

Eastlake Little League



SAFETY PROGRAM

2024

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A.S.A.P.

In 1995, A.S.A.P. (A Safety Awareness Program) introduced to Little League International with the goal of re-emphasizing the position of League 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, updated annually for each new little league season, is available as a tool to provide essential information to the individual manager, coach, board member, parent, and player.

SAFETY PROCEDURES

- Responsibility for Safety procedures should be that of every adult member of Eastlake Little League.

- Arrangements should be made in advance of all games and practices for emergency medical services.
- Managers, coaches (at least one per team) and umpires should have training in first aid. First-aid kits will be issued to each team manager.
- No games or practices should be held when weather or field conditions are bad, particularly with lightning nearby.
- Play areas should be inspected frequently for holes, damage, stones, glass, and other foreign objects.
- All team equipment should be stored within the team dugout, or behind screens, and not within the area defined by the umpires as “in play.”
- Only players, managers, coaches, league officials and umpires are permitted on the playing field or in the dugout during games and practice sessions. These people must all be cleared as approved volunteers.
- Persons who may have routine individual and close contact with players shall be verified

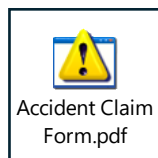
through the background check program used by Eastlake Little League. This includes photographers and team parents. Adherence to this requirement is the responsibility of the team manager.

- During practice and games, all players should be alert and watch the batter on each pitch.
- During warm-up drills, players should be spaced so that no one is endangered by wild throws or missed catches.
- All pre-game warm-ups should be performed within the confines of the playing field and not within areas that are frequented by, and thus endangering, spectators (i.e., playing catch, pepper, swinging bats, etc.)
- Equipment should be regularly inspected for proper condition and appropriate fit.
- Only Little League approved composite bats are permitted.
- Batters must wear Little League approved protective helmets during batting practice and games. In batting cages, pitchers are

recommended to wear helmets (for safety and as a good example) and must always use an L screen for protection.

- Catcher must wear catcher's helmet, mask, throat guard, long model chest protector, shin guards and protective cup with athletic supporter always (males) for all practices and games. NO EXCEPTIONS.
- Managers should encourage all male players to wear protective cups and supporters for practices and games.
- Except when runner is returning to a base, head-first slides are **not** permitted.
- The league encourages players to wear cleats for better traction while running but prohibits metal cleats on all ELL fields.
- During sliding practice, bases should not be strapped down or anchored.
- 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."

- Players must not wear watches, rings, pins or metallic items during games and practices.
- The Catcher must wear a catcher's helmet and mask with a throat guard when warming up pitchers. This applies between innings and in the bullpen during a game and during practices.
- Managers and Coaches may warm up pitchers before or during a game.
- On-deck circles and batters are not permitted (except in Junior/Senior/Big League Divisions).
- Dugout coaches shall not permit deck batters to swing in the dugout or bullpens.
- Managers will notify the league safety officer and complete an Accident/Injury report in the event a player sustains an injury during any team activity at ELL.



- Following any injury to a player's head, whether wearing a helmet or not, the manager shall observe the player for signs of a possible concussion.

- o Taking a player out of a game or removing the player from practice should be a first step toward making this assessment, even if the player initially is unharmed.

VOLUNTEER POLICY

A volunteer is a person who has routine direct and close contact with a player or players in the conduct of actions supporting baseball at Eastlake Little League. This includes Managers, Coaches, team parents, league officials (board members), umpires, janitorial and snack bar contractors, and others deemed to have a need for recurring access to players and/or the playing field during baseball activities.

All Volunteers in Eastlake Little League shall give permission for the Little League organization to conduct a background check, which will include a review of criminal and child abuse records maintained by governmental agencies.

Permission to volunteer will be given when the volunteer completes the Little League Volunteer Application form and ELL receives approval.

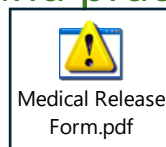
- All volunteers understand that if appointed, their position is conditional upon the league receiving no inappropriate information on their background.
- Every volunteer shall release and agree to hold harmless from liability Eastlake Little League, Little League Baseball, Incorporated, the officers, employees, and volunteers thereof, or any other person or organization that may provide such information.
- They also understand that regardless of previous appointments they may not be appointed to a volunteer position.
- If appointed, all volunteers are subject to suspension by the President and removal by the Board of Directors.

MANAGERS & COACHES – DO &

DON'TS

DO:

- Reassure and aid injured, frightened, or lost children.
- Provide, or assist in obtaining, medical attention for those who require it.
- 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, Bruising, deformity, altered behavior, 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 bone.
- Have your players completed 'Medical Release Forms' with you at all games and practices.



DON'T:

- Administer any medications.
- Provide any food or beverages (other than water).
- Hesitate in giving aid when needed.
- Be afraid to ask for help if you are not sure of the proper procedures (i.e., CPR, etc.).
- 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.

SAFETY PRECAUTIONS

- **Speed Limit 5 mph** in roadways and parking lots while attending any Eastlake Little League function. Watch for small children around parked cars.
- **No Playing on and around** lawn equipment.
- **No Profanity.**
- **No Swinging Bats** at any time within the walkways and communal areas of Eastlake Little League complex (unless it is a supervised training session).
- **No throwing balls** against dugouts or against backstop (no soft toss).
- **No throwing** rocks.
- **No horseplay** on walkways at any time.
- **No climbing** fences or trees.
- **No pets** are permitted at Eastlake Little League during games or practices.
- **Only one player on the field/at bat** may swing a bat (Age 5 - 12). Intermediate (Ages 11-13) and Junior players (Age 13) on the field at bat or on

deck may swing a bat. Be alert of the area around you when swinging a bat while on deck position.

- **Observe all posted signs.** Players and spectators should be alert for foul balls and errant throws.
- **During game,** players must remain in the dugout area in an orderly fashion unless playing defense.
- **After each game, each team must clean up trash** in dugout and around stands.
- **All gates to the field must remain closed** during games. After players have entered or left the playing field, gates should be closed and secured.
- **Park only in marked spots and OBEY ALL PARKING SIGNS.**

Failure to comply with the above may result in expulsion from the Eastlake Little League complex.

BODILY FLUID PRECAUTIONS & PROTOCOL

- Bleeding must be stopped, the open wound covered, and the uniform changed if there is blood on it before the athlete may continue.
- Routinely use gloves when contact with blood or other body fluid is anticipated (provided in first-aid kit).
- Immediately wash hands and other skin surface if contaminated with blood.
- Clean all blood contaminated surfaces and equipment.
- Managers, coaches, and volunteers with open wounds should refrain from all direct contact until the condition resolves.

Follow accepted guidelines in the immediate control of bleeding. Be cautious when handling bloody dressings, mouth guards and other articles containing body fluids, and dispose of these items in accordance with approved guidelines.

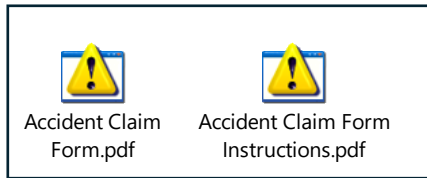
LIGHTNING EVACUATION PROCEDURES

- Stop Game/Practice.
- Stay away from metal fencing (including dugouts)!!
- Do not hold a metal bat.
- Seek shelter. If needed, walk (do not run) to a car and wait for a decision on whether to continue the game or practice.

ACCIDENT REPORTING PROCEDURES

What to report:

An incident that causes any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid must be reported to the Safety Officer, who can be reached at safety@eastlake-ll.com. This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury or periods of rest. Formal accident report forms are always available on Eastlake Little League's website.



When to report: All such incidents described above must be reported to the Safety Officer within 48 hours of the incident.

The Safety Officer can be reached at:

safety@eastlake-ll.com

How to make the report: Reporting incidents can come in a variety of forms. Most typically, they are emails and/or completed accident claim forms. At a minimum, the following information must be provided:

- The name and phone number of the individual involved.
The date, time, and location of the incident.
- As detailed a description of the incident as possible.
- The preliminary estimation of the extent of any injuries.

- The name and phone number of the person reporting the incident.

TRAINING OPPORTUNITIES

Eastlake Little League will be offering training opportunities for managers and coaches. All coaches, managers and team parents will be invited to attend, however **one representative from each team (coach or manager) is required to attend each year.** All managers and coaches are required to attend first aid and safety training along with fundamental training every year.

CONCUSSION INFORMATION

A concussion is a brain injury, and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works.

Even though most concussions are mild, all concussions are potentially serious and may result in complication including prolonged brain damage and death if not recognized and managed properly.

In other words, even a “ding” or a bump on the head can be serious. You cannot see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of a concussion may show up right after the injury but may take hours or days to fully appear. If a player reports any symptoms of a concussion, or if you notice the symptoms or signs of a concussion, seek medical attention right away.

Signs and symptoms of a concussion may include one or more of the following:

Headaches	Sensitivity to light or noise
Amnesia	Ringing in the ears
Pressure in the head	Feeling sluggish or slow
Slurred speech	Confusion
Nausea and vomiting	Feeling foggy or groggy
Fatigue or low energy	Concentration or memory problems
Neck pain	Drowsiness
Loss of consciousness	Change in sleep pattern
Balance problems or dizziness	Sadness/More emotional
Nervousness or anxiety	Repeating the same comment/question
Blurred, double, or fuzzy vision	Seizures/convulsions
Irritability	Shows behavior or personality changes

Can concussions be prevented?

Not in every case, but parents and coaches can do the most to mitigate the risk of a concussion by making sure players wear the right protective equipment, ensuring it fits properly, is well maintained, and is worn consistently and correctly.

What can happen if a child keeps on playing with a concussion?

Athletes with the signs and symptoms of a concussion should be removed from play

immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of considerable damage from another concussive event for a period after the initial concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often underreport symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents, and players is key for athlete safety.

Further, players should be educated about concussions: what they are, how they happen, and that rest is key to recovery after a concussion.

Sometimes athletes wrongly believe (or have been taught) that it shows strength and courage to play injured.

They should be discouraged from pressuring others to play after injury, and from attempting to convince others that they are “just fine” to continue playing without objective evidence of full restoration from an injury.

What to do if you think your child has suffered a concussion:

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. ELL requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

- A student-athlete who is suspected of sustaining a concussion or head injury in a practice or

game shall be removed from competition at that time and for the remainder of the day.

- A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider

Parents should also inform their child's coach if they think that their child may have a concussion.

When in doubt, the athlete sits out.

SAFETY OFFICERS RESPONSIBILITY

Be on the executive board and have his/her name on file at Little League International.

- Make recommendations to the Equipment Manager and the Executive Board for acquisition of improved equipment.

- Periodically inspect team equipment to ensure that teams have full complements of safety helmets, athletic protectors, etc.
- Periodically inspect fields for safety hazards to both players and spectators.
- Prepare application for renewal of annual insurance policies covering all players, managers, coaches, and other volunteer personnel, by January of the new fiscal year.
- Inform parents, players and all volunteer personnel of insurance coverage and limitations.
- Ensure that first aid kits and fire extinguishers are in concession stands and in serviceable condition.
- Develop and publish the annual league safety plan (this document) and submit the plan to Little League International before the start of league play.
- Institute an injury reporting/tracking system and review with league leaders all trends and risk mitigation efforts to prevent injuries.

Conduct required background checks on all league volunteers.

MAINTENANCE SHED PROCEDURES

The following applies to all the storage sheds used by Eastlake Little League and applies to anyone who has been issued a lock code and access to the league's facilities.

- All individuals with keys to the Eastlake Little League equipment sheds (i.e., Managers, Umpires, etc.) shall be aware of their responsibility for the orderly and safe storage of rakes, shovels, bases, etc.
- Before using any machinery located in the shed (i.e., lawn mowers, weed whackers, lights, scoreboards, public address systems, etc.), locate and read any written operating procedures for that equipment.
- All chemicals or organic materials stored in Eastlake Little League sheds shall be properly marked and labeled as to their contents.
- All chemicals or organic materials (i.e., lime fertilizer, etc.) stored within these equipment

sheds will be separate from the areas used to store machinery and gardening equipment (i.e., rakes, shovels, etc.) To minimize the risk of puncturing storage containers.

- Any “loose” chemicals or organic materials within these sheds should be cleaned up and disposed of as soon as possible to prevent accidental poisoning.
- Upon entering any normally locked storage closet, shed or trailer, be cautious of the possibility of rodent/insect/reptile incursions. The Eastlake area is known to be inhabited by bees, snakes, and venomous spiders, all of which routinely seek shelter in places like baseball storage sheds.
- When replacing items after use, place them in a manner such that the next person opening the shed has free access to the gear inside (in other words, try not to just dump items inside the door, particularly if they might create a hazard, such as rakes).

CONCESSION STAND SAFETY

The following information is intended to help in running a healthy concession stand.

Keep the menu simple, and keep potentially perishable foods on hand (meats, eggs, dairy products, protein salads, cut fruits and vegetables, etc.) to a minimum. Avoid using precooked foods or leftovers. Use only foods from approved sources, avoiding foods that have been prepared at home.

Complete control over all food sold, from source to service, is the key to safe, sanitary food service.

Cooking

Use a food thermometer to check on cooking and holding temperatures of perishable foods. All perishable foods should be kept at 41° F or below (if cold) or 140° F or above (if hot). Ground beef and ground pork products should be cooked to an internal temperature of 155° F, poultry parts should be cooked to 165° F. Most food borne illnesses from temporary events can be traced back to lapses in temperature control.

Reheating

Rapidly reheat any stored food, particularly if derived from perishable ingredients to 165° F. Do not attempt to heat foods in steam tables, over Sterno units or other holding devices. *Slow-cooking mechanisms may activate bacteria and never reach temperatures necessary to kill them.*

Cooling and Cold Storage

Foods that require refrigeration must be cooled to 41° F as quickly as possible and held at that temperature until ready to serve. To cool foods down quickly, use an ice water bath (60% ice to 40% water), stirring the product frequently, or place the food in shallow pans no more than four inches in depth and refrigerate. Pans should not be stored one atop the other and lids should be off or ajar until the food is completely cooled. Check the temperature periodically to see if the food is cooling properly. **Allowing perishable foods to remain**

unrefrigerated for too long has been shown to be the number ONE cause of food borne illness.

Hand Washing

Frequent and thorough hand washing remains the first line of defense in preventing food borne disease. The use of disposable gloves can provide an additional barrier to contamination, but they are no substitute for hand washing!

Health and Hygiene

Only healthy workers should prepare and serve food.

Anyone who shows symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, jaundice, etc.) or who has open sores or infected cuts on the hands should not be allowed in the food concession area. Workers should wear clean outer garments and should not smoke in the concession area. The use of hair restraints is recommended to prevent hair ending up in food products.

Food Handling

Avoid hand contact with raw food, ready-to-serve foods, and food contact surfaces. Use a clean dispensing utensil to serve food. *Touching food with bare hands can transfer germs to food.*

Persons acting as cashiers shall be cautious not to touch any food or disposable utensils as they are passed to customers and shall not interchange duties with those preparing food without first washing their hands.

Dishwashing

Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never reuse disposable dishware. *Ideally*, dishes and utensils should be washed in a four-step process:

1. Washing in hot soapy water.
2. Rinse in clean water.
3. Chemical or heat sanitizing; and
4. Air-drying.

Ice

Ice used to cool cans/bottles should not be used in cup beverages and should be stored separately. Use a scoop to dispense ice; never use your hands. *Ice can become contaminated with bacteria, viruses, and cause food-borne illness.*

Wiping Cloths

Rinse and store wiping cloths in a bucket of sanitizer (example: one gallon of water and ½ teaspoon of chlorine bleach). Change the solution every two hours. *Well sanitized work surfaces prevent cross contamination and discourage flies.*

Insect Control and Waste

Keep food covered to protect them from insects. Store pesticides away from foods. Place garbage and paper waste in a refuse container with a tight-fitting lid. Dispose of wastewater in an approved method (do not dump it outside). All water used should be potable water from an approved source.

Food Storage and Cleanliness

Keep food stored off the floor at least six inches. After your event is finished, clean the concession area, and discard unusable food.

At least one fire extinguisher will be kept inside the concession stand.

All food service equipment shall be kept in working order. If any piece of equipment becomes degraded, that item shall be placed out of service until repaired or replaced, particularly electrically powered devices.

SAFETY

Safety is everyone's job and is a critical role for our adult membership to enforce on a continuing basis when at the little league facility.

Prevention is the key to reducing accidents to a minimum. Report all hazardous conditions to the

Safety Officer, or another Board member immediately. Do not play on a field that is not safe or with unsafe playing.

All adults have a role in serving as good examples to the children of our league. Please assist our board, managers, and membership by fully demonstrating safe behavior while at the Eastlake Little League Facility.

Every interaction with a child has the potential to teach a valuable life lesson -- the opportunity to interact with children in the pursuit of athletic competition is a privilege which we should take seriously.

EMERGENCY CONTACT INFORMATION

Emergency: **911**

Non-Emergency Dispatch: (619) 691-5151

SD County Sheriff: (858)565-5200

Emergency Services (Fire/Ambulance Service): **911**

Non-Emergency: (858)974-9891

Board Member phone numbers will be posted in dugouts and/or concessions stand.

Facility Address

Eastlake Little League Creekside Complex
1225 N Creekside Dr Chula Vista, CA 91915

Eastlake Little League Olympic Complex
1542 Olympic Vista Rd Chula Vista, CA 91915



Eastlake Little League

