

# WEST SPRINGFIELD LITTLE LEAGUE 2021 SAFETY PLAN



## West Springfield Little League

Springfield, VA 22152  
Phone 702.569.WSLL (9755)  
<http://www.wsllbaseball.net>  
League ID No. 03460906

WSLL Safety Officer  
Matt Spitzer  
(978) 302-5825

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## INTRODUCTION: SAFETY IS OUR FIRST PRIORITY

Safety is the number one priority at West Springfield Little League and is the driving force behind all decisions made by the league. Our goal is for managers, coaches, parents, umpires, volunteers, and players to practice safety at all times, from the moment they arrive through the rest of their tenure at WSL. We also aim to instill in all of our participants our safety philosophy, beginning with our pledge to parents at registration to ensure the safety of our players, coaches, and families and at every step thereafter.

This document combines WSL philosophies, policies, and procedures as they relate to running a safe and healthy little league program for the Virginia youth of West Springfield, Burke, and Fairfax Station. Members of the Board of Directors, specifically the Safety Committee, have invested numerous hours in developing this comprehensive Safety Plan, implementing the program in our league, and educating our members and players toward preventing mishaps.

In addition to our ordinary safety measures, the onset of the global COVID-19 pandemic in 2020 presented a new set of challenges to ensuring the safety of all of our players and volunteers. In order to provide the safest possible environment for all WSL participants during the pandemic, the league developed additional safety protocols to reduce the chances of transmission of the virus. We urge you to read these protocols, which are attached to this Safety Plan as Appendix D and posted on our website.

All league officials, including managers, coaches, and umpires can retrieve a copy of this plan from the WSL website. Printable versions of this document are available for download at [www.wsllbaseball.net](http://www.wsllbaseball.net)

We encourage you to reach out if you have any questions, comments, or suggestions about our program. You should direct them to our Little League registered Safety Officer, Matt Spitzer, via email at [matt.spitzer@gmail.com](mailto:matt.spitzer@gmail.com).

Stay Safe!

## CHAPTER ONE:

# WSLL SAFETY PLAN AND RESPONSIBILITIES

## THE SAFETY OFFICER

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### AUTHORITY – LEAGUE SAFETY OFFICER

By unanimous action of the 1965 Little League International Congress and subsequent ratification of the Board of Directors, it was resolved that every chartered Little League shall appoint a safety officer.

WSLL's current Safety Officer is Matt Spitzer. He can be reached at (978) 302-5825 or [matt.spitzer@gmail.com](mailto:matt.spitzer@gmail.com).

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### QUALIFICATIONS

The League Safety Officer should be someone having the following qualifications, at least to a reasonable degree:

1. Sufficient knowledge of baseball and softball to evaluate and suggest corrective measures for hazards without conflicting with Little League Rules.
2. Experience with a safety program, or at least an understanding of the importance of safety.
3. Examples of people with indirect knowledge of safety would be doctors, insurance agents, and fire or police officers.
4. Such an officer should be a person who can adapt a point of view to that of other volunteers. In other words, the officer should be able to sell a safety package on its own merits.
5. The officer should have the interest and the time to coordinate the safety efforts of other adults in the organization.

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## LEAGUE SAFETY OFFICER'S AUTHORITY

The league safety officer's authority is mainly advisory with as much force behind advice as the league president has delegated that officer. It must be remembered that managers, player agents, and umpires must carry out their own duties and responsibilities. Any differences of opinion on safety policy should be referred to the league president rather than argued. Further questions may be taken up with the district safety officer. The latter may refer such problems to Little League headquarters.

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## RESPONSIBILITIES

The responsibility of a league safety officer is to develop and implement the league's safety program. The following may help in carrying out the duty.

1. Spot checks should be made at practices and games to be sure reasonable precautions are taken and assist wherever possible with advice and encouragement.
2. At the playing field, the league safety officer's first duty is to insure first aid facilities are available and emergency arrangements have been made for an ambulance or doctor.
3. The league safety officer's next obligation is to advise and follow up on the control of unsafe conditions. These will be brought to light by the adults in charge making a preliminary inspection of the field and being continually on the lookout for situations that might cause accidents.
4. In addition to the league safety officer's advising on the control of unsafe conditions throughout the season, it is their specific responsibility to follow up on procedures and methods of instruction that will help control the human elements which may be the cause of accidents. Here again the work must be done through existing lines of authority in the organization to make accident prevention a matter of league policy rather than an afterthought applied on a hit-or-miss basis.

## SAFETY PLAN STRUCTURE

The first duty of a new league safety officer is to sit down with the League President and prepare a safety program for the league. This WSLI Safety plan is available and distributed at the start of each season to WSLI families as requested. It has the essential objectives of assuring that:

1. Practice and playing field conditions are made as safe as possible.
2. Players' protective equipment and facilities are available and in good condition.
3. Arrangements have been made for first aid treatment and emergencies.
4. All managers, player agents, coaches and umpires have been instructed to include all suitable safety precautions as an integral part of their regular duties.
5. Other volunteers, such as grounds keepers and auxiliary members, are carrying out their jobs safely.
6. A definite plan is in effect for traffic safety including player travel to and from the field.
7. 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.
8. Procedures are in place for prompt and timely reporting of accidents requiring medical treatment to Little League Headquarters.

If this safety plan and program is to be effective, league officials must not only agree that safety is essential to the operation of our Little League, but that they will do their part to make it succeed.

## SAFETY COMMITTEE

WSLL has an active Safety Committee chaired by the Safety Officer which reviews safety programs and training to ensure the league is doing all it can to guarantee a sound and effective program is implemented. The committee develops the safety plan, approves and schedules training, reviews fields, facilities, and player equipment to ensure they meet Little League Safety Regulations. This WSLL Safety plan is available and distributed at the start of each season to WSLL families as requested and is available on the WSLL web site. The committee may consist of League Officials, Board Members, and Dedicated Volunteers. In 2021, the Safety Committee Members are:

- Safety Officer, Chair of the Safety Committee: Matt Spitzer
- League President: Mike Warbel



- Chief Umpire: Jimmy Kenyon
- Fields Manager: Dave Pollack
- League Secretary: Heather Crocetto
- Player Agent: Todd Harding
- Equipment Manager: Craig Kennedy
- Executive V.P.: Mike Williams
- V.P. Communications: Matthew Waggoner
- V.P. Baseball Operations: John Mielcarek
- Training Manager: Matt Dyson

## MANAGERS AND COACHES

Managers and coaches play an important role in maintaining safety for players, volunteers, and spectators.

Managers and coaches must complete a WSL- approved safety class at least once every 3 years as well as a parent from each of their teams on an annual/season basis. The purpose of the class is to provide safety training to enable coaches to recognize and react appropriately to common injuries and conditions encountered by youth

baseball coaches. The Safety Officer will be responsible for developing and administering this training, furnishing evidence of training to those who successfully completed the class and maintain a roster of those attending.

Managers and coaches also play an important role in preventing injuries from occurring in the first place. As discussed *infra*, managers and coaches must follow WSL guidance concerning fields, equipment, weather, and injury-preventative drills to ensure that players remain safe avoid preventable injuries.



Managers must also attend a training program on baseball fundamentals, which can be satisfied through programs WSLL sponsors through third parties or through programs WSLL conducts prior to the season start each year. These programs emphasize proper techniques that reduce the risk of injury to players.

WSLL's training officer posts training programs available to managers and coaches each spring. A manager or coach from each team must attend at least one of the training programs each year.

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## PRE-GAME AND PRACTICE

Prior to games and practices, coaches should:

- Walk the field and remove foreign debris or objects
- Inspect helmets, bats, and catchers' gear
- Make sure a first-aid kit is available
- Check conditions of fences, backstops, bases, and warning tracks
- Make sure a working telephone is available
- Hold a warm-up drill

## UMPIRES

**Umpire (baseball) - *Defining the word Umpire*** One who acts as arbiter of a dispute between two people or teams, where the arbiter is not paired with anyone in the dispute.

In baseball, the umpire is the person charged with officiating, begins and ends the game, enforces game rules and grounds surrounding the field, making judgment calls on plays and handling disciplinary actions that influence the game.

**Judgment calls** - Unlike referees in American football, an umpire's judgment call is final, unless the umpire making the call chooses to ask his partner(s) for help and then decides to reverse it after the discussion. If an umpire seems to make an error in rule interpretation, his call, can be officially protested. If the umpire is persistent in his or her interpretation, the matter will be settled by a league official.



**Rule 9.01(a)** – The umpire shall be responsible for all conduct and for maintaining discipline and order on the playing field throughout the game. Non-adult umpires may supplement the umpire crew but the umpire-in-chief must always be an adult.

**Rule 9.03(d)** – If no adult umpire is available for a game, and non-adult umpires are used exclusively for that game, the local Little League must assign an adult as Game Coordinator, or the game cannot be played. The Game Coordinator must not be a manager or coach of either team in the game.

**Keep it Real:** One of the toughest positions to fill in Little League is the role of volunteer umpire. The primary reason most candidates either refuse to participate or quit as a volunteer umpire is due to the manner in which they get treated by parents, spectators, coaches, and sometimes players that disagree with a call. Keep this in mind; these volunteers are working hard, learning, and improving with every game. Umpires make mistakes. Just keep it cool and keep your expectations in check!

**\*\* All judgments and rule interpretations are the responsibility of the Umpire**

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## UMPIRE SAFETY GEAR

Umpires who perform this job are trained and are aware of the safety needs for using the proper safety equipment. However, parents from the stands may be asked to perform this job. When this day comes, you need to know where the equipment is located, what

equipment is needed, and what equipment is on hand. WSLI provides umpire equipment that is stored at each game location and shared from game to game. The equipment at Byron can be found in the central tool shed next to the concession stand. Equipment at Burke (Fenway) can be found in the tool shed behind concessions. Umpire gear is also available at each of the satellite elementary schools (West Springfield, Rolling Valley, and Keene Mill), and can be found in the locked equipment boxes behind each of the field backstops.

**Rule 9.01(except)** – The plate umpire, like the catcher, must wear a chest protector, facemask with ‘preferably’ a throat guard, and shin guards. Male umpires must wear a protective cup (wrap-around cup preferred). Umpires who have their own equipment often add steel toed shoes to the mix and shanks that cover laces.

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#### UMPIRES’ PRE-GAME SAFETY CHECKLIST

Prior to each game, umpires should:

- Inspect the fields for unsafe conditions
- Inspect equipment, including bats, helmets, and catchers’ gear for damage and adherence to regulation
- Check the weather forecast for dangerous conditions and monitor weather throughout the game, erring on the side of caution when deciding to postpone play

## CHAPTER THREE:

# WSLL POLICIES, RULES, AND STANDARDS

### DUTIES OF LEAGUE MEMBERS TO ENFORCE RULES AND POLICIES

It is the duty of managers, coaches, board members, volunteers, players to follow and enforce Little League and WSLL rules and policies. The vast majority Little League International and WSLL rules have been adopted for safety purposes and should be adhered to in all circumstances.

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#### LITTLE LEAGUE BASEBALL RULEBOOK

Known as the “Blue Book,” Little League Baseball’s Rulebook provides a framework for creating and governing local little leagues, including WSLL. In addition, it includes rules of play that all little league players nationwide must follow. Managers and coaches should familiarize themselves with this rule book prior to beginning the season and follow any updates as they are made.

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#### WSLL POLICY MANUAL

The purpose of the WSLL Policy Manual is to provide its members a guide to the operations and procedures of the West Springfield Little League throughout the year. Operating a little league the size and scope of West Springfield’s is a year-round endeavor, involving countless volunteers and hundreds of separate tasks. This Manual is approved by the WSLL BOD and represents its best and most considered view as to how the many volunteers that constitute the staff and personnel of the League should conduct their assigned responsibilities. All managers, coaches, umpires, league officials, and other volunteers must adhere to and enforce these policies. Some of the most important components of the policy manual require that all volunteers:

- Treat each other and league members with courtesy and respect
- Perform their assigned duties diligently, or ensure a replacement is obtained for doing so

- Observe rules regarding confidentiality of the information they receive and never use confidential information to advance their own interests
- Conduct themselves in a manner that honors board membership & league

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## WSLL GRAY BOOK

The league will distribute printed WSLL Regulations and Rule Book supplements, otherwise known as “Gray Book,” to each manager, coach of record, umpire, and board member, and publish the annual version on its website. The book contains all local rule restrictions and those regulations affecting behavior, player assignment, team formation, manager and all-star selections, safety plan, and other rules managers should have at their ready disposal. The book also will contain a summary of manager responsibilities and other matters of concern for managers, including equipment, field care, volunteer background checks, levels of play (for evaluation purposes), player and manager evaluations, sexual harassment, and child abuse.

- Each manager, coach of record, umpire, and board member, must read and become familiar with the contents of the WSLL Gray Book. It is the responsibility of these volunteers to follow and enforce the rules.

## CONDUCT SUBJECT TO DISCIPLINARY ACTIONS

The following represent a non-exclusive list of actions that could warrant some level of disciplinary action.

- Ejection from a game
- Physical confrontation of any kind
- Use of abusive language to a player, parent, umpire or other coach
- Multiple violations of Little League mandated safety rules
- Any use of vulgar language at either games or practice within the confines of the playing fields

## STANDARDS FOR WSLLE MANAGERS AND COACHES

Managers' leadership and attitude are important factors in the success of Little League Baseball.

### LEADERSHIP

The following characteristics are expected of all WSLLE managers and coaches, as well as league officials:

- Exercises their leadership role adequately but leaves the ball game in the hands of the players
- Accepts responsibility, and is well organized
- Has a good understanding of the emotional and psychological characteristics of pre-adolescents
- Has a good rapport with each player and tries to understand the personal needs and challenges of players and adjusts accordingly
- Disciplines fairly, impartially, suited to the age level of the players, and is done by using good judgment and honor
- Actively participates in League functions including volunteer activities at WSLLE functions and is familiar with & adheres to all current Little League rule mandates

**Disposition** - Is pleasant, courteous, even tempered, sympathetic, enthusiastic, and has a sense of humor.

**Poise** - Behaves in an adult manner, maintains self-control, and is aware they are an example to those with whom they work.

**Character** - Is sincere, truthful, and demonstrates an appreciation of the philosophy of Little League Baseball by cooperating with others in making the program a mutual benefit to all youngsters.

**Appearance** - Always practices good health habits, dresses suitably and is properly groomed.

**Relations with others:**

The nature of a manager's work brings him into closer contact with many people.

**With Parents** - Requires interpersonal communication with many people. Seeks their cooperation and understanding in trying to achieve the goals of the Little League program. The following expectations are set forth: displays friendliness, courtesy, and shows consideration for their opinions and feelings.

**With Colleagues** - Is friendly, cooperative, courteous, and considerate

**With Game Officials** - Shows by example, respect for the judgment and the position of the umpire; avoids bickering and "umpire baiting." Is cautious and uses sound judgment in a protest situation; avoids protests where possible.

**Coaching Duties:** Should have proper knowledge of 'baseball' - its fundamentals and its strategy.

- Organizes practice sessions, teaches fundamental skills and game strategy at the players level using various drills.
- Schedules practice sessions that are well spaced so they do not become a chore for players and managers.
- Takes adequate precautions to prevent accident or injury including maintenance of protective gear.
- Ensures that players are kept from reaching extreme limits of physical and emotional fatigue.
- Has knowledge of safety and first aid.
- Continually encourages players at every opportunity.
- Instills the desire to win, to improve all players' skills, and to understand team concepts, yet at the same time to have fun.
- Knows the playing Rules of and Regulations of Little League, is able to interpret them correctly, plays by the rules and adheres to their intent, and instills in their players to respect the rules of the game.



- Observes all WSLI Local Rules, with particular attention to player participation.

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#### DEVELOP DESIRABLE HABITS IN PLAYERS

- Encourages promptness, clean living and good health habits, and responsibility and leadership.
- Encourages good sportsmanship and fair play at all times by teaching good behavior; congratulating opponents after each game; accepting defeat gracefully; and accepting victory humbly.
- Instills in their players a respect for the authority of adult leaders.

## CHAPTER FOUR:

# CHILD PROTECTION

Little leagues worldwide are required to conduct background checks on managers, coaches, each member of the board of directors, and all ‘volunteers and hired workers’ who provide service to the league and/or have consistent and repetitive access to, or contact with, players or teams.

Advances in computer technology – allowing greater access to public records – makes it possible for background checks (at a minimum, to see if an individual is a registered sex offender in any given state) to be conducted in every U.S. state. Local little league programs are now required to annually conduct a background check of managers, coaches, board of director members and any other persons, volunteers or hired workers, who provide regular service to the league and/or have repetitive access to, or contact with, players or teams. (Reg. I [b], Reg. I [c] 9.)

The purpose of background checks is, first and foremost, to protect children. These checks help preserve Little League as a hostile free environment from those who would seek to cause harm to children. **Be Responsible – Be Adult – Protect and Guard!**

On a local level, WSLI policy is consistent with this effort, where all such individuals are required to complete and submit to a background check on a yearly basis. The Safety Officer maintains a list of those volunteers who have been cleared by this check process. This effort is completed twice yearly, before the spring and fall seasons begin, which is when new volunteer sets typically turnover.

As of 2019, West Springfield Little League successfully transitioned to a paperless volunteer application & background check system, facilitated by Little League International-approved J.D. Palantine. Due to the administrative burdens involved, paper volunteer forms are no longer being distributed or accepted.

The current background check protocol mandates that all volunteer candidates engage the J.D. Palantine website to input their individual information. Any candidate who refuses to do so is disqualified from consideration for a volunteer assignment that season. The entered information is processed by the J.D. Palantine, and the results are made available to the Safety Officer of WSLI. Results are treated with the utmost confidence

by the league. The information that is entered by any volunteer candidate is not seen or retained by the league – only the results are viewed. An analysis of the results is then conducted by the league Safety Officer. In the event that an individual’s background check report warrants further investigation, the Safety Officer may consult with the league President for input. Investigations are conducted in a timely manner and a decision to either retain or dismiss the candidate from volunteer status is made as quickly as possible.

## WHAT CAN PARENTS DO?

Most children have been warned about the dangers of talking to strangers. But for many children, sexual molestation is committed by someone they know. In fact, 80 to 85 percent of all sexual abuse cases in the U.S. are committed by an individual familiar to the victim, according to statistics compiled by Big Brothers & Big Sisters of America.



The truth is, child sex offenders can come from every background, every occupation, every race, and every level of education. They may be married, and they may have children of their own.

It is dangerous to believe the only threat is the stranger in a long raincoat, lurking behind a tree. **Not True!**

In fact, the promotion of this myth may contribute to the problem. Sometimes, a child who is molested by a known and “trusted” person will feel so guilty about not reacting the ‘correct way’ that he or she never reports the problem.

Sadly, we have all seen too many reports in which teachers, police officers, clergy, youth sports volunteers, etc., trusted by all, have violated that trust and molested children in their care. Of course, this must never be tolerated in Little League or anywhere else.

## WARNING SIGNS OF A SEDUCER

While it remains important to teach young children about the dangers of accepting items from strangers, or talking to them, we should all beware of the danger posed by the “seducer-type” child sex offender.

**Each of the individual signs below means very little.** Taken as a group, however, the signs **MAY** point to this type of child sex offender, and should be applied to anyone who has repetitive access to, or contact with, children.

- Provides unwarranted gifts, trips, affection and attention to a specific child or small group of children
- Seeks access to children
- Gets along with children better than adults
- “Hangs around” children more than adults
- Has items at home or in vehicle specifically appealing to children, such as posters, music, videos, toys, and even alcohol or drugs
- Displays excessive interest in children (may include inviting children on camping trips or sleepovers)
- Single, over 25 years old (but could be married, sometimes as a “cover,” and could be any age)
- Photographs or videotapes children specifically
- Lives alone, or with parents
- Refers to children as objects (“angel,” “pure,” “innocent,” etc.)
- Manipulates children easily



Again, each of these items, by themselves, is relatively meaningless. Taken together, however, they may indicate a problem.

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## WHAT TO WATCH FOR IN YOUR CHILD

We’ve seen the signs that could point to a child sex offender, but what about the signs a child might display when he or she has been sexually abused or exploited? Some of these symptoms may be present in a child who has been or is being sexually abused. Such symptoms may not be otherwise explainable: sudden mood swings, excessive crying, withdrawal, nightmares, bed-wetting, rebellious behavior, fear of particular people or places, infantile behavior, aggressive behavior, and physical signs such as pain, itch, bleeding, fluid or rawness in private areas.

## Getting More Information

*These items are meant solely as a general guide and should not be used as the only means for rooting out child sex offenders.* Parents can access more information on child abuse through the National Center for Missing and Exploited Children (a non-profit organization founded by John Walsh, <http://www.missingkids.com/>) and the National Clearinghouse on Child Abuse and Neglect Information (part of a service of the Children's Bureau, within the Administration on Children, Youth and Families, Administration for Children and Families, U.S. Department of Health and Human Services).

## HOW TO REPORT SUSPECTED CHILD MALTREATMENT

The National Clearinghouse on Child Abuse and Neglect Information advises this: If you suspect a child is being maltreated, or if you are a child who is being maltreated, call the Childhelp USA National Child Abuse Hotline at 1-800-4-A-CHILD (1-800-422-4453; TDD [text telephone] 1-800-2-A-CHILD). This hotline is available 24 hours a day, seven days a week. The Hotline can tell you where to file your report and can help you make the report.



Or, for a list of states' toll-free telephone numbers for reporting suspected child abuse, call the Clearinghouse at 1-800-FYI-3366 or visit the "Resource Listings" section at this site:

<https://www.childwelfare.gov/>

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### TALK TO YOUR KIDS; LISTEN TO YOUR KIDS

It is important that you as a parent talk frankly to your children. If a child reports sexual abuse, statistics show he or she is probably telling the truth. Unfortunately, the sexually molested child often sees himself or herself as the one "at fault" for allowing abuse to happen. Your children **MUST** know that they can come to you with this information, and that you will support them, love them, and believe them.

If there is an allegation of sexual abuse of a minor, the crime should be reported immediately.

**Criminals who steal or intend to steal a childhood **MUST BE STOPPED.****



*This advice was produced by Little League Baseball, Incorporated; P.O. Box 3485; Williamsport, PA 17701*

*Little League Baseball and Softball does not limit participation in its activities on the basis of disability, race, creed, color, national origin, gender, sexual preference or religious preference.*

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## TWO GOOD RULES TO FOLLOW FOR ALL LITTLE LEAGUES AND PARENTS

1. Generally, a person involved in a local Little League program should not put himself or herself in a one-on-one situation involving a child who is not their own. Of course, some isolated situations may arise where one-on-one situations could take place. However, a one-on-one situation should not be actively sought out by the adult and should not be an ongoing occurrence.
2. Generally, a person involved in a local Little League program should not provide unwarranted gifts, trips, attention and affection to individual children who are not their own.

# CHAPTER FIVE:

## FACILITIES, EQUIPMENT, AND CONCESSIONS

### GAME FIELDS

**Yankee Field** - This field supports play at all levels of play, T-ball, A, AA, AAA, and Majors play with artificial lighting, electronic scoreboard and PA system.

**Wrigley Field** - The field supports all levels of play T-ball, A, AA, AAA, and Majors games with lighting, electronic scoreboard, and PA system.

**Fenway Field** – Fenway way built in 1999 and has grown into a world class LL diamond supporting A, AA and AAA games. In the fall of 2012, the infield at Fenway was graded to level and the field was recreated to little league standards as originally implemented and made convertible for 50/70 level baseball games.



**Ebbets Field** – One of our busiest fields supporting A/AA/AAA games with only the basics.

**Forbes Field** – Primarily suited for T-Ball and A.

**Phillips Field** – Out most recently updated (and renamed) field at Byron Park supports T-Ball and A play.

**Note:** As part of pre-game preparations, a member of the HOME TEAM coaching staff and/or the umpire shall walk each field for potential hazards and share those at home plate discussion before each game. If warranted, the hazard should be brought to the attention of the WSLI Safety Officer and Fields Manager.

### ANNUAL FIELD AND FACILITY SURVEY

In addition to ensuring field and equipment safety every day, it is the responsibility of the Safety Officer to conduct a pre-season field survey once a year in conjunction with the Fields Manager. To satisfy this requirement, the Safety Officer shall walk the fields

with the Fields Manager and make note of any hazards, including but not limited to, rocks, litter, uneven ground, sharp edges, incomplete fencing, and facility equipment that is broken or in disrepair.

The Safety Officer shall make a report to the Fields Manager and Equipment Manager following the survey, making suggestions for repairs and changes to ensure the safest environment for players and spectators. The Safety Officer shall also provide the facility survey to Little League International prior to the start of the season.

## BASEBALL EQUIPMENT

### THE EQUIPMENT MANAGER

WSLL's Equipment Manager is responsible for the management, procurement, and safety of the equipment provided by the league. The Equipment Manager is responsible for inspecting all league equipment prior to issuance at the beginning of the league season to ensure it meets the standards dictated by International Little League. The Equipment Manager should also make periodic assessments of equipment to determine whether it is safe for use.

### BATS

Our equipment budget continues to be updated with team bats as warranted. In 2018, Little League bat regulations were amended. The changes included a maximum barrel size of 2 5/8" and an approved "USA Baseball" label to be present on each bat intended for use in regulation and tournament play. This mandate was issued to mitigate the increasing risk of batted baseballs rebounding back toward defensive players 'too quickly'.

**Note:** There's no requirement for parents to buy bats for any level of play at WSLL. The league provides each team with high quality bats meeting all safety requirements.





*Starting in 2018, non-wooden bats used in Little League Baseball (Majors Division and younger) must have this logo in order to be used in competitive play. Without it, the bat is not legal and will be removed.*

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#### RULE 1.10 EXCERPT – BASEBALL BATS

The bat must be a baseball bat which meets the USA Baseball Bat standard (USABat) as adopted by Little League. It shall be a smooth, rounded stick, and made of wood or of material and color tested and proved acceptable to the USA Baseball Bat standard (USABat).

Beginning with the 2018 season, non-wood and laminated bats used in the Little League (Majors) and below, Intermediate (50-70) Division, and Junior League divisions shall bear the USA Baseball logo signifying that the bat meets the USABat – USA Baseball's Youth Bat Performance - Standard. All BPF/1.15 bats are prohibited. Additionally, the bat diameter shall not exceed 2 $\frac{5}{8}$  inches for these divisions of play. Additional information is available at [Little League Bat Info](#).

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#### TEE BALL:

Under the USABat standard, certified Tee Ball bats (26" and shorter) will feature the USA Baseball mark and text which reads ONLY FOR USE WITH APPROVED TEE BALLS. All Tee Ball bats must feature the USA Baseball mark and accompanying text. Tee Ball bats that were produced and/or purchased prior to the implementation of the new standard can be certified using an Approved Tee Ball Sticker via the USA Baseball Tee Ball Sticker Program ([USABaseballShop.com](#)) beginning September 1, 2017.

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#### MINOR/MAJOR DIVISIONS:

Bats shall not be neither more than 33 inches in length nor more than 2 $\frac{5}{8}$  inches in diameter, and if wood, not less than fifteen-sixteenths (15/16) inches in diameter (7/8 inch for bats less than 30") at its smallest part. Wood bats taped or fitted with a sleeve may not exceed sixteen (16) inches from the small end.

**NOTE:** Solid one-piece wood barrel bats do not require a USA Baseball logo.

The bat shall be made of wood or of composite material tested and proven acceptable.

A non-wood bat must have a grip of cork, tape, or composition material that extends minimum of (10) inches. Slippery tape or similar material is prohibited. An illegal bat or bat that has been altered shall be removed from play immediately.

Batting donuts or weights placed on bats are not permissible (not allowed) at practice or games.

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## UNIFORMS - OUR LEAGUE

Our league provides uniform shirts, baseball pants, socks, and a baseball cap to each player with sequential numbers on the back. We also require players be properly dressed for baseball activities before and for all games and practices. Each article of covering serves a real purpose toward keeping players safe. Long baseball pants, socks and properly cheated shoes help to protect the lower body from scraps, cuts and falls while fielding or sliding into base. The cap is vital for helping keep sunlight out of players' eyes. Practices without sliding or fielding could be held with players wearing shorts and regular athletic shoes. However, the cap is still required and a shorts option must be pre-arranged with your team manager or a coach of record who's running the practice.

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## RULE 1.11(EXCERPT) - BASEBALL UNIFORMS AND WEARABLE ITEMS

Item (a.3) – Any part of the pitchers undershirt or T-shirt exposed to view shall be of a solid non-white, nor gray in color. A pitcher shall not wear any items on his/her hands, wrists, or arms which may be distracting to the batter. Basically, anything a pitcher could wear that would or could prevent a batter from detecting the incoming ball 'in time' to get out of the way, should be avoided.

Item (k) – Casts may not be worn during the game by players and umpires. **Note:** persons, including managers and coaches, wearing casts must remain in the dugout.

**Rule 1.17** – All male players must wear athletic supporters.

**Personal Protection Cup** – Athletic supporters are required for all players, but the metal, fiber, or plastic type cup protection is required for male defensive players in the catcher position. We at WSSL would highly recommend parents and team managers encourage all players to wear the cup protection. It's especially recommended at the AA, AAA and Majors level, increasing in severity in that order. There's also a female pelvic protector available that is equally recommended. The goal is to keep players safe, in the game, and having fun.

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## CATCHERS GEAR – ALL DIVISIONS OF PLAY

**Rule 1.12(excerpt)** – The catcher must wear a catcher’s mitt (not a first baseman’s mitt or fielder’s glove) consistent with protecting the hand.

**Rule 1.17(excerpt)** – All catchers must wear long or short model chest protectors with neck collar, shin guards, and a catcher’s helmet with throat guard. Male catchers must wear cup protection. **Note:** All catchers must wear a mask, ‘dangling type’ throat protector with catcher’s helmet during practices, pitcher warm-ups, hitting infield or shags, and in all games. **No Exceptions!**

***Warning! Manufactures have advised that altering helmets in any way can be dangerous.***

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## BATTING HELMETS - ALL DIVISIONS OF PLAY

Per **Rule 1.16** – WSLL provides each team with the appropriate number of protective batting helmets that meets NOCSAE specifications and standards.

- Use of the helmet by batters, base runners, on-field bullpen ‘observer’, and youth base coaches is mandatory.
- Use of a helmet by an adult base coach is optional.

Do not alter helmets: paint, add decals, or tape unless approved in writing by the helmet manufacturer or dealer. Names or numbers should be written on the underside of the helmet visor/bill.

Per Little League International 2015 – Helmets must have a non-glare surface and cannot be mirror-like (or chromed) in nature at any division/level. Additionally, in regards to C-flap helmet attachments, if the protective helmet is, or needs to be, modified in order to accommodate the attachment (drilling of holes, removal of padding, etc.), it will make the helmet unsafe and void the manufacturer’s warranty. Accordingly, the helmet will not be legal for use in WSLL, and will be removed from play.

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## BASEBALLS - TEE BALL, MINOR LEAGUE, MAJORS LEVEL

WSLL provides new and used Little League Approved game baseballs and issue practice baseballs to each team; age appropriate. 5-T and T-Ball use a softer baseball, specifically manufactured and labeled for use at these levels.

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## FACE MASK AND MOUTH GUARDS

Little League regulations do not require players at any level of little league baseball to wear a batting helmet with face shield. It is managers', coaches', and parents' discretion for players' use of face shields. Most frequently, face shields are used at the A/AA level to help players at these levels gain confidence while developing their baseball skills.

## FOOD CONCESSIONS

At our concessions stand at Byron Park, safe grilling, serving, and sanitary safety practices are required and are in place. It is recommended by Fairfax County Park Authority and WSL Board of Directors that anyone interested in working the concession stand should review the food handling information available at <http://www.fairfaxcounty.gov/hd/food/>. [Note: Effective July 1, 2013, a Health Department Permit to Operate is no longer required to serve food from a youth athletic concession stand. In the past, the Health Department has conducted food safety workshops for volunteers who work at the concession stands. It is no longer required that volunteers attend the food safety workshops.]

Our main goal at WSL is to remember to have clean hands and a clean working environment to serve our families. Remember to **Clean, Separate, Cook and Chill!** Food safety brochures are available upon request from the Health Department and *Cooking for Groups: A Volunteer's Guide to Food Safety* is a good resource available from the USDA. If you have any questions, please contact the Health Department.

All volunteers working the concessions stand **MUST THOROUGHLY WASH HANDS** before handling any food or other materials in the concessions stand.

The Safety Officer and Concessions Manager shall conduct an annual inspection of the concessions stand and periodic inspections thereafter to ensure the facilities are in working order and comply with all county and league requirements.

The Concessions Manager for 2021 is Shannon Matheny, who can be reached at: [smmatheny@fcps.edu](mailto:smmatheny@fcps.edu).

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## GRILLING SAFETY

According to the Insurance Information Institute, backyard barbecues result in more than 2,000 fires and even three deaths each year. Most problems happen when you fire up a grill that hasn't been used for several months. **Inspect It!**

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## GAS GRILL SAFETY TIPS (PROPANE)

### Propane Grill Do's

- Ensure lid is up when lighting grill!
- Turn burner controls off and keep the cylinder valve closed when not in use.
- Be sure to store cylinders outdoors and away from sources of ignition.
- Before lighting a gas grill, check all connections for tightness.
- If there is a significant and uncontrollable release of gas or fire, call the fire department immediately and move all people and pets away from the unit.

### Propane Grill Don'ts

- Do not light grill when lid is closed!
- Do not leave the cylinder in a vehicle.
- Do not use matches or lighters to check for leaks.
- Do not allow children to tamper or play with the cylinder or grill.
- Do not use, store, or transport a cylinder where it could be exposed to high temperatures. (This includes storing spare cylinders under or near the grill.)

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## PREPARE TO EXTINGUISH

Extinguishers for Class A fires (i.e., ordinary combustible materials such as paper, wood, cardboard, and most plastics) must be located no more than 75 feet from hazard.

Extinguishers for Class B fires (flammable or combustible liquids such as gasoline, propane, kerosene, grease and oil) must be located no more than 50 feet from hazard.

Extinguishers for Class C hazards (fires involving electrical equipment, such as appliances, wiring, circuit breakers and outlets) must be located 50 to 75 feet from hazard.

Application of extinguishers (fire extinguishers must be aimed at the base of the fire during application).

**NOTE:** Never use water to extinguish a Class C - Electrical Fire, 'shock hazard' or a Class B fire (flammable or combustible liquids such as gasoline, propane, kerosene, grease and oil) fire spreads as fuel floats on the water.

## CHAPTER FIVE:

# PREVENT PREVENTABLE INJURY

The physical well-being of players who are accepted in the Little League program is essential to avoiding the hazards of unsafe personal conditions.

It is strongly suggested that all candidates for the Little League program pass a basic physical examination before playing. Another important way physical checkups are used to prevent accidents is by requiring a medical release after a player has recovered from an accident and prior to playing ball.

### EXPOSURE TO UNSAFE PRACTICES

Unsafe acts are far more difficult to control than hazardous conditions because they involve the unpredictable human element and surprise. ***It has been estimated that unsafe acts account for 80% of all accidents.*** Assuming every effort has been made to provide safe conditions, we should look at players' exposure to unsafe acts. Finding the causes is not enough—definite steps must be taken to counteract such acts.

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### EXISTING SAFEGUARDS

Before looking at these accident exposures and some suggestions for their control, let's look at some of the built-in safety factors in our favor.

1. It is obvious that non-contact sports such as baseball and track produce far fewer accidental injuries than contact sports like football and hockey.
2. Little League has proven the value of its playing rules and equipment requirements by the fact that each season less than 2 in 100 players have accidents resulting in injuries requiring outside medical treatment.

This is far better than the average accident frequency of 6 accidents per 100 participants in school baseball programs for the same age group.

3. Furthermore, 9 and 10-year-old Little League children have fewer accidents than the 11 and 12-year-olds.

There are probably a number of factors that account for this difference, such as:

- (a) The ball is neither batted nor thrown as hard by younger players as by older ones.
- (b) Nine and ten-year-olds do not put in as much time actually playing ball as the older players.
- (c) Younger players are less easily disabled by bumps and falls than their older teammates.

With proper instruction and drill, it is expected that younger players will develop protective skills that will see them through the more competitive age levels of the game. It must be kept in mind too that some younger players will develop faster and be better able to handle themselves than some 11 and 12-year-olds. **EXCEPTIONS ARE VERY FEW.**

Don't rush your child to play at higher levels than they are truly ready for. Use your 'parental' hat and say no. Kids have plenty of time to grow. Why rush it?

**Bottom-Line:** Baseball at all levels (like any other sport) has dangers. The only path toward mitigating these risks flows straight through each manager and coach 'to the players' in the form proper preparation and education. **There is no such thing as avoiding the unexpected. Know it could happen and plan for it.**

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#### BASIC PREVENTATIVE MEASURES

1. The most positive approach, and probably the most effective, is appealing to their loyalty to the Little League uniform or cap. Parents, managers and coaches should impress upon them that their behavior along the way will give other people a good or bad impression of Little League, depending on how they act.
2. Youngsters should also feel the restraining effect of orders to go directly to the field and report to their manager or coach. The same order should apply to going straight home and checking-in with their parents.
3. As an indirect precaution, parents should be encouraged to have their youngsters learn how to swim. This is particularly important if there are any bodies of water within striking distance of their route. This knowledge may save their lives when temptation is stronger than the voice of authority.





4. A surprising number of accidents also occur when youngsters reach the vicinity of the field but it is not yet time for practice or a game. In this situation it is the direct responsibility of any adults who are nearby to stop such activities as climbing trees, chasing each other, running up and down the grandstands, etc.

5. Volunteers should make local authorities aware of potential risks in the area; unfenced excavation or quarries and lakes with unsecured boats.

## CONTROLS ARE ESSENTIAL

Having set the stage for our Little League safety program, let's look at the control of unsafe conditions. It is a logical step because accidents caused by unsafe conditions can be controlled more readily than those involving a human element.

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### RESPONSIBILITY

The League President has the primary responsibility for safe conditions. However, it is not possible to cover all details personally, so most of this responsibility is delegated to others. The following delegations are in-place:

1. Safe maintenance of fixed ball field property, including structures - the head groundskeepers
2. Procurement and upkeep of practice and playing equipment, particularly personal protective equipment, the equipment manager
3. Each manager should see that the field in-use and playing equipment does not create hazards
4. The umpire should take the initiative to ensure unsafe conditions are corrected on the playing field and in foul territory during games.
5. The responsibility for maintaining safe conditions for the entire league falls on the shoulders of the president. Many other important safety jobs are delegated to the Safety Officer most suited to handle them, as follows:

(a) The safety of players and adults going to and from fields is very important as shown by the severity of traffic accidents. See section on Traffic Safety.

(b) The first aid kit must be kept properly equipped and arrangements for emergencies up to date. See section on First Aid.

(c) Taking measures to counteract hazards that may be connected with special events such as picnics, fund-raising projects, etc.

(d) The safety of spectators, including parking facilities.

(e) The safe handling of food and drinks at the concession stand.

(f) If the league operates under artificial lights, the league has the very important responsibility for making sure the lights meet minimum requirements. This is a must for safe conditions. Light meter checks should be made at regular intervals to find out when it is necessary to clean reflectors and replace partly worn light bulbs.

## HOW TO PREVENT “USE” INJURIES

### WARM-UPS

This important phase of Little League training has a direct bearing on developing a safe personal condition. Extensive studies on the effect of conditioning, commonly known as “warm-ups,” have demonstrated that:

1. The stretching and contracting of muscles just before an athletic activity improves general control of movements, coordination and alertness.
2. Such drills help develop the strength and stamina needed by the average youngster to compete with minimum accident exposure.

These warm-up skills are most effective when the motions are patterned after natural baseball movements such as reaching for a ball, running and similar footwork. This is also a good place to “drive home” the basic safeguard of keeping the eye on the ball.

The subject of warming up before a practice session or game is being covered as a means of safeguarding youngsters, at least to a degree, from poor physical condition and lack of limbering up.

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## LEARN ABOUT OVERUSE INJURIES

Some of the most frequent injuries come from overuse, especially to pitchers and catchers. Follow the links below for some tips on how to avoid these preventable injuries.

- Link 1 'Pitchers Elbow',

[http://www.littleleague.org/Assets/forms\\_pubs/asap/LearnTeachDangersOverUse.pdf](http://www.littleleague.org/Assets/forms_pubs/asap/LearnTeachDangersOverUse.pdf)

- Link 2 'Curveball & Catchers',

[http://www.littleleague.org/Assets/forms\\_pubs/asap/CurveballsCatchersFatigue.pdf](http://www.littleleague.org/Assets/forms_pubs/asap/CurveballsCatchersFatigue.pdf)

**Little League International supplied us with two brochures written by *Michele Smith*, Olympic Gold Medalist pitcher for the USA Softball Team. She has a B.S. in Health Wellness, Movement Sciences and Pre-Med at Oklahoma State University.**

**Click here to access:**

**[Michele Smith \(Conditioning\) -](#)**

**[http://www.littleleague.org/Assets/forms\\_pubs/asap/Michele\\_Smith\\_conditioning.pdf](http://www.littleleague.org/Assets/forms_pubs/asap/Michele_Smith_conditioning.pdf) or**

**[http://www.littleleague.org/Assets/forms\\_pubs/asap/Michele\\_Smith\\_stretching.pdf](http://www.littleleague.org/Assets/forms_pubs/asap/Michele_Smith_stretching.pdf)**

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## AVOIDING INJURY IN HIGHER-RISK AREAS

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### WARM-UP DRILLS

Use of the term “warm-up drills,” in connection with unsafe acts, refers to ball handling practice rather than calisthenics. This involves a serious accident exposure to misdirected balls. The following will reduce the danger of being struck by a misdirected ball:

1. All unauthorized people should remain off the field during drills.
2. After the number of targets has been reduced to minimum, one of the best preventive measures is to stress “the eye must be kept on the ball”. This safe practice should be drilled into both adults and youngsters so continuously that it becomes a reflex action.

3. Another danger from misdirected balls is the exposure of inexperienced batters to wild pitchers. The use of batter's helmets is a must. However, it does not justify permitting a potential pitcher throwing to an inexperienced batter until control is demonstrated.

4. The danger of being struck by a ball can be further minimized by the following:

(a) Throwing and catching drills should be set up with players in two facing lines.

(b) Random throwing should be permitted only to designated players.

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#### SAFE BALL HANDLING

1. Misjudging the flight of a batted ball may be corrected by drilling with fly balls that begin easy and are made more difficult as a player's judgment and skill improves. Everyone should eventually be able to handle balls that go overhead.

2. In addition to a player never losing sight of a ball from the time it leaves the bat, the player should keep the glove positioned and the body relaxed.

3. An infielder can best be protected by an aggressive short-hop fielding play by always keeping the "nose pointed at the ball" and the eyes glued on it. Also, if moving forward, the player is in a better position to make a throw.

4. It is safer for the player to knock a ball down and recover than to let the ball determine the play.

5. Batting – WSLL has adopted a fake bunt rule to state that, "If a batter shows as to bunt, then re-tracks and swings at the pitched ball, the batter is out."

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#### COLLISIONS

Collisions result in more injuries than is the case with most other types of accidents. They are usually caused by errors of judgment or lack of teamwork between fielders. It is important to establish zones of defense to avoid collisions between players. It is particularly important when players are chasing high fly balls. Once the zones are established, play situation drills should be held until these zones and patterns become familiar to the players. The responsible player should call out the intentions in a loud voice to warn others away. Here are some general rules to follow:

1. The fielder at third base should catch all balls which are reachable and are hit between third and the catcher.
2. The fielder at first base should catch all balls reachable which are hit between second and the catcher.
3. The shortstop should call all balls reachable which are hit behind third base.
4. The fielder at second base should catch all balls reachable which are hit behind first base.
5. The shortstop has the responsibility for fly balls hit in the center of the diamond and in the area of second base. Since the glove is on the left hand it is easier for the shortstop than the fielder at second to catch fly balls over second base.
6. The centerfielder has the right of way in the outfield and should catch all balls which are reachable. Another player should take the ball if it is seen that it is not reachable by the centerfielder.
7. Outfielders should have priority over infielders for fly balls hit between them.
8. Priorities are not so easy to establish on ground balls, but most managers expect their base player to field all ground balls they can reach, cutting in front of the shortstop on slow hit grounders.
9. The catcher is expected to field all topped and bunted balls which can be reached except when there is a force play or squeeze play at home plate.

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#### WARNING TRACK

In addition to collisions between players, occasionally a player chasing a fly ball will crash into the fence. These accidents also can be controlled by suitable drill work. In this case it is simply a matter of giving the outfielders an opportunity to practice getting the feel of the warning track under their feet.

They must learn to judge their distance from the fence and the probable point where the ball will come down. It would be worse than futile to not only miss catching the ball by a wide margin but also be injured by a collision with the fence.

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## KEEP GROUNDS CLEAR

Another duty that should be given in turn to substitute players is the picking up of bats and proper placement in the rack. The clearing up of other loose playing equipment should be included in this assignment.



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## SLIDING SAFETY

***\*Head-first sliding is not allowed in Majors or below, except for when returning to base.***

### **TEACH THE DANGERS!**

As is the case with other baseball fundamentals, a correct slide is also a safe one. It is well advised to guard against the accident of a collision and the possibility of a player being struck by a thrown ball as that player “hits the dirt.” It goes without saying that steel spikes are not being worn. The following can make the learning period safer:

1. Long grass has been found to be better than a sand or sawdust pit to teach sliding.
2. The base must not be anchored down.
3. Sliding pads are recommended.
4. The player should make approaches at half speed and keep constantly in mind that hands and feet should be in the air. Once committed to slide, the player must not change strategy. Last minute hesitation causes most sliding injuries.
5. Tennis shoes are suggested for beginner sliding and tagging practice to avoid injury to the defensive player.
6. If the ground along the baselines becomes soft on a rainy day, such weather offers an excellent opportunity to have sliding drills.
7. It should be kept in mind that head-first sliding\* is not allowed except when returning to a base.



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## BATTER SAFETY

A batter's greatest accident exposure is from the unsafe acts of others, namely wild pitches, which account for a major portion of all accidents. Again, the best defense is an alert, confident concentration on the ball. This type of injury is more prevalent in Regular than in Minor League play. Since the danger is increased as pitchers learn to throw with greater force and as more games are played, it is doubly important to take whatever countermeasures necessary to offset this exposure.

1. A well-fitted, NOCSAE approved helmet is the first requirement.
2. The development of the novice batter's ability to take evasive action can be improved by getting the player to relax and concentrate on the ball from the time the pitcher starts delivery until it lands in the catcher's mitt. Players with slow reflexes can also be helped by stimulated batting and ducking practice with a tennis ball.
3. The unsportsmanlike practice of crowding the plate or jumping around to rattle the pitcher must not be tolerated. This could endanger the batter if it causes the pitcher to lose control. Umpires should stop such actions.
4. Painful finger and hand injuries can be reduced by making sure the batter holds the bat correctly when bunting. Young players have a tendency to lean too far over the plate and not keep the ball well out toward the end of the bat. This should be corrected.
5. When the batter becomes a base runner, that player should be taught to run outside the foul lines when going from home plate to first and from third to home, to reduce the chance of being hit by a thrown ball.

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## SAFE HANDLING OF BATS

A review of the batter's potential for causing injuries to others points up the following:

1. The most easily prevented type of accident is the too frequent fault of beginners throwing the bat while running to first base. This unthinking act may be corrected through individual instruction to drop the bat safely by:
  - (a) Having the player hand the bat to the coach will serve as a reminder before each ball is pitched.

- (b) Having the player drop the bat in a marked-off circle near where running starts.
  - (c) Counting the player “out” in practice whenever the player fails to drop the bat correctly.
  - (d) Ensure bat grips are not slippery.
2. Coaches and umpires should be on the alert to correct batters that have a tendency to step into the catcher as they swing.

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#### A DANGEROUS WEAPON

We use this heading to note the seriousness of an accident exposure that may sound impossible but one which has caused several very serious accidents on several occasions. The preceding precautions apply to the actions of individuals who should have control over the bat they are using.

A more serious injury is waiting for the absent-minded youngster who unconsciously walks into the swing of the coach’s bat when the coach is hitting flies, or the equally unwary player who walks into the swing of a player in the on-deck circle\*. These situations demonstrate the need for everyone to become safety-minded, not only for their own good but also for the safety of others. The following precautions are suggested:

1. The player assigned to catching balls for the coach hitting flies should be given the specific assignment of warning away anyone who comes too close.
2. All players and adults should be trained to walk around the on-deck circle\* whether it is in use or not. The ingrained safety habit of keeping clear may save someone a painful injury.

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#### CATCHER SAFETY

1. ***The catcher has more accidents/injuries than any other player.*** Statistics show the severity of injuries is less in Majors level play than in Minor League play. Again, this bears out the fact that the more proficient the player, the less chance of injury. Assuming the catcher is wearing the required protection, the greatest exposure is to the ungloved hand. The catcher must learn to:



(a) Keep it relaxed.

(b) Always have the back of the throwing hand toward the pitcher when in position to catch.

(c) Hold all fingers in a cupped position near the mitt, ready to trap the ball and throw it.

2. The catcher should also be taught to throw the mask and catcher's helmet in the direction opposite the approach in going for a high fly.

3. As the catcher learns to play this difficult position, a good habit is to keep a safe distance back from the swinging bat. Estimate this as one foot farther from the batter than the ends of the outstretched fingers.

4. To repeat, the best protection is keeping the eye on the ball.



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#### GENERAL INATTENTION

Going one step back to the “whys” of most ball handling accidents, it appears that inattention due to inaction or boredom is an underlying accident cause with which we must deal. This situation can be partly offset by using idle time to practice basics of skillful and safe play, such as:

1. Otherwise idle fielders should be encouraged to “talk it up.” Plenty of chatter encourages hustle and enthusiasm.

2. Players waiting for a game or practice to start can pair off and play catch to improve their basic eye-on-the ball technique.

3. Practice should include plenty of variety in the drill work.

4. Put a time limit on each drill and do not hold the total practice for more than two hours, if interest begins to lag.

5. Idle players along the sidelines can be given the job of studying the form of other players to improve their own techniques. They may then report on what they have learned to improve their own form on running, ball handling, throwing, batting and sliding.

## ENSURING SAFETY ON FIELDS AND IN USE OF EQUIPMENT

Regular safety inspection of the field, permanent and temporary structures, ball playing equipment and personal protective equipment is the best way to determine which unsafe conditions require correction. The managers and grounds keepers should work together to ensure serious accident exposures are corrected promptly!

The following list will be of assistance in determining conditions that cause accidents.

***Prompt action must be taken on all serious hazards.***

*Some examples are:*

1. Unsafe field conditions such as holes, ditches, rough or uneven spots, slippery areas and long grass.
2. Foreign objects like stones, broken glass, old boards, pop bottles, rakes, etc.
3. Incomplete or defective screen, including holes, sharp edges and loose edges.
4. Wire or link fencing (and protective tops) should be checked regularly for similar defects which could injure a participant.
5. Board fences should be free of protruding nails, loose boards, and splintered wood.
6. Forty (40) feet in the center section of the outfield fence should be painted a dark color and kept free of signs to provide a contrast with balls thrown toward home.
7. The warning track should be well defined and not less than 10 feet wide.
8. The backstop should be padded and painted green for the safety of the catcher.
9. The dugout should be clean and free of debris.
10. Dugouts and bleachers should be free of protruding nails and wood splinters.
11. Home plate, batter's box, bases (disengage-able) and the area around the pitcher's rubber should be checked periodically for tripping and stumbling hazards.



THE AMERICAN NATIONAL GAME OF BASE BALL  
DRAWN BY THE COMMITTEE OF THE NATIONAL YOUTH BOARD, N.Y.

12. Material used to mark the field should be a nonirritating white pigment (not lime). White plastic marking tape has proved better and less expensive than other methods of marking.
  13. Loose equipment such as bats, gloves, masks, balls, helmets, etc., must be kept off the ground and floor of the dugout.
  14. Constant attention must be given by managers, coaches and umpires to the possible lack or poor fit of personal protective equipment. This would include helmets, masks, catcher's pads and safe shoes. ***Plastic cup supporters are required for regular and reserve male catchers and are highly recommended for all male players in the field of play.***
  15. Personal jewelry, badges, pencils, etc., can be a hazard to the wearer and should not be permitted.
  16. Corrective glasses should be of the sports type and equipped with "industrial" safety lenses. Most children's glasses come with safety lenses as a standard.
  17. Shatterproof, flip-type sun glasses are good protection against losing a fly ball in the sun.
  18. Bats should be inspected for orderly storage, secure grips and freedom from cracks. Cracked, broken or distorted bats should never be used.
  19. Safety should be the major factor when making a decision on canceling a practice or game because of bad weather or darkness.
  20. The greatest hazard in connection with weather conditions is exposure to lightning. At the first indication of such a storm; everyone should leave the playing field and seek shelter.
- \*CHANCES OF SURVIVING BEING STRUCK BY LIGHTNING ARE SO SLIGHT THAT MANAGERS AND UMPIRES MUST NOT TAKE CHANCES ON CONTINUING A PRACTICE OR GAME WHEN AN ELECTRICAL STORM IS APPROACHING\***
21. The correct fitting and spruce appearance of uniforms has the indirect benefit of contributing to pride and morale, which stimulates our main safety objective of greater skill for fewer accidents.



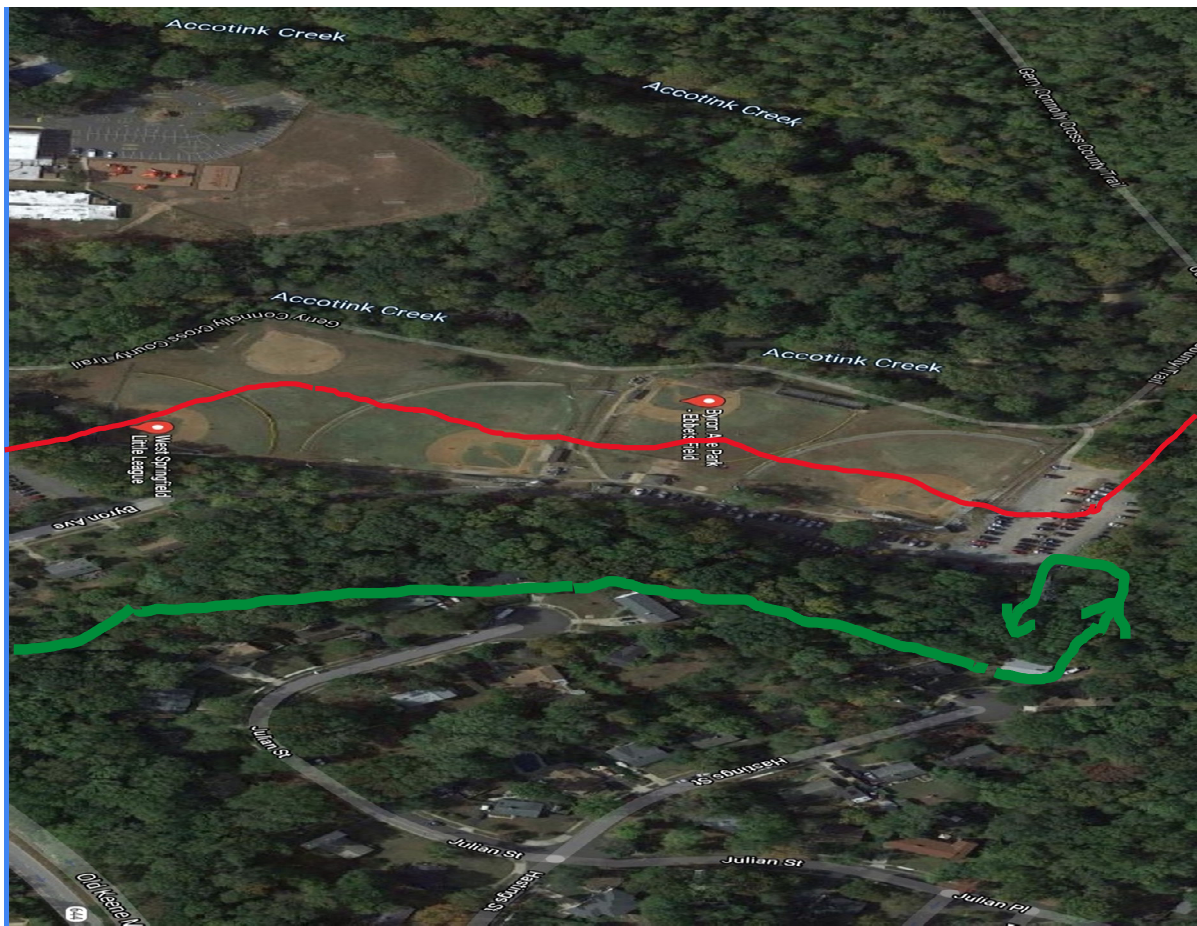
## HAZARDS IN TRAVEL TO AND FROM THE FIELD

Although Little League traffic accidents involve only one or two cases for every hundred injuries from all accidents, the average severity of these accidents far exceeds those from other causes.

In Little League we have not only an opportunity but an obligation to take organized action for the protection of our own interests. Let's do something about it together.

The speed limit at Byron is 5 mph. All traffic entering the field must proceed to the rear parking lot on the far side and proceed in a counterclockwise route before parking. Drivers must not take the first left into the parking lot between the rows of cars and must not turn around on Byron Avenue.

Below is a map of Byron and the routes cars should take in green. Trails on the far side of the field, which are marked in red, can be used as emergency exit points should the roads become hazardous.



## WEATHER HAZARDS

### WSLL LIGHTNING AND THUNDER POLICY

Managers and coaches should ensure their players gather all gear and prepare to evacuate the fields due to threatening weather and/or lightning

Play (or practices) will immediately be suspended when any of the following are observed by any League Official:

- Lightning is observed
- Lightning detector indicates lightning within 10 miles or less. Lightning detector takes precedence over observed weather to suspend play and vacate
- Thunder is heard suspend & vacate

In suspension - fields will be cleared of all players, managers/coaches, umpires, and spectators. Everyone moves to a vehicle for a minimum of 30 minutes.

In suspension (exception) - within hard shelter equipment shed or concession stand at Byron or Burke, Gray Hat Officials and Umpire could gather inside to evaluate conditions. All other spaces will be closed and remain closed upon/during suspension of play.

If lightning/thunder is observed or the detector indicates lightning again then play is suspended for another 30 minutes from the subsequent observance.

Games will be cancelled if the suspension will result in delay more than 45 minutes.

- When a game (or practice) is suspended on one field, it is suspended on all local fields.

### KNOW THE BASIC FACTS ABOUT LIGHTNING AND ITS DANGERS

All thunderstorms produce lightning and are dangerous. In an average year, lightning kills more people in the U.S. than tornadoes or hurricanes. Lightning often strikes outside the area of heavy rain and may strike as far as 10 miles from any rainfall. Many

deaths from lightning occur ahead of storms because people wait too long before seeking shelter or after storms because people return outside too soon...**If you hear thunder, you are in danger.**

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#### LIGHTNING SAFETY: MAKE IT PART OF YOUR GAME PLAN!

**Author: Andy Kula, Senior Meteorologist  
NATIONAL WEATHER SERVICE**

When thunderstorms threaten, coaches and sports officials must not let the desire to start or complete an athletic activity hinder their judgment when the safety of participants and spectators is in jeopardy. Each year in the United States, more than 400 people are struck by lightning. On average, about 70 people are killed and many others suffer permanent neurological disabilities. Most of these tragedies can be avoided if proper precautions are taken.

---

#### LIGHTNING RISK REDUCTION OUTDOORS



### ***When Thunder Roars, Go Indoors!***

The lightning safety community reminds you there is little you can do to substantially reduce your risk if you are outside in a thunderstorm. The only completely safe action is to get inside a safe building or vehicle.

#### **National Lightning Safety Institute lists six steps to safe outdoor events**

- 1. A responsible person should be designated to monitor weather conditions.** Local weather forecasts should be monitored 24 hours prior to events. A portable weather radio is recommended.
- 2. Suspension and resumption of activities should be planned in advance.** Safe evacuation sites include metal vehicles with windows up, enclosed buildings, or if necessary, low ground.
- 3. Unsafe shelter areas include all outdoor metallic objects like flag poles, fences, light poles, and metal bleachers.** *Avoid* trees, water, open fields, and using the telephone.
- 4. Lightning's distance from you can be referenced by noting the time from its flash to the bang of associated thunder.** For each five second count, lightning is one mile away, i.e. 10 seconds = 2 miles. Since the distance from one strike to the next can be up to 1.5 miles, the NLSI suggests you activate your lightning evacuation plan *no later* than a count of 15.

**5. If you feel your hair standing on end or hear “crackling noises,” you are in lightning’s electric field.** Immediately remove metal objects and objects with metal pieces like baseball caps, place your feet together, duck your head, and crouch like a catcher with hands on knees.

**6. People struck by lightning do not carry an electrical charge and are safe to handle.** Apply CPR immediately if qualified, and get emergency help.

---

Why are enclosed buildings with substantial wiring and plumbing safe to be inside?

If lightning should directly strike a building with electricity or plumbing, the dangerous electrical current from the flash will typically travel through the wiring or plumbing, and then into the ground. This is why you should stay away from corded devices and water; baths, sinks, hot tubs, and electronic equipment you are directly connected to such as corded telephones and computers.

Lightning can damage or destroy electronics so it's important to have a proper lightning protection system connected to your electronic equipment.

*West Springfield Little League advocates that each Manager and Coach get the Weather Bug App on their iPhone or Android, and use Washington Irving MS, Springfield, Virginia, as their reporting station.*

## HEAT-RELATED ILLNESSES

Heat-related illnesses range from mild, such as sunburns, to severe, including heat stroke, a deadly condition. Knowing the symptoms of the most severe illnesses can prevent long-term damage and, in some cases, death of a player or spectator.

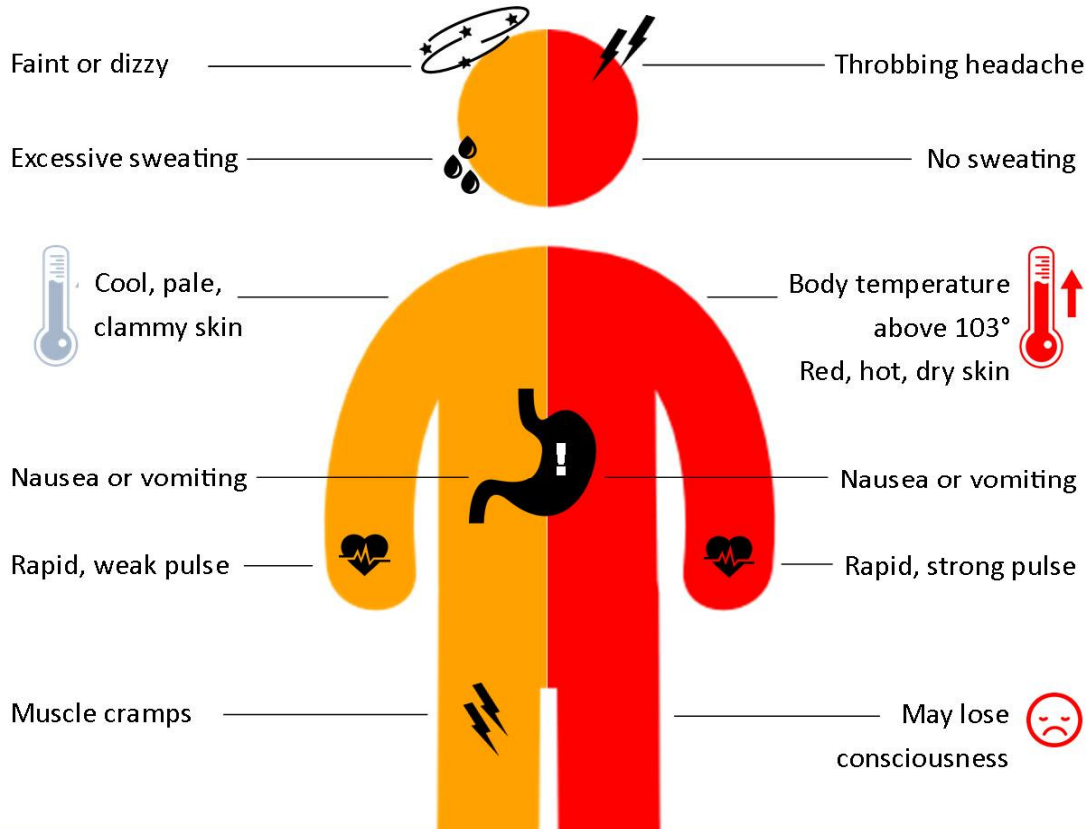
Players should come to practice or games well hydrated, sun-screened, and with plenty of water to last the entire session. Keep a close eye on players, especially on warm and hot days, and look for signs of dehydration or more severe illnesses. Make sure to hydrate often. It is important to incorporate water and rest breaks into every practice plan to ensure they are not forgotten.

Refer to the chart below for some tips on recognizing heat exhaustion, a dangerous illness, and heat stroke, a potentially deadly condition.

## HEAT EXHAUSTION

OR

## HEAT STROKE



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

# CALL 9-1-1

- Take immediate action to cool the person until help arrives

mjflynn



## CHAPTER SIX:

# WHEN INJURY STRIKES

### DEFINING TERMS

To clarify the meaning of these guidelines, we are defining terms used by Little League Baseball to describe and report in our accident-prevention program.

They are as follows:

1. ACCIDENT is a sudden, undesirable and unplanned occurrence often resulting in bodily injury, disability and/or property damage.
2. ACCIDENT CAUSE is an unsafe condition, situation or act that may result directly in or contribute to the occurrence of an accident.
3. CORRECTIVE ACTION is the positive steps or measures taken to eliminate, or at least minimize, an accident cause.
4. CASE is used in the general sense, such as: accident case, injury case, etc.
5. HAZARD refers to a condition or a situation that could cause an accident.
6. INJURY is the physical harm or damage often resulting from an accident.
7. INSURANCE CLAIM refers to the right of a parent, as in the case of accident insurance to have eligible medical expenses resulting from an accidental injury connected with a game or scheduled practice paid by the appropriate insurance.
8. TYPE OF ACCIDENT is a phrase used to describe an unintentional, sudden incident that can be identified so effective counter measures may be taken. Examples are: struck by, tripped, fell, collided with, caught between, etc.

9. AN UNSAFE ACT refers to unintentional human failure or lack of skill that can lead to an accident. It is one of the two general accident causes, the other being an unsafe condition.

10. AN UNSAFE CONDITION is an abnormal or faulty situation or condition which may cause an accident. Its presence, particularly when an unsafe act is committed, may result in an accident.

## ACCIDENT REPORTING PROCEDURES

### EMERGENCY CONTACTS

**CALL 911** – Any injury that involves head trauma, bleeding that cannot be controlled with small bandages, visibly broken bones, or any other injury that requires immediate medical intervention, call 911.



When calling **911**, note your current location (including field name) and the closest road with access to your location. Refer to the WSLC site map for Byron Park, which shows the names and locations of each field. The site map is attached to the Safety Plan as Appendix C.

If you believe someone has ingested a poisonous or toxic substance, call the National Poison Control Center at (800) 222-1222.



If you encounter a downed power line or other power-related hazard, leave the scene immediately and contact Dominion Energy's emergency line at (866) 366-4357.



**(866) 366-4357**

**Other important local contacts:**

Fairfax County Police and Fire Department (non-emergency line): (703) 691-2131

Fairfax County Police Department, West Springfield Division: (703) 664-7377

Fairfax County Fire Department, West Springfield Station: (703) 451-0453

Inova HealthPlex-Franconia Springfield (Closest Emergency Department)  
6355 Walker Lane  
Alexandria, VA 22310  
(703) 797-6800

Inova Children's Hospital  
3300 Gallows Road  
Falls Church, VA 22042  
(703) 776-4002

Fairfax County Water Department (Emergency Line): (703) 698-5613

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**WHAT TO REPORT**

Any incident that causes a player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid must be reported to the league safety officer within 48 hours of the incident. This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury or periods of rest that result.

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## WHEN TO REPORT

All such incidents described above must be reported to the Safety Officer and appropriate league director within 48 hours of the incident. The Safety Officer is **Matt Spitzer**. The best method to contact him is via email, [matt.spitzer@gmail.com](mailto:matt.spitzer@gmail.com), or phone (978) 302-5825. League Directors' contact information is included in Appendix A.

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## WHY MAKE A REPORT

Accident tracking serves two purposes. (1) It's used to document injuries, track insurance claims and the recovery period. (2) It's also used by our league to track all incidents – those requiring medical attention and those not requiring medical attention. Little League calls these “near misses.” Doing this tracking will help our league determine if additional training is needed for specifics like sliding (if several players in a division are hurting their legs or ankles, but not enough to go to the hospital); or if players are getting hurt on a specific field from bad hops, the field may need dragging or other work, etc. It's just another mechanism to help pin-point problems before someone needs medical attention or first-aid treatment.

---

## HOW TO MAKE THE REPORT

Reporting incidents should be done by a manager/coach or parent filling out the Accident Tracking Form and sent to the league Safety Officer via email. The Accident Tracking Form is available on WSL's website and attached hereto as Appendix B.

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## SAFETY OFFICER'S RESPONSIBILITIES

Within 48 hours of receiving an incident report, the Safety Officer will contact the injured party through Parents and/or Team Manager to:

- (1) Verify the information received;
- (2) Obtain additional information if necessary;
- (3) Check on the status of the injured party; and

(4) In the event the injured party requires other medical treatment (i.e., Emergency Room visit, doctor's visit, etc.) will advise the parent or guardian of Little League's insurance coverage and the provisions for submitting any claims.

If the extent of the injuries is 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 the individual is participating in league activities).

## MAKING USE OF ACCIDENT REPORTING

In the effort to prevent accidents to little leaguers, one must deal with the unpredictable actions of many small athletes. One of the most widely accepted ways to counteract unsafe acts, which are so often a part of uncertain behavior is to inquire into the reasons behind such acts and take suitable countermeasures.

Since we cannot eliminate all of these disturbing and sometimes tragic mishaps, one must use them as tools to help control similar or related accidents.

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### WHICH ACCIDENTS TO TRACK

Good judgment must be used in deciding which accidents to track. The severity of an injury should not be the only basis of deciding to determine reasons for an accident and what can be done to reduce the chances of its reoccurrence. The possibility of a similar and more severe accident occurring should be our main reason for getting at the causes and taking suitable corrective action.

Examples of cases that probably would not require detailed reporting would be a "raspberry" from sliding or minor strains and bruises, not associated with serious unsafe acts or conditions.

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## FURTHER FOLLOW-UP ON ACCIDENTS

Even after corrective measures have been put into effect, responsible adults should continue to check back to make sure unsafe habits have not been resumed and conditions are not allowed to slip. We advise youngsters to keep their eye on the ball. Let's do the same with safety precautions.

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## INSURANCE CLAIMS

In the instance professional medical care becomes necessary for an injury, and the injured party seeks reimbursement for medical costs associated with the injury, Little League International provides [instructions](#) for completing an [Accident Claim Form](#). If you have any questions regarding the accident claim process, please reach out to the Safety Officer.

## FIRST AID

First aid is an important part of any safety program. Like insurance coverage, it is a form of protection that must be available in case of an emergency involving any injury. At least one coach or manager from each team must attend first aid training annually.

**Definition:** First aid is the immediate, necessary, and temporary, emergency care given for injuries.



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## ANNUAL FIRST AID TRAINING

**Fundamentals of Safety and First Aid Training:** is tentatively scheduled for early March 2021. Ordinarily, this would be held in person, but WSL's plan this year is to hold a virtual session, due to the restrictions against large gatherings as a result of the COVID-19 pandemic. We ensure all teams are represented and each manager and coach needing a 3-year update is included & participates as well as a parent from their team every season. This manual will be issued to all teams and is present at all times for reference in each concession stand and equipment locker throughout the league.

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## FIRST AID EQUIPMENT

First aid kits are available at all WSLI fields at Byron Park and Fenway in the home team dugouts. The first aid kits include:

2x Instant Cold Packs	10x Adhesive Band-aids (0.4" x 1.5")
2x Conforming Bandages (3" x 15')	1x Foil Emergency Blanket (130" x 210)"
2x Conforming Bandages (2" x 15')	3x Non-adherent pads (3" x 3")
2x Triangular Bandages (38" x 38" x 53")	2x Knuckle Fabric Strips (3" x 1.5")
1x Crepe Bandage Roll (3" x 15')	2x Fabric fingertip strips (2.2" x 1.8")
1x First Aid Tape Roll (0.5" x 15')	10x Antiseptic wipes
3x Wound Dressing (4" x 4")	12x Safety pins
2x Sterile Eye Pad (2.5" x 3")	2x Medical gloves
30x Adhesive Band-aids (0.8" x 1.5")	1x Plastic Tweezers
1x Medical Scissors	2x Instant cold compresses

**If you use any of the first aid equipment in the kits, please let the Safety Officer know, so that he can replenish the supplies.**

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## FOLLOW-UP ON FIRST AID CASES

Care of an ill or injured individual must always be the first consideration. In concern for their welfare, however, do not neglect the following:

1. A thorough investigation should be made to find the cause(s) of an accident, and action started to prevent reoccurrence.

2. An insurance claim should be filed when outside medical attention is required. Do not wait for medical bills to arrive. They can be submitted as they become available. They must be identified by including the person's name, league name and number, date of injury, and city and state of residence. Bills should be itemized to show dates and type of treatments.
3. Any player under the care of a doctor would be required to bring a note from the doctor to the Team Manager releasing the player to resume play.

## YOU'RE IN CHARGE AND THERE'S AN INJURY – WHAT NOW!

Remember '**RICE**' as a quick guide for impact injuries

- **Rest, Ice, Compression, Elevation**

The role in an emergency situation for Managers and Coaches is to:

- Stop all play to protect the player from further injury – as well as those not being closely monitored due to the focus being on the injured player.
- Check player's Breathing, Pulse and Alertness to immediately judge the seriousness of the injury:
  - If necessary, send someone to call 911 to get an ambulance or EMS help immediately.
  - Call the player's parents (or ask another adult standing near-by).
  - Send an adult to nearest intersection to direct emergency services.
  - Review the Medical Release form for important information/warnings about medical conditions the player may have.
- Evaluate the injury:
  - Can player be moved off field?
  - If 'NO' – clear area around player and begin examination;
  - If 'YES' – move the player to sideline and make as comfortable as possible while attending to the injury;



- Determine if the player can return to play or needs first aid.

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## CONCUSSION AWARENESS

Managers and coaches of record will complete the WSL-approv'd concussion training class required by the State of Virginia, entitled WSL "Concussion Awareness" Training. WSL managers, coaches, and board members will take a free course option, provided by VA District 9 that meets the training requirements as well as the newly implemented states requirements. (Course can be found at:

[http://www.cdc.gov/concussion/HeadsUp/online\\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html) )

WSL falls under this because we use Fairfax County Public School grounds for our activities. WSL has to institute this to cover volunteers in case this comes to the board from District or from Fairfax County School authorities.

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## GIVE THE APPROPRIATE FIRST AID FOR THE INJURY

Coaches and Managers should understand the specific techniques to determine whether injuries are **mild**, **moderate** or **severe**, and should understand how to address each type. The evaluation includes classifying injuries using symptoms and signs, with appropriate looking, listening and careful feeling and, if appropriate, moving of the injured part.

In evaluating fresh injuries, remember there are three types of motion:

- **Active Motion** – Player is able to move the injured part themselves
- **Active Assistive Motion** – Player is able to move with a little help from you; watch for warning signs like the player telling you it hurts to move
- **Passive Motion** – the player's injured part can only be moved by someone else; be especially cautious to not make the injury worse

Look for disability (the player can't use injured part); this is the most serious injury. If a player sprains his ankle, but can still limp around, it may be mild or moderate; if he can't get up, it is probably severe. Look for swelling, the more immediate and large the swelling, the more serious the injury, because swelling on outside means bleeding on

inside. Also, a noticeable deformity means a serious injury. If the body part doesn't look the way it did before the accident, get help.

Consider unconsciousness or any eye injury as a serious situation, in the category of severe injuries, until you are assured otherwise by a medical professional.

"I would vote for using a little common sense on this one" – get help!

And remember, **if in doubt to the nature or seriousness of an injury**, you should NOT attempt treatment; a health care professional should be consulted immediately. **Make the call! ((CALL 911))**

1. Administer the appropriate First-Aid
2. Turn over care to professionals when they arrive and help as directed.
3. If parents are not available, go with player to treatment center in ambulance; turn the team over to an authorized coach.
4. **Do not forget to carry the player's medical release with you (to all events).** You need to have each player's form with you at all official gatherings or at least readily accessible.
5. If emergency medical treatment isn't immediately required, urge player and parents to see a doctor for a proper diagnosis and treatment plan.
6. Record the injury on an injury report. Your Safety Officer will provide all assistance needed.
7. Follow up with the player (and parents) until injury is healed and player can return to play.
8. Get medical release prior to allowing a player to return for practice or game play when formal treatment was required.



**\*\*\*\* It's not worth risking a child's health just to continue a game.**

APPENDIX A

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**IMPORTANT LEAGUE CONTACT INFORMATION**

<b>President</b>	<b>Mike Warbel</b>	614-216-1901
<b>Executive VP</b>	<b>Mike Williams</b>	703-339-3770
<b>Player Agent</b>	<b>Todd Harding</b>	703-543-8696
<b>Safety Officer</b>	<b>Matt Spitzer</b>	978-302-5825
<b>Secretary</b>	<b>Heather Crocetto</b>	703-451-1336
<b>VP Baseball Ops</b>	<b>John Mielcarek</b>	703-203-7934
<b>Treasurer</b>	<b>Michelle Allendoerfer</b>	703-644-0969
<b>Equipment Manager</b>	<b>Craig Kennedy</b>	571-970-8198
<b>Fields Manager</b>	<b>Dave Pollack</b>	703-628-6447
<b>Chief Umpire</b>	<b>Jimmy Kenyon</b>	937-902-5829
<b>Majors League Director</b>	<b>Rob Pelletier</b>	703-853-5906
<b>AAA League Director</b>	<b>Walter Green</b>	703-401-1062
<b>AA League Director</b>	<b>Tim Dunham</b>	202-770-9292
<b>1A League Director</b>	<b>Jill Mitchell</b>	571-212-8727
<b>T-BALL League Director</b>	<b>Rebecca Price</b>	703-994-8045
<b>5-T League Director</b>	<b>Chris Ridge</b>	732-691-7009

## APPENDIX B

### ACCIDENT TRACKING FORM

#### Activities/Reporting

#### A Safety Awareness Program's Incident/Injury Tracking Report

League Name: \_\_\_\_\_ League ID: \_\_\_\_ - \_\_\_\_ - \_\_\_\_ Incident Date: \_\_\_\_\_  
Field Name/Location: \_\_\_\_\_ Incident Time: \_\_\_\_\_  
Injured Person's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Address: \_\_\_\_\_ Age: \_\_\_\_\_ Sex:  Male  Female  
City: \_\_\_\_\_ State \_\_\_\_\_ ZIP: \_\_\_\_\_ Home Phone: ( ) \_\_\_\_\_  
Parent's Name (If Player): \_\_\_\_\_ Work Phone: ( ) \_\_\_\_\_  
Parents' Address (If Different): \_\_\_\_\_ City \_\_\_\_\_

#### Incident occurred while participating in:

- A.)  Baseball  Softball  Challenger  TAD  
B.)  Challenger  T-Ball (4-7)  Minor (7-11)  Major (9-12)  Intermediate (50/70) (11-13)  
 Junior (12-14)  Senior (13-16)  Big League (15-18)  
C.)  Tryout  Practice  Game  Tournament  Special Event  
 Travel to  Travel from  Other (Describe): \_\_\_\_\_

#### Position/Role of person(s) involved in incident:

- D.)  Batter  Baserunner  Pitcher  Catcher  First Base  Second  
 Third  Short Stop  Left Field  Center Field  Right Field  Dugout  
 Umpire  Coach/Manager  Spectator  Volunteer  Other: \_\_\_\_\_

Type of injury: \_\_\_\_\_  
\_\_\_\_\_

Was first aid required?  Yes  No If yes, what: \_\_\_\_\_

Was professional medical treatment required?  Yes  No If yes, what: \_\_\_\_\_  
(If yes, the player must present a non-restrictive medical release prior to being allowed in a game or practice.)

#### Type of incident and location:

- A.) On Primary Playing Field  
 Base Path:  Running *or*  Sliding  
 Hit by Ball:  Pitched *or*  Thrown *or*  Batted  
 Collision with:  Player *or*  Structure  
 Grounds Defect  
 Other: \_\_\_\_\_
- B.) Adjacent to Playing Field  
 Seating Area  
 Parking Area  
C.) Concession Area  
 Volunteer Worker  
 Customer/Bystander
- D.) Off Ball Field  
 Travel:  
 Car *or*  Bike *or*  
 Walking  
 League Activity  
 Other: \_\_\_\_\_

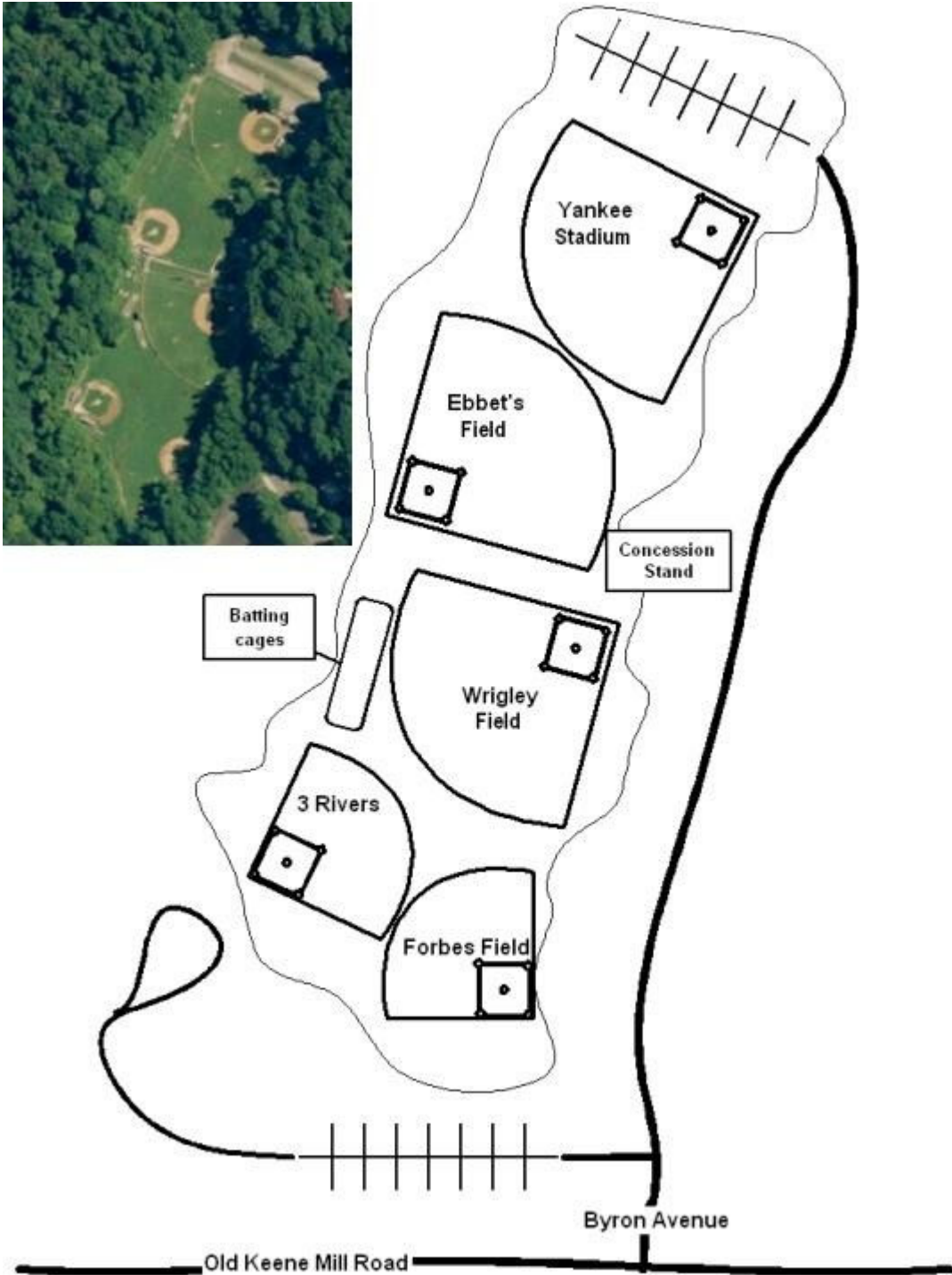
Please give a short description of incident: \_\_\_\_\_  
\_\_\_\_\_

Could this accident have been avoided? How: \_\_\_\_\_

This form is for Little League purposes only, to report safety hazards, unsafe practices and/or to contribute positive ideas in order to improve league safety. When an accident occurs, obtain as much information as possible. For all claims or injuries which could become claims, please fill out and turn in the official Little League Baseball Accident Notification Form available from your league president and send to Little League Headquarters in Williamsport (Attention: Dan Kirby, Risk Management Department). Also, provide your District Safety Officer with a copy for District files. All personal injuries should be reported to Williamsport as soon as possible.

Prepared By/Position: \_\_\_\_\_ Phone Number: (\_\_\_\_\_) \_\_\_\_\_  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

APPENDIX C





## WSLL ADJUSTED RULES FOR COVID-19 SAFETY

*This is a guideline for all in person WSLL activities and should be followed to its fullest extent while the current COVID-19 Pandemic.*

WSLL Parents, Players and Volunteers are responsible for enforcing this policy together. Parents are asked to review this policy with players before team functions to make sure that their child or children follow both the policy and its intended purposes. Together we can make this work.

WSLL Parents will be required to sign a waiver for all players registered to play ball.

### GENERAL GUIDELINES:

- Players, Parents, and Volunteers – if you are not feeling well, **STAY HOME**. If a member of your family tests positive for COVID-19, we ask that you please report this to your team manager and WSLL will notify families anonymously that there was potential exposure to a “member of the WSLL” community. **Anyone directly exposed to COVID-19 should stay home until they receive written clearance by a medical professional.**
  - The CDC defines close contact as: *“Someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to specimen collection) until the time the patient is isolated.”* ([here](#))
- All families will take their child’s temperature before any WSLL in person function, all attendees, players and volunteers with a fever (a temperature above 100.4 degrees Fahrenheit) or any of these other symptoms (see below) cannot participate or attend WSLL in-person functions. Parents will be required to report to their manager and covid coach prior to a practice and a game that their child does not have a fever or other symptoms. Prior to games Umpires will ask managers if all players are healthy enough to play the game and if all players have reported to not have a fever by their parents. By participating in a WSLL in-person function, you are certifying that your child does not have a fever, COVID-19 symptoms, and is cleared to play. Symptoms that would prevent a player or volunteer from participating include:
  - Shortness of breath
  - Cough
  - Sore Throat
  - Congestion
  - Nausea & vomiting
  - Headache
  - Unexplained Muscle/Joint pain
  - Diarrhea
  - Chills
  - Loss of taste & smell
- In accordance with the Phase 3 guidelines for the Commonwealth of Virginia, “outdoor recreational sports should maintain ten feet of physical distance between all instructors, participants, and spectators, where practicable.” Any portable shelters (like shade tents) should not be shared by multiple families. Fans and parents should refrain from entering the sections outside of the fenced area of the field that will be used by teams as expanded dugout spaces.