



# **BASIC SAFETY CHECKLIST**

SPRING 2013

James Egbert  
Safety Officer  
League ID Number 4055202

## **INTRODUCTION**

This Basic Safety Checklist is being introduced with the goal of re-emphasizing the importance of safety and "to create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Hillsborough Little League Baseball," and is provided as a tool for managers and coaches.

## **IMPORTANT PHONE NUMBERS/WEBSITE**

Hillsborough Emergency Center                      **650-375-7470** or **911**

Website    [www.hllbaseball.org/](http://www.hllbaseball.org/)

## **SAFETY CHECKLIST**

### ***Dedicated to Injury Prevention***

#### ***Manager/Coach Duties***

- **Medical Release Forms must be on hand at practices and games.** If in doubt about the seriousness of a player injury, seek medical care (err on the safe side) and notify the league safety officer.
- **Managers/Coaches and all volunteers involved with HLL must have completed the annual background check process prior to any interaction with any players.**
- Equipment should be inspected regularly for the condition of the equipment as well as for proper fit.
- No games or practices 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, stones, glass and other foreign objects
- Managers and coaches should ensure that spectators and unaffiliated third-parties are a safe distance from the playing area, keeping in mind: batted balls (fair or foul), pitched balls, thrown balls, and thrown bats.

- Foul territory is a dangerous area for spectators of all ages. It is up to the coaches to advise players and their families of the potential hazard of sitting and/or playing in foul territory.

#### Player/Parent Duties

- Player must not wear watches, rings, pins or metallic items during games and practices
- Athletic supporters with protective cups are mandatory for all male players in AA, AAA, Minors and Majors.
- Parents of players who wear glasses should be encouraged to provide "safety glasses" or sports goggles

#### Game/Practice Safety

- All team equipment should be stored within the team dugout, and not within the area defined by the umpires as "in play." Responsibility for keeping bats and loose equipment off the field of play should be that of a player assigned for this purpose or the team's manager and coaches
- Swinging bats is for the player at bat only! Warming up or swinging bats anywhere off the field of play is not allowed. There is no "on deck" circle or other designated place to swing bats.
- Only players, managers, coaches, and umpires are permitted on the playing field or in the dugout during games and practice sessions.
- Batters, base runners and player coaches must wear Little League approved protective helmets during batting practice and games.
- Catcher must wear catcher's helmet, mask, throat guard, long model chest protector, shin guards and protective cup with athletic supporter at all times (males) for all practices and games. This applies between innings and in the bullpen during a game and also during practices. **NO EXCEPTIONS.**
- "Head Savers" that fit into baseball caps are required for all pitchers in AAA, Minors and Majors. Each team will be provided with head savers.

- Batting helmets are required for all pitchers in T-ball, A and AA.
- During practice and games, all players should be alert and watching the batter on each pitch.
- At no time should "horse play" be permitted on or near the playing field

### Practice/Game Strategy

#### Warm-Ups

- Preventive health practices (warm-up, stretching, etc.) should be a standard procedure for pre-practice and pre-game warm-up
- All pre-game warm-ups should be performed within the confines of the playing field and not within areas that are frequented by, and thus endanger, spectators (i.e., playing catch, pickle, swinging bats, etc..)
- During warm-up drills, players should be spaced so that no one is endangered by wild throws or missed catches
- Warm-ups at district field. No player may throw toward or away from the ivy covered wall along the left field foul line of minors field. All warm up throwing should be done so no balls can travel over the ivy covered wall along the left field foul line and into the neighboring property.
- Never throw a ball to someone who is not wearing a glove or is not looking

#### Playing at Practice/Game

- Coaches should teach infielders to stay out of the base paths on defensive plays
- Discourage dangerous base running techniques such as breaking up a double play, colliding with the defensive player and intentional interference.
- Except when a runner is returning to a base, headfirst slides are not permitted

- During sliding practice, bases should not be strapped down or anchored
- Batters getting "beaned" is a common fear and an occasional cause of minor injuries. These problems can be minimized by including a batting practice session on how to turn away from a potential bean ball.

#### Spectator/Player Conduct

- Climbing on fences and school buildings is not permitted. Managers, Coaches and Umpires may stop the game or practice until such conduct ceases

#### Concussion

- an athlete suspected of having a concussion or head injury must be removed from the activity and be cleared by a health care provider before returning to the activity. CA Law AB25.
- After tending to the player and parents contact the safety director if a child is removed from play due to a suspected concussion.
- A player suffering a concussion cannot return to any baseball activity until written permission from a physician and a written acknowledgment from the parents is presented to Hillsborough Little League.

#### Concussion Prevention

- Abide by helmet and head saver rules of Hillsborough Little League
- Only the batter in the batters box may swing a bat. There is no on-deck circle.
- No head-first sliding. The only exception is when returning to a base.
- Avoid collisions. Catcher does not block the plate, fielders do not block the basepaths and runners are not to collide with fielders.

#### Physical Symptoms of Concussion

- Double vision
- Headache or reported head pressure
- Nausea / vomiting

- Dizziness / can't maintain balance
- Sensitivity to light or noise
- Sluggishness, grogginess
- Clumsy movements
- Concentration and memory problems
- Doesn't "feel right"
  
- Non Physical Symptoms of a Concussion
- Appears dazed or stunned
- Is confused about what to do on the field
- Forgets a simple instruction
- Is unsure of the score, or who or where they're playing
- Answers questions slowly
- Loses consciousness, even briefly
- Shows immediate behavior or personality changes
- Can't recall what happened before or after the trauma
  
- What To Do
  - If you suspect a concussion
- Remove the child from the field.
- Assign an adult to stay with and observe the child.
- Contact the parents and tell them to seek medical attention right away.
- Tell the parents the details of the event and the signs and symptoms observed.

- Give your contact information to the parents in case the medical team needs more information.
- Notify the HLL Safety Director of the incident.

If you see a need to add to the safety code, or require any clarifications, please contact James Egbert, MD at 650-520-7697.

**Thank you.**