

CELL SAFETY PLAN



2017

Cranston East Little League
Mission Statement

**Forging
Friendships
and Memories
for life!**

Cranston East Little League Safety Code

- Responsibility for safety procedures should be that of an adult member of the CELL.
- Arrangements should be made in advance of all games and practices for emergency medical services.
- Managers, coaches and umpires should have some training in first aid. First Aid Kits should be available at the fields. We recommend having at least one CPR certified coach on the field at all times.
- No game or practice should be held when weather or field conditions are not good, particularly when lighting is inadequate.
- Play area should be inspected frequently for holes, damage, glass or other foreign objects.
- Dugouts and bat racks should be positioned behind screens.
- Only players, managers, coaches and umpires are permitted on the playing field during games and practices.
- During warm up drills players should be spaced so that errant balls endanger no one.
- Equipment should be inspected regularly. Make sure it fits properly.
- Pitching machines, if used, must be in good working order (including extension cords, outlets, etc.) and must be operated by adult managers or coaches.
- Batters must wear protective NOCSAE helmets with facemasks during practice, as well as during games. (AAA Division and below)
- Catchers must wear catcher's helmet (with face mask and throat guard), chest protector, and shin guards. Male catchers must wear long-model chest protector (divisions below Junior/Senior League), protective supporter and cup at all times.
- Except when runner is returning to a base, headfirst slides are not permitted. This rule applies to Little League (Majors)/Minor and Tee Ball.
- During sliding practices bases should not be strapped down.
- At no time should "horse play" be permitted on the field.
- Parents of players who wear glasses should be encouraged to provide "safety glasses."
- Players must not wear watches, rings, pins, jewelry or other metallic items.
- Catchers must wear catcher's helmet, mask and throat guard while warming up pitchers. This applies between innings and in bullpen practice. Skullcaps are not permitted.
- Batting/Catcher's helmets should not be painted unless approved by manufacturer.
- Regulations prohibit on-deck batters. This means that no player should handle a bat even while in an enclosure, until his/her time at bat. This rule applies to Little League (Majors)/Minors and Tee ball.
- Players who are ejected, ill or injured should remain under supervision until released to a parent or guardian.
- During a game or Pre-Game, Managers and Coaches are not allowed to warm up a pitcher at home plate or in the bullpen, or elsewhere at any time, **there are no exceptions to this rule!** They may however, stand by to observe a pitcher during warm-up in the bullpen. **(Little League Rule 3.09).**

CELL Phone Numbers

CELL Concession Stands

Carberry Field..... 467-3777
Fay Field..... 461-9628
Speck 1, 2785-1330

Emergency and Contact Numbers

****EMERGENCY: 911****



POLICE: 942-2211



FIRE: 461-5000

State Police: 444-1000

Poison Control: 1-800-222-1222

National Grid Electric: 1-800-465-1212

National Grid Gas: 1-800-640-1595

Cranston Park & Recreation: 780-6169

Cranston Public Works: 780-6180

C.E.L.L. President: John Croke, 623-6614

C.E.L.L. Vice President: Jason Smith, 829-0949

C.E.L.L. Safety Officer: Gary Blanchette, 255-4794

CRANSTON EAST BOARD OF DIRECTORS – 2016

PRESIDENT – John Croke (623-6614)

VICE PRESIDENT – Jason Smith (829-0949)

TREASURER – Lisa Gibb

ASST. TREASURER –

SECRETARY – John Devine

LEAGUE INFORMATION OFFICER – Derek Tutt

SAFETY – Gary Blanchette (255-4794)

REGISTRAR – Mike Hogan (Registrations Coord) (241- 9302)

BIG/ SENIOR LEAGUE EQUIPMENT MGR – Cheryl Adams

BIG/ SENIOR LEAGUE PLAYER AGENT – Terry Linehan

MAJOR/ MINOR LEAGUE PLAYER AGENT – Jonel Fermin (580-8087)

(AT LARGE) ASST MAJOR/ MINOR LEAGUE PLAYER AGENT –

MAJOR/ MINOR LEAGUE EQUIPMENT MGR – Chris Sparks (316-6485)

(AT LARGE) ASST MAJOR/ MINOR LEAGUE EQUIPMENT MGR –

AAA COORDINATOR – Kathy Sears

AA COORDINATOR – Bill Roche

T- BALL COORDINATOR – Scott Lord

GRANTS/ SPONSORSHIP COORDINATOR – Ron Coffey (480- 1136)

BIG LEAGUE/ SENIOR LEAGUE (FALL BALL) COORDINATOR – Bob Blackburn (573- 6615)

SITE MANAGER – Chris Ash (Carberry/Lisi)

ASST. SITE MANAGER – Kevin Talabac (Carberry/Lisi)

SITE MANAGER – Carl Miller (Fay) ([633- 2287](tel:633-2287))

ASST. SITE MANAGER –

SITE MANAGER – Scott Roche (Speck) (639- 1519)

ASST. SITE MANAGER – Andy Barron (Speck)

C.E.L.L. Emergency Contact Procedures

The most important help you can provide to a victim who is seriously injured is to call for professional medical help. Make the call quickly, preferably from a cell phone near the injured person. If this is not possible, send someone else to make the call from a nearby telephone. Be sure that you or another caller follows these steps.

1) First dial 9-1-1.

2) Give the dispatcher the necessary information. Answer any questions that he or she might ask.

Most dispatchers will ask:

- **The exact location or address of the emergency?** Include the name of the city or town, nearby intersections, landmarks, etc. as well as the field name and location of the facility, if applicable.

***See included photo for layout of Complex on next page**

- **The telephone number from which the call is being made?**
- **The caller's name?**
- **What happened** — i.e., a baseball-related accident, bicycle accident, fire, fall, etc.?
- **How many people are involved?**
- **The condition of the injured person** — i.e., unconscious, chest pains, or severe bleeding?
- **What help is being given** (first aid, CPR, etc.)?

3) Do not hang up until the dispatcher hangs up. The dispatcher may be able to tell you how to best care for the victim.

4) Continue to care for the victim until professional help arrives.

C.E.L.L. Aerial Field Views

Speck Field:

19 Gleason St



Carberry &

Beachmont Ave



Lisi Fields:

Fay Field:

Dallas Ave.



League Safety Officer

The Safety Officer must develop and implement the league's safety program. The administration of an effective safety program is the responsibility of everyone within Little League operations on all levels. When dealing with inexperienced children dependent on adult guidance, it is imperative that we make safety an integral part of all league activities. The focus of this plan is on injury prevention regarding activities, equipment and facilities. A qualified safety plan must meet 13 requirements set forth by Little League. A Safety Plan is not limited by these requirements. LLB suggests that local leagues strive to improve by including numerous highly recommended issues in future plans. A qualified Safety Plan must include the following:

1. Have an active safety officer.
2. Have published league safety manual or policy.
3. Post and distribute emergency and key league official's phone numbers.
4. Use Little League Volunteer Application form for all key members---managers, coaches and league officials.
5. Provide fundamental training for managers and coaches.
6. Require first-aid training for managers and coaches.
7. Require field inspections before games and practices.
8. Complete the annual Little League Facility survey.
9. Have written safety procedures for concession stand.
10. Require regular inspection and replacement of equipment.
11. Have method to report and track injuries.
12. Provide teams with well-equipped first-aid kits for games and practices.
13. Enforce catchers' gear and helmet rule during practice and warm up.

Duties of the League Safety Officer

- Insure each team receives the necessary safety manual information and forms.
- Conduct volunteer background checks --- conduct nationwide checks on volunteers through First Advantage Little League background screening service.
- Make spot checks of games and practices to be sure that reasonable safety precautions are being taken.
- Enforce LLB and CELL Safety Codes.
- Track all injuries and incidents to identify trends and determine proper accident prevention in the future.
- Insure first-aid kits and manuals are available to all teams.
- Frequently inspect all equipment to make certain that equipment is properly stocked and in good working order by all coaches and officials.
- Inspect facilities along with managers, coaches, and umpires listing areas needing attention.
- Act immediately to correct unsafe or hazardous conditions.
- Schedule first-aid training for league officials.
- Schedule fundamentals training for managers and coaches.
- Create and maintain all signs on CELL facilities including first---aid, fire extinguisher, inspection reminders, cautionary signs, etc.

CELL Safety Code of Conduct

- Managers and coaches will read and familiarize themselves with the LLB's Safety Code.
- Managers, coaches and league officials will read and familiarize themselves with the CELL Safety Code of Conduct.
- Managers, coaches and other league officials will read and familiarize themselves with the CELL Local Rules (many pertain to safety).
- Safety is the responsibility of every adult member of CELL.
- Managers will obtain a Little League Baseball Medical Release from every player without exception.
- Volunteers must complete LLB Volunteer Applications and undergo a background check.
- Catchers must wear all equipment designated in the LLB safety code. This includes the wearing of a LLB approved catcher's headgear for a player warming up a pitcher on the field or in the bullpen. NO EXCEPTIONS.
- Only league approved managers and coaches will be allowed to practice teams and supervise batting cage use.
- Properly equipped first aid kits, blankets and first---aid manuals are available for all practices and games at CELL facilities located at Concession stands and field boxes.
- Managers, designated coaches and other league officials will have mandatory first aid training.
- Landline phones are available at the concession stands at CELL facilities.
It is recommended that managers and/or coaches have cell phones available.

- Team equipment must be stored within the team dugout and not in the area defined by the umpires as "in play."
- Helmet and bat carriers, designed to be hung inside the dugout, will be utilized during games to keep the dugout floor free of equipment. This equipment will be located in the storage shed and shall be returned to its place at the end of use.
- During games players not in the game must remain in the dugout in an orderly fashion unless excused by the manager or coach for an appropriate reason.
- Food and beverages are not allowed in the dugout during games. The exception to this rule is water or other sports drinks.
- After each game, each team must clean up any trash in the dugout.
- Players will be allowed to wear jewelry that alerts medical personnel to a specific condition provided that is taped or otherwise secured in place.
- Managers and coaches shall inspect their equipment and the facilities before each use and report any defects or hazards.
- Damaged equipment should be reported, replaced or repaired immediately.
- Any problems with the facility will be addressed and corrected before any practices or games go on.
- No pets are permitted at CELL games or practices.
- No alcohol or drugs are allowed on the CELL facilities at anytime.
- No playing in parking areas or crosswalks.
- No playing on and around lawn equipment
- Observe all posted signs. Remain alert for foul balls and errant throws.
- No throwing balls off fences or buildings.
- No swinging bats or throwing balls in the common areas or walkways of a CELL facility.
- Athletic facilities are designated nonsmoking.
- No running or jumping allowed on the bleachers.
- Gates should remain closed after players have entered or left the playing field.

Storage Shed Procedures

The following applies to all of the storage sheds used by the CELL and to those that use the sheds.

- Managers, coaches and other CELL volunteers are responsible for the safe storage of rakes, shovels, bases, etc.
- Read instructions before using any of the machinery located in the shed.
- Use eye protection when operating machinery.
- All chemicals or organic materials stored in the sheds shall be in the proper containers and labeled appropriately.
- Machinery and other tools will be located separate and apart from chemicals and organic materials in sheds to prevent punctures and leaks.
- Only CELL staff will operate tractors, mowers and other machinery.
- Machinery will be stored appropriately when not in use. (Keys out, etc.)
- The entrance to the sheds locates fire extinguisher. Signs posted with directions for use.
- The shed shall be locked when there are no adult league volunteers present at the field facility.

First Aid Information

First Aid FOR Emergencies

To handle an emergency situation, use Emergency Scene Management (ESM).




- 1 Take charge.
- 2 Call out for help.
- 3 Assess hazards and make the area safe.
- 4 Find out what happened.




- 5 Identify yourself and offer to help.
- 6 If head or spinal injuries are suspected, support the head and neck.
- 7 Assess responsiveness.
- 8 Send or go for medical help.

Note: Protect yourself and others by wearing non-latex gloves when giving first aid. Use a shield or face mask with a one-way valve when giving CPR.

Cardiopulmonary Resuscitation (CPR – Adult)

- 1 Open airway – push back on forehead and lift chin.
- 2 Check breathing, if the casualty is not breathing...
- 3 Pinch nose and make a tight seal over the mouth. Give 2 breaths.
- 4 Make sure casualty is on a firm flat surface.
- 5 Place hands on centre of chest.
- 6 Position shoulders directly over hands and keep elbows locked.
- 7 Compress firmly 30 times then give 2 breaths. Push hard – Push fast
- 8 Continue cycles of 30 compressions and 2 breaths until help arrives.








Choking (Adult)

If a choking person can speak, breathe or cough – STAND BY and encourage coughing.

If a conscious person cannot speak, breathe or cough:

- 1 Stand behind person and find top of the hip bones with your hands.
- 2 Place a fist midline against the abdomen.
- 3 Grasp fist with other hand and press inward and upward forcefully.
- 4 Continue until object is expelled or person becomes unconscious.

ONE UP IN FRONT PLACE FIST MIDLINE IN FRONT PRESS INWARD AND UPWARD


If the person becomes unconscious ease him or her to the ground and send for medical help.

- 1 Open the mouth and look for obstruction.
- 2 Open the airway and check breathing. If not breathing...
- 3 Give two breaths. If air doesn't go in the first time, reposition the head and try again.
- 4 Begin CPR. Give 30 compressions.
- 5 Each time you finish 30 compressions, look in mouth before giving the first breath.

Bleeding To control severe bleeding

Immediately apply direct pressure to the wound over a pad of dressings


Keep the casualty lying down



DIRECT PRESSURE ON WOUND

Unconsciousness

Get medical help. Make certain person is breathing and then place the casualty in the recovery position. If the casualty is not breathing, start CPR.




RECOVERY POSITION

Emergency Numbers

AMBULANCE	011
FIRE	011
POLICE	011
FAMILY DOCTOR	
POISON INFORMATION CENTRE	

NOTE: This poster is a step-by-step guide to what you can do until medical help arrives. These tips do not take the place of first aid training.



St. John Ambulance
SAVING LIVES
at work, home and play

0800 732034

What is first Aid?

First Aid as it implies is the first care given to a victim. It is the immediate, necessary, temporary, emergency care given for injuries. It is usually performed by the first person on the scene and continued until professional help arrives.



Some Important do's and Don'ts



Do...

1. **Access** the injury. If the victim is conscious, find out what happened and where it hurts. Watch for shock.
2. **Know** your limitations.
3. **Call 9-1-1** immediately if a person is unconscious or seriously injured.
4. **Look** for signs of injury (bleeding, bruising, deformity of joint, etc.)
5. **Feel** gently the injured area for signs of swelling or grating of broken bones.
6. **Talk** to your team afterwards about the situation if it involves them. Often players are upset and worried when another player is injured. They need to be reassured and understand why the injury occurred.
7. **Have** your players LLB medical release forms with you at all practices and games.
8. **Accompany** an injured player who needs to be transported to the hospital if a parent or guardian is not immediately available.
9. **Report** accidents and injuries to League Safety Officer within 48 hours of the incident. See accident reporting section for details.
10. **Obtain** report numbers from fire/police on scene.

Don't...

1. **Administer** any medication.
2. **Provide** any food or beverages other than water.
3. **Hesitate** in giving aid when needed.
4. **Be afraid** to ask for help if you are not sure of the proper Procedure (i.e., CPR, etc.)
5. **Transport** injured individual except in EXTREME EMERGENCIES.

Communicable Disease Procedures

1. Bleeding must be stopped, the open wound covered, and the uniform changed if there is blood on it before the athlete may continue.
2. Use of medical gloves when contact with the blood or other bodily fluids is highly recommended.
3. If contaminated with blood or other fluids immediately wash hands or other skin surfaces.
4. Clean all blood contaminated surfaces and equipment.
5. Managers, coaches and volunteers with open wounds should refrain from direct contact.
6. Follow accepted guidelines in the immediate control of bleeding and disposal when handling dressings, mouth guards and other articles containing bodily fluids.

First Aid Training and Equipment

1. Properly equipped first aid kits, blankets, water and towels for all CELL facilities are conveniently located and readily accessible to all managers and coaches from the storage area in the concession stand.
2. Safety Officer will conduct frequent inspections of the first aid kits and restock them accordingly.
3. Safety training for all managers and coaches will be held on April 4, 2017 at Trinity Church. The following topics will be discussed:
 1. Basics: Ready to Play
 2. Sprains/Strains/Contusions/Concussions
 3. Throwing Injuries
 4. Training for Baseball
 5. Proper warm up

Accident Reporting Procedures

What to report --- Incidents that cause any player, manager, coach, umpire or volunteer to receive medical treatment and/or first aid must be reported to the Safety Officer.

Why report --- Good judgment must be exercised in deciding which accidents to analyze. The Safety Officer will analyze incidents in an effort to determine the cause of the accident. Our main reason for analyzing accidents is to prevent the possibility of similar and more serious incidents from occurring by taking suitable corrective action.

Examples of cases that probably would not need detailed analyses are those resulting in only minor injuries such as scrapes, bruises and strains not associated with unsafe acts or conditions.

When to report --- All such incidents described above must be reported to the Safety Officer WITHIN 48 HOURS of the incident. **The Safety Officer for 2017 is Gary Blanchette** and can be reached at the following:

Cell: (401) 255-4794

**LITTLE LEAGUE® BASEBALL AND SOFTBALL
ACCIDENT NOTIFICATION FORM
INSTRUCTIONS**



Send Completed Form To:
Little League, International
539 US Route 15 Hwy, PO Box 3485
Williamsport PA 17701-0485
Accident Claim Contact Numbers:
Phone: 570-327-1674 Fax: 570-326-9280

Accident & Health (U.S.)

1. This form must be completed by parents (if claimant is under 19 years of age) and a league official and forwarded to Little League Headquarters within 20 days after the accident. A photocopy of this form should be made and kept by the claimant/parent. Initial medical/dental treatment must be rendered within 30 days of the Little League accident.
2. Itemized bills including description of service, date of service, procedure and diagnosis codes for medical services/supplies and/or other documentation related to claim for benefits are to be provided within 90 days after the accident date. In no event shall such proof be furnished later than 12 months from the date the medical expense was incurred.
3. When other insurance is present, parents or claimant must forward copies of the Explanation of Benefits or Notice/Letter of Denial for each charge directly to Little League Headquarters, even if the charges do not exceed the deductible of the primary insurance program.
4. Policy provides benefits for eligible medical expenses incurred within 52 weeks of the accident, subject to Excess Coverage and Exclusion provisions of the plan.
5. **Limited** deferred medical/dental benefits may be available for necessary treatment incurred after 52 weeks. Refer to insurance brochure provided to the league president, or contact Little League Headquarters within the year of injury.
6. Accident Claim Form must be fully completed - including Social Security Number (SSN) - for processing.

League Name			League I.D.		
Name of Injured Person/Claimant		SSN	Date of Birth (MM/DD/YY)		Age Sex
					<input type="checkbox"/> Female <input type="checkbox"/> Male
Name of Parent/Guardian, if Claimant is a Minor			Home Phone (Inc. Area Code)		Bus. Phone (Inc. Area Code)
			() ()		() ()
Address of Claimant			Address of Parent/Guardian, if different		

The Little League Master Accident Policy provides benefits in excess of benefits from other insurance programs subject to a \$50 deductible per injury. "Other insurance programs" include family's personal insurance, student insurance through a school or insurance through an employer for employees and family members. Please CHECK the appropriate boxes below. If YES, follow instruction 3 above.

Does the insured Person/Parent/Guardian have any insurance through:

Employer Plan	<input type="checkbox"/> Yes <input type="checkbox"/> No	School Plan	<input type="checkbox"/> Yes <input type="checkbox"/> No
Individual Plan	<input type="checkbox"/> Yes <input type="checkbox"/> No	Dental Plan	<input type="checkbox"/> Yes <input type="checkbox"/> No

Date of Accident	Time of Accident	Type of Injury
	<input type="checkbox"/> AM <input type="checkbox"/> PM	

Describe exactly how accident happened, including playing position at the time of accident:

Check all applicable responses in each column:

<input type="checkbox"/> BASEBALL	<input type="checkbox"/> CHALLENGER (4-18)	<input type="checkbox"/> PLAYER	<input type="checkbox"/> TRYOUTS	<input type="checkbox"/> SPECIAL EVENT (NOT GAMES)
<input type="checkbox"/> SOFTBALL	<input type="checkbox"/> T-BALL (4-7)	<input type="checkbox"/> MANAGER, COACH	<input type="checkbox"/> PRACTICE	<input type="checkbox"/> SPECIAL GAME(S)
<input type="checkbox"/> CHALLENGER	<input type="checkbox"/> MINOR (6-12)	<input type="checkbox"/> VOLUNTEER UMPIRE	<input type="checkbox"/> SCHEDULED GAME	<input type="checkbox"/> (Submit a copy of your approval from Little League Incorporated)
<input type="checkbox"/> TAD (2ND SEASON)	<input type="checkbox"/> LITTLE LEAGUE (9-12)	<input type="checkbox"/> PLAYER AGENT	<input type="checkbox"/> TRAVEL TO	
	<input type="checkbox"/> INTERMEDIATE (50/70) (11-13)	<input type="checkbox"/> OFFICIAL SCOREKEEPER	<input type="checkbox"/> TRAVEL FROM	
	<input type="checkbox"/> JUNIOR (12-14)	<input type="checkbox"/> SAFETY OFFICER	<input type="checkbox"/> TOURNAMENT	
	<input type="checkbox"/> SENIOR (13-16)	<input type="checkbox"/> VOLUNTEER WORKER	<input type="checkbox"/> OTHER (Describe)	
	<input type="checkbox"/> BIG (14-18)			

I hereby certify that I have read the answers to all parts of this form and to the best of my knowledge and belief the information contained is complete and correct as herein given.

I understand that it is a crime for any person to intentionally attempt to defraud or knowingly facilitate a fraud against an insurer by submitting an application or filing a claim containing a false or deceptive statement(s). See Remarks section on reverse side of form.

I hereby authorize any physician, hospital or other medically related facility, insurance company or other organization, institution or person that has any records or knowledge of me, and/or the above named claimant, or our health, to disclose, whenever requested to do so by Little League and/or National Union Fire Insurance Company of Pittsburgh, Pa. A photostatic copy of this authorization shall be considered as effective and valid as the original.

Date	Claimant/Parent/Guardian Signature (In a two parent household, both parents must sign this form.)
Date	Claimant/Parent/Guardian Signature

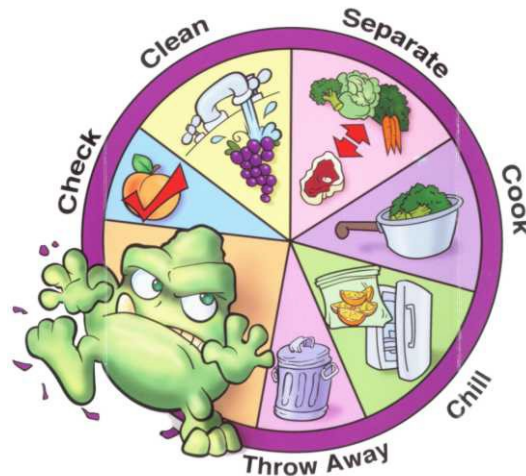
How to report --- Incidents can be reported by telephone or in person. The following information must be provided:

- Name and phone number of the individual involved.
- The date, time and location of the incident.
- As detailed description of the incident as possible.
- The preliminary estimation of the extent of injuries.
- The name and phone number of the person reporting the incident.
- Report numbers from fire/police at scene.

Safety Officer's responsibilities --- within **24 HOURS** of receiving the incident report, the Safety Officer will contact the injured party or their parent/guardian to do the following:

1. Check on the status of the injured party.
2. Verify the information received.
3. Obtain any other information deemed necessary.
4. Be of assistance regarding insurance claims.
5. Complete LLB Accident Notification Form for accidents requiring medical treatment.
6. Notify District Safety Officer regarding significant accident cases.

Concession stand Guidelines



Concession Stand help --- There should always be an adult present at the concession stand.

No one under the age of 12 may work in the Concession.

Menu --- Keep menu simple and keep potentially hazardous foods to a minimum (meats, eggs, dairy products, salads, cut fruits, vegetables, etc.). Use only food from approved source, avoiding foods that have been prepared at home.

Cooking --- Use a food thermometer to check on cooking and holding temperatures. All potentially hazardous foods should be held at 41 degrees F for cold and 140 degrees F for hot. Ground beef and pork should be cooked to an internal temperature of 155 degrees F and 165 degrees F for poultry.

Re---heating -- Rapidly reheat foods to 165 degrees F. Do not attempt to heat foods in crock---pots or steam tables.

Cooling and Cold Storage --- Food that must be refrigerated must be cooled as quickly as possible to 42 degrees F and held at that temperature until ready to serve.

Hand Washing --- Frequent and thorough hand washing. (Instructions posted at sink).

Health and Hygiene --- Only healthy workers should prepare and serve food. Anyone who shows signs of disease or has open sores or infected cuts on their hands should not be allowed in the

concession area. Workers should wear clean outer garments and not smoke in the concession stand.

Food handling --- Avoid hand contact with raw, ready to eat foods and food contact surfaces. Latex free gloves available in the concession stand will be used when handling unwrapped foods. Use an acceptable dispensing utensil to serve food.

Dishwashing --- Whenever possible use disposable utensils for food service. Wash in hot soapy water, rinse with clean water and air dry.

Ice --- Ice used to cool cans and bottles should not be used in cup beverages and should be stored separately. Use a scoop to dispense ice, never use hands.

Wiping Cloths --- Rinse and store the wiping cloths in a bucket of sanitizer (Ex. 1 gallon of water and 1/2 teaspoons of chlorine bleach). Change the solution every two hours. The alternative is to use disposable paper towels.

Insect Control and Waste --- Keep foods covered to protect from insects. Store pesticides away from food. Place garbage and paper waste in a refuse container with a tight fitting lid. Dispose with wastewater in an approved method. Use potable water from an approved source.

Food Storage and Cleanliness --- Keep foods stored off the floor. After an event is finished clean the concession area and discard unusable food.

Fire Extinguisher --- Located in concession stands. Signs posted with directions for use.

Appliances --- Turn off all appliances before cleaning. (Adult)

Grills --- Adults will operate gas grills utilized for special events. Make sure gas is shut off after use by closing valve on tank.

Remember →



Managers and Coaches Training

Mandatory managers and coach's training will be held on April 4, 2017 at Trinity Church. Training will consist of basic principles of coaching, player safety and injury prevention. **At Least one representative from each team is required to attend the clinic.** Training qualifies a volunteer for 3 years but one representative from each team is required to attend every year.

Additional Safety and CPR Training

Members of the Board, and or Coaches/Managers will be certified or recertified in Cardio--Pulmonary--Resuscitation (CPR), AED and Basic First Aid. One member of the coaching staff at any practice or game shall be certified in CPR. All volunteers are encouraged to become certified.

Warm-up & Stretching

Proper warm---ups and stretching cannot be ignored regardless of the level of play or the age of the players. Many coaches immediately begin practice because fields and practice times are so limited. Baseball is a game that demands quickness and skill rather than strength and endurance. At minimum practice s should include a light jog followed by stretching. Players gradually increase throwing intensity while warming up. Pitchers should thoroughly warm up and not throw hard until they are well warmed up.

Benefits of Stretching

- ~ To lengthen muscles
- ~ Increase range of motion
- ~ Increase circulation
- ~ Reduce the risk of injury

How

- ~ Warm up muscles with light exercise, 2-3 minute jog.
- ~ Slowly move into stretching position until you feel a light to moderate pull in the target muscle, if pain is experienced back off the stretch slightly.
- ~ Hold the stretch for at least 20 seconds
- ~ Repeat the stretch 3-5 times

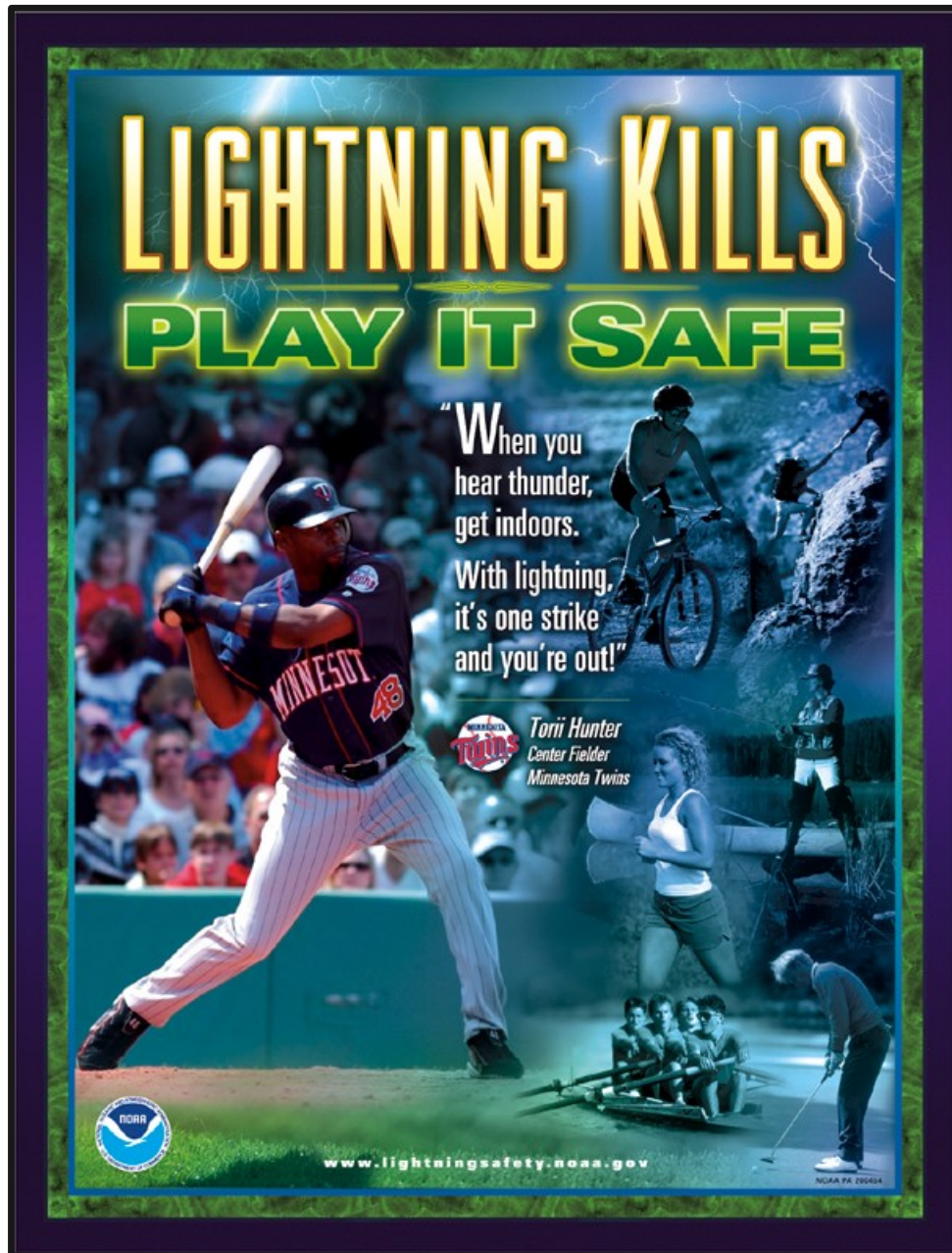
Tips

- ~ Do not bounce. Hold still in the stretching position.
- ~ Stretching is best after exercise; although a light stretch prior to exercise is beneficial.
- ~ Let your muscles stretch don't stretch your muscles. Allow muscles time to relax and lengthen. Stretching too fast may cause pain or injury.
- ~ The more you practice the more flexible you will become.

Recommended Baseball Stretches:

- Neck Rotation
- Shoulder Stretch
- Back Stretch
- Chest Stretch
- Forearm Stretch
- Triceps Stretch
- Trunk Stretch
- Torso Twist
- Hip Roll
- Butterfly Stretch
- Thigh Stretch
- Standing Hamstring Stretch
- Leaning Calf Stretch
- Standing Quad Stretch

Lightning Information



Facts and Safety Procedures

Facts:

- The average lightning strike is 6-8 mi. long.
- The average thunderstorm is 6-10 mi. wide and travels 25 mi. per hour.

- Once the leading edge of thunderstorm approaches to within 10 mi., you are at immediate risk due to the possibility of lightning strokes coming from the storms over hanging anvil clouds.
- On the average, thunder can only be heard over a distance on 3--4 mi., depending on humidity, terrain and other factors. This means that by the time you hear the thunder, you are already in the risk area for lightning strikes.

"Flash-Bang" Method

One way of determining how close a recent lightning strike is to you is called the "flash--bang" method. With this method a person counts the number of seconds between the sight of lightning and the sound of the thunder that follows. Halt--play and evacuation should be called when the time is 15 seconds or less.



Rule of Thumb

The ultimate truth about lightning is that it is unpredictable and cannot be prevented. Therefore, a manager, coach or umpire who feels threatened by an approaching storm should stop play and get the kids to safety. When in doubt to following rule of thumb should apply:

1. Where to go?

No place is absolutely safe from the lightning threat, but some places are safer than others. Large enclosed shelters, (substantially constructed buildings) are the safest, (concessions stand). Of the majority of participants, the best shelter is a fully enclosed metal car with the windows rolled up. If you are stranded out in the open without shelter, stand with your feet close together, crouch down and cover your ears with your hands to protect them.

Where NOT to GO!!!

Avoid high places and open fields, isolated trees, unprotected gazebos, rain or picnic shelters, dugouts, flagpoles, light poles, bleachers (both wood and metal), metal fences and water.



First Aid for Lightning Victim

Typically, the lightning victim exhibits similar symptoms as that of someone suffering from a heart attack. **Call 9-1-1.**

- The first tenet of emergency care is "**make no more casualties**". If the victim is in a high-risk area, the rescuer should determine if movement from that area is necessary -- lightning can and does strike the same place twice. If rescuers are at risk, and movement is a viable option, then it should be done.
- If the victim is not breathing, start mouth-to-mouth resuscitation. If it is decided to move the victim, give few quick breathes prior to moving them.
- Determine if the victim has a pulse. If there is no pulse begin cardiac compressions as well.

Discipline policy of Managers and Coaches

Managers and coaches can be removed at any time by the CELL executive board by majority vote for just cause.

CELL Code of Conduct

*No Board Member, Manager, Coach, Player or Spectator shall:

- At any time, lay a hand upon, push, shove, strike, or threaten to strike an official.
- Be guilty of heaping personal verbal or physical abuse upon any official for any real or imaginary belief of a wrong decision or judgment.
- Be guilty of an objectionable demonstration of dissent at an official's decision by throwing of gloves, helmets, hats, bats, balls, or any other forceful un--sportsman like action.
- Be guilty of using unnecessarily rough tactics in the play of a game against the body of an opposing player.
- Be guilty of a physical attack upon any board member, official manager, coach, player or spectator.
- Be guilty of the use of profanity, obscene or vulgar language in any manner at any time.
- Appear on the field of play, stands, or anywhere on the Aqueduct Complex while in an intoxicated state at any time. Intoxication will be defined as an odor or behavior issue.
- Be guilty of gambling upon any play or outcome of any game with anyone at any time.
- Smoking is not permitted on any of CELL Complex grounds at anytime.
No Exceptions!
- Be guilty of discussing publicly with spectators in a derogatory or abusive manner any play, decision or a personal opinion on any players during the game.
- As a manager or coach be guilty of mingling with or fraternizing with spectators during the course of the game.

- Speak disrespectfully to any manager, coach, official or representative of the league.
- Be guilty of tampering or manipulation of any league rosters, schedules, draft positions or selections, official score books, rankings, financial records or procedures.
- Shall challenge an umpire's authority. The umpires shall have the authority and discretion during a game to penalize the offender according to the infraction up to and including removal from the game.

General Field Safety Guidelines

- All tee ball and Instructional practices and games will use the soft toss baseballs instead of the normal hardball to reduce and injuries to our younger players.
- All bases shall be of the disengage--able type. Bases, which are set into the field, shall have the base cleaned out of dirt and or debris at all times. If a base becomes dislodged during play it will be properly replaced and cleaned out prior to play resuming.
- Double first base (orange and white) will be used on all Tee ball and Instructional games.
- All fields are to have the yellow/orange warning protective fence toppers if below 6 ft. in height. If any section is coming off prior to a game or practice it will be fixed prior to the start of any play.
- Netting is in place on all fields to protect spectators, bystanders and vehicles.
- All players are **required** to us some form of protective cup, this refers to males and females. All helmets are **required** to have a face shield in place to include personal helmets (AAA Division and below). Mouth guards are not required but are **encouraged** to protect all players from tooth injuries and concussions.

Distribution of Safety Manual

- The intent is to print and distribute the league safety program to all members, coaches, managers, concession workers, and equipment policies to facilities crew. This will be done in a timely manner in order to familiarize the members of our league about the importance of safety for the children involved in our league. It will also be available via download on the CELL website.
- Safety plan must be submitted with the official Little League qualified safety plan registration form with the ASAP plan and Field survey. Field survey to be submitted online and printed out and send into little league with completed safetyplan.
- All Player registration data or player roster data and coach manager data must be submitted to the little league data center (found at www.littleleague.com)