

# Coaching Guide – Safety Basics



## Safety Basics

Safety is a primary concern of parents while their children are participating in youth sports. CHLL takes safety seriously. Safety is an integral part of performing your duty as Manager or Coach. Our job as Managers and Coaches is to provide a safe environment for the kids to enjoy baseball. Safety starts with Team Managers. To accomplish this, follow these guidelines:

All players must have a completed **Medical Release** form before setting foot on the field.

- **Medical Release Forms** are to be kept with Managers/Coaches. Managers and Coaches must have completed Medical Release forms with them at all practices and game locations. These forms should be reviewed by Managers so they are aware of any special medical needs of their players. It is recommended that the Medical release forms be kept within the Manager's Notebook provided by the league and is always readily available on the field. These forms are important because they provide: Contact information, in case of an emergency and specific information about medical providers & conditions
- **First Aid Kits.** Kits are issued to Managers and are required to be kept with the equipment bag. The league also has a first aid kit in the snack bar.
- Authorized Little League activities are covered by insurance provided that a Manager or Coach is present. Teams may not begin practice or games without a Manager or Coach present.

## In Event of an Emergency

- Stay calm
- Obtain necessary treatment
  - ❖ If a player sustains a serious injury, call 911 immediately
  - ❖ Stay with the player
  - ❖ Obtain, Medical Release Form for contact, medical provider, and other information
- Notify Parents
- Notify the CHLL Safety Officer and Player Agent as soon as possible

## **General Safety Reminders & Tips**

Be observant. Inspect fields and play areas. Look for hazards such as water bottle tops, glass or rocks. Do not play on wet or muddy fields. Report any issues to the Field Manager. Get into a habit of checking the field and looking for potential hazards every time you step on the field.

**Batting helmets.** All Batters and Runners must wear a batting helmet at all times!

- ❖ Any time a bat is in a player's hand, they must have a helmet on
- ❖ Running Bases

**Batting areas.** There is no "On-Deck" in Little League so the On-Deck Batter CANNOT be on the field except for the first Batter to start the ½ inning. Batters in the dugout MAY NOT have a bat in their hands.

**Throwing equipment.** Do not throw equipment, bats, helmets, and gloves. Umpires are advised to warn managers; subsequent events result in outs.

**Equipment storage.** Designate areas to store equipment, bags, and gear during games, keep bats and other equipment out of the way when not in use; improper use of equipment can cause injury.

**Catcher's gear.** Always check the catchers gear prior to each use to make certain the equipment is in good shape. Catcher's masks MUST have a dangling throat guard attached. Players warming up pitchers must wear a catcher's mask.

**Jewelry.** No jewelry is allowed, except for medical ID bracelets.

### **Concussion Basics**

- A concussion is a brain injury that affects how your brain works.
- A concussion is caused by a blow to the head or body, such as:
  - ❖ Another player
  - ❖ Hard surface (ground, dugout, walkway, fence, etc.)
  - ❖ Object (ball or bat)
  
- A concussion can occur even if the person is NOT knocked unconscious
- What to do if you suspect a concussion has occurred:
- If you suspect a concussion has occurred.....
  1. Immediately remove the player from the game/practice or activity and do not allow them to continue the activity. "When in doubt, sit them out", don't assume the player is ok.
  2. Notify the player's parents (see Team Manager for listing of Parents or Guardians listed on the Medical Release form).
  3. Ensure the player is evaluated by a healthcare professional.
  4. Ensure the player has a medical release before returning to practice/games or activity. The player is not allowed to participate until "ok'd" by a qualified medical professional.

***Signs observed by others, that player may have a concussion:***

- Dazed, stunned
- Confused
- Forgets, can't recall events prior to incident, unsure of game, date, etc.
- Shows behavior changes

***Symptoms reported by the player that may have a concussion:***

- Headache, pressure in the head
- Vomiting, nausea (sick to stomach)
- Dizziness, loss of balance
- Vision issues, blurry
- Sensitivity to light or sound
- Sluggish
- Problems concentrating Managers and Coaches can minimize safety risk by being observant of the players, practice/game fields and conditions.