



SAFETY MANUAL

TABLE OF CONTENTS

1. Safety Checklist	
1.1 Fields	3
1.2 Weather Conditions.....	3
1.3 Players.....	3
1.4 Spectators.....	4
2. Safety Code.....	5
2.1 Goals.....	5
2.2 Responsibility	5
2.3 Medical Emergencies.....	5
2.4 Playing Conditions.....	5
2.5 Equipment	6
2.6 Play	6
2.7 Rules	7
3.1 Procedure.....	7
3.2 Reporting	7
3.3 Communicable Diseases	8
4. Safety is Everyone's Job.....	8
5. MIDDLETOWN LITTLE LEAGUE Policy.....	8
6. Little League Pledge	9
7. League Contacts.....	8
7.1 League Telephone Number: (732).....	9

MIDDLETOWN LITTLE LEAGUE SAFETY MANUEL

2008

1. Safety Checklist

1.1 Fields

All managers, coaches and umpires are required to walk the fields' prior to play and remove any litter and/or debris.

1.2 Weather Conditions

Lightning- Halt play and evaluation should occur if the time between a lightning flash and the sound of thunder is less than fifteen (15) seconds. Seek shelter in a large enclosed building or fully enclosed metal vehicle. If caught in the open place feet together, squat down, and cover ears (to prevent eardrum damage).

Heat- Anytime temperature is above 90 degrees Fahrenheit, or the relative humidity is above 95%, a halt for rest and fluids should occur after the 3rd inning. Have shade and adequate water available. Encourage players to drink small amounts frequently. Any player exhibiting signs of heat related illness (cramps, fatigue, light headedness, nausea, vomiting or headache), should be removed from the game, placed in the shade, and re-hydrated. If symptoms do not respond immediately, seek prompt medical aid.

Rain/Mud- Playing on muddy fields with wet equipment places the players at risk and creates ruts and holes that can be a hazard. When in doubt reschedule the game.

1.3 Players

Jewelry- Players are not allowed to wear jewelry, except for medical-alert bracelets or necklaces.

Uniforms- Uniforms must be in good repair.

Equipment- Equipment must be in good repair.

On-Deck Circle- On-deck circle or batters are NOT allowed.

Pitcher- Pitchers warming up in an area subject to foul balls are required to have a spotter with helmet and glove.

1.4 Spectators

Behavior- Spectators are not allowed to argue with any calls made by the umpire. Obscene and/or detrimental comments directed towards umpires, players, managers, coaches or parents of either team will not be tolerated. It is the manager's responsibility to keep spectators within acceptable behavior limits pursuant to the **Parents Code of Conduct**. Any violations may result in removal from the grounds.

Smoking- There is **NO SMOKING** on or near any of the ball fields, dugouts or fan seating area, this also includes the area around the clubhouse at Bodman. In addition, if our Program is utilizing one of Middletown's Public Schools, there is to be **NO SMOKING** whatsoever on School Property.

Foul Territory- Spectators in foul territory are to remain alert and well back from the field of play.

Benches/Dugouts- Benches and dugouts are for managers, coaches and players only. If not on the field of play, all players (except warm-up pitchers and catchers) must remain within the benches/dugout area. All Manager, Coaches and Scorekeepers are required to wear M.L.L. issued ID badges, anyone not displaying an ID badge will be asked to leave the field, no exceptions.

Young Children- Young children must be properly supervised at all times.

Pets- Pets must be kept on a leash.

1.5 Concession Stand "Bistro"

The concession stand is licensed and inspected by the local Fire Inspector and Board of Health annually. The concession stand is maintained in accordance with all applicable health and fire codes. This include but is not limited to the posting of volunteers must wash hand signs in the concession stand as well as in the restrooms. All food handlers must wear gloves.

1.6 Golf Cart

The golf cart is only to be operated/driven by licensed drivers. Maximum capacity is three seated occupants. No one is to ride in the cargo area. The cart is to be operated in a responsible manner at all times.

2. Safety Code

2.1 Goals

Education- Middletown Little League's (M.L.L.) goal is to educate all players, managers, coaches, and spectators in safety awareness. All managers, Coaches are required to complete the Rutgers Safety Course prior to being appointed. This course is offered each spring in the Field house free of charge. Additionally one member of each coaching staff is required to attend a CPR class sponsored by M.L.L. Classes are held in the field house. Please check calendar for dates

Prevention- Middletown Little League's goal is to prevent as many injuries as possible through responsible and proactive training

2.2 Responsibility

Safety is the responsibility of all adults involved with M.L.L.

2.3 Medical Emergencies

Training- M.L.L's. goal is to have all managers, coaches, and umpires trained in First Aid and CPR.

Services- Arrangements for emergency medical services should be made in advance of all games and practices. All managers and coaches should have access to a cell phone at all games and practices.

Emergency Contact- All managers must have each player's emergency contact information at every practice and game.

2.4 Playing Conditions

Weather- No games or practices should be held during lightning or excessive heat (see Safety Checklist).

Field- Inspect play areas frequently for holes, damage, stones, glass or other foreign objects.

2.5 Equipment

Inspection- Inspect equipment regularly and make sure it fits properly.

Catcher- Catchers must wear catcher's helmet, mask, throat protector, shin guards, long model neck protector, and protective cup at all times.

Batters- Batters must wear Little League approved helmet in good repair.

Glasses- Parents should be encouraged to provide "safety glasses for their children wearing glasses.

Mouth Guards- Parents should be encouraged to provide mouth guards for their children.

Heart Guard- Parents are encouraged to provide heart guards for their children.

2.6 Play

Foul Balls- Prior to any game a procedure should be established for retrieving foul balls at fields that are adjacent to roads Bodman 1 and 2, Belford, etc...

Player Alertness- Managers should make sure all players are alert and watching the batter on each pitch during practice and games.

Sliding- Proper sliding technique should be taught before sliding into bases. Head first sliding is prohibited, except when a runner is returning to a base.

Horseplay- Horseplay is not permitted on the playing field or in the dugouts at any time.

On Deck Circle- There is no on deck circle, and there is to be **NO** swinging of bats by any players other than the batter at the plate, there are **NO EXCEPTIONS** to this rule.

2.7 Rules

Managers, coaches, and umpires are required to be thoroughly familiar with the current Little League Rule Book and local rules and regulations. Each is issued a Current rulebook and copy of any local rules prior to the season.

3. Procedures

3.1 Serious Injury

- Administer First Aid. Call 911 if necessary.
- Reassure the injured party and spectators.
- Contact the injured part's parent or guardian. If unavailable, contact the emergency contact.
- Control the crowd.
- Talk to your team about the situation. Often players are upset and worried when a teammate is injured. They need to feel safe and understand why the injury occurred.
- Consult your First Aid Booklet for return to play guidelines. Any injury requiring professional medical care will need a physician's clearance prior to returning to play.
- Contact your league Safety Officer.
- ALL injuries must be reported in writing to the league Safety Officer, NO EXCEPTIONS.

3.2 Reporting

- Any incident that causes any player, coach, manager, umpire, volunteer, or spectator to receive First Aid, CPR, or medical treatment must be reported to your league Safety Officer with in 24 hours.
- Any "near miss" accident involving a player, coach, manager, umpire, volunteer, or spectator to receive First Aid or medical treatment must be reported to the league Safety Officer.
- Call your Safety Officer, they will assist you in gathering the necessary information and will fill out the appropriate form. The Safety Officer will make a "follow-up" telephone call to the injured party.

3.3 Communicable Diseases

- Bleeding must be stopped, open wounds covered, and the uniform changed, if there is blood on it before the athlete may return to play.
- Use gloves when coming in contact with blood or body fluids.
- Gloves are provided in all First Aid kits.
- Immediately wash hands with soap and other skin surfaces contaminated with blood.
- Clean blood contaminated surfaces and equipment.
- Store blood or body fluid contaminated uniforms or gear in plastic bags for thorough cleaning at home.
- Place all blood and body fluid contaminated First Aid equipment (i.e. bloody gloves, bloody dirt, etc) in a zip-lock bag. Seal the bag and throw it into a trashcan. Zip-lock bags are provided in all First Aid kits.
- Managers, coaches, and volunteers with open wounds should refrain from all direct contact until condition is resolved.

4. Safety is Everyone's Job

Remember education and prevention is the key to reducing accidents to a minimum. Report all hazardous conditions to the League Safety Officer or league President immediately. Don't play on a field that is not safe or with unsafe equipment. Be sure your players are fully equipped at all times, especially catchers and batters. Check your team's equipment often, replace or repair as needed.

Please remember that the safety of our children is paramount when determining whether or not a game should be played.

5. MIDDLETOWN LITTLE LEAGUE POLICY

All youths participating in the program are encouraged to develop a high moral code along with their improvement in physical skills and coordination. All adults are expected to lead by example. Youth athletics are a format for character development. We are building good citizens.

6. Little League Pledge

I trust in God,
I love my Country and will respect its laws.
I will play fair and strive to win.
But win or lose, I will always do my best.

7. Contact Information

7.1 Key Personnel

PRESIDENT:	GARY J HALISKOE 159 HOLLAND ROAD MIDDLETOWN NJ 07748 H-732-275-0073 C-732-690-4991
V.P.BASEBALL:	JOHN MARSINI JR 89 TALL TIMBERS MIDDLETOWN NJ 07748 C-732-267-2726
V.P. OF SOFTBALL:	FRANK A MICELLI 40 HUTCHINSON DR. PORT MONMOUTH NJ 07758 C-908-601-0785
SAFETY OFFICER:	HARRY V KINSMORE 62 STEPHENVILLE BLVD RED BANK NJ 07701 H-732-801-5352

7.1 League Telephone Number: (732)

7.2 Safety Officer: Harry Kingsmore (732) 758-1014 Home, (732) 801-5352 Cell Email: hkingsmore.harlen@comcast.net