



2010 Safety Manual

Cedar Mill Little League Safety Manual

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1. Safety Checklist

1.1 Fields

All managers, coaches and umpires should walk fields prior to play and remove any litter and/or debris.

1.2 Weather Conditions

Lightning- Halt play and evaluation should occur if the time between a lightning flash and the sound of thunder is less than fifteen (15) seconds. Seek shelter in a large enclosed building or fully enclosed metal vehicle. If caught in the open place feet together, squat down, and cover ears (to prevent eardrum damage).

Heat- Anytime temperature is above 90 degrees Fahrenheit, or the relative humidity is above 95%, a halt for rest and fluids should occur after the 3rd inning. Have shade and adequate water available. Encourage players to drink small amounts frequently. Any player exhibiting signs of heat related illness (cramps, fatigue, light headedness, nausea, vomiting or headache), should be removed from the game, placed in the shade, and re-hydrated. If symptoms do not respond immediately, seek prompt medical aid.

Rain/Mud- Playing on muddy fields with wet equipment places the players at risk and creates ruts and holes that can be a hazard. When in doubt reschedule the game.

1.3 Players

Jewelry- Players are not allowed to wear jewelry, except for medi-alert bracelets or necklaces.

Uniforms- Uniforms must be in good repair.

Equipment- Equipment must be in good repair.

On-Deck Circle- On-deck circle is NOT allowed.

Pitcher- Pitchers warming up in an area subject to foul balls should have a spotter with helmet and glove.

1.4 Spectators

Arguing- Spectators are not allowed to argue with any call made by the umpire. It is the manager's responsibility to keep spectators within acceptable behavior limits.

Foul Territory- Spectators in foul territory are to remain alert and well back from the field of play.

Benches/Dugouts- Benches and dugouts are for managers, coaches and players only. If not on the field of play, all players (except warm-up pitchers and catchers) must remain within the benches/dugout area.

Young Children- Young children must be properly supervised at all times.

Pets- Pets must be kept on a leash.

2. Safety Code

2.1 Goals

Education- CMLL's education goal is to educate players, managers, coaches, and spectators in safety awareness.

Prevention- CMLL's prevention goal is to prevent as many injuries as possible.

2.2 Responsibility

Safety is the responsibility of the adults involved with CMLL.

2.3 Medical Emergencies

Training- All managers, coaches, and umpires must be trained in First Aid and CPR.

Services- Arrangements for emergency medical services should be made in advance of all games and practices. There should be a cell phone available at all games and practices.

Emergency Contact- All managers must have each player's registration form (which contains emergency contact information) at every practice and game.

2.4 Playing Conditions

Weather- No games or practices should be held during lightning storms or in excessive heat (see Safety Checklist).

Field- Inspect playing areas frequently for holes, damage, stones, glass or other foreign objects.

2.5 Equipment

Inspection- Inspect equipment regularly and make sure it fits properly.

Catcher- Catchers must wear catcher's helmet, mask, throat protector, shin guards, long model check protector, and protective cup at all times.

Pitchers Warm-Up- Catchers must wear catcher's helmet, mask, throat protector, shin guards, long model check protector, and protective cup when warming up pitchers.

Glasses- Parents should be encouraged to provide safety glasses for their children wearing glasses.

Face Guards/Cups- Parents should be encouraged to provide mouth guards and cups for their children.

Safety Bases – All coaches must use safety bases which are located in equipment boxes at each field.

2.6 Play

Foul Balls- Coaches will establish procedures for retrieving foul balls batted out of playing area before each game to assure safety of those who retrieve the foul ball as well as the players, spectators and officials.

Player Alertness- All players should be alert and watching the batter on each pitch during practice and games.

Sliding- Proper sliding technique should be taught before sliding into fixed bases. Head first sliding is prohibited, except when a runner is returning to a base.

Horseplay- Horseplay is not permitted on the playing field at any time.

On Deck Circle- There is no on deck circle, and there is to be NO swinging of bats by any players other than the batter at the plate, there are NO EXCEPTIONS to this rule.

No Manager/Coach to "catch" pitchers – Managers/coaches are not allowed to catch pitchers during warm-ups.

2.7 Rules

Managers, coaches, and umpires should be thoroughly familiar with the current Little League Rule Book.

3. Accidents

3.1 Procedure

- Administer First Aid. Call 911 if necessary.
- Reassure the injured party and spectators.
- Contact the injured part's parent or guardian. If unavailable, contact the emergency contact listed on the registration form.
- Control the crowd.
- Talk to your team about the situation. Often players are upset and worried when a teammate is injured. They need to feel safe and understand why the injury occurred.
- Consult your First Aid Booklet for return to play guidelines. Any injury requiring professional medical care will need a physician's clearance prior to returning to play.
- Contact your league Safety Officer (Mike Llewelyn) within 24 hours of the incident at 503-297-0947 (home) or 503-819-3606 (cell).

3.2 Reporting

- Any incident that causes any player, coach, manager, umpire, volunteer, or spectator to receive First Aid, CPR, or medical treatment must be reported to your league Safety Officer within 24 hours.
- Any "near miss" accident involving a player, coach, manager, umpire, volunteer, or spectator to receive First Aid or medical treatment must be reported to your league Safety Officer.
- Call your Safety Officer, they will assist you in gathering the necessary information and will fill out the appropriate form. The Safety Officer will make a "follow-up" telephone call to the injured party.

3.3 Communicable Diseases

- Bleeding must be stopped, open wounds covered, and the uniform changed if there is blood on it before the athlete may return to play.
- Use gloves when coming in contact with blood or body fluids. Gloves are provided in all First Aid kits.
- Immediately wash hands with soap and other skin surfaces contaminated with blood.
- Clean blood contaminated surfaces and equipment.

- Store blood or body fluid contaminated uniforms or gear in plastic bags for thorough cleaning at home.
- Place all blood and body fluid contaminated First Aid equipment (i.e. bloody gloves, bloody dirt, etc) in a zip-lock bag. Seal the bag and throw it into a trash can. Zip-lock bags are provided in all First Aid kits.
- Managers, coaches, and volunteers with open wounds should refrain from all direct contact until condition is resolved.

4. Safety is Everyone's Job

Remember education and prevention is the key to reducing accidents to a minimum. Report all hazardous conditions to the League Safety Officer or league President immediately. Don't play on a field that is not safe or with unsafe equipment. Be sure your players are fully equipped at all times, especially catchers and batters. Check your team's equipment often, replace or repair as needed.

5. Cedar Mill Little League Policy

All youths participating in the program are encouraged to develop a high moral code along with their improvement in physical skills and coordination. All adults are expected to lead by example. Youth athletics are a format for character development.

6. Little League Pledge

I trust in God,
 I love my Country and will respect its laws,
 I will play fair and strive to win.
 But win or lose, I will always do my best

7. Contact Information

7.1 League Offices

Cedar Mill Little League
 4888 NW Bethany Blvd., Suite K5 #381
 Portland, OR 97229
 503-672-9665

7.2 Board Officers and Contact Numbers

President –	Kevin Meader	503-523-8981
Vice-President of Baseball –	Chris Fanning	503-533-5264
Player Agent/Safety Officer –	Mike Llewelyn	503-819-3606
Information Officer –	Mike Kollas	503-708-7721
Treasurer –	Bob Rosson	503-680-9893
Fields Coordinator –	Scott Clarke	503-729-3450