



Mountain Valley Little League

Olive-Shandaken-Woodstock

ID# 016-87-59

# Safety Plan 2020

## Emergency Contact Numbers

**Emergency (Police/Fire/EMS):                      911**

**Poison Control:    (800) 222-1222**

### Mountain Valley Little League Board of Directors

**President:                      LJ Warren                      845-750-4315**

**VP Shandaken:                      Aaron Bennett                      845-254-8010**

**VP Woodstock:                      Mark Signore                      203-619-3170**

**VP Woodstock:                      Pete Longo                      845-706-4636**

**VP Olive:                      Eric Matteson                      845-591-6925**

**Secretary:                      Amanda Longo                      845-443-5304**

**Treasurer:                      Pete Lubkner                      845-388-5436**

**Player Agent:                      Paul Vernet                      845-657-6194**

**Safety Officer:                      Kenny Gierloff                      845-240-675**

## Little League Officials

**Little League District 16 Administrator:     John Visconti     (845) 706-3375**

**District 16 Safety Officer:                     Art Cole                     (914) 474-4340**

**Eastern Regional Administrator:     Pat Holden                     (860) 585-4730**

## Introduction

Mountain Valley Little League has prepared this manual by incorporating procedures on all facets of safety and distributes this to all Managers and Coaches. It has been registered and approved by Little League International and available to any parent of a player on request. This plan has been registered with Little League International and a copy of this plan is kept all Mountain Valley Little League fields as well.

The purpose and scope of this manual is to make the volunteer members of the Mountain Valley Little League understand that safety is an ongoing concern. The only way we can protect our players and adult members is to be ever vigilant in the pursuit of a safe season.

All league player registration data, roster, and coach/manager data is submitted to Little League and maintained with the Little League Data Center at [www.LittleLeague.org](http://www.LittleLeague.org)

With the total commitment from the League, managers, coaches, players and parents, we work toward a 100% accident free season. All Managers and Board of Directors have been provided a copy of this plan.

## League Responsibilities

**MVLL:** All participants shall follow local, state, and federal regulations to ensure all participants are doing everything possible to reduce the possible spread of COVID-19 in Little League sponsored events.

### **Child Protection**

Since 2007, Little League Baseball mandates a nationwide background check on all returning and all new applicants. Mountain Valley Little League utilizes J.D. Palatine (jdpalatine.net) to check all volunteers for the Mountain Valley Little League.

No person may have any contact with children on our fields or in our concessions stand without having completed a current season Volunteer Application and submitting it along with copy of driver's license. Background checks are conducted on all volunteers through J.D. Palatine (jdpalatine.net)

All volunteers are required to pass a background check and must be approved by the Board of Directors of Mountain Valley Little League.

### **Coaches' Responsibilities – All Mountain Valley Little League managers and coaches are scheduled to attend fundamentals training on May 10, 2020.**

- Every coach must follow all Little League rules as well as safety rules that Mountain Valley Little League sets forth.
- Keep an accurate count on pitches thrown in the game.
- Strongly discourage the use of breaking pitches.
- Always walk the field prior to any game or practice looking for any debris, foreign objects, or any other hazard.
- Keep team disciplined and organized
- Keep equipment clean and maintained
- Report all accidents immediately to the League on the accident /incident form supplied.
- Make sure coaches have available ice packs, first aid kits and cell phone communications if emergency help is necessary.
- Pay attention to weather conditions:

- If there is any doubt regarding safety the game must be called immediately. If game stopped due to lightning, it may not be resumed until at least 30 minutes after having witnessed lightning.
- Make parents aware of all safety measures so that they can reinforce rules to their children.
- Medical history forms: one copy available for coaches at the field and one copy for League files.

## **First Aid Training**

**First Aid/CPR/AED Training will be provided on May 10, 2020 at the Onteora High School. Town Vice Presidents and a representative from each Mountain Valley Little League team will be required to attend. This training will also be offered to all board members, volunteers, umpires and parents at that time. Training will be provided by Kenny Gierloff (MVLL Safety Officer) and Becky Konjas (MVLL Media Contact).**

## **First Aid Do's**

- Reassure and aid children who are injured, frightened, or lost
- Provide, or assist in obtaining, medical attention for those who require it.
- Know your limitations.
- Carry your first-aid kit to all games and practices
- Keep your "Prevention and Emergency Management of Little League Baseball and Softball Injuries" booklet with your first-aid kit.
- Assist those who require medical attention - and when administering aid, remember to:
  - LOOK for signs of injury (*Blood, Black-and-blue deformity of joint etc.*).
  - LISTEN to the injured describe what happened and what hurts if conscious. Before questioning, you may have to calm and soothe an excited child.
  - FEEL gently and carefully the injured area for signs of swelling, or grating of broken bone. Have your players' Medical Clearance Forms with you at all games and practices.

## **First Aid Don'ts...**

- Administer any medications
- Provide any food or beverages (other than water)
- Hesitate in giving aid when needed
- Be afraid to ask for help if not sure of the proper procedures (i.e., CPR, etc.)

- Transport injured individuals except in extreme emergencies
- Leave an unattended child at a practice or game
- Hesitate to report any present or potential safety hazard to the Safety Officer immediately.

## **Safety Code - Dedicated to Injury Prevention**

- Responsibility for Safety procedures should be that of an adult member of Mountain Valley Little League.
- A copy of both Major and Minor League schedules are provided to Woodstock Emergency Dispatch, the Town of Olive Police and the Town of Shandaken Police. A coach from each team has received basic first responder trainer.
- First-aid kits are issued to each team manager and are located at all Mountain Valley Little League fields and should be readily available at each practice and game.
- No games or practices should be held when weather or field conditions inclement, particularly when lighting is inadequate.
- Play area should be inspected frequently for holes, damage, stones, glass and other foreign objects.
- All team equipment should be stored within the team dugout, behind fences or in equipment shacks, and not within the area defined by the umpires as "in play".
- Only players, managers, coaches, and umpires are permitted on the playing field or in the dugout during games and practice sessions.
- During practice and games, all players should be alert and watching the batter on each pitch.
- During warm-up drills players should be spaced so that no one is endangered by wild throws or missed catches.
- 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, pepper, swinging bats, etc.)
- Equipment should be inspected regularly for the condition of the equipment as well as for proper fit.
- Batters 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)
- Managers should encourage all male players to wear protective cups and supporters for practices and games.
- Except when runner is returning to a base, headfirst slides are not permitted.
- During sliding practice, bases should not be strapped down or anchored.
- At no time should "horse play" be permitted on the playing field.
- Parents of players who wear glasses should be encouraged to provide "safety glasses".

- Player must not wear watches, rings, pins or metallic items during games and practices.
- Managers and Coaches shall not warm up pitchers before or during a game.

## **Communicable Disease Procedures**

1. Bleeding must be stopped, the open wound covered, and the uniform changed if there is blood on it before the athlete may continue.
2. Routinely a use glove to prevent mucous membrane exposure when contact with blood or other body fluids is anticipated (provided in first-aid kit).
3. Immediately wash hands and other skin surface if contaminated with blood.
4. Clean all blood contaminated surfaces and equipment.
5. Managers, coaches, and volunteers with open wounds should refrain from all direct contact until the condition is resolved.
6. Follow accepted guidelines in the immediate control of bleeding and disposal when handling bloody dressings, mouth guards and other articles containing body fluids.

## **Accident/Incident Reporting Procedure**

**What to report** - An incident that causes any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid must be reported to the Safety Coordinator. This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury or periods of rest.

**When to report** - All such incidents described above must be reported to the Leagues Safety Coordinator *within 48 hours* of the incident.

**How to make the report** – The injured player’s manager will notify the appropriate Safety Coordinator of the incident who will complete an Incident/Injury Tracking Report

**Safety Coordinator's Responsibilities** - Within 48 hours of receiving the incident report, the Safety Coordinator will contact the injured party or the party's parents to obtain the following:

1. Check on the status of the injured party
2. Verify the information received and obtain any other necessary
3. In the event that the injured party required other medical treatment (i.e., Emergency Room visit, doctor's visit, etc.)
4. The Safety Coordinator will advise the parent or guardian of the Mountain Valley Little League's insurance coverage and the provisions for submitting any claims.

**Buildings and Grounds – A copy of the 2020 Facility Survey is attached to this plan.**

- Keep grass trimmed and dirt areas raked
- Use break-away bases on all fields.
- Maintain yellow safety capping atop fence rail
- Make sure all chemicals used on grass are non toxic
- Use proper clay mixture for infield use keeping clay loose and soft by constant maintenance and moisture.
- Keep pitchers mound and home plate free of holes.
- Inspect fields by Safety Officer weekly and daily by managers/umpires prior to games.
- Maintain a supply of tools and equipment to keep field in proper repair and clean.
- Replace or repair broken or defective equipment immediately.
- Keep all areas free of garbage and debris. Teams are responsible to discard trash in dugouts.
- Grounds keeping and mowing may not be done when children are present on field.
- Keep all fences in good repair and on inspection list to prevent:
  - Injury to players due to broken or loose fence wires
  - Unauthorized persons from entering
- All electrical outlets in kitchen and outside building must be GFCI protected

It is also our League's responsibility to insure all Little League rules are closely adhered to in connection with all aspects of the game, equipment and safety practices. This can be accomplished is by training all managers, coaches and umpires so they are all aware of the rules and the interpretations of the rules. A firm stance on conduct must be



maintained at all times. Mountain Valley Little League policies on conduct adhere strictly to Little League Rules with no exception.

## **Equipment**

- The MVLL will ensure all teams have been provided with proper safety equipment for their team, including a properly stocked first aid kit and crushable ice packs and ensure a large inventory of all equipment on hand to replace defective or worn equipment.
- Coaches must be trained to pay close attention to:
  - Proper fit and adjustment condition
  - Procedure to replace defective equipment
- Via training, coaches umpires and League officials must be made aware of and enforce all safety regulations in the Little League Rules:
  - Cup for male catchers
  - Dangling throat protector
  - Heart Protectors for all pitchers are optional
  - Proper helmets
  - Jewelry (except medical alerts)
  - Extended chest protector
- Managers and coaches must know that any equipment purchased by parents must be inspected by a League official to assure compliance
- AAA minor league ages 9-12 must use RIF 10 ball
- AA minor league ages 7-8 must use RIF 5 ball
- T-Ball league to use Safe Tee ball
- T-Ball no bats allowed other than bat issued by league and matching Little League specifications.

## **Equipment Replacement Plan**

**Major League:** At the end of every season every team shall inventory all equipment and file equipment inventory report with the League President. The report must be filled out accurately so that defective and obsolete equipment may be budgeted for and requisitioned timely for the following year.

During the regular season coaches shall replace any equipment that needs replacement on as needed basis. Coaches are instructed to turn in the old items if possible in order to receive a replacement so that no dangerous equipment is ever left on grounds.

**Minor and T-Ball Leagues:** At the end of each season the coaches will inventory and repair or replace any worn out or defective equipment.

## **Concession Stand**

- Concession stand must be kept clean and neat constantly; wet or slippery floors must be mopped immediately.
- No one under 18 years of age is permitted in kitchen or concession area.
- Staff must be properly trained in the use of all equipment and report faulty or defective equipment immediately.
- Refrigerators maintain a temperature 40 degrees, all freezers must maintain a temperature of -10 or below
- Domestic hot water must be kept at a temperature to guarantee proper sanitation of utensils and regulated to a temperature not to exceed 110 degrees in hand washing areas in order to prevent scalding.
- Properly charged and rated fire extinguishers are on site at all times.
- Pest control prevention on a regular basis.
- Regular inspections of facility by the League directors.
- Any or all spray type bottles shall be clearly marked with the contents.

## **Parents' Responsibilities**

- Encourage your child to behave and practice.
- Let coach know what degree of practice you have given to your child, i.e., if you had him throw you 50 pitches prior to a game or practice inform the coach so he's aware.
- If your child is injured don't try to keep him in if he can't participate
- Any injury that needs medical attention requires a written note from the doctor releasing the player to return to play.
- Fill out and promptly return you medical history sheet. No child may play without a medical history sheet on file.
- Do not interfere with coaching staff during games or practice, as this will distract the staff. Questions can wait until after the game or practice when the coaches are free.

# Mountain Valley Little League

## Code of Conduct

- No alcohol permitted in any parking lot, field, or common areas within any Mountain Valley Little League Fields.
- No playing in parking lots at any time.
- No playing on and around lawn equipment.
- No profanity.
- No swinging bats or throwing baseballs at any time within the walkways and common areas of a Mountain Valley Little League field.
- No throwing balls against dugouts or against backstop.
- Catchers must be used for all batting practice sessions.
- No throwing rocks.
- No horseplay in walkways at any time.
- No climbing fences.
- Only a player on the field and at bat may swing a bat.
- Observe all posted signs. Players and spectators should be alert at all times for foul balls and errant throws.
- During game, players must remain in the dugout area in an orderly fashion at all times.
- After each game, each team must clean up trash in dugout and around stands.
- All gates to the field must remain closed at all times. After players have entered or left the playing field, gates should be closed and secured.

## **Thunder and Lightning Policy**

- MVLL shall follow the same guidelines as the New York State Public Schools Systems do when it pertains to Thunder and Lightning and Heat Indexing.

### **NYSPPHSAA**

### **THUNDER & LIGHTNING POLICY**

*(Effective 10/25/04)*

*(Revised October 20, 2008)*

Applies to regular season through NYSPPHSAA Finals:

1) Thunder and lightning necessitates that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion - thunder is thunder, lightning is lightning.

a) With your site administrator, set up a plan for shelter prior to the start of any contest.

2) When thunder is heard and/or when lightning is seen, the following procedures should be adhered to:

a) Suspend play and direct participants to go to shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).

b) Do not permit people to stand under or near a tree; and have all stay away from poles, antennas, towers and underground watering systems.

c) After thunder and/or lightning have left the area, wait 30 minutes after the last boom is heard or strike is seen before resuming play or competition.

### **HEAT INDEX PROCEDURES**

Administration of Heat Index Procedures:

- Heat index will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.

- The athletic trainer, athletic director, or school designee can use the [accuweather.com](http://accuweather.com) or [weatherbug.com](http://weatherbug.com) website to determine the heat index for the area of the contest/practice. The [accuweather.com](http://accuweather.com) website can be reached through the NYSPPHSAA website. Once a person is on the [accuweather.com](http://accuweather.com) website, they will put in the zip code for the location of the contest/practice and the website will give them the air temperature as well as the Real-Feel temperature (heat index). You can download the [weatherbug.com](http://weatherbug.com) app to your phone (See below)

- If the Real-Feel temperature (heat index) is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the Real-Feel (heat index) at halftime or midway point of the contest. If the Real-Feel (heat index) temperature is 96 degrees (Fahrenheit) or more, the contest will be suspended.



## HEAT INDEX PROCEDURES

### Administration of Heat Index Procedures:

- Feels Like Temperature (Heat index) or THI using a Wet Bulb indicator on the field will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- Download WeatherBug app to your phone or log into [www.weatherbug.com](http://www.weatherbug.com). Schools may also use a Wet Bulb indicator on the field that will be used.
- Enter zip code or city and state in the location section of the app or on-line or determine the THI by using a Wet Bulb indicator.
- If the Feels Like temperature (heat index) or the Wet Bulb Indicator is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the Feels Like temperature (heat index) or Wet Bulb indicator at halftime or midway point of the contest. If the Feels Like temperature (heat index) or Wet Bulb indicator is 96 degrees (Fahrenheit) or more, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	Feels Like Temp(Heat Index) or Wet Bulb indicator under 79 degrees	Full activity. No restrictions
R E C O M M E N D E D	Heat Index Caution: Feels Like Temp (Heat Index) or Wet Bulb indicator 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: Feels Like Temp (Heat Index) or Wet Bulb indicator 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: Feels Like Temp (Heat Index) or Wet Bulb Indicator 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Light weight and loose fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
<b>REQUIRED</b>	Heat Index Alert: Feels Like Temp (Heat Index) or Wet Bulb indicator 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.

Approved May 1, 2010  
Updated July 27, 2016