



# COACHES BINDER





Dear Beachside Little League Coaches,

Thank you for stepping up and volunteering your time to lead our teams this season. Your dedication is invaluable, and we are grateful for your commitment to shaping the Little League experience for our young athletes.

Enclosed in this Coaches Binder, you will find essential information that will guide you through the upcoming season. From practice schedules to game logistics, it serves as a comprehensive resource to ensure a smooth and enjoyable coaching experience.

We appreciate your passion for the game and your role in fostering a positive, competitive environment for our players. Best of luck!

Sincerely,

Derek Williams  
President, Beachside Little League



# 2024 COACHES BINDER

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## Beachside Little League Board Members

BOARD OF DIRECTORS			
POSITION	NAME	EMAIL	PHONE
President	Derek Williams	<a href="mailto:derek.beachsidelittleleague@gmail.com">derek.beachsidelittleleague@gmail.com</a>	(321) 698-9672
Vice President	Bryan Slingsby	<a href="mailto:bslingsby.bsll@gmail.com">bslingsby.bsll@gmail.com</a>	(845) 825-3040
Secretary	Lindsay Parker	<a href="mailto:bsll_sec@outlook.com">bsll_sec@outlook.com</a>	(412) 335-3747
Treasurer	Lindsey Przybylek	<a href="mailto:lindseypbsll@gmail.com">lindseypbsll@gmail.com</a>	(321) 543-3790
Player Agent	Chris Martin	<a href="mailto:chrisredsoxmartin@gmail.com">chrisredsoxmartin@gmail.com</a>	(321) 426-6488
Coaching Coordinator	Mark Betz	<a href="mailto:mbetz@greenviewbuildingproducts.com">mbetz@greenviewbuildingproducts.com</a>	(203) 969-5318
Safety Officer & Equipment Manager	Brian Roberts	<a href="mailto:brobertsusmc@gmail.com">brobertsusmc@gmail.com</a>	(321) 537-1897
APPOINTED BOARD MEMBERS			
POSITION	NAME	EMAIL	PHONE
Fundraising Manager	Kim Kraus	<a href="mailto:kimkrausbsll@gmail.com">kimkrausbsll@gmail.com</a>	(321) 223-7297
League Scheduler	Carlye Smith	<a href="mailto:carlyefsmith@yahoo.com">carlyefsmith@yahoo.com</a>	(321) 230-6488
Umpire-In-Chief	Kevin Kroll	<a href="mailto:kkroll78@yahoo.com">kkroll78@yahoo.com</a>	(201) 805-7688
Concessions	Amber Williams	<a href="mailto:ailliams1519@gmail.com">ailliams1519@gmail.com</a>	(256) 627-5214

### Equipment

Equipment bags can be checked out from the Equipment Manager at a set time or at the Coaches meeting. You will also drop off your bags to the Equipment Manager at a set time after the season. He will also give you the necessary codes to the lock box at the fields. Lock boxes will contain keys to the equipment rooms, bathrooms (except Algonquin – their bathrooms on timers), and lights. Any equipment questions please contact our Equipment Manager.

**Equipment Manager | Brian Roberts, [brobertsusmc@gmail.com](mailto:brobertsusmc@gmail.com), 321-537-1897**

### Coaching Assistance

If you have questions on coaching your age group or need a little assistance, please reach out to our coaching coordinator.

**Coaching Coordinator | Mark Betz, [mbetz@greenviewbuildingproducts.com](mailto:mbetz@greenviewbuildingproducts.com), 203-969-5318**

**Softball Coaching Coordinator | Bryan Slingsby, [bslingsby.bsll@gmail.com](mailto:bslingsby.bsll@gmail.com), 845-825-3040**

### Player/Parent Issues

If you are having an issue with a parent or player and have made attempts to rectify the issue and the problem is not resolved, please contact the Player Agent. Please make sure that when





discussing an issue, that all communication, whether it's with a parent or the Player Agent, is done via email, and email only.

**Player Agent | Chris Martin, [chrisredsoxmartin@gmail.com](mailto:chrisredsoxmartin@gmail.com), 321-426-6488**

## Safety Issues/Injuries

If you see anything safety-wise that needs to be addressed, please notify our Safety Officer. Also, any injuries that occur need to be reported right away via email. If the injury is more serious, please call 911 and let the Safety Officer and President know. You will also need to fill out an incident report found on our website under Forms. Once completed, send a copy to the Safety Officer and President right away. You should have a first aid kit and ice packs provided in your equipment bag; if you don't, or you need something, please let the Safety Officer know. Please contact the Safety Officer for the updated League Safety Plan. Just as a reminder, there is no smoking, including vaping, at any of our fields. This includes the parking lot.

**Safety Officer | Brian Roberts, [brobertsusmc@gmail.com](mailto:brobertsusmc@gmail.com), 321-537-1897**

## Schedules

The game schedules will be completed towards the end of February for the Spring season, and September for the Fall season. **Please, remember that your initial practice schedule is only good until games begin.** You will have the opportunity to re-add practices around your games. Keep in mind that you may or may not be able to have the same practice days and times that you initially had. **If your game is cancelled it is up to the managers to get together to reschedule. Please work with our League Scheduler. Usually, the best option is to use one of the teams practice times as the field is already scheduled.**

**League Scheduler | Carlye Smith, [carlyefsmith@yahoo.com](mailto:carlyefsmith@yahoo.com), 321-230-6488**

## Umpires

For Juniors and Majors (baseball and softball) we have hired a company to provide umpiring services. That does not mean you will have an umpire. If no one from the company picks up the game, we depend on volunteer umpires. For Minor A (baseball and softball) all umpires are volunteer or junior umps (there will be a sign-up genius link). Children may umpire a level below the division they play in (for example a child who plays in Majors can umpire in Minor A games). Umpire gear for volunteers is in all equipment rooms. Coaches, please help your umpires find the gear. If a game is cancelled, please let the leagues Umpire Coordinator know right away so he can cancel the umpire as well. For our league to thrive we depend on



volunteers, so please pass along this signup genius link to your team, it is for umpires and concession.

Remember we are all out here to have fun and teach the kids. Please respect the umpires and make it a positive environment for all!

**Umpire Coordinator | Kevin Kroll, [kkroll78@yahoo.com](mailto:kkroll78@yahoo.com), 201-805-7688**

## Concession

Our concession stands are run completely by volunteers. There are concession stands at Hedgecock, Olson, and Algonquin. Please ask your team to cover at least 10 games. There will be a sign-up genius link to volunteer.

**Concession Manager | Amber Williams, [ailliams1519@gmail.com](mailto:ailliams1519@gmail.com), 256-627-5214**

## Diamond Leader Training

New this year, Diamond Leader Training is REQUIRED by Little League for all tournament Managers and Coaches. It takes about 30 minutes. We ask that ALL coaches complete this training and send their certificates to the League President.

[LittleLeague.org/DiamondLeader](http://LittleLeague.org/DiamondLeader)

**League President | Derek Williams, [derek.beachsidelittleleague@gmail.com](mailto:derek.beachsidelittleleague@gmail.com), 321-698-9672**

## Uniforms

Minor A, Majors, and Juniors Baseball and Softball Coaches - please do not forget to let parents know that **uniforms DO NOT include pants** and they will need to buy their own (with belt loops). If you would like to setup matching pants for your team, [epicsports.com](http://epicsports.com) is where the league and other coaches have purchased the Champro pants in the past.

**Tee-ball and baseball Minor B division DO include pants with their uniforms.**

## Home Team

Home team is responsible for:

- Raking and lining the field prior to the game
- Opening/closing bathrooms, turning on/off lights
- Opening/closing the gate at Algonquin Sports Complex



- Running the scoreboards if available and turning off when game is done
- Calling a game due to weather - managers of both teams can decide together (if you are canceling a game, please let the opposing teams manager know immediately)
- Letting the Umpire Coordinator know if a game is cancelled, and an umpire is no longer needed (Minor A and up)
- **Let the Umpire Coordinator know who umpired their game**

**Managers will be sent all other managers contact information in an email.**

## Background Checks

All volunteers are required to complete a background check. After signing up to volunteer you will receive an email regarding backgrounds checks. Please check with your assistant coaches to make sure they got it and filled it out as well. If you have a staff member that did not get that email, please let the President know right away.

If you have someone that is not technically a coach, but helps as a team mom/dad, or some other capacity in the dugout or on the field, they must fill out a background check as well. They can add the Volunteer role to their account, and we will send them the background check to complete. Keep in mind that if someone has not filled this out, they are not permitted in the dugout or on the field. If you would like to be a voting member of Beachside Little League you will have to complete a background check and volunteer a minimum of four hours.

## Lights

- **Ballard and Mallozzi** lights are upstairs above the equipment rooms and their switches are labeled (set timers for no longer than you will be using them).
- **Olson** lights are locked up by the away dugout (1<sup>st</sup> base dugout, next to the concession stand entrance).
- **Hedgecock** lights are locked on the phone pole behind the 1st base dugout. The key is in the lockbox.
- **Desoto** lights are on the northwest corner of the building.
- **Grabowski** lights are the on the phone pole outside of the third base dugout.

## Scoreboards

Scoreboards are currently at **Olson, Mallozzi, Desoto, and Ballard**. Home team please ask a parent volunteer to run the scoreboard during the games. You will need to flip the switch to turn the scoreboard on and ask them to download the **Daktronics app** to connect.



### Scoreboard Instructions:

1. Download the Daktronics app from your app store (iPhone or Android)
2. Make sure the Bluetooth is turned on for your device.
3. **Field Specific Instructions**
  - a. **Olson:** Flip the switch that is on the north side of the 3rd base dugout under the stairs near the bleachers.
  - b. **Mallozzi:** Flip the switch labeled "Mallozzi" that is upstairs by the field light switch.
  - c. **Ballard:** Flip the switch labeled "B" for Ballard that is upstairs by the field light switch.
  - d. **Desoto:** Flip the switch that is in the upstairs press box.
4. Open the Daktronics app and it will automatically try to find the scoreboard. Once it comes up tap it to open scoring. Make sure to select the appropriate scoreboard in the app at Ballard and Mallozzi. You may have two options.
5. You will need to stay within 100 feet of the transmitter location.

## Bats

These are Little League International rules, and we must follow them. You can read more about the bat rules here - <https://www.littleleague.org/playing-rules/bat-rules/>

- Baseball Majors, Minor A, and Minor B - If not wood, MUST have the **USA stamp**, not USSSA. If it does not have the USA stamp, it cannot be used in practices or games.
- Baseball Juniors - All bats must have **USA stamp** OR **BBCOR**. Either one is allowed.
- Tee-Ball - must also have the **USA stamp** and be marked "ONLY FOR USE WITH APPROVED TEE BALLS" These bats cannot be used in Minor B
- Softball (all divisions) - If not wood, must have the **BPF 1.20** stamp

## Trophies

Tee-ball and Minor B will receive trophies at the end of the season. Minor A and up will have the opportunity to play in tournaments and All-Stars during the Spring season.

## Rulebook App

The Little League Rule book App is now FREE. You can download it from your Apple App Store or Google Play Store and it will update every season with any new rules.

<https://www.littleleague.org/playing-rules/little-league-rulebook-app/>



## Game Changer Team Manager App

BSLL uses **Game Changer Team Manager** app for rosters, scheduling, team chats, etc. You can also keep score and live stream.

Please download the GC Team Manager app from here: <https://gc.com/teammanager>

When you open the app and create an account, you'll need to **use the same email address you used to register to play or volunteer**. If you are a coach, after following the steps outlined by GameChanger, you will see the option to Import Teams.

## Coach's Games

Sometimes at the end of the season we will host a coach's game. The goal is to build the community and encourage camaraderie between the coaches. Sometimes they play baseball, sometimes kickball, or slow pitch softball, just depends on who volunteers to organize it. The league provides pizza to all the families that come out and join in on the fun. It's a great way to celebrate the season!

## Opening Day

Opening Day and pictures are part of the Spring season and are not held during Fall Ball.





# ABUSE TRAINING

## DIRECTIONS FOR ABUSE AWARENESS FOR ADULTS COURSE COMPLETION

Beginning in 2024, Little League is **requiring** all coaches and volunteers to complete a course on Abuse Awareness to recognize the signs of abuse among children. Beachside Little League is using a free course provided by USA Baseball.

USA Baseball's BASE (Baseball Athlete Safety Education) program is a zero-tolerance campaign for any type of abuse within the sport of baseball and softball. ***Please follow the instructions below to complete the course.***

1. **Create an account or sign in to [USABDevelops.com](https://USABDevelops.com)**
  - a. Go to [USABDevelops.com](https://USABDevelops.com) or download the USA Baseball App.
  - b. Click "Sign in/Register"
  - c. Enter all required information
  - d. Select "**Beachside LL - Satellite Beach, FL**" from the "**Little League - Local Leagues**" drop down menu and click "+Join"
    - i. If you have an existing account, click your name in the top right corner, select MY ACCOUNT, and the UPDATE MY PROFILE to link your account with Beachside Little League.
2. **Complete Abuse Awareness for Adults course**
  - a. Click Education
  - b. Select Courses
  - c. Click "Abuse Awareness for Adults" > "+Enroll" > "Go to Course"
  - d. Complete the course
3. **Download Certificate**
  - a. Click your name in the top right corner and select MY ACCOUNT
  - b. Select COURSES
  - c. Scroll to the Abuse Awareness for Adults course and click DOWNLOAD CERTIFICATE
  - d. Email certificate to [Derek.beachsidelittleleague@gmail.com](mailto:Derek.beachsidelittleleague@gmail.com)



## 2024 SAFETY PLAN

**2024 League ID Number: 3090217**

**Safety Officer:** Brian Roberts - (321) 537-1897

**President:** Derek Williams - (321) 698-9672

**Equipment Manager:** Brian Roberts - (321) 537-1897

**District Administrator:** Ken O'Neill

**Web site:** [beachsidelittleleague.org](http://beachsidelittleleague.org)

**Emergency Phone Numbers** (*carry at all times*)

**Emergency:** 911

**Non Emergency:**

Satellite Beach Police Department: (321) 773-4400

Satellite Beach Fire Department: (321) 773-4405

Indian Harbour Beach Police Department: (321) 773-3030

### ASAP

In 1995, ASAP (A Safety Awareness Program) was introduced with the goal of reemphasizing the position of Safety Officer "to create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League Baseball". This manual is offered as a tool to place some important information at manager and coach's fingertips. The Safety plan has been distributed to all Board members & will be distributed to all managers/coaches.

### REMEMBER

Safety is everyone's job. Prevention is the key to reducing accidents to a minimum. Report all hazardous conditions to the Director of Safety or another Board member immediately. Don't play on a field that is not safe or with unsafe playing equipment. Be sure your players are fully equipped at all times, especially catchers and batters. Remember to check your team equipment often.

### SAFETY OFFICER'S RESPONSIBILITIES

Within 48 hours of receiving the incident report, the League Safety Officer will contact the injured party or the party's parents and (1) verify the information received; (2) obtain any other information deemed necessary; (3) check on the status of the injured party;



and (4) in the event that the injured party required other medical treatment (i.e. Emergency Room visit, doctor's visit, etc.) will advise the parent or guardian of the 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 the injuries, and (2) to check if any other assistance is necessary in areas such as submission of insurance forms, etc. Until such time as the incident is considered "closed" (i.e. no further claims are expected and/or the individual is participating in the league again.) Also, the 2024 annual Little League facility survey was completed by League President on December 13, 2023.

The President completes all required background search on all managers, coaches, board members and any other persons, volunteers who provide regular services to the league and have contact with players or teams. All volunteers will complete the background screening check through JDP. All Board members completed the background screening. All managers & coaches must complete the background check prior to starting practice. We will be using on-line resources (National & State level) and will work with the Satellite Beach Police department for additional local checks.

## **ACCIDENT REPORTING PROCEDURES**

**WHAT TO REPORT:** Any incident that causes any player, manager, coach, umpire, volunteer, or spectator to receive medical treatment and/or first-aid, must be reported to the League Safety Officer. This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury or periods of rest.

**WHEN TO REPORT:** All such incidents described above must be reported to the League Safety Officer within 48 hours of the incident.

**HOW TO MAKE THE REPORT:** Any incident as described, coaches shall find the incident forms located in all equipment rooms ASAP and turn in to the league Safety Officer.

## **IMPORTANT REMINDER**

### **DO...**

- Reassure and aid children who are injured, frightened, or lost.

- Provide or assist in obtaining medical attention for those who require it.
- Know your limitations.
- Carry your first-aid kit to all games and practices.
- Assist those who require medical attention and when administering aid, remember to:

**LOOK** for signs of injury (blood, black and blue deformity of joint, etc.)

**LISTEN** to the injured; describe what happened and what hurts if conscious. Before questioning, you may have to calm and soothe an excited child.

**FEEL** gently and carefully the injured area for signs of swelling or grating of broken bones. Have your players Medical Release Forms with you at all games and practices. Make arrangements to have a cell phone available at games and practices.

#### **DON'T...**

- Administer medications.
- Provide any food or beverages (other than water).
- Hesitate in giving aid when needed.
- Be afraid to ask for help if you're not sure of the proper procedures.
- Transport injured individuals except in extreme emergencies.
- Leave an unattended child at a practice or game.
- Hesitate to report any present or potential safety hazard to the Safety Officer immediately.

#### **CODE OF CONDUCT**

- All managers are required to review and complete the code of conduct form distributed at the manager's meeting. We have a discipline policy for all players that will be reviewed at manager's meeting.
- No alcohol allowed in any field or common areas within a BSLL complex.
- No playing in parking lots at any time.
- No profanity.
- No swinging bats or throwing baseballs at any time within the walkways and common areas of BSLL.
- No throwing balls against dugouts, backstops, or buildings. No throwing rocks.
- No "soft toss" against any fence.
- No horse play in walkways at any time. No climbing fences or dugout poles.
- Only the player on the field and at bat may swing a bat. 50/70/Juniors/Seniors on the field or on deck may swing a bat. Be alert of the area around you when

swinging bats while in the on-deck position.

- Observe all posted signs. Players and spectators should be always alert for foul balls and errant throws.
- After each game, each team must clean up trash in the dugout in and around the stands.

Do not yell or heckle at the players, other coaches, or the umpires. We are all responsible for setting examples for our children and must determine what kind of example we wish to make. We must be the role models in society today.

If we eliminate negative comments, the children will have an opportunity to play without any unnecessary pressures and will learn the value of sportsmanship. **(BSLL has a zero-tolerance policy)**

## **SAFETY CODE FOR LITTLE LEAGUE**

### **Modified from Little League Rule Book**

- Responsibility for safety procedures should be that of an adult member of the local league.
- First aid kits are distributed to each coach, and they will always keep the kit in their equipment bag. Additional kits are available at each concession.
- No games or practices should be held when weather or field conditions are not safe, particularly when lightning is nearby.
- Play area should be inspected frequently for holes, damage, stones, glass, and other foreign objects.
- All team equipment should be stored within the team's dugout or behind screens and not in the area defined by the umpires as "in play."
- Only players, managers, coaches, and umpires are permitted on the playing field or in the dugout during games and practice sessions. A designated team parent can be in dugout to assist with players with the coaches permission in minor divisions and below.
- Responsibility for keeping bats and loose equipment off the field of play should be that of a player assigned for this purpose.
- Procedure should be established for retrieving foul balls batted out of the playing area.
- During practice sessions and games, all players should be alert and watching the batter on every pitch.
- During warm up drills, players should be spaced out so that no one is



endangered by wild throws or missed catches.

- Equipment should be inspected regularly for its condition and proper fit.
- Batters must wear protective NOCSAE helmets during practice and games.
- Catcher must wear catcher's helmet (with face mask and throat guard), chest protector, shin guards, and protective cup with athletic supporter (males) for all practices and games. **NO EXCEPTIONS**
- Managers should encourage all male players to wear protective cups and supporters for all practices and games.
- Except when a runner is returning to base, headfirst slides should be avoided in Majors and below.
- At no time should "horse play" be permitted on the playing field.
- Parents of players who wear glasses should be encouraged to provide "safety glasses."
- Catchers must wear catcher's helmet and mask with throat guard while warming up pitchers. This applies between innings and in bullpen practice. Skullcaps are not permitted.
- Batting/Catcher's helmets should not be painted unless approved by the manufacturer.
- On-deck batters are not permitted (except in 50/70, Junior, and Senior Divisions).
- Players who are ejected, ill, or injured should remain under supervision until released to the parent or guardian.

## PLAYERS

- Players must not wear watches, rings, pins, jewelry, or other metallic items.
- During practice sessions and games, all players should be alert and watching the batter on each pitch.
- Stay alert in the coach's box. Always watch the batter and concentrate on the play.
- Long pants should be worn at practices.
- Tuck jerseys in and wear hat properly
- Never throw your equipment. Never throw a ball into the crowd or when someone is not looking.
- Do not throw anything at anyone, unless it's a ball, and only when you are practicing or playing in a game.
- Stay off the fences and dugouts.
- Stay in the dugout and behind the fence unless told to do otherwise by a

coach or umpire.

- When running bases, always slide if there is a close play.
- Stay cool on warm days by finding some shade in the dugout and drink plenty of fluids (especially catchers).
- Never go off with a stranger! Always let your coach know if you need to leave the dugout or field.
- Before you do something that might be unsafe, stop and think twice before you do something that could hurt someone else or yourself. We encourage the use of face guards on batting helmets.
- Remember! No one is more concerned with your safety than you!

## **MANAGERS/COACHES**

- Keep player medical information with you at all times.
- Home team Manager must conduct a field inspection prior to each game.
- Have access to a phone during practices if possible.
- Get trained in basic first aid and CPR. (you never know when you may need it)
- Make a first aid kit part of your equipment.
- All male players must wear athletic supports. Encourage the use of a protective cup for all male players, not just catchers.
- Teach players to call for fly balls to avoid collisions. Try to avoid fly ball drills at practices and pre-game warm ups that directly face the sun.
- Teach players proper sliding techniques.
- Monitor outfielders to prevent holes being dug in the outfield.
- Check your equipment regularly for damage and report any problems to the equipment manager immediately. (We will review before distribution)
- Walk the field before games checking for unsafe conditions (holes, loose bases, torn fencing, and loose debris on the field).
- Responsibility for keeping bats and loose equipment off the field of play should be that of a player assigned for this purpose or the team's manager or coaches.
- Keep the players in the dugouts, on the fields and behind the fences. Have them ask for permission to leave
- Make sure players have plenty of fluids during warm weather (especially catchers).
- During bullpen and between inning warm-ups, the catcher must wear a helmet with a mask and be equipped with a cup.
- A player with a helmet and glove and facing the batter and play of the game,

is required for any bullpen warm-ups.

- Never stand behind the catcher during warm-ups to speak to an umpire or scorekeeper.
- Never leave a child alone after a practice or game. Sometimes you will need to wait for a ride to show up.
- Remember! No one is more concerned for your safety, or that of your players, than you.

## UMPIRES

- The UIC conducts Umpire Clinics before the start of every season.
- Male Home Plate umpires must wear a protective cup.
- Walk the field prior to the game checking for unsafe conditions (loose bases, holes and debris on the field, etc.)
- Remind team coaches that safety helmets are available at each field.
- Check catchers for cups, helmets with mask and throat guards. Remind players that cups must be worn while warming up pitchers between innings and in the bullpens. Helmets with masks and throat guards must also be worn.
- Bullpen warm-ups must have a player with a fielder's glove and helmet, facing the field, as a guard.
- Keep players in the dugout and behind the fence.
- Enforce the no "on deck" warm-up swinging by the offensive team. (Majors and below) Stand a safe distance away from home plate during warm-ups. Especially while conferring with the coaches.
- Have access to a phone during a game.
- Inspect team equipment.

## CONCESSION STAND

- Only approved personnel should be in the concession stand.
- All workers should be familiar with the list of Emergency Contact numbers. All workers should know where the First Aid Kit is located.
- All workers should know where the Fire Extinguisher is located and how to use it.
- Hands should be washed frequently with antibacterial soap.
- Pot handles must be turned inward when preparing hot food to avoid possible burn accidents.
- Never put water on a grease fire. Smother it!
- Extension cords should not be used as a permanent electrical source.
- A thermometer should be kept in every refrigerator.

- Cold foods should be stored at 45 degrees or less and hot foods at 140 degrees or more. All light bulbs should have protective coverings over them.
- Clean up all spills thoroughly to help prevent bug problems.
- Inspect the appliances regularly and report any problems as they are found. Do not wait for the next person to do it!

## LIGHTNING MONITORING PROCEDURES

Lightning awareness should be increased with the first flash of lightning or the first sound of thunder no matter how far away. The existence of blue sky and the absence of rain are not protection from lightning. Lightning can, and does, strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike.

BSLL uses the phone app **Spark by Weather Bug**. This has proven useful to prepare for potential danger before it is too late. Our location near the ocean makes us very susceptible to erratic and sometimes violent and dangerous weather conditions. Our goal is to minimize the risks that our children and volunteers are exposed to. **Spark by Weather Bug should be monitored by a board member, manager, or coach. The lightning monitoring and lightning evacuation procedures apply to all practice and games on Beachside Little League fields.**

## LIGHTNING EVACUATION PROCEDURES

### LIGHTNING STRIKE: 6 TO 10 MILES AWAY

- If weather appears to be moving toward the field, the Manager or Umpire will notify the players, parents, and opposing team to begin clearing the field.
- If weather is moving away from the field, coaches and umpires can use discretion and choose to continue play or wait.
- Players can seek shelter in their respective dugouts away from all fences.
- If an evacuation takes place, all players and parents must wait in their vehicles until an all-clear is given.

### LIGHTNING STRIKE: WITHIN 6 MILES

- The manager will immediately notify the players, parents, and opposing team to clear the field immediately.
- Players will seek shelter in their dugouts away from all fences. If strikes continue in the range within 15 minutes, all players and parents will take shelter in their vehicles until an all-clear signal is given.



### **RESUMPTION OF PLAY:**

- If there should be no additional strikes less than 6 miles for a period of 30 minutes, the chief umpire, or manager, shall call back players and parents and allow the game to resume.

### **FIRST AID**

First aid kits will be kept at each field in the equipment room. We have provided First Aid kits for each team in their equipment bag. If the manager, coaches, or umpires use the First Aid Kit located in the equipment rooms, an incident form shall be completed.

### **OVERVIEW**

While there are no guarantees that we can make our league totally safe, we are implementing policies that will reduce our chances for accidents and injuries. Little League baseball has taken a very "Safety Oriented" stance in recent years. Let's all work together and keep safety a priority in this league.

**Safety is everyone's business.**



## Concussion and First Aid Training

### HEADS UP CONCUSSION ACTION PLAN



#### IF YOU SUSPECT THAT AN ATHLETE HAS A CONCUSSION, YOU SHOULD TAKE THE FOLLOWING STEPS:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the athlete out of play the day of the injury. An athlete should only return to play with permission from a health care professional, who is experienced in evaluating for concussion.

▶ **"IT'S BETTER TO MISS ONE GAME, THAN THE WHOLE SEASON."**

#### CONCUSSION SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

##### SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

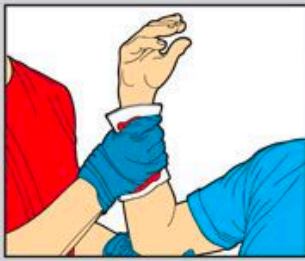
##### SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall

TO LEARN MORE GO TO >> [WWW.CDC.GOV/CONCUSSION](http://WWW.CDC.GOV/CONCUSSION)

# FIRST AID

## BLEEDING



- Apply direct pressure to the wound using a sterile gauze pad or clean cloth.
- Elevate the injured area above the level of the heart if there is no fracture.
- Cover the dressing with a pressure bandage. If bleeding does not stop apply additional dressings.
- If necessary, apply pressure to the artery with your hand.

## BURNS



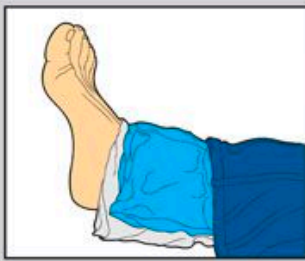
- Stop the burning. Remove the person from the source of the burn.
- Cool the burn. Hold burned area under cool (not cold or icy) running water or immerse for 10 to 15 minutes. Use cool compresses if water is unavailable.
- Cover the burn. Cover burn with non-adhesive sterile bandage or clean cloth.
- Prevent shock. Lay the person down and elevate the legs.

## FRACTURES



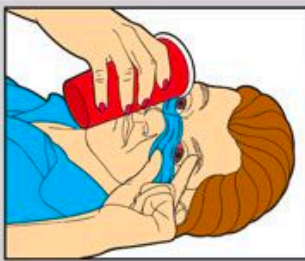
- Help the person support the injured area. Stop any bleeding by applying pressure with sterile bandage or clean cloth.
- Check for feeling, warmth and color below fracture.
- Immobilize the injured area. Apply a soft or hard splint above and below the fracture.
- Apply ice or cold packs and elevate.
- Treat for shock. Lay the person down and elevate the legs.

## SPRAINS



- Rest the ankle or injured area.
- Apply ice or cold packs (wrap in cloth or put cloth under to protect the skin).
- Compress by lightly wrapping an elastic bandage around the injured area.
- Elevate the injured area above heart level to reduce swelling.

## EYE INJURIES



- Don't rub the eye.
- For a foreign particle such as dirt, sand, or sliver of wood or metal have the person pull the upper lid down and blink repeatedly.
- Flush the eye with water.
- For any chemicals in the eyes immediately wash the eyes with lots of water.

## SHOCK



- Help the person lie down on his or her back.
- Elevate the feet about 12 inches. If raising the feet causes pain or further injury, keep him or her flat.
- Check for signs of breathing, coughing, or movement, and if absent begin CPR.
- Keep the person warm and comfortable.
- Turn the person on his or her side to prevent choking if the person vomits or bleeds from the mouth.

## CHOKING

### Signs of choking



- The person has hands clutching his or her throat, unable to breathe or talk; or skin, lips, and nails are turning blue.

### Perform abdominal thrusts (Heimlich maneuver)



- Stand behind the person. Wrap your arms around the waist.
- Make a fist with one hand. Position it slightly above the person's navel.
- Grab the fist with the other hand. Press hard into the abdomen with a quick inward and upward thrust.
- Perform 5 abdominal thrusts. (Heimlich maneuver)
- If you are alone, perform abdominal thrusts before calling 911. If two people are available, one can call for help while the other performs first aid.
- If the person becomes unconscious, perform CPR.



### Clear the airway of obese person or pregnant woman

- Place your hands a little higher than normal.
- Proceed as with the Heimlich maneuver, showing your fist inward and upward quickly
- Repeat abdominal thrusts until the blockage is dislodged. If the person becomes unconscious, perform CPR.

## CPR



- Check to see if the person is conscious or unconscious.
- If the person doesn't respond and you are alone first call 911, then begin CPR. If two people are available, one should call 911 and the other begin CPR.

### Compressions - Begin compressions

- If face down, put the person on his or her back while supporting the head, neck, and back.
- Place the heel of one hand over the person's breastbone. Place the other hand on top of the first hand. Keep your elbows straight.
- Using your upper body push straight down compressing the chest to about 2 inches. Push hard at a rate of 100 compressions per minute.



### Airway - Clear the airway

- If trained for CPR, after 30 compressions, open the person's airway your by placing your palm on the person's forehead and gently tilt the head back. With the other hand gently lift the chin forward to open the airway.
- Check for normal breathing, chest motion, and listen for normal breathe sounds.



### Breathing - Breathe for the person

- Pinch the nostrils and cover the person's mouth with yours.
- Give the first rescue breath and watch to see if the chest rises. If it does rise give the second breath. If the chest doesn't rise, repeat the head tilt, chin-tilt, and give the second breath.
- Resume chest compressions.
- Continue CPR until there are signs of movement or emergency personnel take over.