

Liverpool Little League Safety Manual & ASAP Plan



2024 Season

**** To be distributed to all managers & coaches ****



Liverpool Little League ASAP Plan

League ID: 0232-0805
Liverpool, NY

2024

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Liverpool Little League Phone Numbers

Call 911 for all Emergencies

Liverpool Little League Board of Directors – Important Safety Contacts			
Title	Name	Phone Number	Email
President	Adam Peterson	(651) 587-0934	adam@liverpoollittleleague.org
Vice President	Nick Ciotti	(315) 741-2627	nick@liverpoollittleleague.org
Safety Officer	Troy Barrett	(315) 559-1645	safety@liverpoollittleleague.org
Co-Safety Officer	Ryan Argy	(315)-409-5073	ry.argy@gmail.com
Field & Maintenance Director	Tom Huson	(315) 569-4046	
Equipment Manager	Scott Kelly	(315) 345-2058	
Umpire in Chief	Jeff Scofield	(315) 245-7251	
Player Agent	Dan Tunison	(607) 857-7518	
Player Agent	Scott Schneider	(315) 427-0953	
Player Agent	Brian Bangson	(315) 243-5358	

Liverpool Little League Fields	
<p>Verplank Fields 4483 Verplank Road Clay, NY 13041</p>	<p>Route 31 Field aka Clay Park North 4483 NY-31 Clay, NY 13041</p>
<p>Duerr Park 133 Duerr Road Liverpool, NY 13090</p>	<p>SRS aka Clay Park Central West 7942 Henry Clay Blvd Liverpool, NY 13090</p>



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Requirements of League Volunteers

Liverpool Little League Volunteers

Volunteers are the greatest resource Little League has in aiding children's development into leaders of tomorrow. But some potential volunteers may be attracted to Little League to be near children for abusive reasons.

Volunteer Application Form & Background Checks

Like all safety issues, prevention is the key. Liverpool Little League has a two-step plan for selecting safe volunteers.

The LLB Volunteer Application Form is required to be completed as follows:

- Must be completed by board members, managers and coaches and provide a government issued photo identification card for ID verification
- To be completed by all other parents and volunteers who may have direct access with players.
- The President is responsible for verifying that all required volunteer application forms are completed.
- Using the Volunteer Applications, the President must conduct a Department of Justice nationwide sex offender registry on all board members, managers, coaches and volunteers. Anyone appearing on the nationwide sex offender registry is ineligible to be a league volunteer. League President will retain these forms for the year of service.
- Anyone refusing to fill out the Volunteer Application is ineligible to be a league volunteer.
- All Volunteer Applications will be handled through SportsConnect during the registration process

Managers and Coaches Definition & Requirements

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. All managers and coaches must:

- Complete Volunteer Application Form through SportsConnect
- Participation and Completion in the 2024 Liverpool Little League Coaches Fundamentals/First Aid and Safety Training Session as required by the league
- Program attendance is mandatory of at least one (1) member of each team coaching staff, preferably the designated Manager of each team. In the event the Manager is unable to attend, a designee from that managers coaching staff can be appointed to attend. In the event a designee is appointed, the manager is responsible for review and understanding of all material presented at the training session. This training is mandatory for coaches or managers to attend at least once every two years. All coaches and managers are invited and encouraged to attend.
- Read, understand and sign the League Code of Conduct as part of the registration process



Managers and Coaches Roles & Responsibilities

Code of Conduct

The Manager shall always be responsible for the team's conduct, observance of the official rules and deference to the umpires. A Manager is responsible to conduct their actions in accordance with the League Code of Conduct.

Field Inspections

The Manager is also responsible for the safety of their players. As part of this responsibility each team manager is responsible for conducting a field inspection prior to the initiation of each game and practice. If safety concerns arise in the course of the field inspection, it is the responsibility of the Manager to address these issues prior to allowing play on the fields. If safety concerns cannot be immediately rectified, the Manager is responsible for contacting the Safety Officer of the concern immediately. In the case of a Pre game inspection where safety concerns are identified, the respective Team Managers along with the Umpire crew are responsible to identify what accommodations are appropriate to allow play to begin.

Rule Enforcement

The manager and coached are responsible for enforcing all applicable safety standards and rules including, but not limited to:

- All catchers must wear a cup to all practices and games
- No player is allowed "on deck" during game situations
- All players must wear batting helmets when batting in practice or in game situations
- Catchers must wear full catching gear in game situations including helmet, face mask, chest protectors, shin guards, throat guards and catcher's mitt.
- All managers must have a First Aid Kit at every practice and game

Safety Officer

Role

The Liverpool Little League Safety Officer is a member of the Board of Directors. 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 Liverpool Little League and its managers, coaches, umpires, team safety officers, players, spectators, and any other third parties on the complex in regard to safety matters, rules and regulations.

Responsibilities

The Liverpool Little League Safety Officer responsibilities include:

- Coordinating policies and procedures for LLL in order to provide the safest environment possible for all.



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- 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, in which divisions (senior, major, minor, A-Ball, T-ball), at what times, under what supervision.
- Correlating and summarizing the data in the First-Aid Log to determine proper accident prevention in the future.
- Ensuring that each team receives its First-Aid Kit at the beginning of the season.
- 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 are following policies outlined in the LLL safety manual
- Tracking all injuries and near misses in order to identify injury trends.
- Visiting other leagues to allow a fresh perspective on safety.
- Making sure that safety is a Board Meeting topic, and allowing experienced people to share ideas on improving safety
- Submitting an ASAP Plan to Little League International by due date
- Remind and provide for coaches communication capabilities for all fields



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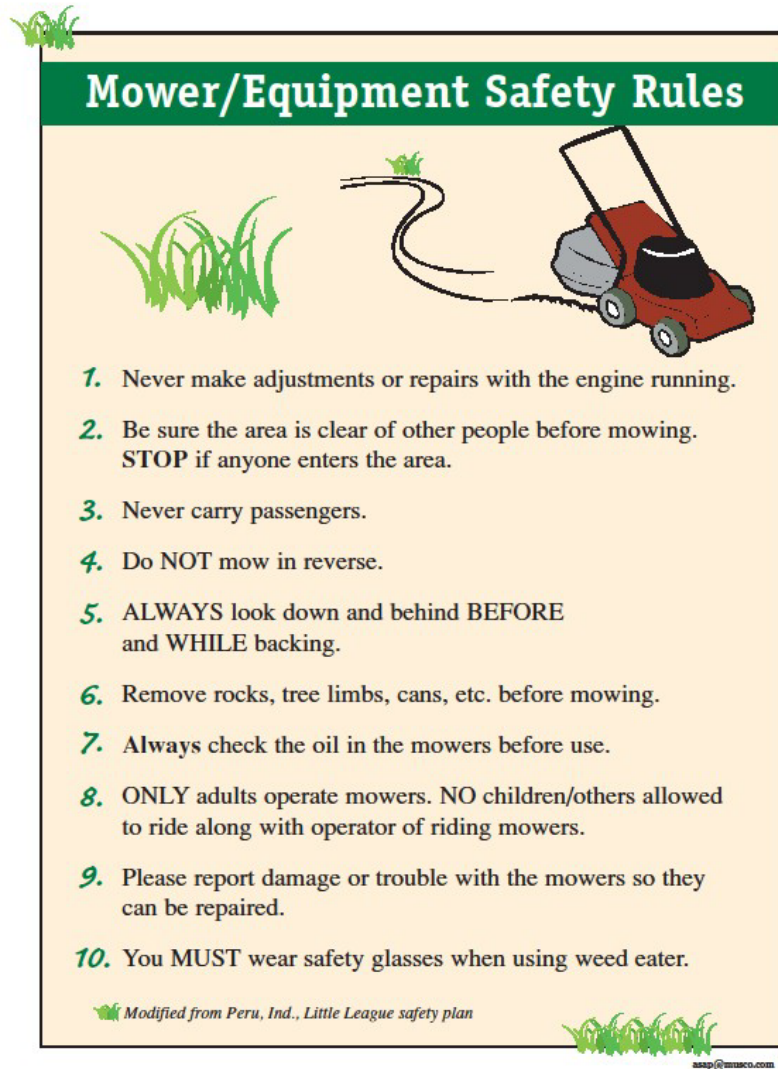
2024

Accident Reporting Procedure

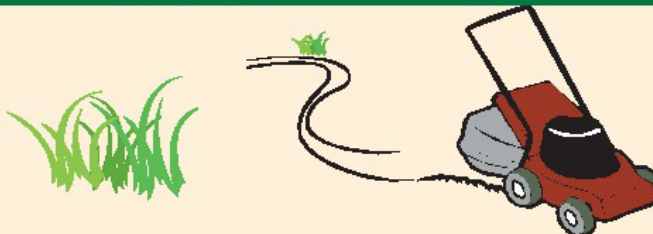
What to report	An incident that causes any player, manager, coach, an umpire or volunteer to receive medical treatment and/or first aid must be reported to the Safety Officer.
Time to report	All such incidents described above must be reported to the Safety Officer within 48 hours of the incident.
How to Make the Report	Fill out an official incident report and send to League Safety Officer. At a minimum, the following information must be provided: <ul style="list-style-type: none"> ○ Name and phone number of the individual involved ○ Date, time and location of the incident ○ Detailed description of the incident ○ Preliminary estimation of the extent of any injuries ○ Name and phone number of the person reporting the incident
Safety Officer Contact Info	Troy Barrett: Cell: (315) 559-1645 & Email: safety@liverpoollittleleague.org
Online Location of Incident Form	http://littleleague.org/downloads/incident-injury-tracking-form/
Safety Officer Responsibilities	<p>Within 48 hours of receiving the incident report, the Safety Officer will contact the injured party or the party’s parents and (1) verify the information received; (2) obtain any other information deemed necessary; (3) check on the status of the injured party; and (4) in the event that the injured party required other medical treatment (i.e., Emergency Room visit, doctor’s visit, etc.) will advise the parent or guardian of the Liverpool Little League’s insurance coverage and the provision for submitting any claims. The Safety Officer will complete the Incident/Injury Tracking Form upon notification of the incident if a form has not already been filled out.</p> <p>If the extent of the injuries are more than minor in nature, the Safety Officer shall periodically call the injured party to (1) check on the status of any injuries, and (2) 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” (i.e., no further claims are expected and/or the individual is participating in the league again).</p>
Board Review	A summary of the incidents will be presented to the Liverpool Little League Board of Directors via GroupMe within 24 hours. All instances shall be reviewed in depth at the next scheduled meeting. An effort will be made to identify any trends or opportunities for policy revision that would reduce incidence occurrence for the subsequent year.

Equipment Inspection/Safety

- The Equipment Manager will conduct an inventory of all equipment prior to the initiation of the season
- The Equipment Manager will provide an assessment of the status of the equipment at a Liverpool Little League Board of Directors meeting
- Equipment needs will be prioritized based on impact of safety to player, volunteers and spectators
- Equipment issues as an identified safety risk will be rectified prior to the initiation of the season
- Provide safe bases that are easily detached during slides and close plays.
- Reduced impact baseballs for lower divisions such as A-ball and T-Ball.
- Maintain and add fence top protectors to all fields



Mower/Equipment Safety Rules



1. Never make adjustments or repairs with the engine running.
2. Be sure the area is clear of other people before mowing. **STOP** if anyone enters the area.
3. Never carry passengers.
4. Do **NOT** mow in reverse.
5. **ALWAYS** look down and behind **BEFORE** and **WHILE** backing.
6. Remove rocks, tree limbs, cans, etc. before mowing.
7. Always check the oil in the mowers before use.
8. **ONLY** adults operate mowers. **NO** children/others allowed to ride along with operator of riding mowers.
9. Please report damage or trouble with the mowers so they can be repaired.
10. You **MUST** wear safety glasses when using weed eater.

Modified from Peru, Ind., Little League safety plan

asap@mlsco.com 1



Playing Field Inspection

- The League President or Vice President, in conjunction with the Field & Maintenance Director and the Safety Officer, will complete a Facility Survey Annually
- The initial survey will be during the month of October once the Fall season has finished.
- The Survey results will be presented at the next scheduled Liverpool Little League Board of Directors Meeting
- The Board of Directors will determine the priority of addressing identified areas of concern
- Significant areas will be rectified prior to the initiation of the Spring season



HAVE YOU:

- ✓ **Walked field for debris/foreign objects**
- ✓ **Inspected helmets, bats, catchers' gear**
- ✓ **Made sure a First Aid kit is available**
- ✓ **Checked conditions of fences, backstops, bases and warning track**
- ✓ **Made sure a working telephone is available**
- ✓ **Held a warm-up drill**



Storage Shed Procedures

The following applied to all storage sheds used by Liverpool Little League and to anyone who has been issued a key by the Liverpool Little League to use those sheds.

- All individuals with keys to the Liverpool Little League equipment sheds (i.e. Managers, Umpires, Directors, etc.) are aware of their responsibilities for the **orderly and safe storage of rakes, shovels, bases etc.**
- Before you use any machinery located in the shed (i.e., tractor, scoreboards, etc.) please locate and read the written operating procedures for that equipment.
- Only individuals deemed properly training by the Field & Maintenance Director may operate any motorized machinery.
- All chemicals or organic materials stored in Liverpool Little League sheds shall be properly marked and labeled as to its contents.
- All chemical or organic materials (i.e., lime, fertilizer, etc.) stored within these equipment sheds will be separated from the areas used to store machinery and gardening equipment (i.e., rakes, shovels, etc.) to minimize the risk of puncturing storage containers.
- Any “loose” chemicals or organic materials within these sheds should be cleaned up and disposed of as soon as possible to prevent accidental poisoning.



General Safety Information

Some 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 limitations.
- Carry your first-aid kit to all games and practices
- Assist those who require medical attention – and when administering aid, remember to :
- LOOK for signs of injury (*Blood, Black-and-Blue, deformity of the joint, etc.*).
- LISTEN *to the injured to describe what happened and what hurts if conscious. Before questioning, you may have to calm and soothe an excited child.*
- FEEL *gently and carefully the injured areas for signs of swelling or grating of broken bone.*
- Have your players' completed Medical Clearance Forms with you at all games and practices.
- Make arrangements to always have a cell phone available for emergencies
- Have all parents cell phone numbers saved as contacts in your phone for easy access

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 procedures (i.e. CPR, etc.)
- Transport injured individuals except in extreme emergencies.
- Leave an unattended child at a practice or game.
- Hesitate to report any present or potential safety hazard to the League Safety Officer immediately.
- Be in a situation where you are alone with an unrelated child



Communicable Disease Procedure

- 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 contact with blood or other body fluids is anticipated (provided in first-aid kit).
- Immediately wash hands and other skin surface if contaminated with blood.
- Clean all blood contaminated surfaces and equipment.
- 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
- Dispose of bloody dressings, mouth guards and other articles containing body fluids in the provided red hazardous waste bags. Contact safety officer for proper disposal location of any used hazardous waste bags



Pitch Count

Children should not be encouraged to play through pain. Pain is a warning sign of injury. Ignoring it can lead to greater injury.

Warning Signs

If any of the following red flags persist for more than two weeks, consult a sports medicine specialist:

- Sharp pain to the shoulder that increases with throwing.
- Painful clicking, catching or popping with throwing or overhead movement.
- Increased, unexplained weakness in the shoulder, forearm or wrist.
- Increased prolonged achiness to the shoulder following throwing.
- A painful arc of movement when raising the arm.
- Numbness or tingling in the forearm and fingers.

Pitch Count Policy

Official Liverpool Little League Pitch Count Policy shall be updated and maintained publicly on the league's website.

Current pitch count policy: <https://www.liverpoollittleleague.org/Default.aspx?tabid=2748278>



Batting cage guidelines

1. These guidelines shall be posted at all batting cages maintained by Liverpool Little League
2. Only authorized adult managers and coaches may supervise and run the cage. To be authorized, you must:
 - a. Have a Little League volunteer form on file.
 - b. Have passed the background check performed by Liverpool Little League.
3. Eligible participants include players in Liverpool Little League.
4. Only adults can feed the pitching machines or pitch batting practice
5. The operator/pitcher must use an "L" fence protector.
6. There shall be no unattended players allowed in the batting cage.
7. Only one batter and one machine operator/pitcher are allowed in the cage at a time.
8. All batters must wear a helmet.
9. Before placing the ball into the pitching machine, the adult will hold the ball up to obtain eye contact with the batter. It is strongly recommended that the player signify readiness by saying "Ready" in a loud voice.
10. Machines must be turned off while balls are being retrieved in the cage.
11. Players will enter and exit the cage through the proper location. When not in a cage, all players should remain outside and away from the batting cage netting. They may sit on the benches provided until their turn.
12. On game days, teams that are playing can use one half of the batting cage one hour before game time
13. Batting cage is for team or group use only, not individual use.
14. No climbing on the netting or surrounding fence. Kids need to be in direct sight of the coaches at all times.
15. Players outside the cage should not distract or talk with players on the Major or A-ball League fields during games. They are to stay away from the outfield fence. A coach should be outside the batting cage to keep players away.
16. No Food or Drink allowed inside the batting cage.
17. No unsupervised "practice swinging" is permitted immediately inside or outside the cage area.
18. Only plastic balls may be used for Soft Toss/Batting Tees on the outside of the cage.
19. When departing and there is no one waiting to use the cage immediately after you, please put all equipment back to its original place. Any equipment placed outside the fencing must be placed back in. The cage areas must be cleaned up after each use. Last person to use cage must shut off power via the switch in the Concession Stand.
20. Each team must keep to their allocated times as assigned by the Batting Cage Coordinator. Clean-up must begin 5 minutes before the end of your session and you must be out of the cage at the end of your hour.
21. The doors to the batting cage must be locked after use. (If no other team is waiting to enter) Double check the doors to be sure they are secured
22. If an incident, damage to equipment, or accident happens, a Liverpool Little League Board Member must be notified immediately. Phone numbers are posted inside the cage.
23. The Liverpool Little League Board can close the cage at any time for any reason.
24. Misuse of any kind will be cause for denying anyone future use of the batting cage.
25. If you are not going to use your allotted time in the Batting Cage or are requesting additional time, please notify Field Maintenance



Concession Stand Safety

To be posted in all Liverpool Little League concession stands.

No person under the age of twelve will be allowed in the concession stand without adult supervision.

- No person under the age of fifteen will be allowed to operate the popcorn maker, coffee maker or deep fryer.
- People working in the concession stand will be trained in safe food preparation. Training will cover safe use of all equipment.
- Cooking equipment will be inspected periodically and repaired or replaced if need be.
- Concession stand workers will wash hands before they begin work and frequently during the day. In addition, gloves will be worn when handling unpackaged food.
- Food not purchased by Liverpool Little League or Third-Party Contracted Vendor to sell in its concession stand will not be cooked, prepared or sold in the concession stand.
- A fully stocked First Aid Kit will be kept within the building that houses the concession stand.
- A Safety Manual will be kept in the concession stand.
- The concession stand main entrance door will not be locked or blocked while people are inside.

Clean Hands for Clean Foods

Since the staff at the concession stand may not be professional food workers, it is important that they be thoroughly instructed in the proper method of washing their hands. The following may serve as a guide:

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

Wash your hands in this fashion before you begin work and frequently during the day, 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 disposable tissue.
- After handling soiled surfaces, equipment, or utensils
- After using tobacco or eating.
- When switching between working with raw food and working with ready-to-eat food.
- During food preparation, as often as necessary to remove soil and contamination and to prevent cross-contamination when changing tasks.



Lightning Safety

What to do if someone is struck by lightning

- Lightning victims do not carry an electrical charge, are safe to handle, and need immediate medical attention.
- Call for help. Have someone call 9-1-1 or your local ambulance service. Medical attention is needed as quickly as possible.
- Give first aid. Cardiac arrest is the immediate cause of death in lightning fatalities. However, some deaths can be prevented if the victim receives the proper first aid immediately. Check the victim to see that they are breathing and have a pulse and continue to monitor the victim until help arrives. Begin CPR if necessary.
- If possible, move the victim to a safer place. An active thunderstorm is still dangerous. Don't let the rescuers become victims. Lightning CAN strike the same place twice.

Stay Informed

Listen to NOAA Weather Radio for the latest forecast and for any severe thunderstorm WATCHES or WARNINGS. Severe thunderstorms produce winds of 58 mph or greater, or hail 3/4 of an inch or larger in diameter.

For additional information on lightning or lightning safety, visit NOAA's lightning safety web site:
<http://www.lightningsafety.noaa.gov>

Lightning Safety Plan

Lightning poses a serious threat during the Little League® regular and tournament seasons. In the United States, lightning activity picks up during the spring and peaks during the summer. Having a plan and knowing what to do when lightning approaches is important for player and fan safety.

This starts with being "weather aware" by staying on top of the latest forecast from a trusted, local meteorologist. A quiet summer day can turn stormy very quickly, so it's important to be ready for quickly changing weather. It's helpful to use a smartphone app at the field to monitor rain and thunderstorms approaching your area.

Lightning can strike long before it starts raining! In fact, many lightning strike victims are hit before rain begins. Lightning can strike over 10 miles away from a thunderstorm, so action needs to be taken before the wet weather arrives.

If you hear thunder or observe threatening skies, immediate action is required! It is not safe to be outside when lightning is in your area. Dugouts and pavilions do not provide safe cover during thunderstorms, and never seek shelter under a picnic shelter, under bleachers, or in a shed.

When lightning threatens, all players should seek safety in their parents/guardian's hard-topped vehicle with the windows up. While in the vehicle, don't touch anything metal, or any electronics. If this isn't an option, players and coaches shall seek safety in a sturdy building that has plumbing and electricity.

You are not allowed to head back to the field until 30 minutes after the thunder and lightning come to an end and an all clear is given.



The Heimlich Maneuver

Perform the Heimlich Maneuver

The Heimlich maneuver is the most effective way to remove something stuck in an adult's or older child's throat. (Note: another technique is used for small child and infants.) It isn't difficult, it doesn't require great strength or intelligence, and you could save a person's life with it. Since you'll also learn two techniques that you can perform on yourself, the life you save may be your own.


Although the Heimlich maneuver is simple and effective, it can be painful for and even injurious to the victim. It's something to be reserved for genuine emergencies, and should be performed only when the situation meets the following guidelines:

- The person cannot **talk, cough** or **breathe**. (If the person is coughing, they're not choking, so don't perform it.)
- The person nods yes to the question, "**Are you choking?**"
- The person is **unconscious** and your attempts to breathe for them are blocked.


You'll also need to consider the age of the victim. Performing the Heimlich maneuver on small children or infants can do more harm than good, so follow the guidelines for the different age groups. And a final consideration: people come in all shapes and sizes. The force applied to a person's abdomen must be sufficient to dislodge an object, but it's appropriate to adjust the strength of the thrust depending on the body type. Use a bit less force with a skinny ten-year-old than with a heavyset forty-year-old.

Since the Heimlich maneuver can be traumatic for the victim, you can't practice the full maneuver on another person to prepare for the real event. But you can and should practice the handholds, the stance, and finding the proper location to thrust. Practicing these will prevent you


How to Perform the Heimlich Maneuver on Adults & Children Over the Age of 1




1. Stand behind the person with one leg between the person's legs (for a child, move down to their level)




2. Put your arms around them and find their belly button



3. Place the thumb side of your fist just above their belly button



4. Grasp your fist with your other hand and thrust inward and upward (continue until they expel the item)



5. If they're unresponsive, begin CPR and seek medical attention immediately



Concussions

Per NY State law, all managers and coaches must complete CDC Heads Up Concussion training every two years. Training can be found here: <https://www.cdc.gov/headsup/index.html>

The Facts

- A concussion is a brain injury.
- All concussions are serious.
- Concussions can occur without loss of consciousness.
- Concussions can occur in any sport.
- Recognition and proper management of concussions when they first occur can help prevent further injury or even death.

What is a Concussion?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost.

The potential for concussions is greatest in athletic environments where collisions are common. Concussions can occur, however, in **any** organized or unorganized sport or recreational activity.

Recognizing a possible concussion

To help recognize a concussion, you should watch for the following two things among your athletes:

1. A forceful blow to the head or body that results in rapid movement of the head. **–and –**
2. Any change in the athlete’s behavior, thinking, or physical functioning.

Signs and Symptoms

- Appears dazed or stunned
- Headache or “pressure” in head
- Is confused about assignment
- Nausea or vomiting or position
- Balance problems or dizziness
- Forgets sports plays
- Double or blurry vision
- Is unsure of game, score, or opponent
- Sensitivity to light
- Moves clumsily
- Sensitivity to noise Answers questions slowly
- Feeling sluggish, hazy, foggy
- Loses consciousness (even briefly) or groggy
- Shows behavior or personality
- Concentration or memory problems changes
- Confusion
- Can’t recall events prior to hit or fall
- Does not “feel right”
- Can’t recall events after hit or fall



Prevention and Preparation

As a coach, you can play a key role in preventing concussions and responding to them properly when they occur. Here are some steps you can take to ensure the best outcome for your athletes and the team:

- **Educate athletes and parents about concussion.**
 - Talk with athletes and their parents about the dangers and potential long term consequences of concussion. For more information on long term effects of concussion, take the free online training for coaches and parents: www.cdc.gov/Concussion.
- **Insist that safety comes first.**
 - Teach athletes safe playing techniques and encourage them to follow the rules of play
 - Encourage athletes to practice good sportsmanship at all times
 - Make sure athletes wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards)
 - Protective equipment should fit properly, be well maintained, and be worn consistently and correctly. Review the athlete fact sheet with your team to help them recognize the signs and symptoms of a concussion
- **Teach athletes and parents that it's not smart to play with a concussion.**
 - Sometimes players and parents wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let athletes persuade you that they're "just fine" after they have sustained any bump or blow to the head. Ask if players have ever had a concussion
- **Prevent long term problems.**
 - A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage, and even death.^{3, 4} Keep athletes with known or suspected concussion from play until they have been evaluated and given permission to return to play by a health care professional with experience in evaluating for concussion. Remind your athletes: "It's better to miss one game than the whole season."

What should a coach do when a concussion is suspected?

1. **Remove the athlete from play.** Look for the signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head. Athletes who experience signs or symptoms of concussion should not be allowed to return to play. When in doubt, keep the athlete out of play.
2. **Ensure that the athlete is evaluated right away by an appropriate health care professional.** Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:
 - i. Cause of the injury and force of the hit or blow to the head



Liverpool Little League ASAP Plan

League ID: 0232-0805
Liverpool, NY

2024

-
- ii. Any loss of consciousness (passed out/ knocked out) and if so, for how long
 - iii. Any memory loss immediately following the injury
 - iv. Any seizures immediately following the injury
 - v. Number of previous concussions (if any)
 3. **Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.** Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.
 4. **Allow the athlete to return to play only with permission from a health care professional with experience in evaluating for concussion.** A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long term problems. Prevent long term problems by delaying the athlete's return to the activity until the player receives appropriate medical evaluation and approval for return to play.



Active Shooter Plan

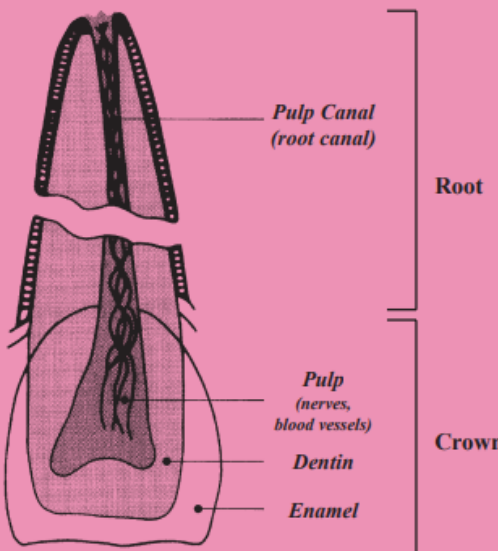
If an Active Shooter has entered your IMMEDIATE AREA at any ball field:

1. Call **9 – 1 – 1**
2. Protect yourself and lead as many people out of the immediate area
3. Remain Calm & Stay Alert
4. If possible, alert those immediately around you that there is an active shooter
5. DO NOT do anything to provoke the assailant(s) (i.e. sudden movements)
6. Follow the assailant(s) EXACT directions
7. If you or someone else is on the phone with the police DO NOT hang up. Leave the line open so the call can be traced and the dispatcher can hear what is going on
8. If the assailant(s) begin shooting and there is no place for cover or hiding, only then, should you try the following*:
 - Negotiate with the assailant(s)
 - Try to overpower the assailant(s)
 - Flee the immediate area
 - Have an escape route in mind before you begin fleeing
 - DO NOT run in a straight line
 - Do not carry anything that would slow you down

[Full 2016 Student Recreation Center EAP.pdf \(utoledo.edu\)](#)

Dental Injuries

Emergency Treatment of Athletic Dental Injuries



Professionally-made, properly fitted Custom Mouthguards greatly reduce the risk and severity of mouth injuries. Mouthguards are recommended injury prevention equipment for all at-risk sports.

LUXATION (Tooth in Socket, But Wrong Position)

THREE POSITIONS

EXTRUDED TOOTH - Upper tooth hangs down and/or lower tooth raised up.

1. Reposition tooth in socket using firm finger pressure.
2. Stabilize tooth by gently biting on towel or handkerchief.
3. **TRANSPORT IMMEDIATELY TO DENTIST.**

LATERAL DISPLACEMENT - Tooth pushed back or pulled forward.

1. Try to reposition tooth using finger pressure.
2. Athlete may require local anesthetic to reposition tooth; if so, stabilize tooth by gently biting on towel or handkerchief.
3. **TRANSPORT IMMEDIATELY TO DENTIST.**

INTRUDED TOOTH - Tooth pushed into gum - looks short.

1. Do nothing - avoid any repositioning of tooth.
2. **TRANSPORT IMMEDIATELY TO DENTIST.**

FRACTURE (Broken Tooth)

1. If tooth is totally broken in half, save the broken portion and bring to the dental office as described under Avulsion, Item 4. Stabilize portion of tooth left in mouth by gently biting on towel or handkerchief to control bleeding.
2. Should extreme pain occur, limit contact with other teeth, air or tongue. Pulp nerve may be exposed, which is extremely painful to athlete.
3. Save all fragments of fractured tooth as described under Avulsion, Item 4.
4. **IMMEDIATELY TRANSPORT PATIENT AND TOOTH FRAGMENTS TO DENTIST.**

Academy for Sports Dentistry
875 North Michigan Ave.
Suite 4040
Chicago, IL 60611-1901

1800-273-1788
1800-ASD-1788

The Academy for Sports Dentistry, a professional organization dedicated to the dental needs of athletes at risk to sports injuries, recommends that every sports medicine team include a dentist knowledgeable in sports dentistry.

MOUTHGUARDS SHOULD NOT BE OPTIONAL EQUIPMENT

<http://files.leagueathletics.com/Images/Club/4857/dental.pdf>

Heat Exhaustion

Heat Stroke

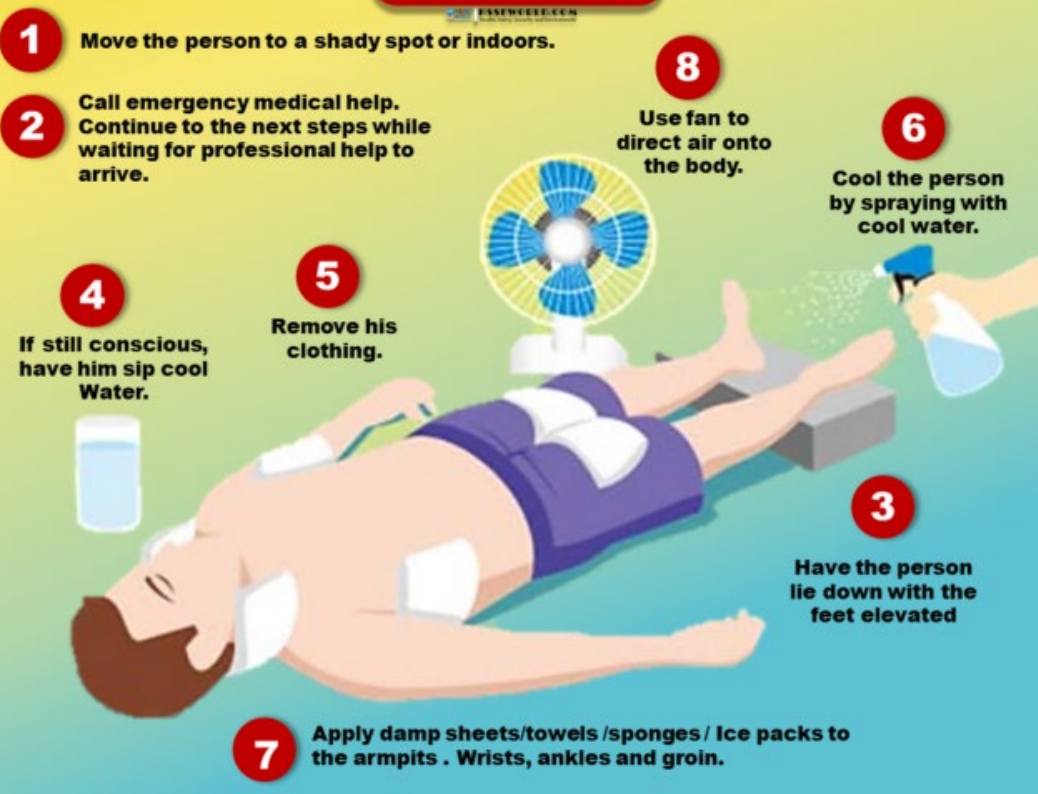
FIRST
AID

Heat Stroke is the Most severe form of heat illness wherein the body overheats and can't cool down by Sweating because of dehydration. It can cause death or permanent disability if emergency treatment is not provided .

SYMPTOMS

- Dizziness or fainting
- Hot and dry skin
- Very high core body temperature of 104 ° F (40 ° C) or more
- Lack of Sweating
- Throbbing headache
- Behavioral changes such as confusion or disorientation
- Muscle weakness or cramps
- Nausea and vomiting
- Rapid heartbeat
- Rapid , shallow breathing
- Unconsciousness

TREATMENT



- 1** Move the person to a shady spot or indoors.
- 2** Call emergency medical help. Continue to the next steps while waiting for professional help to arrive.
- 3** Have the person lie down with the feet elevated
- 4** If still conscious, have him sip cool Water.
- 5** Remove his clothing.
- 6** Cool the person by spraying with cool water.
- 7** Apply damp sheets/towels /sponges / Ice packs to the armpits . Wrists, ankles and groin.
- 8** Use fan to direct air onto the body.



Hydration Guidance

HYDRATION

THINK YOU GOT IT ON LOCK?

Hydration can make or break performance. To stay on your A game and keep from getting dehydrated, here is what you need to know.

WHAT GOES OUT MUST COME BACK IN

Depending on intensity, athletes can lose between 1 and 4 pounds of water per hour when working out.

- Drink 12 fluid ounces 30 minutes before you workout
- Drink every 20 minutes during the first hour after you workout
- Drink water throughout the day to keep hydrated prior to practices or games

- Replenish electrolytes as you work out
- Check your urine. If it looks like apple juice - not lemonade - it's time to drink more H2O

THE PERFORMANCE KILLER

DEHYDRATION SYMPTOMS TO WATCH OUT FOR:

- Headache
- Dry mouth and thirst
- Decreased output of urine
- Dry skin
- Lightheadedness, dizziness, sleepiness
- Exhaustion
- Disorientation and lack of focus
- Fever
- Hyperventilation
- Diarrhea, vomiting
- Loss of consciousness

WHAT AND WHEN TO HYDRATE

- BEFORE - Cold water
- DURING - Electrolyte-packed sports drink or water
- AFTER - Chocolate milk or a protein shake

Did you know?
Painful muscle cramps can be prevented by staying hydrated.

Stay informed.
Want more info on how to improve your performance?
Visit usafootball.com/blogs



Coaches Safety Training Sessions

Coach's Fundamentals Training:

Coach's Fundamental training clinic to be covered at all division coach's meetings. Time's to be established and sent to all coaches after registration closes.

Coach's First Aid and AED Training:

At least one representative from every regular season team must attend.

Trainings to be held at Liverpool Fire Department Station 1. Current date & times, subject to change:

- Sunday, February 04, 2024 at 11:30am to 1:30pm and 2:00pm to 4:00pm.
- Future dates based on need and demand.



Attachment, Foms and Posters


Incident/Injury Tracking Report

[Liverpool Little League Injury Report \(office.com\)](https://www.office.com)



Volunteer Application

As of 2021, all volunteers must register through SportsConnect when registering their child for Liverpool Little League. No exceptions.

The screenshot shows the SportsConnect website interface. At the top, there is a navigation bar with the SportsConnect logo on the left and links for "Registration", "Website", and "Orders" on the right. Below this is a dark blue header with "LIVERPOOL LITTLE LEAGUE" in white text. The main content area has a light blue background. A prominent heading reads "Looking to get involved? Here are some opportunities." followed by the instruction "Select a program below to view and select any division with available opportunities." Below this, a section titled "Programs" lists one program: "1  Spring 2024 - Liverpool Little League". Underneath the program list, there is a "Select Divisions:" section with five checkboxes, each followed by a division name: "Tee Ball - Little League Baseball", "A - Ball - Coach Pitch - Pre K / Kindergarten", "AA - Coach / Kid Pitch - 1st & 2nd Grade", "AAA - Kid Pitch - 3rd & 4th Grade", and "Majors - 5th & 6th Grade".

Don't Swing Until You're Up Poster

Copy and post in dugouts.

Don't Swing It

...Until You're Up to the Plate!



(Photos from North Scott, Iowa, Little League)

Don't let this happen to you, or to a teammate.

REMEMBER:

Don't pick up your bat until you leave the dugout, to approach the plate.

RULE 1.08, Notes

"1. The on-deck position is not permitted in Tee Ball, Minor League or Little League (Majors) Division. 2. Only the first batter of each half-inning will be allowed outside the dugout between the half-innings in Tee Ball, Minor League or Little League (Majors) Division."

Suggestions for Warm-up Drills Poster

Suggestions for Warm-up Drills



Heel Cord Stretches

Lean against a wall. Reach one leg behind you. Keep the knee straight, heel on the ground, and toes pointed forward. Slightly bend the leg that's closer to the wall. Lean forward. You should feel the stretch along the back of your calf. Repeat with other leg.



Head and Neck Circles

Make a circle with your head, going around first in one direction five times. Then reverse and make five circles in the opposite direction.



Low Back Stretches

Lie on your back, bring one knee up, and pull the knee slowly toward your chest. Hold and repeat three times. Switch legs and repeat.



Shoulder Stretches #1

Stand or sit, holding your throwing arm at the wrist with your other hand. Put your arm over your head and pull gently, feeling your upper arm against your head. You should feel the stretch inside your shoulder.



Shoulder Stretches #2

Stand or sit, holding onto the elbow of your throwing arm with your other hand. Gently pull your throwing arm across your chest. You should feel the stretch inside your shoulder, especially at the back.



Shoulder Stretches #3

Stand or sit with your pitching arm out to the side and your elbow bent. Move your arm back until you feel the stretch in the front of your shoulder.



Thigh Stretches #1

Sit on the ground. Stretch both legs out in front of you. Reach forward, touching your toes. Eventually, you want to lean forward far enough to put your head on your knees. You should feel the stretch along the backs of your legs.

Thigh Stretches #2

Sit on the ground with one leg stretched out in front of you. Bend the other knee and put your foot behind you. Lean backwards. You should feel the stretch along the front of your thigh.



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Make Sure They Are Safe Poster



**Make
Sure
They
Are
Safe!**

REMEMBER:
Catchers must wear helmets during warm-ups and infield/outfield practice.

RULE 1.17
"...All catchers must wear a mask, 'dangling' type throat protector and catcher's helmet during infield/outfield practice, pitcher warm-up and games."



Facility Survey Form

<https://www.littleleague.org/downloads/national-facility-survey>

LITTLE LEAGUE BASEBALL® & SOFTBALL **NATIONAL FACILITY SURVEY**

2020



League Name: _____
 District #: _____
 ID #: _____
 (if needed) ID #: _____
 (if needed) ID #: _____
 City: _____ State: _____

President: _____ Safety Officer: _____
 Address: _____ Address: _____
 Address: _____ Address: _____
 City: _____ City: _____
 State: _____ ZIP: _____ State: _____ ZIP: _____
 Phone (work): _____ Phone (work): _____
 Phone (home): _____ Phone (home): _____
 Phone (cell): _____ Phone (cell): _____
 Email: _____ Email: _____

PLANNING TOOL FOR FUTURE LEAGUE NEEDS

What are league's plans for improvements?	Indicate number of fields in boxes below.		
	Next 12 mons.	1-2 yrs.	2+ yrs.
a. New fields			
b. Basepath/infield			
c. Bases			
d. Scoreboards			
e. Pressbox			
f. Concession stand			
g. Restrooms			
h. Field lighting			
i. Warning track			
j. Bleachers			
k. Fencing			
l. Bull pens			
m. Dugouts			
n. Other (specify):			



QR Codes



Incident Report



Pitch Count Rules