

# Spring 2022

## Safety & Security



# Managers & Coaches



- **Managers & Coaches** are responsible for addressing violations of MOT Little League Codes of Conduct and must address the following:
  - Parents, players or fans making negative comments
  - Non-players or others unauthorized to be in the dugout or on the field
  - An orange 2022 MOT Volunteer lanyard is required in order to be on the field or in the dugouts with players at any time (try-outs, practices, games). **Spring and Fall**
  - Although many covid mandates and restriction are expired/relaxed, the league still recommends against the sharing of any beverages, foods or personal playing equipment (players/staff may choose to wear masks and other safeguarding methods of their own personal choice).
  - Adhere to medical form requirements and be aware of food and/or any environmental allergies or physiological challenges.
  - No intentional distracting of the pitcher (loud noises/screaming upon wind-up or delivery, name-calling, or any unsportsmanlike conduct)

# Security & Housekeeping

- Never relinquish the lock codes to doors and lockers to any non-volunteer; including players.
- Always randomize combination locks after securing them closed.
- Never permit parents or players access to lockers or supply sheds.
- Always replace equipment in lockers and sheds in a neat and organized fashion.
- Always rake the field after games and practices, ensuring all holes and divots are filled.
- Always check base locations before leaving the field to ensure they are plugged.



**Make sure base plugs are back in place after every practice and game.**





# Player Safety

- Before each practice and game:
  - Conduct a field audit prior to games and practices
  - Make sure a first aid kit is nearby and AED location is known
  - Have a cell phone nearby and ready to dial 911 in case of an emergency
  - Discuss requirements of safety with the players
    - No Horseplay
    - Absolutely no jewelry
    - Discuss any field hazards (dips, holes, mud spots, sun glare)
    - No swinging of bats unless at the plate or in a designated on-deck location (On-deck permitted in seniors only)
- Ensure players are properly equipped
  - Pelvic protection
  - Catching gear (gear must always be worn when playing the position of catcher or warming up/catching the pitcher.)(Coaches may not warm-up pitchers for games).
  - Batting helmets worn at every at-bat (practice or game)
  - Fielding masks as required
  - Always remind players to bring plenty of cold beverages for games and practices
  - Optional equipment: batting gloves, sunglasses
  - Players with splints, leg/arm braces, casts, medical sleeves are not permitted on the field.

 Little League® Baseball and Softball  
MEDICAL RELEASE 

NOTE: To be carried by any Regular Season or Tournament Team Manager together with team roster or International Tournament affidavit.

Player: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Gender (M/F): \_\_\_\_\_

Parent (s)/Guardian Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Parent (s)/Guardian Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Player's Address: \_\_\_\_\_ City: \_\_\_\_\_ State/Country: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PARENT OR LEGAL GUARDIAN AUTHORIZATION: \_\_\_\_\_

In case of emergency, if family physician cannot be reached, I hereby authorize my child to be treated by Certified Emergency Personnel: (i.e. EMT, First Responder, E.R. Physician)

Family Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State/Country: \_\_\_\_\_

Hospital Preference: \_\_\_\_\_

Parent Insurance Co.: \_\_\_\_\_ Policy No.: \_\_\_\_\_ Group ID#: \_\_\_\_\_

League Insurance Co.: \_\_\_\_\_ Policy No.: \_\_\_\_\_ League/Group ID#: \_\_\_\_\_

If parent(s)/legal guardian cannot be reached in case of emergency, contact:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Relationship to Player: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Relationship to Player: \_\_\_\_\_

Please list any allergies/medical problems, including those requiring maintenance medication (i.e. Diabetes, Asthma, Seizure Disorder)

Medical Diagnosis	Medication	Dosage	Frequency of Dosage

Date of last Tetanus Toxoid Booster: \_\_\_\_\_

The purpose of the above listed information is to ensure that medical personnel have details of any medical problem which may interfere with or alter treatment.

Mr./Mrs./Ms. \_\_\_\_\_

Authorized Parent/Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_

FOR LEAGUE USE ONLY:

League Name: \_\_\_\_\_ League ID: \_\_\_\_\_

Division: \_\_\_\_\_ Team: \_\_\_\_\_ Date: \_\_\_\_\_

WARNING: PROTECTIVE EQUIPMENT CANNOT PREVENT ALL INJURIES A PLAYER MIGHT RECEIVE WHILE PARTICIPATING IN BASEBALL/SOFTBALL.  
Little League does not limit participation to its activities on the basis of disability, race, color, creed, national origin, gender, sexual preference or religious preference.

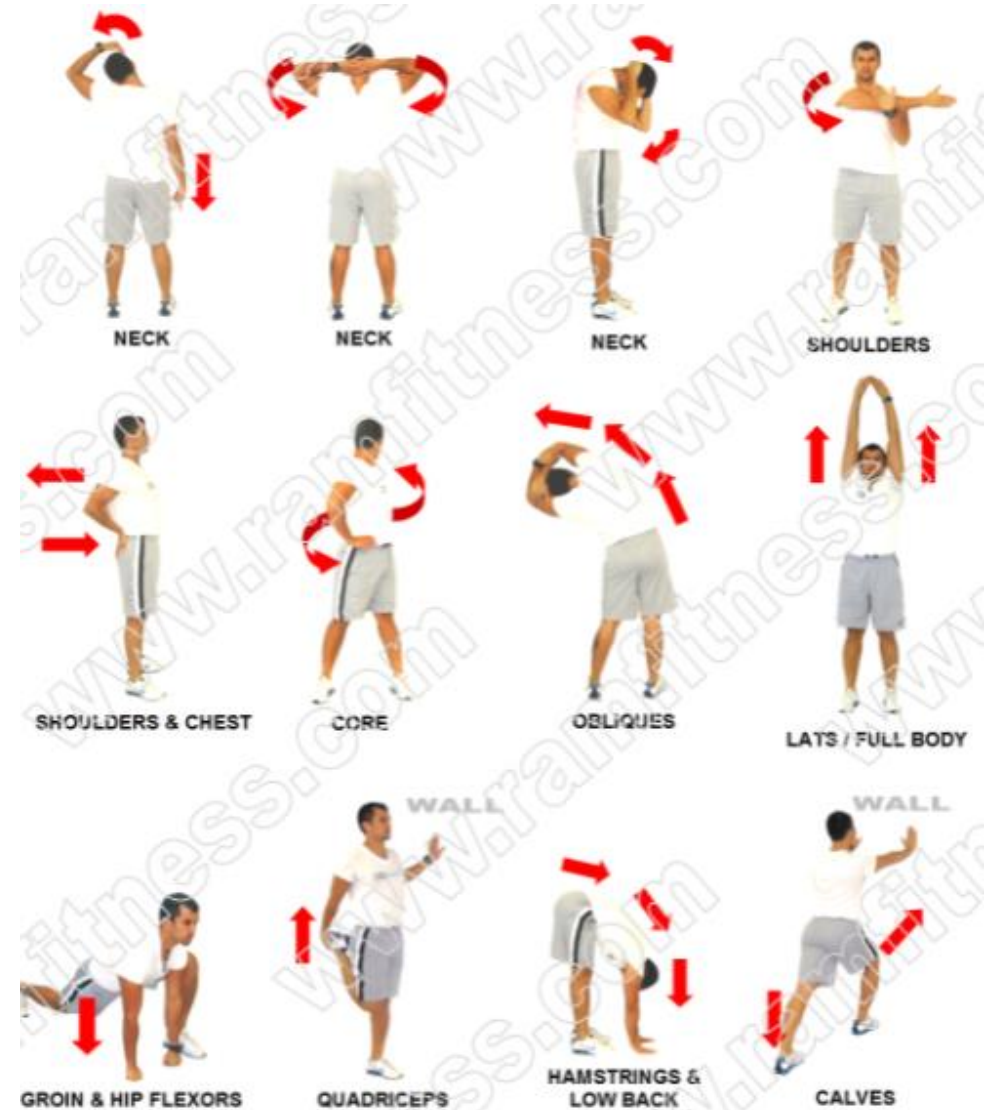
**Player Medical Release forms must be completed and kept on file with each manager and available for inspection at each game/practice.**

**No on-deck batting for majors, minors, rookies, instructional or tee-ball.**



# Player Safety

- Get players in the habit of proper warm-up techniques
  - Have players warm-up with running, calisthenics and throw/catch
  - Have players stretch using typical baseball/softball stretching techniques
    - Neck Stretches
    - Shoulder Stretches
    - Core / Hips
    - Obliques
    - Groin
    - Quads, Calves and Hamstrings



# Accident Reports

- Accident Reports are available on the MOT Little League website
  - Provide emergency response and/or first aid
  - Contact the parents/guardian if not already on scene
  - Contact the Safety Officer (Shane Tuffy 302-803-0321)
  - Reports must be filed as soon as practicable but no more than 48hrs after event
  - Any injury with actual or potential loss of future playing time should be reported
- Signs of a potential concussion
  - Headache or “pressure” in head.
  - Nausea or vomiting.
  - Balance problems or dizziness, or double or blurry vision.
  - Bothered by light or noise.
  - Feeling sluggish, hazy, foggy, or groggy.
  - Confusion, or concentration or memory problems.
  - Just not “feeling right,” or “feeling down”.





# CPR & AED Basics

If you are untrained, or trained but not too confident in your abilities:  
If you've **never been trained in CPR**, or have been, but are unsure about giving rescue breaths, then use **hands-only CPR**. Hands-only CPR involves uninterrupted chest compressions of 100 to 120 per-minute until an EMT arrives.

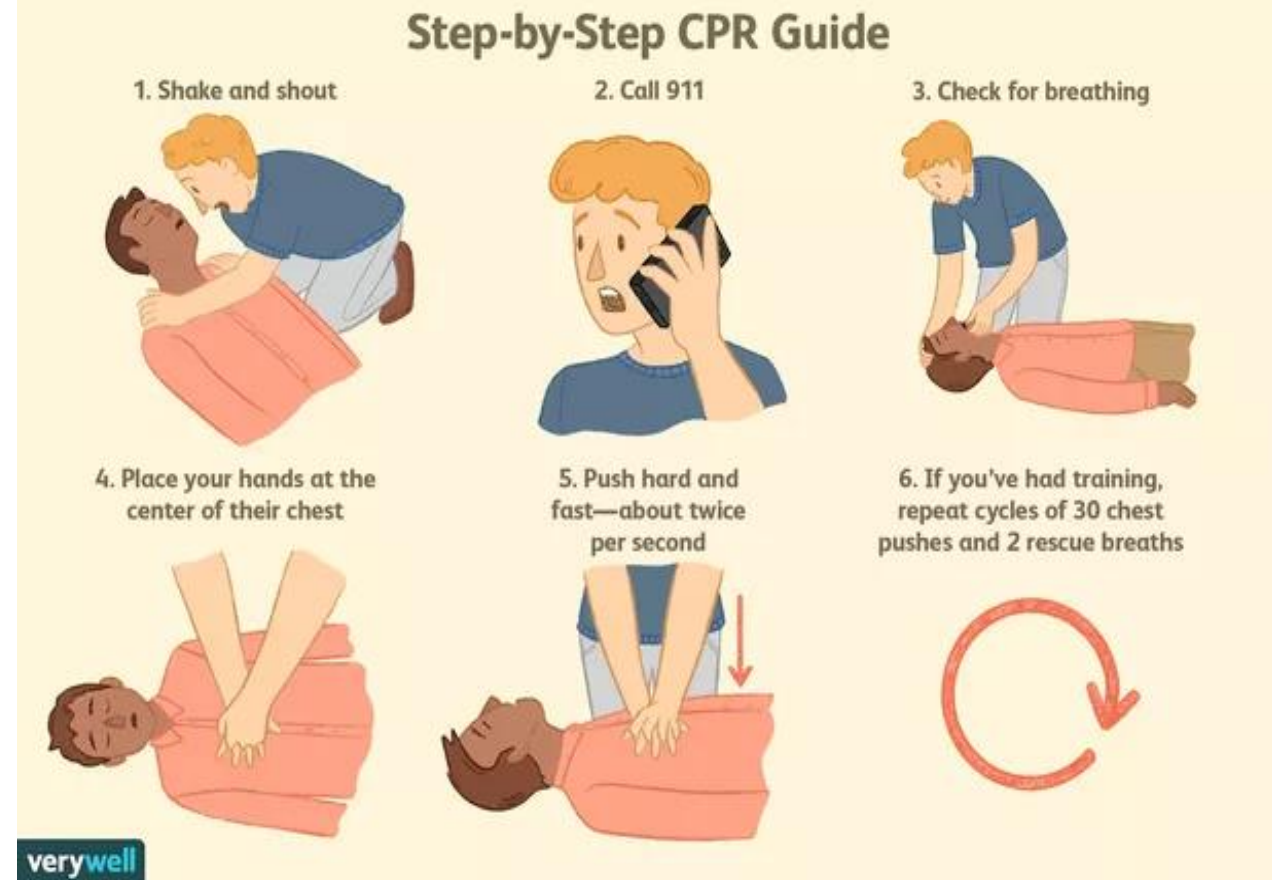
You do not include rescue breathing with this technique.

If you are formally trained and have CPR certification, use such training to provide the current CPR techniques and practices.

## Using the AED

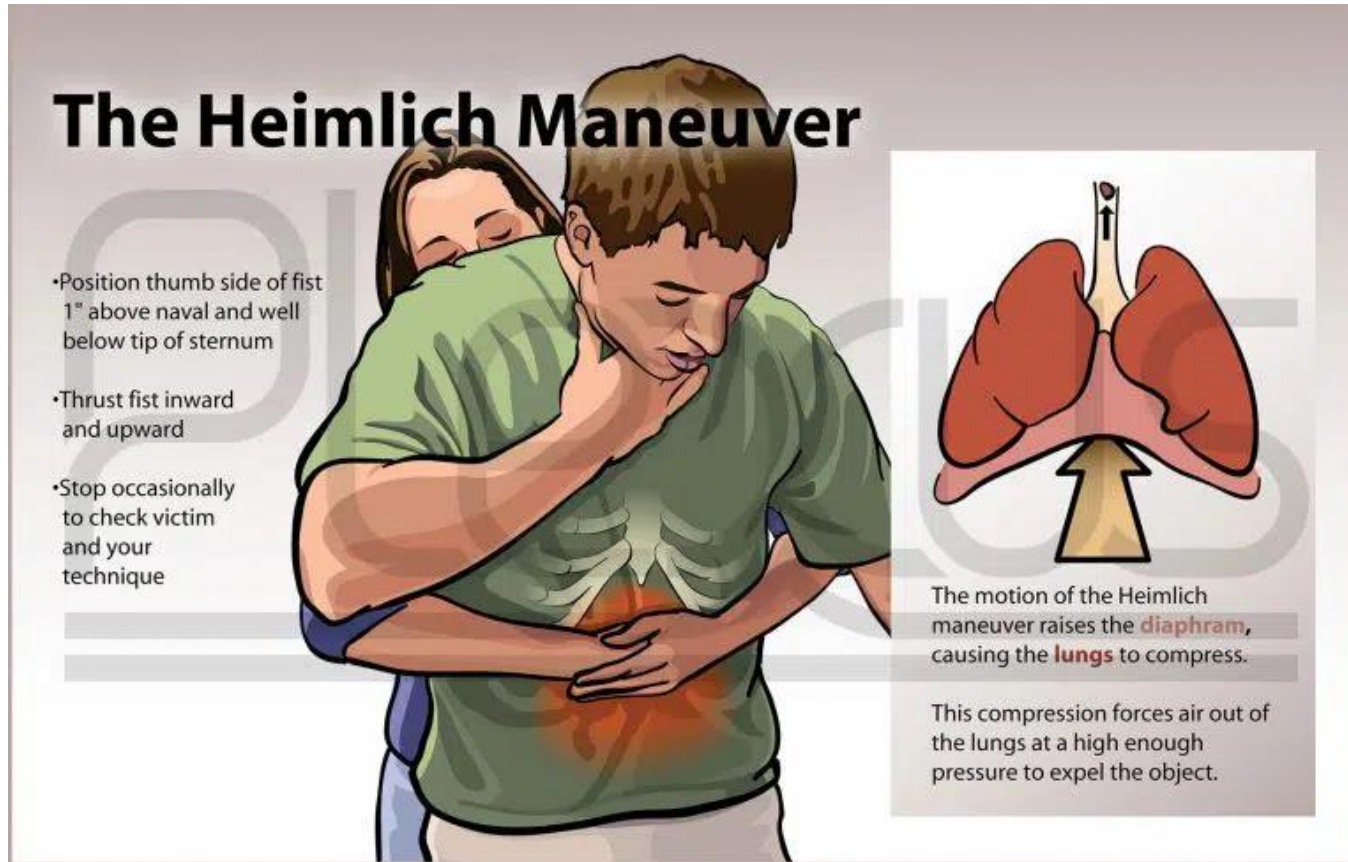
- Check for unresponsiveness.
- Call 9-1-1 and retrieve the AED.
- Open the airway and check for breathing.
- Check for a pulse.
- Attach the AED electrode pads.
- Analyze the heart rhythm.
- Press the "shock" button, if advised (unless automatic shock is provided).

AED's are located at press box storage rooms at the Senior Baseball and Front Softball Field at Silver Lake and storage room next to concession stand at Duke.



# Choking

## Heimlich Maneuver – Conscious



- Make a fist and place it just above the navel, thumb side in.
- Grab the fist with your other hand and push it inward and upward at the same time.
- Perform five of these abdominal thrusts.
- Repeat until the object is expelled and breathing or coughing begins.





<b>EMERGENCY</b>		<b>MOT LITTLE LEAGUE INFORMATION</b>	
Police and Fire	911	Duke Field	(302) 376-6894
Ambulance	911	Cleaver Farm Rd. Middletown, DE 19709	
Poison Control Center	800-222-1222	Silver Lake Park	
		200 East Cochran St. Middletown, DE 19709	
<b>Non Emergency Contact Numbers</b>			
Middletown Police	302-376-9950	Rain Outs - Check Website - <a href="http://motll.com">http://motll.com</a>	
Middletown Fire	302-378-7799		
Odessa Fire Department	302-378-7075	<b>MOT BOARD OF DIRECTORS</b>	
Townsend Fire Department	302-378-8111	President - Aaron Blythe	(302) 685-0173
State Police Troop 9	302-378-5218	Vice-President - Tom Peters	(845) 527-3754
Gas and Electric Utilities		Player Agent - Julie Eide	(302) 378-1799
Town of Middletown	302-378-2211	Baseball Vice-President - Kevin Bailey	(302) 593-3771
Chesapeake Utilities	800-427-2883	Softball Vice President - Matt Brown	(919) 900-0401
Delmarva Electric	800-898-8042	T-Ball & Instructional Vice President - Mandy Catalfamo	(302) 932-4840
	302-454-0317	Secretary - Brian Yarborough	(302) 383-9875
		Chief Umpire - George Kilbride	(302) 598-1275
<b>AREA HOSPITALS / EMERGENCY ROOMS</b>		Information Officer - Linda Lappert	(302) 449-1240
Christiana Hospital	302-733-1000	Training Officer - Vacant	
4755 Ogletown Stanton Rd. Newark, DE 19718		Concession Liaison - Vacant	
Christiana Middletown Emergency Room	302-203-1300	Safety Officer - Shane Tuffy	(302) 803-0321
621 Middletown Odessa Rd. Middletown, DE 19709		Volunteer Coordinator - Shane Tuffy	(302) 803-0321
A.I. DuPont Hospital	302-651-4200	<b>MOT DIVISION COORDINATORS</b>	
1600 Rockland Road Wilmington, DE 19803		Junior / Senior Baseball - Michael Pierce	(302) 561-0986
Kent General	302-674-4700	Major Baseball - Kevin Bailey	(302) 593-3771
640 South State Street Dover, DE 19901		Minor Baseball - Scott Day	(804) 263-6769
Glasgow Medical Aid Unit - MIDDLETOWN	302-449-3100	Rookie Baseball - Megan Pinand	(848) 992-5594
124 Sleepy Hollow Drive Middletown, DE 19709		Instructional Baseball & Tee Ball	(302) 932-4840
Glasgow Medical Aid Unit - BEAR	302-836-8350	Junior / Senior Softball - Dave Pinand	(302) 270-5082
2600 Glasgow Avenue Newark, DE 19702		Major Softball - JR Stokes	(302) 218-8779
		Minor Softball - David Pinand	(848) 333-5294
<b>REGIONAL LL INFORMATION</b>		Rookie Softball - Shane Tuffy	(302) 803-0321
Mid-Atlantic LL Regional Office	860-585-4730	Instructional Softball - Erin Trczinski / Stef Krygier	(302) 293-0655
FAX - Mid-Atlantic Regional Office	860-585-4734		(302) 563-8899
335 Mix Street Bristol, CT 06010		Challenger - Lisa Johanssen	(302) 270-5082
		<b>DE DISTRICT 1 OFFICERS</b>	
Little League International Office	570-326-1921	Steven Lappert	(302) 653-4186
FAX - LL International Office	570-322-2376	Delaware District 1 Little League Administrator	(302) 449-1240
PO Box 3485 or 539 Route 15 Hwy.		121 South Delaware St. Smyrna, DE 19977	
Williamsport, PA 17701 S. Williamsport, PA 17702			
		Marnie Kinsey	302-359-3108
		Delaware District 1 Safety Officer	