

Conejo Valley Little League

Coaching Guide – Safety Basics

Safety Basics

Safety is a primary concern of parents while their children are participating in youth sports. CVLL takes safety seriously. Safety is an integral part of performing your duty as Manager or Coach. Our job as Managers and Coaches is to provide a safe environment for the kids to enjoy baseball. Safety starts with Team Managers. To accomplish this, the CVLL has created the following guidelines:

- **First Aid Training.** All Managers and Coaches must have basic first aid training.
- **Medical Release Forms.** All CVLL players must have a completed Medical Release form before participating in any practice or games.
- **Medical Release Forms kept with Managers/Coaches at all times.** Managers and Coaches must have completed Medical Release forms with them at all practices and games locations. These forms should be reviewed by Managers so they are aware of any special medical needs of their players. It is recommended that a copy of the Medical release forms be kept with in the equipment bag, so a copy is on the field at all times. Originals are kept in the Manager's Notebook. These forms are important because they provide:
 - Contact information, in case of an emergency
 - Specific information about medical providers & conditions
- **First Aid Kits.** Kits are issued to Managers and are required to be kept with the equipment bag. Each of the playing fields has first aid kits in the snack shacks.
- **AED Device.** One is at the Fiore Field Snack Shack. In case of an emergency follow operating instructions provided by the AED Device.
- **Authorized Little League activities are covered by insurance provided that a Manager or Coach is present.** Teams may not begin practice or games without a Manager or Coach present.

CVLL Coaches Guide – Safety Basics, continued

In event of an emergency

- Stay calm
- Obtain necessary treatment
 - If a player sustains a serious injury, call 911 immediately
 - Stay with the player
 - Obtain, Medical Release Form for contact, medical provider and other information
- Notify Parents first
- Notify the CVLL Safety Officer and Player Agent as soon as possible

General Safety Reminders & Tips

Be observant. Inspect fields and play areas. Look for hazards such as water bottle tops, glass or rocks. Do not play on wet or muddy fields. Report any issues to the Field Manager. Get into a habit of checking the field and looking for potential hazards every time you step on the field.

Batting helmets. Batters and Runners must wear batting helmets at all times

- In batting cages
- On Deck areas
- Running Bases

Batting areas. Only Batters are allowed in the On Deck areas, no other players.

Throwing equipment. Do not throw equipment, bats, helmets, and gloves. Umpires are advised to warn managers, subsequent events results in outs.

Equipment storage. Designate areas to store equipment, bags and gear during games, keep bats and other equipment out of the way when not in use; improper use of equipment can cause injury.

Live pitching in cages. Pitchers in the batting cages must use the L Screens.

Catcher's gear. Players warming up pitchers must wear full catchers gear.

Warming up pitchers. Adults working with pitchers must wear a facemask.

Jewelry. No jewelry is allowed, except for medical ID bracelets.

Pets and Others. Only players on your roster are permitted on the field during practice time. No siblings or friends. No pets (dogs) are allowed on the fields at any time.

Concussion Basics

- A concussion is a brain injury that affects how your brain works.
- A concussion is caused by a blow to the head or body, such as:
 - Another player
 - Hard surface (ground, dugout, walkway, fence, etc)
 - Object (ball or bat)
- A concussion can occur even if the person is NOT knocked unconscious

What to do if you suspect a concussion has occurred:

- If you suspect a concussion has occurred ...
 1. **Immediately remove the player from the game/practice or activity** and do not allow them to continue the activity. “When in doubt, sit them out”, don’t assume the player is ok. Call 911 and follow Emergency Protocol listed above from Page 2, In Event of an Emergency.
 2. **Notify the player’s parents** (see Team Manager for listing of Parents or Guardians listed on the Medical Release form).
 3. **Ensure the player is evaluated by a healthcare professional.**
 4. **Ensure the player has a medical release before returning back to practice/games or activity.** The player is not allowed to participate until “ok’d” by a qualified medical professional.

Signs observed by others, a that player may have a concussion:

- Dazed, stunned
- Confused
- Forgets, can’t recall events prior to incident, unsure of game, date, etc
- Shows behavior changes

Symptoms reported by the player that may have a concussion:

- Headache, pressure in the head
- Vomiting, nausea (sick to stomach)
- Dizziness, loss of balance
- Vision issues, blurry
- Sensitivity to light or sound
- Sluggish
- Problems concentrating

Managers and Coaches can minimize safety risk by being observant of the players, practice/game fields and conditions.