 (Cell)  
Email: [eddyhjr@cox.net](mailto:eddyhjr@cox.net)

**Coaching Coordinator:**

Carols Munoz  
(757) 289-9599  
Email: [Los3022@outlook.com](mailto:Los3022@outlook.com)

**Umpire in Chief:**

Ron Moore  
(757) 468-2204 (Cell)  
Email: [ron55moore@yahoo.com](mailto:ron55moore@yahoo.com)

**IMPORTANT PHONE NUMBERS****Emergency:**

Emergency ..... 911  
Virginia State Police ..... 455-3980  
Emergency from Cell Phone ..... #77

**Non-Emergency:**

Virginia Beach – Non-Emergency Police ..... 385-2800  
Virginia Beach – Sheriff's Office ..... 385-4555  
Norfolk – Non-Emergency Police ..... 441-5610  
Norfolk – Sheriff's Office ..... 664-4700  
Chincoteague Non-Emergency Police ..... 336-3155  
Accomack County Sherriff ..... 824-5666  
Poison Center ..... 1-800-222-1222

**Dental:**

Tidewater Dental Association ..... 351-6767

There is no organized dental emergency service for the City of Virginia Beach, Norfolk, and Eastern Shore. Notify the child's parent(s) immediately so they can obtain Emergency Dental Service for their child from the family dentist.

## 4. Volunteer Application and Background Checks:

Plaza Little League will use the Official Little League Volunteer Application form to screen all Volunteers.

It is understood Little League's preferred provider, J.D Palatine (JDP) meets the requirements for screening volunteers according to the Little League regulation 1(c) 8 and 9 requirement. To meet the requirement for background check screening on volunteers, JDP will be used along with the United States Department of Justice National Sex Offender Registry ([www.nsopr.gov](http://www.nsopr.gov)), when further screening is required based on information obtained from JDP. Additionally, volunteers who will have repetitive access to players will complete the USA Baseball's BASE Abuse Awareness Training (Little League, 2023b).

All volunteers, over the age of 17, who have access to players will be screened. Screening includes, but is not limited to:

- Board Members
- Volunteer Umpires
- Concession Volunteers
- Managers
- Coaches

## 5. Fundamental Training:

Plaza Little League requires at least one manager or coach from each team to attend Fundamentals of Baseball and Softball training. Every Manager/Coach will attend this training once every three years.

Fundamental training will be conducted on March 1-2, 2025, and will include a total of six sessions, organized by division.

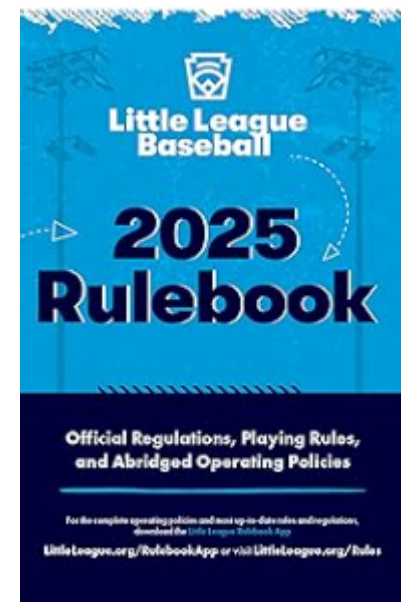
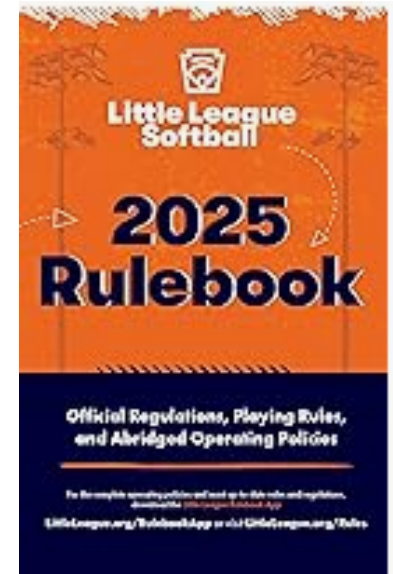
## 6. First Aid Training

First Aid Training will be conducted March 1-2, 2025.

Mandatory concussion training will be completed online and prior to the first scheduled practice.

Plaza Little League requires at least one manager or coach from each team to attend First Aid Training (Little League, 2023a). Therefore, every team manager and the team coaches will attend an annual first aid training.

Every manager and coach will submit a concussion training and child abuse certificate prior to the first scheduled practice.



# Pre-Game/Practice Field Inspection

## 7. Field Inspection:

Plaza Little League requires managers, coaches, and umpires to walk the field and inspect for hazards before every game or practice.

### Pre-Game Checklist

- Inspect the infield for foreign objects, holes, and dampness.
- Inspect the outfield for foreign objects, holes, and dampness.
- Inspect fencing for holes and sharp metal.
- Inspect catcher's gear for wear and proper fit.
- Inspect helmets for wear.
- Inspect bats for LL specifications and wear.
- Refill first aid kit
- Fill water just (if needed)
- Assign foul ball retriever.
- Assign equipment handler.
- Check male catchers for protective cup.
- Check uniforms for uniformity and proper fit.
- Check for jewelry of any kind.
- Fill out the lineup and give it to the home plate umpire.
- Line the field to LL specifications
- Perform stretching and calisthenics warm-up exercises.
- Perform warm-up drills and skills.



**HAVE YOU:**

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## **Field and Complex Lighting:**

Making sure artificial lights meet minimum requirements is a must for safe playing conditions. Little League recommends light meter checks are made at regular intervals to find out when it is necessary to clean reflectors and replace partly worn light bulbs which have lost their original rating. A field lighting audit was conducted by the district safety officer on May 24, 2023, which indicated the lighting on Field 1, Field 3, and Field 6 did not meet current lighting standards. It was recommended lights are adjusted at a minimum aiming angle of 25 degrees below horizontal for fixtures aimed toward the infield and 21 degrees for fixtures aimed across the outfield (Little League, 2017). Recommended adjustments are underway at the submission of this document.

This plan acknowledges the only alternative to adequate lighting is to schedule practice and games during daylight hours.

## **8. Facility Survey:**

Plaza Little League conducts a yearly facility survey on all fields. The survey will be uploaded to the Little League Data Center.



## 9. Concession Stand Safety Information:

- Menu shall be posted and approved by the Safety Officer and League President.



- Concession safety procedures shall be posted in the Concession Stand

- Volunteers shall clean and disinfect frequently touched surfaces daily and in between all facility uses, including practices and games.
- An annual safety inspection will be conducted prior to opening the concession stand each spring season.

## **10. Equipment Check/Inspection:**

The League SO and equipment manager will inspect all equipment in the pre-season, between February 24 and 28, 2025.

- a. Managers and coaches will inspect equipment prior to each game and practice.
- b. Umpires will inspect equipment prior to each game.
- c. Players are to place equipment in a well-spaced-out area for easy inspection.
- d. Umpires will avoid direct contact with equipment.

Any equipment not meeting Little League safety standards will not be used and will be replaced promptly by the equipment manager.

## 11. Prompt Accident Reporting:

All teams will use the provided incident tracking form and will submit a completed accident report form to the League SO within 24 hours of the incident.

When to report—Report any incident which causes any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid to League SO. This includes passive treatments such as the evaluation and diagnosis of the injury or period of rest.

Safety Officer (SO):

Patrick Cohen

(757) 381-5123 (cell)

Email: [patrick.cohen84@gmail.com](mailto:patrick.cohen84@gmail.com)

How to make the report—An Accident Report Form must be completed with the following information:

- The date, time, and location
- The name and phone number of the person reporting the incident.
- The name and phone number of individuals involved.
- The division, team name, and manager's phone number.
- How did the accident occur?
- The preliminary estimation of the extent of injuries.
- The type of first aid given.
- Was 911 called?
- Response time for emergency medical personnel, if 911 is called.
- Position of person when injured (batting, first base, etc.).
- What caused the injury (sliding, fly ball, etc.)?

## **12. First Aid Supplies:**

Each team will be issued an updated First Aid Kit and must have it at every practice and game.



- **Refills for team first aid kit items will be available by contacting the League's SO.**
- **First Aid Kits will be checked and inspected between February 24 and 28, 2025.**
- **Ice packs are located near the concession stand and will be available upon request.**

### **13. Little League Rule Enforcement:**

Plaza Little League will ensure all teams enforce ALL Little League Rules, including proper equipment for catchers and batters.

- a. Skull caps are not allowed; catcher helmets must provide full head and neck protection and must meet Little League Safety standards.
- b. On Deck position is not allowed for Majors Division and below.
- c. Managers and coaches can warm up pitchers except during tournament play.
- d. Breakaway bases will be used on all fields.
- e. NOCSAE helmets and masks will be used by all batters and catchers; USA baseball bats will be used by all batters in Majors division and below.

## **14. Player and Coach Data:**

### *a. Safety Plan Registration Form:*

Plaza Little League will use the current year, qualified safety plan.

### *b. Roster Information:*

Plaza Little League will ensure all team roster information for players, managers, and coaches are sent to Little League.

## References

- Little League. 1997. “Play it safe: A practical approach to leadership responsibility in an effective Little League Safety Program.” [PDF]. Accessed 3 December 2023, [www.littleleague.org/downloads/play-it-safe/](http://www.littleleague.org/downloads/play-it-safe/).
- Little League. 2017. “2017 Little League Lighting Standards & safety Audit.” *Little League*. [PDF]. Accessed 10 November 2023, [www.littleleague.org/downloads/lighting-standards-safety-audit/](http://www.littleleague.org/downloads/lighting-standards-safety-audit/).
- Little League. 2023a. “ASAP: Build your plan.” *Little League*. [PDF]. Accessed 15 November 2023, [www.littleleague.org/player-safety/asap/requirements/](http://www.littleleague.org/player-safety/asap/requirements/).
- Little League. 2023b. “Important Updates to Little League’s Child Protective Program.” *Little League*. Accessed 10 November 2023, [www.littleleague.org/news/important-updates-to-little-leagues-child-protection-program/](http://www.littleleague.org/news/important-updates-to-little-leagues-child-protection-program/).