

Woodstown Little League



“Where Safety Comes First”

Safety Manual

2009

Safety Program Introduction

The 2009 Woodstown Little League season marks the 5th year of our Safety Program. The purpose is to train managers and coaches in proper first aid training and injury prevention. Players and coaches will be actively involved in the league's safety training and prevention. With proper training, the league hopes to prevent injuries from occurring in the first place. With all of us working together, our players will be safer. Thanks to you it works for all of us!

Woodstown L.L. Emergency Procedures

1. Give first aid and have someone call 911 in the event of an emergency.
2. Notify parents immediately, if they are not present.
3. Notify league Safety Officer and President within 24 hours of the injury.

All injuries are tracked and reported to Little League International.

4. Talk to your team about any injury to a teammate. Often players are upset and worried when another player is injured.
5. Woodstown L.L. has supplemental insurance for injuries sustained at practice or a game. Contact the Safety Officer for details.

Little League's Safety Code

Our Goals are Education and Prevention

1. Responsibility for safety should always be that of the coaches.
2. Have a cell phone available to call parents and 911.
3. Ensure all base runners and player base coaches wear helmets.
4. Stop all games at the first sign of lightning. Follow the 30/30 rule.
5. Inspect playing fields for holes, stones, glass before the every game.
6. Establish a procedure for retrieving foul balls batted off the field.
7. Emphasize to players and coaches to remain alert on each pitch.
8. Inspect your equipment often and make sure it fits properly.
9. Catcher must wear helmet, face mask, throat protector, shin guards, long chest protector, and protective cup (boys). This equipment must be worn during games and practice, including warm-ups between innings.
10. Head first sliding is not permitted except returning to a base.
11. Parents of players wearing glasses should be encouraged to provide "safety glasses or prescription wrap-around sports goggles."
12. No "On-Deck" area for ages 5-12. Swing bats only on the field of play.
13. Keep pitcher's in jackets on cool evenings while on bench/base running.

Field Safety Checklist (Before each game and practice)

Home team manager/coaches are responsible for checking field safety conditions! This list is not all-inclusive. It is intended to provide a starting point of attention. Please feel free to discuss other hazardous locations or conditions. It is the Manager's responsibility to destroy defective equipment and to ensure a safe environment both on and off the field.

Field conditions- Inspect backstop, home plate, bases, pitcher's mound, batter's box is level and lined, field holes, fence surfaces, foul lines clearly marked, coaches box, and areas in need of dirt.

Dugouts- Benches, roof, bat racks, helmet racks, trashcans, general clean-up.

Spectator Areas-Bleachers, bicycle racks, and parking lots.

Catcher's Equipment-Shin guards, helmet, face mask, throat protector, boy's protective cup, chest protector, catcher's mitt.

Safety Equipment-First Aid kit stocked and available, medical release forms, ice packs, automatic external defibrillator (AED), cell phone.

Player's Equipment- Batting helmets, all jewelry removed, gloves, bats.

Game Day Guidelines

- Introduce plate umpire, base umpires, managers, and coaches
- Review official roster lineup for each team
- Discuss strike zone
- Discuss age-appropriate pitch counts. Remember pitchers cannot move to the catcher's position during the same game.
- Clarify play stoppage due to darkness or lightning
- Discuss any balk rules
- Home team provides two game balls
- Umpires may inspect equipment for damage or regulations
- Start games on time
- Help speed play by having catchers and players at bat ready with two outs
- Pitchers warming up in foul territory or outside fence must have a spotter!
- Keep game moving- eight pitches or one minute between innings
- Unsportsmanlike conduct by teams or spectators is to be reported to league officials. It will not be tolerated!
- No arguing of any call made by the umpire, especially judgment calls
- Managers are responsible for their fans behavior

“Expectations”

What to expect from the players?

- to be on time for practice and games
- to always do my best whether in the field or on the bench
- to respect my teammates and the opposing team
- to be positive at all times
- to understand that winning is only important if you can accept losing, as both are important

What to expect from the manager/coach?

- To be on time for all practices and games
- To be as fair as possible in giving playing time to all players
- To do my best to teach the fundamentals of the game
- To be positive and respect each child as an individual
- To set reasonable expectations for each child and for the season
- To teach the players the value of winning and losing
- To be open to ideas and suggestions

What to expect from Parents?

- To come out and enjoy the game. Cheer to make all players feel important
- To allow the coach to run the team
- To try not to question the coaches leadership. All players will make mistakes and so will the coach
- Do not holler at the coaches, the players, or the umpires. We are all responsible for setting examples for our children. We must be the role models in society today.
- If you disagree with the coach’s strategies or leadership, please do not do so in front of the players or fans. Call or email the coach with your concerns at a convenient time and place.

Finally, don't expect the majority of children playing Little League baseball to have strong skills. We hear all our lives that we learn from our mistakes. Let' allow our children to make their mistakes, but always be there with positive support to lift their spirits!

Woodstown Little League Committee Members

President	Jim Cabo	769-8351
Vice-President Baseball	Chris Blevins	
Vice-President Softball	Kyle Knerr	
Secretary	Kris Kirkendoll	
Treasurer	Mike DiPietropaolo	
Safety Officer	Bob Smick	769-4210
Player Agent	Matt Nowicki	

Woodstown Little League Concession Stand Guidelines

Keep It Clean: Concession Stand Tips

“12 Steps to Safe and Sanitary Food Service Events”

1. **Menu.** Keep your menu simple, and keep potentially hazardous foods (meats, eggs, dairy products, protein salads, cut fruits, etc.) to a minimum. Avoid using pre-cooked foods or leftovers.
2. **Cooking.** Use a food thermometer to check on cooking and holding temperatures of potentially hazardous foods. All potentially hazardous foods should be kept at 41 degrees F or below (if cold) or 140 degrees F or above (if hot).
3. **Reheating.** Rapidly reheat potentially hazardous foods to 165 degrees F. Do not attempt to heat foods in crock pots, steam tables, or sterno units.
4. **Cooling and Cold Storage.** Foods that require refrigeration must be cooled to 41 degrees F as quickly as possible and held at that temperature until ready to serve. Allowing hazardous foods to remain unrefrigerated for too long has been the number one cause of food borne illness.
5. **Hand Washing.** Frequent and thorough hand washing remains the first line of defense in preventing food borne illness.
6. **Health and Hygiene.** Only healthy workers should prepare and serve food. Anyone showing symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, jaundice, cough, etc.) or who has open sores or infected cuts on the hands should not be allowed in the food concession area.
7. **Food Handling.** Avoid contact with raw, ready-to-eat foods and food contact surfaces. Use an acceptable dispensing utensil to serve food. Touching food with bare hand can transfer germs to food.
8. **Dishwashing.** Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never reuse disposable dishware.
9. **Ice.** Ice used to cool cans/bottles should not be used in cup beverages and should be stored separately. Use a scoop to dispense ice; never use the hands.
10. **Wiping Cloths.** Rinse and store your wiping cloths in a bucket of sanitizer (example: 1 gallon of water and ½ teaspoon of chlorine bleach). Change the solution every two hours. Well sanitized surfaces prevent cross-contamination and discourage flies.
11. **Insect Control and Waste.** Keep foods covered to protect them from insects. Store pesticides away from foods. Place garbage and paper wastes in refuse container with a tight-fitting lid.
12. **Food Storage and Cleanliness.** Keep foods stored off the floor at least six inches.