



**King Little League  
Safety Plan  
2009 Season**

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## **MISSION STATEMENT**

This Little League Safety Plan was developed to ensure that the community's children have the opportunity to play and learn the game of baseball and softball in a safe and friendly environment.

The adherence to and enforcement of this Safety Plan is the responsibility of the local Little League Safety Officer:

Safety Officer's Name:	Brian Moorefield
Mailing Address:	100 Foxbrook Court King, N.C. 27021
Phone Number:	(336) 983-4417

The Safety Officer's contact information is on file with Little League International.

This Safety Plan is printed and distributed annually to all volunteers.

## EMERGENCY PHONE NUMBERS

• <b>ALL EMERGENCIES</b>		<b>911</b>
• King Fire Dept.	(336)	983-3030
• King Police Dept.	(336)	983-0886
• Stokes Co. Sheriff's Dept.	(336)	593-8787
• Stokes Co. Communications Center	(336)	593-8130
• Stokes Co. Emergency Services	(336)	593-8130
• N.C. State Highway Patrol	(800)	233-8151
• Carolinas Poison Center	(800)	848-6946
• J.R. Jones Medical Center	(336)	9839617
• Insurance claim office	(570)	327-1674

### Board of Directors

•	President	Chris Duggins	983-8733
•	Vice President-Baseball	Mike Marshall	983-0598
•	Vice President-Softball	Colon Moore	985-2736
•	Secretary	Angela Brooks	985-6129
•	Treasurer	Terry Cox	983-8711
•	Player Agent	Karen Lilly	749-4012
•	League Info/ Safety Officer	Brian Moorefield	983-4417
•	Equipment Manager	Jeff Fulcher	
•	Equipment Manager	Terry Todd	983-2359
•	Fundraising	Robert Cole	969-5246
•	Concessions	Shannon Duggins	983-8733
•	Concessions	Penny Hayes	486-5149
•	Division Manager (T-ball)	Jonathan Hutchins	985-0800
•	Division Manager (Pee Wee)	Jeff Todd	325-3090
•	Division Manager (Minor-baseball)	Greg Boles	983-2536
•	Division Manager (Major-baseball)	Gary Shaw	462-4651
•	Division Manager (Jr./Sr.-baseball)	Chris Brown	577-1199
•	Division Manager (Minor-softball)	Rusty Hauser	368-2223
•	Division Manager (Major-softball)	Vic Tedder	414-7732
•	Division Manager (Jr/Sr.-softball)	Kim Grimes	408-4509

## **CODE OF CONDUCT**

The local Little League Board of Directors has mandated the following code of conduct. This code of conduct must be followed at all times. The code of conduct requires that each manager, coach, and player sign the agreement attached to this Safety Plan, acknowledging that he or she understands and agrees to fully comply.

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 un-sportsman-like 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 umpires authority.

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

The Board of Directors 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.

## **SAFETY CODE**

The Local Little League Board of Directors has mandated the following safety code. The safety code requires that each manager, coach, and player sign the agreement acknowledging that he or she understands and agrees to fully comply. The signature sheet is to be given to the safety officer when complete.

1. Only league approved managers or coaches are allowed to practice teams.
2. Only league approved managers or coaches will supervise batting cages.
3. Managers, coaches, umpires, and board members will have mandatory training in CPR and First Aid. At least one manager or coach from each team will attend each year. All coaches and managers are required to attend at least once every three years.
4. 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.
5. Only players, managers, coaches and umpires are permitted on the playing field or in the dugout during games.
6. Bats and loose equipment are to be kept off the field of play by a designated coach or player.
7. Managers and coaches will only use official Little League balls supplied by KLL
8. Managers and coaches will never leave an unattended child at a practice or game
9. No medication will be administered at the facility unless done directly by the player's parents or emergency personnel.
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 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. Players should not swing bats or throw balls at any time within the walkways and common areas of the complex.
24. No throwing rocks or climbing trees within the complex.
25. No climbing on the dugout roofs.
26. Play area will be inspected by managers and umpires before games and practices for holes, damage, stones, glass and other foreign objects.
27. No games or practices will be held when weather of field conditions are poor, particularly when lighting is inadequate.
28. At no time should "horse play" be permitted on the playing field.
29. All pregame warm-ups should be performed within the confines of the playing field.
30. All gates to playing fields will be closed and secured once players have entered on to or exited off the playing fields.
31. If an amber alert should occur notification will be passed on to any board member, manager, coach.
32. All team equipment will be stored within the team dugout.
33. Equipment would be inspected regularly for wear and proper fit.
34. Frayed balls will be discarded.
35. No alcohol or drugs allowed on the premises at anytime.
36. Pets are permitted provided they are on lease.

## **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 that is (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.

## EQUIPMENT

The equipment manager 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.

## 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.

**Lighting:** If you can **HEAR, SEE, OR FEEL A THUNDERSTORM, SUSPEND ALL GAMES AND PRACTICES 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.

## MANAGER/COACH FUNDAMENTALS TRAINING

All Managers and at least one coach must participate annually in the Little League Fundamentals training. 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.

## **EQUIPMENT**

1. Keys to the equipment 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 sheds shall be locked if no games are in session.
4. All individuals with keys to the equipment shall be aware of the responsibility for the orderly and safe storage of heavy equipment and hazardous materials.
5. Any loose chemicals within the equipment shed shall be cleaned and disposed of to prevent accidental poisoning.
6. Dispose of outdated products as recommended by the manufacturer.
7. Use chemicals only in well-ventilated areas.
8. Wear proper protective clothing when handling toxic substances.

## **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 person under the age of 16.
4. Never operated in a careless and reckless manner.
5. Never be operated or ridden in a precarious or dangerous way.

### **CONCESSION STAND SAFETY**

1. No one under the age of 16 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 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 personal
9. Concession stand main entrance door will not be locked or blocked while people are inside
10. Utensils washed and put away at the end of the days games Concession stand workers must wash hands each time to the rest room and after handling foreign objects.

## **SAFETY PRELIMINARIES**

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 should be eliminated prior to start of play and reported to the safety officer within 24 hours.

## **VOLUNTEERS**

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 [littleleague.org](http://littleleague.org), and provide a government issued photo identification to verify their identity. A nationwide criminal background check will be conducted on all such volunteers prior to providing services or gaining repetitive access or contact. ID badges will be issues to approved volunteers and must be carried when on the field.

A copy of the current year Volunteer Application is attached to this Safety Plan.

## **REPORTING ACCIDENTS**

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 located on page (4) in this Safety Plan manual.

## SIGNATURE SHEET

I have read the Little League Code of Conduct and Safety Code. I promise to adhere to its rules and regulations at all times.

Names are to be signed and this signature sheet turned into the league president or safety officer.

\_\_\_\_\_  
MANAGER

\_\_\_\_\_  
COACH

\_\_\_\_\_  
COACH

\_\_\_\_\_  
PLAYER #1

\_\_\_\_\_  
PLAYER #2

\_\_\_\_\_  
PLAYER #3

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PLAYER #4

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PLAYER #5

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PLAYER #6

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PLAYER #9

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PLAYER #10

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PLAYER #11

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PLAYER #12

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PLAYER #13