**Indiana Little League**

**League ID # 02380712**

**A Safety Awareness Program**

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**Indiana Little League Safety Policy Statement**

It is the policy of the Indiana Little League to promote safety in all aspects of The League, to enhance the enjoyment of the players, fans, managers, coaches, umpires and other volunteers. The League recognizes there are inherent risks for personal injury involved with baseball and softball, and will work to minimize the chance of injury while encouraging alertness, hustle and a lively spirit of competition. The League Safety Officer has direct responsibility for implementation of The Indiana Little League Safety Program under the direction of The League President. The overall effectiveness of the program depends on the help and cooperation of everyone involved with The League.

**Indiana Little League ASAP Summary Outline**

The Indiana Little League Safety Program is implemented and practiced to make The League a safer and more enjoyable activity for all those involved. The Program involves incorporating various aspects of The League into a complete safety program, including:

1. Selection of League Safety Officer, filed with Little League International
2. Publication and distribution of the Safety Program to all volunteers by March 31st, 2022.
3. Post and distribute emergency phones numbers, and key officials’ phone numbers
4. Use of the 2022 Volunteer Application Form via JDP “Quick App” Process for LL Clearances.

* Secretary: Jim Carmella responsible for conducting checks and record storage
* V.P.-Compliance: Matthew Budash manages PA Act 153 & PA Act 31/PA Act 126 Volunteer Clearances

1. Provide and require fundamentals training with at least one coach or manager from each team
2. First-aid training for coaches and managers, at least one coach or manager from each team
3. Game-day umpires to do pre-game field inspection for hazards
4. Complete the 2022 Annual Little League Facility Survey (on-line in LL Data Center)
5. Publication and distribution of concession stand procedures, concession stand manager trained
6. Regular inspection and replacement of equipment
7. Prompt accident reporting and tracking

* Safety Officer Bill Rapuk (ILL Board) is responsible to oversee incident/injury reporting and tracking

1. Team first-aid kits at every game and practice, supplied by Indiana Little League before April 1st
2. Team Safety Rules and Coaching Guidelines

* The purpose is to cover mandatory Indiana Little League Safety Rules (page 3 & 4) and suggested Coaching Guidelines (page 5 & 6) that apply to managing a team. The rules are mandatory, not discretionary. Any manager or coach who knowingly disregards safety and the safety policies of the Indiana Little League will be called before The Board and is subject to being removed from his/her position. The Coaching Guidelines are suggested practices, and those involved with making decisions should use their own good judgment accordingly.

**Indiana Little League**

**Team Safety Rules**

**General Safety**

* Only league approved managers or coaches may hold scheduled practices, including batting cage practices.
* Maintain a safe playing environment during practices and games – bats, balls & equipment to be stored safely.
* Managers or designated coaches are responsible for the safety of the players on the team and will not leave them unattended during or after practices or games.
* Players are not allowed to leave the playing field during the game unless approved by manager or a coach.
* All field gates should be closed at time of games.
* Racing after foul balls batted out of the playing area is not permitted (no rewards for retrieving). Please retrieve foul balls and toss into an umpire or base coach between pitches.
* All pre-game warm-ups will be confined to the playing fields & batting cages as not to endanger spectators.
* Report any hazard to a league official if the manager or coach cannot remedy the condition.
* No medication will be provided by any team member unless permitted by the parent.
* Children are not permitted on, or to play with field maintenance equipment or tools.

**Equipment**

* Equipment is to be inspected regularly, and repaired or replaced as needed, emphasis on catching equipment
* Batters must wear Little League approved protective helmets that bear NOCSAE seal with a face cage or jaw guard/flab during all games and practices including the batting cages, and the helmet must fit properly (snug fit). The face cage is not required for Junior BB or Senior BB (90’ fields).
* All catchers must wear league-approved equipment only. Personal equipment is to be inspected and approved by the manager or a coach.
* Anyone playing catcher during a practice or a game must wear all necessary catcher's gear, including headgear, throat protector, chest protector, and shin guards - equipment must fit properly. All males must wear a protective cup, females a pelvic protector.
* Cracked or damaged bats are not to be used. If applicable, return to Equipment Manager for replacement.
* Spikes must be rubber. ILL employs breakaway, detachable bases. (JR BB & SR BB – metal spikes are permitted)

**Practice & Playing Habits**

* Warm-up players prior to practice and games – should include some easy throwing to warm-up arms
* During practice & games, players should be spaced so that no one is endangered by a wild throw or pitch
* During any infield practice & while games are in session, no one should be loitering around near the bases
* Do not allow players to pick-up a bat & start swinging. Do not swing bat while in the dugout.
* Do not throw bats under any circumstances; drop the bat after a hit, then run.
* Player must wear catching headgear to warm up a pitcher, males - a protective cup, females - a pelvic protector.
* During practice & games, players should be alert & watching the batter on each pitch, needs to be emphasized.
* Except returning to a base - headfirst slides are not permitted and runner will be called out for safety violation.
* Players shall not wear jewelry or watches during practice and games.

**Emergency Response, First Aid & Accident Investigation**

* In case of an emergency: dial 911; seek help from a medical professional if available; provide or assist with medical attention to degree of training you have; do not give medication, food or beverages; if there is any question about moving or transporting injured person, don’t.
* Each team must have an approved ILL First-Aid Kit readily available at all practices and games
* Accidents or potentially serious close calls must be reported to the League Safety Officer, use attached form.

**Indiana Little League**

**Safety-Related Coaching Guidelines**

**General Safety**

* As a youth baseball or softball manager or coach, you have a duty to be aware of the dangers involved with playing youth baseball or softball, and to incorporate reasonable injury prevention into practice, play and the general conduct of the team. With respect to other youth sports, baseball and softball are high-risk sports with plenty of injury and fatality statistics readily available to support this fact.
* Little League attracts children with a wide range of skill development for a given age group. This fact multiplies the exposure to accidental injury, so managers and coaches need to conduct practices and make position assignments accordingly.
* Have a parent meeting and/or a parent letter to cover how the team will be managed, including safety.
* Dress according to weather, when cold encourage kids to have a sweatshirt or jacket to keep warm while not playing, especially anyone pitching, and don’t overdress in hot weather. While playing in hot weather, make sure players have fluids to drink to stay hydrated.
* Unsuitable playing conditions due to weather or the threat of lightening: generally a League Representative will call or delay a game. However if for some reason no League Representative is available or the situation arises during practice don’t continue to practice or play and take shelter if you have any doubt. The average lightning strike is 6-8 miles long. The average thunderstorm is 6-10 miles wide and moves at a rate of 25 miles per hour. Once the leading edge of a thunderstorm approaches to within 10 miles, you are at immediate risk due to the possibility of lightning strikes coming from the storm’s overhanging anvil cloud. This fact is the reason that many lightning deaths and injuries occur with clear skies overhead. On average, the thunder from a lightning strike can only be heard over a distance of 3-4 miles, depending on terrain, humidity and background noise around you. By the time you can hear the thunder, the storm has already approached to within 3-4 miles! The sudden cold wind that many people use to gauge the approach of a thunderstorm is the result of down drafts and usually extends less than 3 miles from the storm’s leading edge. By the time you feel the wind; the storm can be less than 3 miles away! If you can ***HEAR, SEE OR FEEL*** a ***THUNDERSTORM***: ***Suspend all games and practices immediately***. Stay away from metal including fencing and bleachers. Do not hold metal bats. Get players to walk, not run to their parent’s or designated driver’s cars and wait for your decision on whether or not to continue the game or practice. A manager or coach should account for all players upon suspension of a game.

**Equipment**

* All male players are encouraged to wear athletic supporters and protective cups during games and practices
* Parents of players who wear glasses are encouraged to provide "safety glasses" for their child. Sports-type polycarbonate lenses and frames without hinges, with a wrap-around-the-head elastic band are recommended.
* Any functionally one-eyed child (worst eye no better than 20-40 with corrective glasses) should always wear protective goggles while playing in the field. In general, protective goggles are suggested for all players while fielding, ASTM F803 sports goggles are recommended; types are available to help with sunlight.
* Sunglasses are generally not recommended, if worn it is strongly recommended they have shatterproof lenses.
* Mouth guards are suggested for all play including batting and base running, either Type II mouth-formed by boil and fit or Type III custom-fitted.
* The League provides various size batting helmets. A manager or coach should identify each helmet; work with each individual player on which helmet is a proper fit for them, so they use helmets that fit. Proper fit is a snug fit – when helmet is fit and players head is moved up and down, sideways the head moves with the helmet. Two fingers should fit between the bridge of the nose and the bill of the cap, and the ear holes should be over the child’s ear. Helmets should not be worn with a cap underneath. An individual custom fit helmet for each player can be purchased and used if the helmet meets NOCSAE standards and is approved by a manager or coach.
* Baseball pants are required for games, and pants are suggested for practice as well.
* A knee sleeve on sliding knee (or elbow sleeve on knee) is a consideration for sliding

**Practice & Playing Habits**

* For players just beginning to learn to catch, use of tennis balls, soft core or RIF (Worth, Reduced Injury Factor) balls is suggested. The RIF balls are official size and weight, and are sold with various Reduced Injury Factors – 1%, 5% & 10%. These can be used for practice with players just learning to pitch to a live batter also.
* Do not “take one for the team” by intentionally being hit by a ball while at bat.
* A pitcher should never intentionally throw at a batter.
* Open stance bunting is strongly discouraged to avoid being struck by a ball in the chest area. Teaching method of pivoting feet is recommended.
* If your arm hurts, you shouldn’t pitch. Managers and coaches should adhere to pitch counts rules during practice as well as games, and suggest parents follow for backyard practice as well. Little League recommends not throwing breaking pitches until age 14. The League suggests teaching pitchers proper throwing motion and limit pitches to fastballs and change-ups.
* An infielder can best be protected by a hard-hit short-hop fielding play by always keeping the “nose on the ball” and “eyes glued to the ball”, and move forward to make a play on the ball. It is generally safer for a player to knock a ball down and re-handle it than it is to let the ball determine the play. “Play the ball; don’t let the ball play you”.
* Collisions are usually the result of a lack of teamwork between fielders, or poor judgment. It is important to establish zones of defense between players and to teach players to call for fly balls. General rules include: the 3rd baseman should catch all reachable balls between 3rd and the catcher; 1st baseman catch all reachable balls between 1B and catcher; SS all balls behind 3B; 2nd baseman all balls hit behind 1B; SS all fly balls in the center of the diamond; CF has right-of-way for all reachable balls in the OF; OF’s have priority over IF’s on fly balls hit between them.
* Our fields do not have warning tracks, so Outfielders should be given some practice on awareness to judge distance to fence.
* Proper sliding needs to be taught and worked on, including hands and feet in the air once committed to slide, and once committed to slide, the player should slide without hesitation. With practice facilities available, long grass is a good place to teach, half speed for players just starting to learn.
* Catcher safety beyond proper fitting safety equipment depends on protecting the ungloved hand. The catcher needs to learn to keep this hand relaxed, always have the back of the throwing hand toward the pitcher when in the position to catch, and hold the fingers in a cupped position near the mitt. Also, the catcher should be taught to throw the mask in the direction opposite to the approach in going for a fly ball. Finally, the catcher needs to learn to keep a safe distance back from the swinging bat. Estimate this as one foot further than the ends of the outstretched fingers. Like fielders, the best protection is to keep an eye on the ball.



Indiana Little League

**Emergency #’s**

**Ambulance – Fire – Police 911**

**IRMC – ER 724-357-7121**

**Indiana Police 724-349-2121**

**State Police 724-357-1960**

**Pittsburgh Poison Center 800-222-1222**

**County Emergency Mgmt. 724-349-9300**

**ILL League Officials**

**President: Don Hogan 724-349-5333**

**Secretary: Jim Carmella 724-349-6941**

**Treasurer: Joe Walkovich 412-289-2932**

**V.P. Compliance: Matt Budash 412-289-0571**

**Complex Mgr. Bryan Force 412-289-0069**

**Safety Officer Bill Rapuk 412-289-1862**

**Indiana Little League**

**Manager/Coach Fundamentals & First-Aid Training**

**2022 Schedule**

* Training is scheduled for March 17th and March 24th at Force, Inc. Office in Indiana.
* Training will be conducted by Force, Inc. Training Personnel – they will be responsible for attendance list/records.

**Requirements**

* Manager or one coach from each team must attend annually
* Each manager and coach must attend at least once every 3 years
* MD’s, RN’s, LPN’s and licensed paramedics are exempt from First-Aid segment of training
* Others with prior First-Aid training are not exempt

**Agenda**

* **1st & 2nd Hours – Basic First-Aid and AED Training**
  1. Identifying medical professionals within The League, and on specific teams
  2. Review emergency contacts, posting and distribution
  3. Briefly cover Little League Baseball Safety Statistics
  4. In case of emergency, teach **Check-Call-Care** protocol, cover limitations of first responder
  5. Cover requirements of ILL First-Aid Kits, what’s in kits and how to use
* **3rd Hour – Indiana Little League Safety Rules**
  1. General Safety including COVID-19 Protocols for Youth Sports per the CDC
  2. Equipment
  3. Practice & Playing Habits
  4. Accident Investigation & Reporting
* **4th Hour – Indiana Little League Coaching Guidelines**

1. General Safety
2. Equipment
3. Practice & Playing Habits (batting, base running, pitching, catching, fielding)

**Indiana Little League**

**Umpire Responsibilities**

* Walk around field and look for any hazardous conditions prior to game starting.
* Secure 2 game balls prior of start of game.
* Look after player safety equipment to back-up team manager and coaches, like proper fitting equipment, no jewelry, etc.
* Know Little League rules and Indiana Little League local rule elections.
* Govern the game utilizing Little League rules, Indiana Little League local rules, and common sense when it comes to safety.
* Move about the field as the game dictates to be in a good position to make calls.
* Umpire has final say whether to conclude game at any time due to weather issues if a league representative is not present to make the decision.
* Enforcing “no spectator on field” rule during games.
* Address any spectator issues with the respective team manager.

**Concession Stand**

* Maintain a clean working environment
* Maintain equipment to ensure proper functioning order
* Maintain temperature gauge in refrigerators/freezers
* Provide adequate training for all volunteers
* **Menu** -keep a simple menu, with special care involving potentially hazardous foods (meats, eggs, dairy products, protein salads, cut fruits, etc.)
* **Cooking** -All potentially hazardous foods should be kept at 41º F or below (if cold) or 140º F or above if hot
* **Reheating** - rapidly reheat potentially hazardous foods to 165º F.
* **Cooling and Cold Storage** -Foods that require refrigeration must be cooled to 41º F as quickly as possible and held at the temperature until ready to serve.
* **Health and Hygiene** - Only healthy workers should be attending the concession stand to prepare and serve food. Anyone with open sores or infected cuts on the hands or wrist area should not be allowed to serve food. Workers should wear clean outer garments. Smoking is not permitted in Concession Stand.
* **Food Handling** -Avoid hand contact with raw, ready-to-eat foods and food contact surfaces. Use an acceptable dispensing utensil to serve food. *Touching food with bare hands can transfer germs to the food you are serving.*
* **Dishwashing** - Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never reuse disposable dishware.
* **Ice** -Ice used to cool cans and bottles should not be used in cup beverages and should be stored separately
* **Wiping Cloths** - Rinse and store your wiping cloths in a bucket of sanitizer. Change the solution every two hours
* **Insect Control and Waste** - Keep all foods covered, and make sure that any foods that must be refrigerated after opening make it into the refrigerator quickly.

**Player Registration/Roster Data and Manager & Coach Data**

* **Player Registration and/or Roster Data and Manager and Coach Data** – All data shall be submitted electronically via Sports Connect to the Little League Data Center.

**ASAP Registration**

* **ASAP Registration Form** – The ASAP Registration Form shall accompany the ASAP submission to Little League International.