



EAST SURRY LITTLE LEAGUE PILOT MOUNTAIN, NC DISTRICT 2



MASTER SAFETY PLAN 2023 SEASON

Submitted By:
Jeramie Dawson
February 2023

**EAST SURRY LITTLE LEAGUE
MASTER SAFETY PLAN
Table of Contents/Reference**

Requirement #	Safety Plan Requirements	Page / Reference
1.	Safety Officer on File with Little League International	4
2.	Publish and Distribute Safety Manual	4
3.	Post and Distribute Emergency and Board Member Contact Information and Tracking / Reporting Incidents Procedures	4 and Joinder Agreement
4.	Use Little League Volunteer Application and check for sexual abuse (provide Blank Copy of Volunteer Application)	4 and Volunteer Application Attachment
5.	Provide and require fundamentals training, with at least one coach or manager from each team attending (fundamentals including hitting, sliding, fielding, pitching, etc.).	4 and Joinder Agreement
6.	Require first-aid training for coaches and managers, with at least one coach or manager from each team attending.	4 and Joinder Agreement
7.	Require coaches/umpires to walk fields for hazards before use.	4
8.	Complete the annual Little League Facility Survey	4 and Facility Survey attachment
9.	Have written safety procedures for concession stand; concession manager trained in safe food handling/prep and procedures.	5
10.	Require regular inspection and replacement of equipment.	5
11.	Implement prompt accident reporting and tracking procedures.	5
12.	Require a first-aid kit at each game and practice.	5
13.	Enforce Little League rules including proper equipment.	5
Supplemental	Conduct Code	6
Supplemental	Safety Code	7 - 8
Supplemental	Conditioning and Stretching	9
Supplemental	Hydration	9
Supplemental	Weather	10
Supplemental	Equipment Shed	11
Supplemental	Machinery	12
	Joinder Agreement	13 - 14

EAST SURRY LITTLE LEAGUE
MASTER SAFETY PLAN
Overview

This Little League North Carolina District 2 Master Safety Plan was developed to ensure that all chartered Little Leagues within the district's boundaries adhere to at least the minimum safety requirements of Little League International's Accident Safety Awareness Program (ASAP).

The Master Plan contains the general provisions applicable to all leagues in NC District 2. In addition, there are separate Joinder Agreements for each league that specify provisions applicable solely to that league adopting this Master Safety Plan. The Joinder Agreements also provide league specific information such as contact information, board member information, coaching fundamentals and CPR training dates, etc.

Each league that adopts this Master Safety Plan for the current season will be referred to as an "Adopting League".

The following chartered Little Leagues comprise NC District 2 and are eligible to adopt this Master Plan annually by completing a Joinder Agreement:

Little League Name	League ID	Little League Name	League ID
Alamance	3330221	Davie American	3330226
East Surry	3330228	Kernersville	3330206
King	3330217	Level Cross	311759
New Market	311760	North Forsyth	3330213
Northwest Forsyth	3330212	Pleasant Garden Cross	311757
Reedy Creek	268673	Rowan	3330202
South	3330214	Sumner	311755
Walkertown	3330220	Walnut Cove	3330229
Winston Salem National	3330211		

**EAST SURRY LITTLE LEAGUE
MASTER SAFETY PLAN
Requirements**

Safety Officer Contact Information on file with Little League International - (Requirement #1)

The adherence to and enforcement of this Master Safety Plan is the responsibility of the Adopting League Safety Officer. The Safety Officer's contact information for each Adopting League is on file with Little League International and is also contained in the Joinder Agreement.

Printing, Distribution and Posting of Safety Plan - (Requirement #2)

This Master Safety Plan and applicable Joinder Agreement is printed and distributed annually to all volunteers within each Adopting League and posted in appropriate places including the concession stand and equipment building.

Emergency Contact Information and Reporting/Tracking - (Requirement #3)

Emergency and Key Officials Contact information is contained in each Adopting League's Joinder Agreement.

Volunteers and Hired Workers Background Checks - (Requirement #4)

Any person providing regular service to the league and/or that have repetitive access to or contact with players must fill out a current year Volunteer Application form available online at www.littleleague.org, and provide a government issued photo identification to verify their identity. Each Adopting League must, at a minimum, conduct a search of the Department of Justice's nationwide sex offender registry, using Volunteer Application Forms, on all applicable volunteers. Optionally, each Adopting League may also conduct a nationwide criminal background check using such services as LexisNexis Screening Solutions. All such background checks will be conducted on all such people prior to providing services or gaining repetitive access or contact. Anyone refusing to fill out the Volunteer Application is ineligible to even be a league member. The President of each Adopting League must retain these confidential forms for the year of service. A copy of the current year Volunteer Application is attached to this Safety Plan.

Fundamentals Training - (Requirement #5)

Dates for fundamentals training for managers and coaches are scheduled as specified in the Joinder Agreement for each Adopting League. At least one Manager or Coach from each team must participate annually in the Little League Fundamentals training. Renewal training must occur once every three years.

The Fundamentals Training will include:

- Stretching and Warm Up procedures
- Rules regarding proper equipment
- Playing rules regarding safety – sliding, obstruction, slide or avoidance rules, pitch count
- Official Rules and other local rules
- Pitching, batting and fielding drills
- Sportsmanship
- Selection of players, managers and coaches for all-star/tournament play.

Proper documentation of the date, location and attendance of each Fundamentals Training Course will be maintained by each Adopting League's Safety Officer, in order to ensure adherence to this policy. It is expected that Fundamentals Training will be different and specific for baseball vs softball and appropriate to the division of play and age and skill level of the players involved.

First Aid Training - (Requirement #6)

Dates for First Aid training for managers and coaches are scheduled as specified in the Joinder Agreement for each Adopting League. At least one Manager or Coach from each team must participate annually in the Little League First Aid training. Renewal training must occur once every three years.

The First Aid Training will include:

- Assessment of Injuries
- Triage
- Emergency Management
- Player Recovery
- First Aid techniques for contusions, cuts, abrasions, communicable diseases, muscle pulls and strains, overuse and repetitive injuries, sprains, fractures, injuries to small joints, face, teeth Or eyes; insect bites and stings; and heat illness.

Proper documentation of the date, location and attendance of each First Aid Training Course will be maintained by each Adopting League's Safety Officer, in order to ensure adherence to this policy.

Doctors, LRNs, LPNs, and paramedics are not required to attend these courses but may be used as instructors.

Field Hazards and Game Preliminaries - (Requirement #7)

All managers, and/or coaches and/or umpires are required to walk the entire field to identify any safety hazards and ensure that the field is safe prior to use for games or practices. Any hazards (rocks, holes, broken glass etc.) should be eliminated prior to start of play and reported to the safety officer within 24 hours. The Safety Officer is responsible for tracking and documenting all facility safety hazards and issues.

EAST SURRY LITTLE LEAGUE
MASTER SAFETY PLAN
Requirements - Continued

Facility Survey - (Requirement #8)

The Safety Officer of each Adopting League will submit an annual Little League International Facility Survey either in hardcopy or online at- <http://facilitysurvey.musco.com>.

Concession Stand Safety Rules - (Requirement #9)

1. No one under the age of 18 behind concession stand counter.
2. Food covered at all times and fans on to prevent insects from resting on food.
3. Inspect cooking equipment before use and report damage to the Concession Manager.
4. Propane tanks will be shut off at the grill and tank after use.
5. Cooking grease will be stored safely in containers away from open flames.
6. Cleaning chemicals must be stored in a locked cabinet.
7. Certified fire extinguisher suitable for grease fires must be placed in plain sight at all times.
8. All concession stand workers are to be instructed on the use of fire extinguishers by fire department personnel.
9. All concession stand workers are to attend first aid training or a training session in the Heimlich maneuver.
10. Concession stand main entrance door will not be locked or blocked while people are inside.
11. Utensils washed and put away at the end of the day's games. Concession stand workers must wash hands each time to the restroom and after handling foreign objects.
12. The Concession Manager must have food service-related employment and be trained in safe food handling and preparation procedures.

Equipment Safety Rules - (Requirement #10)

The equipment manager of each Adopting League shall inspect all equipment before the start of first practice or game. The equipment once distributed by the equipment manager to the various managers or coaches becomes the responsibility of that manager or coach. They should inspect the equipment before each game and practice. If damage is discovered, the damaged equipment is to be taken out of service and equipment manager notified. Damaged equipment is to be either fixed or destroyed to prevent future use. Many kids bring their own equipment. The manager or coach should make sure that that equipment meets all the requirements outlined in the safety manual.

Incident and Injury Tracking - (Requirement #11)

All accidents and injuries shall be reported to the league safety officer within 24 hours. After notification, the safety officer will notify the league President in which all information will be recorded and the proper forms completed and mailed to the insurance representative. If the safety officer is unavailable, the league President is to be notified of the accident or injury. If the league President or safety officer cannot be located on the facility grounds, any board member can be notified of the accident or injury (see list of phone numbers in the Joinder Agreement for each Adopting League). The Safety Officer will also report and track near misses in an attempt to evaluate practices and avoid future injuries.

First Aid Kit at All Games and Practices - (Requirement #12)

First Aid kits will be located at each concession stand and in the clubhouse. Managers and coaches must pick up a kit to bring to each game or practice.

Little League Rule Enforcement - (Requirement #13)

All Little League rules and regulations will be strictly adhered to and enforced by each Adopting League. These rules include those pertaining to equipment. Managers and Umpires will ensure that all players have required equipment at all times (including practices and warm ups). All fields will use disengageable bases as required. Managers and Coaches are specifically not allowed to warm up pitchers or otherwise be located behind home plate during pitching or hitting.

Submit a qualified safety plan registration form with your ASAP plan - (Requirement 14)

Submit league player registration data or player Roster data and coach and manager data - (Requirement 15)

EAST SURRY LITTLE LEAGUE
MASTER SAFETY PLAN
Conduct Code

The Board of Directors of each Adopting League has mandated the following code of conduct. This code of conduct must be followed at all times.

No board member, manager, coach, player, official or spectator shall at any time:

1. Touch, push, shove, strike, or otherwise threaten (physically or verbally) any other individual.
2. Exhibit unsportsmanlike conduct including the throwing of gloves, helmets, hats, bats, balls, or any other object.
3. Use or cause the use of unnecessarily rough tactics in the play of a game against opposing players.
4. Use profane, obscene or vulgar language.
5. Exhibit physical contact of a sexual or affectionate nature.
6. Appear anywhere in the facility while in an intoxicated state.
7. Gamble on any play or game.
8. Use tobacco (smoking or chewing) on the playing field or in the dugout. Smoking will be permitted in designated areas away from the dugouts.
9. Speak disrespectfully to any other manager, coach, player, official, spectator or board member.
10. Tamper or manipulate any league documents including, but not limited to, player rosters, game and tournament schedules, all-star affidavits, and scorebooks.
11. Challenge any umpire's authority.

This conduct shall be maintained on any field or in any facility in which the team represents the Adopting League including all-star and championship play.

The Board of Directors of each Adopting League will review all infractions of the Conduct Code. Depending on the seriousness or frequency of the infraction, the board may assess additional disciplinary action up to and including expulsion from the league.

EAST SURRY LITTLE LEAGUE
MASTER SAFETY PLAN
Safety Code

The Board of Directors of each Adopting League has mandated the following safety code.

1. Only league approved managers or coaches are allowed to practice teams.
2. Only league approved managers or coaches will supervise batting cages.
3. Only players, managers, coaches and umpires are permitted on the playing field or in the dugout during games.
4. Bats and loose equipment are to be kept off the field of play by a designated coach or player.
5. Managers and coaches will only use official Little League balls supplied by the league.
6. Managers and coaches will never leave an unattended child at a practice or game.
7. Managers and coaches will make arrangements to have a cellular phone available at games and practices.
8. No medication will be administered at the facility unless done directly by the player's parents or emergency personnel.
9. No smoking within twenty feet of the dugouts.
10. During games and practice, players should be alert and well rested.
11. Batters must wear approved helmets that bear the NOCSAE seal during batting practice and games.
12. No head first slides unless the runner is returning to a base.
13. Parents of players who wear glasses are encouraged to provide safety glasses for their children.
14. Parents of players who wear braces are encouraged to provide a mouth guard for their children.
15. All male players will wear athletic supporters or cups during games. Catchers must wear a cup.
16. Female catchers must wear long or short model chest protectors.
17. All catchers, during practice, pitcher warm up and games, must wear equipment that meets all Little League specifications including, but not limited to, chest protector with neck guard, dangling throat protector, shin guards, mask and catchers' helmet.
18. All Little League rules (including proper equipment) will be enforced by umpires and managers.
19. Catchers must wear a catcher's mitt of any shape, size or weight consistent with protecting the hand.
20. Players will not wear any jewelry or other metallic items during practice or games. (Exceptions: medical alert type jewelry)
21. No playing in the parking lots and construction areas.
22. No playing around or on lawn equipment, machinery at any time.
23. Must be at least 16 years of age to operate lawn equipment or facility machinery.
24. Players should not swing bats or throw balls at any time within the walkways and common areas of the complex.
25. No throwing rocks or climbing trees within the complex.
26. No swinging on the dugout roofs.
27. Play area will be inspected by managers and umpires before games and practices for holes, damage, stones, glass and other foreign objects.
28. No games or practices will be held when weather or field conditions are poor, particularly when lighting is inadequate.
29. At no time should "horse play" be permitted on the playing field.
30. All pregame warm-ups should be performed within the confines of the playing field.

EAST SURRY LITTLE LEAGUE
MASTER SAFETY PLAN
Safety Code - Continued

- 31. No food or drink permitted in the dugout. (Exceptions bottled water or sports drink, water from a cooler with individual cups supplied.)
- 32. All gates to playing fields will be closed and secured once players have entered on to or exited off the playing fields.
- 33. The main gate will be closed during an Amber Alert and bad weather.
- 34. If an Amber Alert should occur, notification will be passed on to any board member, manager, coach.
- 35. All team equipment will be stored within the team dugout.
- 36. Equipment would be inspected regularly for wear and proper fit.
- 37. Frayed balls will be discarded.
- 38. Speed limit is 10 mph inside the complex.
- 39. No alcohol or drugs allowed on the premises at any time.
- 40. Pets are permitted provided they are on a leash.
- 41. Fiber mesh to be placed on all backstops within the complex to prevent children from placing hands inside the fence during games or practice.

EAST SURRY LITTLE LEAGUE
MASTER SAFETY PLAN
Conditioning and Stretching

Conditioning is a very important part in the prevention of accidents. Studies have shown that stretching and contracting of muscles before an athletic event improves general control of movements, coordination and alertness. Conditioning and stretching also help develop the strength and stamina needed for the average player to compete with minimum accident exposure.

The purpose for conditioning and stretching is to improve the flexibility of various muscle groups and to prevent the tearing of the muscle due to overexertion. Never force a muscle group during stretching but rather in a gradual manner to encourage looseness and flexibility.

Areas to stretch before an athletic event: neck, back, arms, thighs, legs, and calves.

Hold the stretch for at least 10 seconds.

Don't bounce while stretching.

Calisthenics should also be an important part of pregame warm up.

This is another way to stretch the muscle group as well as increasing the heart rate.

Hydration

In the summer months, we usually think of dehydration. It does not matter if it is January or July, children must be encouraged to drink fluids even when they do not feel thirsty. As coaches, we must remember that when children become physically active, their muscles generate heat thereby increasing their body temperature. As these temperatures rise, the cooling mechanism – sweat – kicks in. When sweat evaporates, the body is cooled. If these fluids are not replaced, children can become overheated.

Managers and coaches should schedule water breaks every 30 minutes during practices on hot days, and should encourage fluid intake between every inning. Water is an excellent fluid; however, sports drinks and fruit juices can encourage children to drink more during events. When offering sports drinks and fruit juices, be careful of the carbohydrate level. These drinks should contain between 6 and 8 percent carbohydrates (15 to 18 grams per cup). If the concentrations are higher, then the sports drink or juice should be diluted with water on a 1 to 1 ratio. If drinks are high in carbohydrates, they may cause stomach cramps, nausea and diarrhea when the child becomes active. Caffeine contained in tea, coffee, and colas should also be avoided because it can dehydrate the body further.

EAST SURRY LITTLE LEAGUE
MASTER SAFETY PLAN
Weather

These are the steps to take to determine to delay or stop practice or play.

Rain: If it begins to rain, the manager or coach should evaluate the strength and direction of the storm and evaluate the playing field as it becomes more saturated with water. If the playing conditions become unsafe, stop the practice. In a game situation, consult with the other coach and umpire to formulate a decision.

Lightning: If you can see, hear or feel a thunderstorm, suspend all play immediately. Stay away from metal objects. Don't hold metal bats. Have players walk, not run, to their parent's or designated driver's car and await a decision on whether to continue play.

An electronic lightning measurement device is to be used during all practices and games. This device measures the distance of lightning strikes in the area. Play will be suspended until the meter measures no strikes within 8 miles for at least 20 consecutive minutes. The meter will be placed at the concession stand and is the concession manager's responsibility unless this responsibility is ceded to a tournament director or other appointed board member.

Temperature: If the temperature is below 45 degrees F there will be no practices or games.

EAST SURRY LITTLE LEAGUE
MASTER SAFETY PLAN
Equipment Shed

1. Keys to the equipment shed shall be issued by the league president.
2. Keys shall be returned to the league president once someone ceases to have responsibilities for the equipment shed.
3. Equipment shed shall be locked if no games are in session.
4. All individuals with keys to the equipment shed shall be aware of the responsibility for the orderly and safe storage of heavy equipment and hazardous materials.
5. All chemicals located in the equipment shed shall be labeled and stored in its original container if available.
6. Any loose chemicals within the equipment shed shall be cleaned and disposed of to prevent accidental poisoning.
7. Dispose of outdated products as recommended by the manufacturer.
8. Use chemicals only in well-ventilated areas.
9. Wear proper protective clothing when handling toxic substances.

EAST SURRY LITTLE LEAGUE
MASTER SAFETY PLAN
Machinery

Tractors, mowers and other heavy machinery will:

1. Be operated by appointed staff only.
2. Never operated under the influence of alcohol or drugs.
3. Not to be operated by a person under the age of 18.
4. Never operated in a careless and reckless manner.
5. Never be operated or ridden in a precarious or dangerous way.

EAST SURRY LITTLE LEAGUE
MASTER SAFETY PLAN
Joinder Agreement

East Surry Little League 3330228

On behalf of the chartered Little League indicated above, I hereby adopt the North Carolina District 2 Master Safety Plan and agree to adhere to and enforce all of the plan's provisions:

Safety Officer Contact Information (Requirement #2)	
Safety Officer Name	Jeramie Dawson
Mailing Address	PO Box 1515, Pilot Mountain, NC 27041
Phone Number	336-701-0019
E-Mail Address	dawsonjeramie@gmail.com

The following information pertains solely to this adopting league:

Emergency Contact Information (Requirement #3)		
Contact Type	Contact	Phone Number
Fire Department	Pilot Knob Volunteer Fire Department	336-368-4646
Police Department	Pilot Mountain Police Department	336-368-4275
Sheriff's Department	Surry County Sheriff's Department	336-401-8900
Highway Patrol	NC State Highway Patrol	800-233-3151
Carolina Poison Control	Carolinas Poison Center	800-848-6946
Local Hospital	Northern Regional Hospital	336-719-7000
Insurance	Little League Claims Office	570-327-1674
All Emergencies		911

Board of Directors Contact Information (Requirement #3)		
Board Position	Name	Phone Number
President	Amanda Cook	336-413-6197
Secretary	Allison Sallee	859-983-0848
Treasurer	Ron Sutphin	336-870-5735
Safety Officer	Jeramie Dawson	336-701-0019
VP – Tee Ball	Jay Yopp	336-816-2956
VP – Softball	Dustin Baker	336-325-2105
VP – Baseball	Jeremy Johnson	336-345-6778
Player Agent	Aric Bullington	336-978-0134
Concessions Manager	Debbie Sanders	336-671-8568
Equipment Officer	Jeremy Johnson	336-345-6778
League Info/PR Manager	Meagan Hutchens	336-756-1294
Buildings and Grounds	Justin Seivers	336-469-3034
Coaching Coordinator	Ashlie Potter	336-462-2661
Umpire in Chief	Patrick Simmons	336-528-2284

EAST SURRY LITTLE LEAGUE
MASTER SAFETY PLAN
Training

The Date(s) for CPR, First Aid and Coaching Fundamentals Training (Requirements #5 and #6) are:

Training Type	Time/Date/Location
CPR and First Aid	12pm / August 15 th , 2022 / ACC Senior Room
Coaching Fundamentals	11am & 3:00pm / March 6, 2023 / ESLL Fields

Jeramie Dawson 2/7/2023
Safety Officer