

# **First Aid & Safety Training Outline**

## **Feb 4, 2012**

### **PREVENTION**

#### **Earth Quake**

- Before any Earthquake Activity
  - During a practice talk to your players about earthquake safety
    - actions that should be taken by the team when an earthquake occurs
    - the safe places on a field to go
    - how to gather after the earthquake.
- During the Earthquake
  - If you are indoors
    - stay there and move to a safe location in the room such as under a strong desk, a strong table, or along an interior wall. Protect yourself from falling objects and be located near the structural strong points of the room. These should be marked inside all league properties. Avoid taking cover near windows, large mirrors, hanging objects, heavy furniture, heavy appliances or fireplaces. If you are in the snack shack, immediately cooking, turn off the stove, fryers and take cover.
  - If you are on the playing field
    - Immediately move to an open area where falling objects are unlikely to strike you. Move away from places to avoid such as inside the dugouts, buildings, near fences and backstops, power lines, and move away from trees.
  - If you are driving
    - slow down and stop on the side of the road. Stay in your car and avoid stopping on or under bridges and overpasses, or under power lines, trees or large signs.
- After the Earthquake:
  - Check for injuries
    - attend to injuries if needed, help ensure the safety of people around you.
  - Check for damage
    - If you smell or hear a gas leak, get everyone outside and open windows and doors. Report any leak to the fire department. If the building is badly damaged or you smell gas, leave it. If you can do it safely, turn off the gas at the meter.

#### **Weather Conditions**

- No games or practices will be held when weather or field conditions are poor, particularly when lighting is inadequate.
- Get players to drink often so they do not dehydrate
- Use sunscreen
- If daylight is waning, call the game

### Field conditions

- Play area will be inspected before games and practices for holes, damage, stones, glass and other foreign objects.
- Team equipment should be stored within the team dugout or behind screens, and not within the area defined by the umpires as “in play.”
- All gates to the fields must remain closed at all times. After players have entered or left the playing field, gates should be closed and secured.

### Player Preparation

- Players will not wear watches, rings, pins, jewelry or other metallic items during practices or games. (Exception: Jewelry that alerts medical personnel to a specific condition is permissible and this must be taped in place.)
- No one is allowed on the field with open wounds at any time. Wounds should be treated and properly bandaged.
- Enforce the rule that no bats and balls are permitted on the field until all players have done their proper stretching

### Behavioral Control

- Each player, manager, designated coach, umpire, team safety officer shall use proper reasoning and care to prevent injury to themselves or others.
- Only players, managers, coaches and umpires are permitted on the playing field or in the dugout during games and practice sessions.
- Keep players out of bullpen unless they are pitcher and catcher in the proper gear getting warmed up to enter the game.
- Observe the “no on-deck” rule for batters and keep players behind the screens at all times. No player should handle a bat in the dugouts at any time.
- No swinging bats or throwing baseballs at any time within the walkways and common areas of the complex.
- No food or drink, at any time, in the dugouts. (Exception: bottled water, Gatorade and water from drinking fountains)
- Managers and coaches will never leave an unattended child at a practice or game.
- Speed Limit is 5 miles per hour in roadways and parking lots surrounding our fields.
- **NO ALCOHOL, DRUGS OR SMOKING ALLOWED**
- No medication will be taken at the facility unless administered directly by the child’s parent. This includes aspirin and Tylenol.
- No playing in the parking lots, throwing rocks, climbing fences, running in the bleachers
- No pets are permitted on the premises at any time.
- Bicycle helmets must be worn at all times when riding bicycles on the premises as well as to and from the premises.

### Equipment

- Make sure the First-Aid Kit are present.
- Only Official Little League balls will be used during practices and games
- Pitchers cannot wear multi-colored gloves.

- All catchers must wear a mask, “dangling” type throat protector, shin guards and catcher’s helmet during practice, pitcher warm-up, and games.
- Male catchers must wear the metal, fiber or plastic type cup
- Catchers must wear a catcher’s mitt (not a first baseman’s mitt or fielder’s glove) of any shape, size or weight consistent with protecting the hand.
- Shoes with metal spikes or cleats are not permitted, except at the Junior Baseball Level and above. Shoes with molded cleats are permissible.
- Inspect helmets for cracks.
- Use of a helmet by the batter and all base runners is mandatory.
- Use of a helmet by a player/base coach is mandatory.
- Make sure helmets fit.
- If the gripping tape on a bat becomes unraveled, the bat must not be used until it is repaired
- Make sure that bats have grips
- Bats with dents, or that are fractured in any way, must be discarded
- No wood bats are allowed at any time.
- Juniors and older bats must meet BBCOR standards
- No composite bats for majors or below unless on approved little league list
  - Approved Bats:
  - <http://www.littleleague.org/learn/equipment/approvedcompbatssmall.htm>

## THE PITCH COUNT REGULATION

The following is the text of the new regular season Pitch Count Regulation for all levels of Little League Baseball.

### 2012 Little League Baseball Regular Season and Tournament Rules

#### 2012 Pitch Count Regulations

Ages	Maximum
17 - 18	105 pitches per day
13 - 16	95 pitches per day
11 -12	85 pitches per day
9 - 10	75 pitches per day
7 - 8	50 pitches per day

Pitchers league age 14 and under must adhere to the following rest requirements:

If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.

If a player pitches 51 - 65 pitches in a day, three (3) calendar days of rest must be observed.

If a player pitches 36 - 50 pitches in a day, two (2) calendar days of rest must be observed.

If a player pitches 21 - 35 pitches in a day, one (1) calendar day of rest must be observed.

If a player pitches 1-20 pitches in a day, no (0) calendar day of rest is required.

Pitchers league age 15-18 must adhere to the following rest requirements:

If a player pitches 76 or more pitches in a day, four (4) calendar days of rest must be observed.

If a player pitches 61 - 75 pitches in a day, three (3) calendar days of rest must be observed.

If a player pitches 46 - 60 pitches in a day, two (2) calendar days of rest must be observed.

If a player pitches 31 -45 pitches in a day, one (1) calendar day of rest must be observed.

If a player pitches 1-30 pitches in a day, no (0) calendar day of rest is required.

Exception: If a pitcher reaches the limit imposed in Regulation VI (c) for his/her league age while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs:

1. That batter reaches base;
2. That batter is put out;
3. The third out is made to complete the half-inning.

At Major divisions and below, a pitcher may not pitch in more than one game in a day. A pitcher once removed from the mound may not return as a pitcher in the same game;

In the Junior/Senior/Big League Divisions, a pitcher remaining in the game, but moving to a different position, can return as a pitcher any time in the remainder of the game, but only once per game. In the Big League Division, a player may be used as a pitcher in up to two games in a day.)

A player who has thrown more than 40 pitches on a given day may not be utilized as a catcher for the rest of that day. A player who has been utilized as catcher in four or more innings in a day is ineligible to pitch for the rest of that day (being the catcher for one pitch in an inning constitutes catching in that inning).

Pitch count forms on website:

<http://www.eteamz.com/walnutcreekll/handouts>

## FIRST AID SECTION

1. What is in the first aid kit
2. Emergency Phone numbers for your cell phones in the first aid kit
3. Good Samaritan Laws – *reasonable* and *prudent* person's actions; not anything beyond your training or capabilities
4. First Aid – ask permission before administering
5. "PRICES"

P – Protection  
R – Rest  
I – Ice  
C – Compression  
E – Elevation  
S – Support

6. Basic First Aid Kit: instant ice packs, gauze & elastic tape
7. DO:
  - Assess injury
  - Know limitations
  - Call 911 if unconscious or very serious injury
  - Listen
  - Talk to team mates
8. DON'T:
  - Administer medications (unless you have an M.D. after your name)
  - Give food or beverages – water is OK
  - Be afraid to ask for help
  - Transport the victim

## ACCIDENT REPORTING PROCEDURE

### What to report -

An incident that causes any player, manager, coach, umpires, or volunteer to receive medical treatment and/or first aid must be reported to the League's Safety Officer. This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury.

### When to report -

All such incidents described above must be reported to the League's Safety Officer within 24 hours of the incident.

### How to make a report -

Reporting incidents can come in a variety of forms. Most typically, they are telephone conversations. 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.

Fill out the Incident/Injury Tracking and submit it to the League's Safety Officer within 24 hours of the incident. A blank form is in the first aid kit and also at:

<http://www.eteamz.com/walnutcreekll/handouts>

### Safety Director information:

Darrel Hodge

Cell: 925-586-8172

Email: [darrel.hodge@us.rhodia.com](mailto:darrel.hodge@us.rhodia.com)

### Location of the entire safety plan

<http://www.eteamz.com/walnutcreekll/handouts>