

Weston Youth Softball Safety Manual 2023



Weston Youth
Softball
Association
Weston, CT
MARCH 2023

Table of Contents

Table of Contents	2
Safety Message	3
Emergency	3
Weston Youth Softball Association Contact Information	4
Weston Youth Softball Association Safety Officer	4
Weston Youth Softball Association – Board Representatives	4
Managers, Coaches, Adult Volunteers	5
Volunteer Application and Background Check	5
Coaches Training & Safety Clinic	5
Team Safety Officer (TSO).....	5
Player Emergency Information	6
Player Warm-ups	6
1. Warming up Pitchers.....	6
2. Team Warm-ups.....	6
Player Pick-up	6
Players	7
Communication	7
General Expectations.....	7
In The Field	7
At Bat	7
Base Running	8
Base Coaching	8
Spectators	9
Backstop Area.....	9
Field Area.....	9
Fields	10
Field Locations.....	10
Parking.....	10
Field Conditions	10
Field Maintenance Equipment.....	10
Weather	11
Lightning Facts & Safety Procedures.....	11
Storm, Thunder & Lightning Safety Rules.....	11
Team Equipment.....	12
Equipment Bag	12
Softballs	12
First Aid Kits	12
Injury Prevention & First Aid	13
Collisions	13
Proper Sliding	13
First Aid.....	13
Common Softball Injuries.....	13
Other Injuries	13
Concussions.....	13
Commotio Cordis.....	14
Accident Reporting Procedures	15
What to Report	15
When to Report	15
How to Make a Report.....	15
Appendix A – WYSA Injury Report	16

Safety Message

Weston Youth Softball Association (WYSA) is proud to provide a youth softball program that focuses on having fun while improving our young athletes through hard work, sportsmanship, and quality coaching. Unfortunately, any game or practice can quickly end if a severe injury occurs. This is why safety is our number one priority.

Coaches, players, parents, and everyone affiliated with WYSA must work together and share the responsibility to ensure safety. Safety is maximized when everyone understands and enforces the safety guidelines.

Thank you for cooperating with WYSA and making our program a safe, fun place for our kids to play softball.

A copy of this 2023 Safety Plan has been provided to all coaches. Please read the Plan thoroughly and reach out to the WYSA Officer if you any questions or comments.

Play Ball!

Emergency

WESTON – Emergency Medical Service (EMS): DIAL 911

In a medical, fire, or police emergency, –Always dial 911 first

Weston Little League Contact Information

Weston Youth Softball Association Website

The website is a source for all league information:

- team standings
- team schedules
- league forms
- coach communications
- WYSA Board of Directors
- WYSA 2023 Safety Plan*

[Weston Youth Softball Association](http://www.westonll.com)

www.westonll.com

Weston Youth Softball Safety Officer

Please report any safety concerns to:

Scott Hersey
Weston Youth Softball Safety Officer

mobile: 203-644-4196
email: shersey@westonll.com

Weston Youth Softball Association – Board Representatives

Please feel free to contact any WYSA Board member with your concerns.
Board members' contact information is located under "Contacts" on WYSA website home page.

Managers, Coaches, Adult Volunteers

Volunteer Application and Background Check

All team managers, coaches, team safety officers (TSO's), and scorekeepers are required to submit a "Little League Volunteer Application." It is located on the League website **the Board President and/or Safety Officer**. The application will provide the league with personal information needed to perform a background check on the applicant. All league volunteers must complete the application process and be approved by the league before they can interact with any Weston Little League players. A Weston Youth Softball Association representative will advise managers of their volunteers' approval status.

The safety and well-being of all participants in the Little League Program is paramount. In 1998, Little League International became the first youth sports organization to require background checks for all its volunteers and refused participation who had convictions that involved minors with the establishment of its Child Protection Plan. The Child Protection Program should be used to educate local league volunteers, with the goal of creating local league programs where only those who have the best interests of children in mind are involved.

<https://www.littleleague.org/downloads/ll-child-protection-program/>

Coaches Training & Safety Clinic

All coaches, assistant coaches, managers and all other volunteers are invited to attend a Weston Little League-sponsored softball skill training clinic and safety clinic.

The Coaches Training Clinic will be run by professionally hired coaches.

4/2/23

The Safety Clinic will be run by a Dr. Angelo Ciminiello, Sports Medicine Orthopedic Surgeon

3/27/23

Team Safety Officer (TSO)

Each team is responsible for the recruitment of a Team Safety Officer (TSO). The TSO will then ensure that each team will follow the safety policies enumerated in this guide. If a manager does not recruit a Team Safety Officer, then the responsibility of this role is to be filled by the manager, head coach or assistant coach in addition to their other team responsibilities.

Player Emergency Information

Each head coach will be provided with a team player file. This file will include the name of an emergency contact, the phone number of the emergency contact and any applicable allergy information for each player on the team.

The head coach and TSO's should have their team's player file, safety manual and cell phone available at each practice or game.

Player Warm-ups

1. Warming up Pitchers

When warming up a pitcher prior to entry into the game, a player should wear a complete set of catcher's equipment (i.e. Mask, Shin Guards, and Chest Protector). An adult shall wear the catcher's mask at a minimum.

2. Team Warm-ups

Coaches should begin each practice or game with a dynamic warm-up session to loosen up and stretch out player muscles.

Player Pick-up

No player should ever be left unattended after a practice or game. Let parents know your team's policy. If a coach is unable to a player's parent or authorized caretaker, a member of the coaching staff should [drive them to his or her home and advise the parent or caretaker].

If pickup is made by anyone other than the child's parent or authorized caretaker, the manager should receive instructions in writing.

Players

Every player has the right to feel safe while playing softball. If a parent is unsure of their child's ability to play in a certain division / league, that parent may request that their child play in a league better suited for that player.

Only in extraordinary circumstances, the Player Agent may suggest that a player move from a lower league to a higher skilled league. This will occur only if it is determined that a player may prove to be a safety risk to the other players within that league.

All players are responsible for following the safety manual rules in order to keep themselves and their teammates safe.

Communication

Each player (or player's parent or caretaker) should inform the head coach, preferably 24 hours in advance, if they are going to miss or be late to a practice/game.

All players are expected to arrive on time, prepared and ready to play.

All players are expected listen and follow the coach's instruction.

General Expectations

- At no time is "horse play" permitted on the playing field or in the dugout.
- Players who wear glasses -should wear "safety glasses."
- Players may not wear jewelry (earrings, necklaces, rings, watches, fit bits or bracelets during practice or games.
- Players must keep their equipment in the proper location. (i.e. Bats on bat rack)
- Jerseys must be tucked in and hats or visors, if issued, are to be worn properly.
- Players should bring water (or sports drink) and remain hydrated during practice or game.
- Players and their siblings should never loiter, warm-up or play in parking lots.

In The Field

- All players should warm-up prior to play.
- Catchers must wear a complete set of catcher's equipment (i.e.: mask with throat protector, catcher's glove, chest protector, shin guards) while behind the plate and anytime they are working with a pitcher. NO EXCEPTIONS.
- Pitcher, infielders and outfielders must wear the fielders mask while in the field. NO EXCEPTIONS
- Where safety bases are in place, all first baseman should field the ball and tag the white side of 1st base and let the runner cross the orange side of the base.
- No climbing on the fence surrounding the baseball or softball field.

At Bat

- All batters must wear a Little League Softball approved protective batting helmet (with mask) each time at bat during a game or practice.

- On deck batters are not permitted to swing a bat. The only exception is after receiving permission from an umpire to swing a bat inside the backstop near the plate.
- No batting donuts are allowed at any time.

Base Running

- Where safety bases are in place, players running from home plate to first base should always cross the "orange side" of first base and allow the first baseman to tag the "white side" of first base to avoid collision.
- Sliding headfirst into a bag is not permitted. The only exception is when the runner is returning to a base on an attempted pick-off.
- When attempting to cross home plate, the runner must slide or avoid collisions at all times.

Base Coaching

Players must wear a batter's helmet while coaching first or third base. This player must remain alert and face the batter during every pitch.

Spectators

- Spectators, parents and siblings are not allowed on the field of play. They shall always remain in designated spectator areas. Only uniformed players, coaches and umpires are allowed within the field of play.
- Spectators are encouraged to cheer for all players on both teams.
- Spectators should always remain alert for foul balls and errant throws.
- No alcohol or tobacco products are allowed on any area of the fields used by the Weston Little League.
- Parents should provide water or a sports drink for their child at every practice or game.

Backstop Area

No one is allowed to observe or play behind the home plate fencing.

Field Area

- Only Managers, coaches, scorekeepers and TSO's are allowed in the dugout or bench area.
- Only Coaches and Player Base coaches are permitted to coach from first and third base.

Fields

Field Locations

Weston Youth Softball Association will use several (home) softball fields during the season:

- North House Field adjacent to Hurlbutt Elementary School in Weston.
- Middle School Field adjacent to Weston Middle School in Weston.
- Onion Barn Field between Hurlbutt Elementary School and the Weston Fire Department in Weston.
- Morehouse Farm Park, entrance at the intersection of Newtown Turnpike and Valley Forge Road in Weston.
- Away game field locations will be communicated by coaches and the WLL website

Parking

Parents should use extreme caution when driving through and parking at these fields. Players should never be playing, warming up or loitering in the parking areas. Please use designated legal parking areas only. Further information is on the website.

Field Conditions

- No games or practices should be held when field conditions are not approved. Check the hotline and website for updates and cancellations.
- No practices or games can be held with inadequate lighting.
- Managers and Umpires should check the field prior to each game for dangerous objects. (i.e.: Glass, stones, etc.)

Field Maintenance Equipment

- All field equipment will be stored under lock in the sheds located at each complex. (Iron rakes, shovels, tamper, drag, liners, tarps, signage, fencing, wheelbarrow, etc.)
- All chemicals should be properly stacked on tarps or pallets to avoid spills.
- All equipment and supplies should be promptly returned to the League Shed after usage.

Weather

No games or practices should be held when weather conditions are not approved. Check the Weston Little League website for updates and cancellations. Coaches will also send out team emails.

Lightning Facts & Safety Procedures

- When you hear it – **CLEAR IT!**
- When you see it – **FLEE IT!**

Lightning strikes are the leading, yet still preventable, cause of fatalities in youth softball. Once the leading edge of a thunderstorm approaches to within 10 miles, you are at immediate risk.

On average, thunder can be heard over a 3-to-4-mile distance. This depends on humidity, terrain and other factors. This means that by the time you hear thunder, you are already in the risk area for lightning strikes.

Lightning can travel sideways for up to 10 miles. Even when the sky looks blue and clear, be cautious. If you hear thunder, take cover. At least 10% of lightning occurs without visible clouds in the sky.

Storm, Thunder & Lightning Safety Rules

Play may be suspended when lightning is seen, thunder is heard, or when dark clouds are observed. Once play is suspended and the field has been cleared, play may only resume – if after 20 minutes no additional thunder or lightning is heard or seen.

Players should quickly move for shelter and remain there until it has been determined that the thunder and lightning storm has ended.

Teams should remain together so Coaches can account for players. Equipment should be left and retrieved after the storm.

Team Equipment

Equipment Bag

Each manager will receive an equipment bag. Each equipment bag will contain the following items:

1. Full set of catcher's gear (Mask, throat guard, shin-guards, knee savers, chest protector and a catcher's glove). – SINGLE A DIVISION excluded
2. 2 dozen league approved softballs (or more as needed)
3. First Aid Kit
4. Batting helmet(s) can be requested
5. Bats can be requested

Team equipment should be stored within the team dugout or designated equipment area during a game or practice and not within an area that may be defined as "in play".

All equipment should be treated with respect. Equipment should not be left in the rain and mud or thrown in the dirt. Managers and Umpires should check all equipment prior to use.

Softballs

Each softball division / league within the WYSA will receive softballs that are appropriate for that particular level:

Division	Ball Type
Juniors	12 inch softballs
Majors	12 inch softballs
AAA	11 inch softballs
AA3	RIF10 10 inch softball
A2	RIF10 10 inch softball
RIF1	softtees (RIF 1) softballs 10 inch

Managers, please use the appropriate baseball or softball for your division / league.

First Aid Kits

First-Aid Kits and ice packs will be supplied in the initial gear bag. Additional ice packs and first aid refills are available upon request. The Coach, Team Manager and The Team Safety Officer are responsible for making certain their team's first aid kit is present at all practices and games. All managers, coaches and safety officers are to be familiar with the contents and use of the first aid kits.

Injury Prevention & First Aid

Collisions

Safety bases have been installed on many fields to avoid running collisions at first base. Fielders should be encouraged to “call the ball”. Infielders should clear the base path if there is no play at their base. Catchers may position in front of the plate when making a tag at the plate.

Proper Sliding

Runners advancing from one base to the next base must slide feet first. Headfirst sliding is only allowed when the runner is returning to the base previously occupied.

First Aid

First-Aid Kits and Ice packs should be present at all practices and games.

- Reassure and aid players that are injured, or frightened
- Provide medical attention for those who require it
- Know your limitations. Call 911 for emergency help.
- Assist those who require medical attention – when administering aid, remember to:
 - LOOK for signs of injury (blood, swelling, joint deformity)
 - LISTEN to the injured person’s description of what hurts
 - FEEL gently for injured area

Common Softball Injuries

Muscle Strain: proper stretching and warm-ups can most easily avoid muscle strain. Exercises to stretch the legs, hamstrings, arm and shoulder should be done before any playing.

Sore Arms: be extremely cautious to avoid sore throwing arms. Pitchers must abide by the league pitching rules. Apply ice to the tender area and give the arm plenty of time to rest and recuperate. If pain persists, see a doctor.

Other Injuries

Concussions

A concussion is a type of traumatic brain injury or -TBI--caused by a bump, blow or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This

sudden movement can cause the brain to bounce around or twist in the skull, stretching and damaging the brain cells and creating chemical changes in the brain. The effects of a concussion can be very serious. Weston Little League requires all head and assistant coaches to take the free online training course on concussions offered by the Centers for Disease Control and Prevention in order to become more familiar with the warning signs of concussions and concussion protocols. The course can be found at <http://www.cdc.gov/concussion/HeadsUp/Training/index.html>.

Commotio Cordis

While rare, blunt force trauma to the sternum/chest, especially from a batted or thrown hard ball, can cause cardiac arrest. Commotio Cordis is a syndrome that results from a blunt impact to the chest, which leads to cardiac arrest. It is a poorly recognized and underreported event that happens to healthy young athletes as a result of a low-energy, non-penetrating blow to the chest. Commotio Cordis does not result solely from the force of a blow. It is largely the result of the unfortunate timing of the blow during the heart cycle. Young athletes (even those wearing chest protectors) are especially at risk because of the pliability of their chest walls. Time is a critical factor after the onset of the event. Early cardiopulmonary resuscitation and early defibrillation is essential.

Accident Reporting Procedures

What to Report

Any incident that causes any player, manager, coach, umpire or volunteer to receive medical treatment and / or first aid by EMS and/or person is seen at hospital resulting from the incident MUST be reported to the League Safety Officer.

When to Report

All incidents described above should be reported within 48 hours. Reports should be made to the current Weston Youth Softball Officer:

Scott Hersey, shersey@westonll.com 203-644-4196

How to Make a Report

Incidents should be reported in writing. Please use the form attached on the last page.

Remember, safety is everyone's responsibility.
Please report all hazardous conditions to the Safety Officer or any WLL Board member immediately.
Don't play or practice on a field that is not safe or with unsafe equipment.
Be sure your players are properly equipped for practice and games.
Check your team's equipment often.

Have a safe, fun softball season!

Appendix A – WLL Injury Report

Complete below and send to the WYSA Safety Officer within 48 hours of the incident. Scan/email to the current Safety Officer, Scott Hersey, or mail to:

Weston Little League
P.O. Box 1277
Weston, CT 06883

Date, time, and location of the incident: _____

Name of injured person: _____

Injured Person Date of Birth _____

Address, telephone number of injured person: _____

Was EMS called to attend to injury? (circle) Yes No _____

Was injured person taken to hospital? (circle) Yes No _____

What Hospital _____

Detailed description of the incident:
