



1. MANAGER & COACH RESPONSIBILITIES

EDHLL managers and coaches are responsible for:

- The safety of their players.
- The team's conduct.
- The team while the players are at practices and games.
- Teaching and observing Little League rules and official rules of the league.
- Always having (or knowing where to find) a first aid kit and a copy of the EDHLL safety manual.
- Always having a medical release form for each player with them during practices and games. A copy of the Medical Release Form is provided in Appendix H.
- Encouraging players to hydrate (bring full water bottles) and protect themselves from the sun (long sleeves and sunscreen), especially as the weather gets warmer.
- Encouraging players to wear proper equipment, e.g., protective cups and supporters, during practices and games.
- Promoting and providing all players with a positive Little League experience.
- The manager is ultimately responsible for the actions of their coaches and spectators.

a. Preseason Responsibilities

Once managers and coaches are selected, they are required to complete the mandatory online safety training courses required by Little League and the state of California, upload their PDF certificates of completion to the EDHLL Safety Officer and the VP of Operations via the appropriate Google form. The required safety trainings are as follows:

1. Online Concussion Training, through CDC Heads Up:
<https://www.cdc.gov/headsup/youthsports/training/index.html>
2. Sudden Cardiac Arrest (SCA) Prevention Training, via Eric Paredes Save a Life Foundation:
<https://epsavealife.org/sca-prevention-training/>
3. Child Protection Program Training, Abuse Awareness for Adults: <http://usabmobilecoach.com/>

Managers and coaches must attend EDHLL's mandatory coach's clinic, EDHLL or District 54's safety training, and any other meeting required by EDHLL. Mandatory meetings will be communicated prior to the season and conducted by El Dorado Hills Little League or other outside agencies, such as District 54. All managers will receive an electronic copy of the EDHLL safety manual and a team first aid kit. The equipment distribution date and time will be set and communicated to all managers by the Equipment Coordinator.

Once teams are formed and before practice begins, the manager should hold a team meeting with parents. Many issues are easily avoided with a preseason parent meeting where the manager clearly states expectations for players and parents and includes a brief question and answer time. The manager should introduce themselves and the coaches, and communicate, at a minimum, the following:

- Discuss your personal coaching philosophy.
- Review behavior and communication expectations of players and parents and remind



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parents that they are expected to follow the EDHLL codes of conduct (see Appendix A). EDHLL has a zero-tolerance policy for abusive language or behavior towards officials, coaches, players, or other spectators.

- o Address potential illness issues, such as COVID-19. Players who are not attending school due to any illness, may not attend Little League activities until cleared to return to school.
- o Discuss the basics of safe play, including batting helmets, bat safety, the use of sunscreen, and bringing plenty of water to practices and games.
- o Go over the league’s process for reporting injuries and inform parents that if their child is ill or injured, they must send a note from their doctor to you AND the EDHLL Safety Officer before their child can return to play. This medical release ensures the player is safe to return to baseball and protects you and EDHLL if further injury or illness occurs.

In pre-season practices, teach players how to slide and cover the basics of safe play. Teach them the fundamental skills of the game, including proper throwing/pitching motion, fielding ground balls, catching fly balls, etc. Encourage players to wear proper equipment, including protective cups and mouthguards, to hydrate, and protect themselves from the sun.

b. In-Season Responsibilities

Managers and coaches should check the team equipment regularly and encourage players to respect the equipment that is issued.

- o Only Little League approved equipment will be used during practices/games.
- o Only official Little League balls will be used during practices and games.
- o All helmets must meet NOCSAE specifications and standards.
- o For safety, all helmets must fit properly.
- o USABat Standard bats must be used in the Little League Major Baseball Division and below.
- o Bats with dents, or that are fractured in any way, must be discarded.
- o All catcher’s masks must have a dangling type of throat protector and helmet. These must be worn during games, practices, and while a pitcher is warming up. **NO EXCEPTIONS.**
- o Replace damaged equipment immediately by notifying the EDHLL Equipment Coordinator.

i. Pre-Practice and Game Responsibilities

Before the game, Managers are expected to walk the field, check conditions of equipment, ensure players are in proper uniform, shoes, and wearing protective cups, and make sure there is a first aid kit and charged mobile phone readily available. Finally, ensure players Warm Up to Throw, NOT Throw to Warm Up!



HEY COACH, HAVE YOU:

- ✓ Walked field for debris/foreign objects
- ✓ Inspected helmets, bats, catchers’ gear
- ✓ Made sure a First Aid kit is available
- ✓ Check conditions of fences, backstops, bases and warning track
- ✓ Made sure a cell phone is available in case of an emergency
- ✓ Held a warm-up drill

ii. Responsibilities During the Game

- o Be organized and encourage everyone to be safe and wear the proper equipment.
- o Catchers must have a dangling-type throat protector and protective cup. **NO EXCEPTIONS.**
- o Ensure all equipment returns to the dugout when your team is at bat.
- o Observe and enforce the **No On-Deck Rule** as



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applicable for batters and always keep all players in the dugout and behind the fence. There should be **NO BATS IN HANDS inside or behind the dugout. NO EXCEPTIONS.**

- o Attend to injured players promptly.
- o Keep track of pitch counts during the game and facilitate effective communication with players and their families to avoid players exceeding appropriate pitch counts across all throwing activities (see pitch counts, ASAP Requirement #6d).

iii. Post-Game Responsibilities

- o Ensure players perform a brief cool down, including a light jog and appropriate stretching.
- o Ensure all equipment is returned to the shed, the shed is closed and locked, and the field is in the same or better shape than the way you found it.
- o Managers and coaches should not leave the field until all players have been picked up.
- o Managers must notify parents/guardians if their child has been injured, even if the incident was mild or seems insignificant.
- o Notify the EDHLL Safety Officer of any injuries that occurred via EDHLL injury reporting procedures noted above.

c. Warming Up / Stretching

Proper conditioning and warm-up are essential to reduce the risk of injury. It is vital that each manager/coach develop a practice plan that begins with a baseball-specific warm-up and integrates baseball-specific conditioning throughout the season. Performing a dynamic warm-up prior to activity prepares the body mentally and physically for the activity.

Static stretching (holding a muscle stretch) immediately before exercise is not generally recommended because muscles are weaker after stretching. To achieve increased flexibility and/or maximize range of motion, a regular stretching program performed after activity and/or on rest days is recommended. If managers, coaches, or players need assistance to construct a stretching program, please contact the Safety Officer for local professional resources.

(1) Warm Up to Throw, DON'T Throw to Warm Up

A **dynamic warm-up** increases strength, flexibility, and power, all of which can enhance athletic performance. Light aerobic movements and dynamic stretching that mimics baseball movements prepare the body for more intense versions of those movements by raising the heart rate and increasing blood flow to muscles (warming them up so they are less stiff and work more efficiently).

See Appendix N for an example of a dynamic warm-up (and stretching program) from the University of Rochester Sports Medicine.