



2018 SAFETY PLAN



League ID # 03091211

League President:	Matt Werner
League Safety Officer:	Jamie Evans

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Requirement #1: League Safety Officer on File

Countryside Little League
Countryside Community Recreation Complex
2640 Sabal Springs Drive
Clearwater, FL 33761

Safety Officer
Jamie Evans
823 Hillside Drive
Palm Harbor, FL 34683
(727) 460-9858
Jevan001@gmail.com

Requirement #2: Publish and Distribute Safety Manual

Paper copies are distributed to the applicable volunteers at our annual meeting and is published on the league website.

Requirement #3: Post and Distribute Emergency and Key Phone Numbers

Key Phone Numbers

Emergency: 911
Police Department: 727-562-4242
Ambulance Service: 727-530-1234
City of Clearwater Parks and Rec: 727-562-4800
Matt Werner, President: 703-930-8062
Jamie Evans, Safety Officer: 727-460-9858

Requirement #4: Use 2018 Volunteer Application Form

CSLL conducts background checks using First Advantage as required. All managers, coaches, team parents, board members, and regular volunteers have a background check run annually.

Requirement #5: Provide and Require Fundamentals Training

Countryside Little League, by a majority of the Board of Directors, implemented the Countryside little league Managers and Coaches certification of training plan. Anyone interested in managing or coaching, must attend mandatory training sessions required by Little League, Inc. and the mandatory training sessions mandated by Countryside Little League. These sessions will include fundamental training, first aid training, umpire and understanding the rules clinics. In addition, each manager, coach and/or umpire, will have to attend the parents codes of ethics video receiving his or her certification of attendance and sign the sports

code of conduct commitment form.

All divisions Managers Meeting, Countryside LL
January 20, 2018

Little League University – Online

All divisions coaches safety seminar, Countryside LL
January 20, 2018

Requirement #6: Require First-Aid Training

Required Attendance

Managers and Coaches for all Countryside little league teams

Date/Location

January 20, 2018 at CSL Conference Room

Topics covered

Contusion
Muscle pulls and strains
Over-use injuries
Sprains
Fractures
Injuries to small joints
Facial injuries
Injuries to teeth
Eye injuries
Insect bites and stings
The unconscious athlete: Heat illness
Triage and Emergency care
Lightning

Additional:

Managers and coaches are required to attend a concussion training course provided by NAYS (or equivalent program).

Requirement #7: Require Coaches/Umpires to Walk Fields prior to Use

Managers, coaches and umpires will walk the fields prior to use to look for hazards prior to use. For game days, this should be completed by the home team.

Requirement #8: Complete the 2018 Annual Little League Facility Survey

Countryside little league is under a Co-sponsorship agreement with the city of Clearwater parks and recreation

department. Our fields reside on a designated city recreational complex known as countryside Community Park. Our entire facility is maintained by a full time maintenance crew managed by the city of Clearwater as part of their entire sports recreation program. Our fields meet all city safety and code requirements as mandated by the parks and recreation department.

All of our fields, including the lighting, dugouts, practice batting cages, practice pitching stations, and the surrounding grounds, are maintained by the city and meet all city, county, and state regulations. A copy of this compliance is available by contacting the City of Clearwater Parks and Recreation Division.

Requirement #9: Written Safety Procedures for Concession Stand

Following are safety/food preparation guidelines/notices from the USDA that are located in the concession stand and are required reading for the concession manager and supervisors of the concession stand.

USDA's Meat and Poultry hotline presents the top 10 reasons to handle your food safely

On July, 1994, USDA's meat and poultry hotline began its tenth year as a toll-free public service. Consumers with food safety questions may call the hotline any time (the staff is available from 10 a.m. to 4 p.m. Eastern time; recorded messages are available other times) with questions on the safe handling of meat and poultry products.

Number 10: Safe food handling practices are the ones most likely to preserve foods peak quality.

Keeping hot foods hot and cold foods cold inhibits growth of the microorganisms that can spoil your food or make you ill. Storage at the proper temperature also retains the fresh appearance, pleasant aroma and agreeable texture that contribute so strongly to an enjoyable dining experience.

Number 9: Safe food handling lets you enjoy to the fullest the nutritional benefits of food.

If you've taken the time to carefully select a variety of healthful foods, why not use them up - or properly preserve them for long-term storage - while nutrient levels are at their peak? Foods that must be discarded due to decay or temperature abuse nourish no one.

Number 8: The safest ways to handle food are usually the most efficient.

Don't take chances in the name of saving time. Thawing meat and poultry products at room temperature and partial cooking are examples of practices which can seem like good ideas, but that may actually encourage bacterial growth by keeping food in the "danger zone" (40° -140°F.) where bacteria multiply fastest. In the case of bacteria that produce heat-resistant toxins, this becomes a problem that further cooking it can't fix.

Number 7: Safe food handling is easy. You set a good example for others.

You are the last person to handle your food before it is eaten. You may be the last person to handle food before it is served to your family or friends. Take charge! Prevention of illness may be as simple as washing your hands - an often neglected but VERY important act.

Number 6: Safe food handling inspires confidence and keeps peace in the family.

Imagine: No more family feuds because someone handled dinner in a questionable fashion. And family and friends won't call the meat and poultry hotline begging to have food safety literature mailed to your address!

Number 5: Safe food handling can enhance your standing in the community.

Food for a concession stand, bake sale or church supper must be carefully prepared. Many of those in your community are very young, elderly, or suffering from health problems that affect the immune system. These folks are at increased risk for food borne illness. Protect their health and the reputation of your organization.

Number 4: Safe food handling is the responsible thing to do.

Those for whom you prepare food deserve the best, and you expect no less from those who produce and prepare food for you. You are no less important than the manufacturer, government regulator, or grocer in assuring food safety. You are an important link in the farm-to-table chain.

Number 3: Safe food handling saves money.

Food borne illness cost billions each year in health care costs and lost wages. It's hard to throw away food you know has been mishandled. But compare the cost of the food to the cost of a bad case of food poisoning, starting with the doctor's bill.

Number 2: By handling food safely, you will spare yourself and your family from a painful bout of illness.

Bacterial, parasitic or viral illness caused by food is no fun, and it can have long term consequences. Should we fear food? No. Microscopic organisms have always been and will always be an important part of our world. But we must store foods properly, cook them thoroughly and keep our hands and work areas clean. Sometimes what you can't see can hurt you. Which brings us to the....

Number 1: It may save a life.

Safe food handling really does make a difference. Where do you start? Learn more. USDA's meat and poultry hotline can answer your food safety questions. Just call 1-800-535-4555.

Food Safety and Inspection Service United States Department of Agriculture Washington, D.C. 20250-3700

Barbecue Food Safety

Cooking outdoors was once only a summer activity shared with family and friends. Now more than half of Americans say they are cooking outdoors year round. So whether the snow is blowing or the sun is shining brightly, it is important to follow food and safety guidelines to prevent harmful bacteria from multiplying and causing food borne illness. Use these simple guidelines for grilling food safety.

From the store: Home First

When shopping, buy cold food like meat and poultry last, right before checkout. Separate raw meat and poultry from other food in your shopping cart. To guard against cross-contamination; which can happen when raw meat or poultry juices drip on other food, put packages of raw meat and poultry into plastic bags.

Load meat and poultry into the coolest part of the car and take the groceries straight home. In the summer, if home is more than a 30 minute drive away, bring a cooler with ice and place perishable food in it for the trip. At home, place meat and poultry in the refrigerator immediately. Freeze poultry and ground meat that won't be used in 1 or 2 days; freeze other meat within 4 to 5 days.

Defrost Safely:

Completely defrost meat and poultry before grilling so it cooks more evenly. Use the refrigerator for slow, safe thawing or thaw sealed packages in cold water. You can microwave defrost if the food will be placed immediately on the grill.

Transporting:

When carrying food to another location, keep it cold to minimize bacterial growth. Use an insulated cooler with sufficient ice or ice packs to keep the food at 40°F or below. Pack food right from the refrigerator into the cooler immediately before leaving home. Keep the cooler in the coolest part of the car.

Keep cold food cold:

Keep meat and poultry refrigerated until ready to use. Only take out the meat and poultry that will immediately be placed on the grill.

When using a cooler keep it out of the direct sun by placing it in the shade or shelter. Avoid opening the lid too often, which lets cold air out and warm air in.

Pack beverages in one cooler and perishables in a separate cooler.

Keep everything clean:

Be sure there are plenty of clean utensils and platters. To prevent food borne illness, don't use the same platter and utensils for raw and cooked meat and poultry. Harmful bacteria present in raw meat and poultry and their juices can contaminate safely cooked food.

If you are eating away from home, find out if there's a source of clean water. If not, bring water for preparation and cleaning. Or pack clean cloths and wet towelettes for cleaning surfaces and hands.

Precooking:

Precooking food partially in the microwave, oven or stove is a good way of reducing grilling time. Just make sure that the food goes immediately on the preheated grill to complete cooking.

Cook Thoroughly:

Cook food to a safe internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill often browns very fast on the outside. Use a food thermometer to be sure the food has reached a safe internal temperature. Whole poultry should reach 180°F; breasts 170°F. Hamburgers made of ground beef should reach 180°F; ground poultry 165°F. Beef, veal, and lamb steaks, roasts and chops can be cooked to 145°F. All cuts of pork should reach 160°F.

NEVER partially grill meat or poultry and finish cooking later.

Keep hot food hot:

After cooking meat and poultry on the grill, keep it hot until served at 140°F or warmer.

Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook. At home, the cooked meat can be kept hot in a warm oven (approximately 200°F), in a chafing dish or slow cooker, or on a warming tray.

Serving the food:

When taking food off the grill, use a clean platter. Don't put cooked food on the same platter that held raw meat or poultry. Any harmful bacteria present in the raw meat juices could contaminate safely cooked food. In hot weather (90°F and above), food should never sit out for more than 1 hour. For further information, contact: Meat and Poultry hotline: 7-800-535-4555 (Toll-free nationwide)

Basics for Handling Food Safely

Safe steps in food handling, cooking, and storage are essential to prevent food borne illness. You can't see, smell, or taste harmful bacteria that may cause illness. In every step of food preparation, follow the four Fight BAC!™

Guidelines to keep food safe:

1. Clean - Wash hands and surfaces often
2. Separate - Don't cross-contaminate
3. Cook - Cook to proper temperatures
4. Chill - Refrigerate promptly

Shopping

1. Purchase refrigerated or frozen items after selecting your non-perishables
2. Never choose meat or poultry in packaging that is torn or leaking
3. Do not buy food past "sell-By", "Use-By", or other expiration dates
4. Put raw meat and poultry into a plastic bag so meat juices will not cross contaminate ready-to-eat food that is eaten raw, such as vegetables or fruit.
5. Plan to drive directly home from the grocery store. If you live farther away than 30 minutes or the weather is hot, you may want to take a cooler with ice for the perishables.

Storage

1. Always refrigerate perishable food within 2 hours (1 hour when the temperature is about 90°F). Harmful bacteria that cause food borne illness grow rapidly at room temperature.
2. Check the temperature of your refrigerator and freezer with an appliance thermometer. The refrigerator should be at 40°F or below and the freezer at 0°F or below.
3. Cook or freeze fresh poultry, fish, ground meats, and variety meats within 2 days, other beef, veal, lamb, or pork, within 3 to 5 days.
4. Perishable food such as meat and poultry should be wrapped securely to maintain quality and to prevent meat juices from getting onto other food.
5. To maintain quality when freezing meat and poultry should be wrapped in its original package, wrap the package again with foil or plastic wrap that is recommended for the freezer.
6. In general, high acid canned food such as tomatoes, grapefruit, and pineapple can be stored on the shelf for 12 to 18 months. Low acid canned food such as meat, poultry, fish, and most vegetables will keep 2 to 5 years - if the can remains in good condition and has been stored in a cool, clean, and dry place. Discard cans that are dented, leaking, bulging, or rusted.

Preparation

1. Always wash hands before and after handling food.
2. Don't cross-contaminate. Keep raw meat, poultry, fish, and their juices away from other food. After cutting raw meats, wash hands, cutting board, knife, and countertops with hot, soapy water.
3. Marinate meat and poultry in a covered dish in the refrigerator.
4. Sanitize cutting boards by using a solution of 1-teaspoon chlorine bleach in 1 quart of water.

Thawing

1. Refrigerator: The refrigerator allows slow, safe thawing. Make sure thawing meat and poultry juices do not drip onto other food.
2. Cold Water: For faster thawing, place food in a leak-proof plastic bag. Submerge in cold tap water. Change the water every 30 minutes. Cook immediately after thawing.
3. Microwave: Cook meat and poultry immediately after microwave thawing.

Cooking

1. Cook ground meats to 160°F, ground poultry to 165°F.
2. Beef, veal, lamb steaks, roasts, and chops may be cooked to 145°F, all cuts of fresh pork to 160°F.
3. Whole poultry should reach 180°F in the thigh breasts, 170°F.

Serving

1. Hot food should be held at 140°F or warmer.
2. Cold food should be held at 40°F or colder.
3. When serving food at a buffet, keep food hot with chafing dishes, slow cookers, and warming trays. Keep food cold by nesting dishes in bowls of ice or use small serving trays and replace them often.
4. Perishable food should not be left out more than 2 hours at room temperature (1 hour when the temperature is above 90°F).

Leftovers

1. Discard any food left out at room temperature for more than 2 hours (1 hour if the temperature was above 90°F)
2. Place food into shallow containers and immediately put in the refrigerator or freezer for rapid cooling.
3. Use cooked leftovers within 4 days.

Refreezing

1. Meat and poultry defrosted in the refrigerator may be refrozen before or after cooking. If thawed by other methods, cook before refreezing.

For further information, contact:

Meat and Poultry hotline: 1-800-535-4555 / www.fsis.usda.gov

Cleanliness Helps Prevent Food Borne Illness

Spring has long been the time of year for annual spring cleaning projects around our homes. However, when it comes to safe food handling, everything that comes in contact with food must be kept clean all year long. Food that is mishandled can lead to food borne illness. While the United States has one of the safest food supplies in the world, preventing food borne illness remains a major public health challenge. In 1997, the Partnership for Food Safety Education - a public-private partnership of industry, government, and consumer groups - was formed to educate the public about safe food handling to help reduce food borne illness. The Partnership developed the *Fight BAC!* Public education program in conjunction with the President's National Food Safety initiative. The campaign stresses four critical food safety principles:

1. Clean: Wash hands and surfaces often;
2. Separate: Don't cross-contaminate;
3. Cook: Cook to proper temperature;

4. Chill: Refrigerate promptly.

Cleanliness is a major factor in preventing food borne illness. Even with food safety inspection and monitoring at Federal, State, and local government facilities, the consumer's role is to make sure food is handled safely after it is purchased. Everything that touches food should be **clean**. Listed below are steps we can take to help prevent food borne illness by safely handling food in the home:

1. Always wash hands with hot, soapy water
 - a. Before handling food;
 - b. After handling food;
 - c. After using the bathroom;
 - d. After changing a diaper;
 - e. After tending to a sick person;
 - f. After blowing nose, coughing, or sneezing; and
 - g. After handling pets.
2. If your hands have any kind of skin abrasions or infection, always use clean disposable gloves. Wash hands (gloved or not) with hot, soapy water.
3. Thoroughly wash with hot, soapy water all surfaces that come in contact with raw meat, poultry, fish, and eggs before moving on to the next step in food preparation. Consider using paper towels to clean kitchen surfaces. If you use dishcloths, wash them often in the hot cycle of your washing machine. Keep other surfaces, such as faucets and counter tops, clean by washing with hot, soapy water.
4. To keep cutting boards clean, wash them in hot, soapy water after each use, then rinse and air or pat dry with fresh paper towels. Cutting boards can be sanitized with a solution of one-teaspoon liquid chlorine bleach per quart of water. Flood the surface with the bleach solution and allow it to stand for several minutes, then rinse and air or pat dry with fresh paper towels.
5. Non-Porous acrylic, plastic, glass, and solid wood boards can be washed in a dishwasher (laminated boards may crack and split). Even plastic boards wear out overtime. Once cutting boards become excessively worn or develop hard-to-clean grooves, replace them.
6. Don't use the same platter and utensils that held the raw product to serve the cooked product. Any bacteria present in the raw meat or juices can contaminate the safely cooked product. Serve cooked products on clean plates, using clean utensils and clean hands.
7. When using a food thermometer, it is important to wash the probe after each use with hot, soapy water before reinserting it into a food.
8. Keep the refrigerator clean by wiping up spills immediately. Clean surfaces thoroughly with hot, soapy water and rinse. Once a week, make it a habit to throw out perishable foods that should no longer be eaten.
9. Keep pets, household cleaners, and other chemicals away from food and surfaces used for food.
10. When picnicking or cooking outdoors, take plenty of clean utensils. Pack clean, dry, and wet and soapy cloths for cleaning sand hands.
11. Because bacteria are everywhere, cleanliness is a major factor in preventing food borne illness. By keeping everything clean that comes in contact with food, consumers can be assured they are helping to do their part to *Fight BAC!*™

Requirement #10: Require Regular Inspection/Replacement of Equipment

The president, Equipment Manager and/or the Safety Officer inspected all equipment at the beginning of the season.

All equipment determined to be unsafe or damaged was destroyed and discarded.

Equipment was then assigned to the managers. They were given a checklist of the equipment and were asked to check the equipment before each practice and game as the equipment is passed out to the players to use. Any damaged or questionable equipment is to be returned to the Equipment Manager for proper handling, and new equipment is issued in its place.

Common equipment stored in the dugout and batting cage locations are inspected on a regular basis by the Safety Office for excessive wear.

Requirement #11: Implement Prompt Accident Reporting Procedure

Injury Tracking reports and Little League Baseball Accident Notification Reports were distributed to each Manager and Coach at the beginning of the season. These forms are also part of the Manager's Manual given to each manager at the beginning of the season. Additional forms are available at the office in the concession stand.

During the required First Aid Training courses held prior to the season starting, these forms were reviewed and a discussion on the importance and use of the forms followed.

Managers, or the Coach in charge of the team, are required to fill out the Accident Notification reports immediately following the accident. Once the game is complete the forms are turned into the Safety Officer if available. If not available the forms are turned into the President or Vice President of the league. They in turn will provide the completed forms to the Safety Officer within 48 hours.

The Safety Officer tracks injury accidents and injuries on a regular basis and reports them to the President and board during regularly scheduled meetings.

Requirement #12: Require a First-Aid Kit at each Game and Practice

First Aid kits are required at all practices and games.

First Aid Kits were distributed to All Teams. The First Aid Kit includes

- 5 bandages (3/8 x 1-1/2 inches, plastic)
- 15 butterfly closures (medium)
- 1 tape (0.5-inch x 2.5-yard)
- 5 cotton tips (3-inch)
- 1 first aid guide
- 2 gauze pads (2 feet x 2 inches)
- 2 gauze pads (4 x 4 inches)
- 1 gauze roll (2-inch x 4-yard)
- 2 finger splints
- 2 vinyl gloves (latex-free)
- 1 instant cold pack
- 3 antibiotic ointment (0.9 gram)

- 5 burn cream ointments (1 gram)
- 6 alcohol prep pads
- 3 sting relief prep pads
- 6 antiseptic prep pads
- 1 pair of scissors (4.5-inch, pointed)

Additional ice packs were provided with each kit

Requirement #13: Enforce Little League Rules including Proper Equipment

Official Little League Rule books were passed out to each manager at the beginning of the season. It is their responsibility, with the help of the Countryside Little League Board of Directors to enforce the rules of Little League Baseball.

Special attention is placed on player equipment and conduct at each practice and game. As required, managers and coaches are not allowed to catch pitchers at any time during practices.

The Countryside Little League Board of Directors, through its Registration committee was responsible for verifying all Birth Certificates and Residential addresses.

Each Division Representative prepared additional ground rules for Safety and Game play that were compiled and presented in the Manager's Manuals that were distributed at the beginning of the season.

The following pages further outline the required actions to be enforced during both games and practices, with additional emphasis on the use of proper equipment and safety practices.

Requirement #14: Submit a Qualified Safety Plan Registration Form

A yearly Qualified Safety Plan Registration Form will be submitted with Countryside Little League's Safety Plan. The form will be completed by the President or the Safety Officer.

Requirement #15: Submit Player, Coach, and Manager Data

Countryside Little League roster, coach, and manager data will be submitted to the Little League Site Data Center. This will be completed prior to season start or the deadline set by the District or Little League Int'l whichever comes first.

Recommended Idea #18: Include Safety Officer on Board

The safety officer is a member of the Board.

Recommended Idea #24: Have a League Safety Mission

The mission of Countryside Little League is to provide a safe and competitive environment that is based on the fundamentals of baseball and sportsmanship through the united efforts of its Board, Coaches, Players, Parents and Community.

Recommended Idea #29: Teach about Heat Illness, Warning Signs

As part of the First Aid and Safety Training that was required of each Manager, Coach and Volunteers, a session on "The Unconscious Athlete: Heat illness" was held. This session not only discussed the importance of keeping players properly hydrated during practice and play to prevent the occurrence of Heat Illness, but dealt with what to do when Heat Illness is suspected or has occurred.

Recommended Idea #30: Teach about Stopping Play, Breaks for Weather

During the Coach's clinics for Entry Level and Intermediate coaches, held before the season started, a discussion of weather and the recognition of lightning sightings and thunder being heard and its impact on play and practice was discussed. The stopping of play of a game or practice is up to the Manager or Coach for each game, or a member of the Board. Sighting lightning or loud thunder is cause to pause or stop the game until conditions improve or the game/practice is postponed.

Recommended Idea #31: Teach about Sports Fundamentals

Also, during the Coach's clinics for Entry Level and Intermediate coaches, held before the season started, focus was placed on warm-up time before practice and games. An emphasis was placed on teaching fundamentals and the safety that goes along with the fundamentals. These clinics were attended by managers and coaches to help them improve upon the teaching of safe baseball fundamentals and sportsmanship.

Recommended Idea #38: Use Warning Tracks in the Outfield

Fields 1 and 5 are designated for Major Division Baseball and have 10 foot warning track to help elevate player injury.

Recommended Idea #40: Use Fencing/Netting to Protect Spectators

All fields at Countryside Community Park are protected with fencing and netting to protect spectators. All fields are enclosed via fence (with the exception of dugout areas).

Recommended Idea #53: Encourage adults to sign up for LL E-News

All members, participants, and families of Countryside Little League are informed about both national and local Little League news through our website at www.countrysidell.com or our Facebook account