

Alexandria Little League Baseball

League ID- 76332

2025 Season Safety Plan

Mission Statement: The Alexandria League Safety Program is designed to get everyone involved in safety, promote an aggressive program that will reduce the risk of safety-related accidents and ensure a fun experience for everyone.

Safety Code: Dedicated to Safe Play and Injury Prevention.

Emergency/League Officials Phone Numbers

City Police-Emergency.....	911
Alexandria Police Non-Emergency.....	703-691-2131
League President – Laura Engel.....	703-489-0098
League Safety Officer – Jesse O’Connell.....	317-460-1513
District Administrator – Paul Miller.....	571-232-9813

League Safety Officer

Every league shall appoint or elect a league safety officer (LSO). It is encouraged that the LSO recruit assistance to help maintain a steady focus. The LSO shall maintain a complete set of emergency phone numbers that should be distributed to all concerned.

The LSO will review the league constitution, by laws, rules and policies for:

- Description of his/her duties
- Safety rules already adopted
- Safety history
- League safety plan

League Safety Officers should meet before the beginning of each season to share ideas and recommendations for league safety plans, to include but not be limited to the following:

- a) LSO should ensure that their League Safety Plan is annually submitted with a qualified safety plan registration form and that the plan has been approved by Little League International. When approved, the LSO should ensure that all managers, coaches and league personnel have a copy of the Little League Safety Code.
- b) LSO should verify that first aid kits are available in equipment bags provided to managers at all games. LSO should notify all managers and coaches that they should inspect their safety kit and ensure they are fully equipped. LSO should ensure that extra safety kits are available in equipment shed if extras are needed.
- c) Head umpire or designated point of contact to umpires should communicate to umpires their responsibility for safety during games, including field conditions, weather conditions and equipment requirements.
- d) LSO, with support from Board of Director' Operations & Fields committee members, should inspect fields and suggest reasonable safety improvements.
- e) LSO should recommend league rules and procedures on the effect of adverse weather conditions regarding starting games, but subject to the decision of the umpire when games begin. Whenever practical, LSOs and umpires should consult and communicate before and during games and on policy, but final decision-making responsibility should be clear at all stages.
- f) LSO (or a specific delegate) should handle all insurance claims and similar matters.
- g) LSO should receive and maintain accident and claims statistics, including number of injuries, type of injuries and locations at which injuries occurred (e.g., Field #1, second base). These MUST be reported to the local Board of Directors and the League President for corrective action.

Coaches and Managers Responsibilities

A coach or manager must walk all practice and playing fields prior to any game or practice. The purpose of the inspection is to check for rocks, glass, dog droppings, holes, or any hazard that could present an unsafe situation for the players, parents, or volunteers. This inspection will be made prior to every practice or game.

In addition to the field inspections, a check of all playing equipment must be made prior to use. Note: many players bring their own equipment. This must also be checked for any cracks or unsafe playing equipment. This shall include a check for any bat not meeting the new USA Bat standards.

Arrangements should be made in advance of all games and practices for emergency medical services. This includes having a first aid kit for each team and a Medical Release Form for every player. Emergency numbers must be kept by managers and coaches.

Dugouts and bat racks should be positioned behind screens. Note- No on-deck batters are allowed.

Only players, managers, coaches, and umpires are permitted on the playing field during play and practice sessions.

A procedure should be established for retrieving foul balls batted out of the playing area.

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.

Batters must wear protective NOCSAE helmets during practice and games.

Catchers must wear a catcher's helmet. Long model chest protector and for all males, protective cup always. Coaches are not allowed to catch pitchers at any time, including during practice.

During sliding practice bases should not be strapped down.

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”. Mouth or face guards are also strongly recommended.

Players must not wear jewelry, watches, rings or other metal objects.

The LSO must ensure that yearly coaches and managers fundamentals clinics are held. In addition, it is mandatory that player safety training be taught to all managers i.e., how to teach sliding, avoiding a wild pitch etc. All managers and coaches should be strongly encouraged to attend training every year. However, there must be a minimum of one participant per team and every manager and coach must attend at least once every three years. Attendance records must be maintained to assure compliance with this requirement.

Where no phones are available, the manager should ask a parent or the opposing team if anyone has a cell phone in case of an emergency. Do NOT wait for an emergency to be prepared.

Field Surveys

Each year, the League Safety Officer is responsible for conducting or coordinating a field survey for each of the playing fields associated with Alexandria Little League. The field survey will be submitted as part of this safety plan. In addition, the field survey will be presented to the League Board of Directors to determine the safety conditions of the program and to budget for future improvements.

Safety Training for Managers and Coaches

The League President and Board of Directors shall arrange for first aid training for all Managers and Coaches. Training should include basic first aid and dental injuries. These can be conducted by local medical professionals or experienced coaches from the local high school or college. All managers and coaches should be strongly encouraged to attend training every year. However, there must be a minimum of one participant per team and every manager and coach must attend at least once every three years. In addition, a minimum of two adult volunteers should always be at a team

practice or game. Someone on the team should have cell phone access in case of an emergency and the field phone is not operational. Attendance records must be maintained to assure compliance with this requirement.

Little League Rules

It is the responsibility of the President and League Board of Directors to ensure the goals, philosophy and rules of Little League are enforced. This includes all the safety requirements outlined in the rule book, Little League Operating Manual, and the Safety Plan.

Volunteers

All managers, coaches, board members and any other persons (volunteers or hired workers, who provide regular services to the league and/or have repetitive access to or contact with players or teams must fill out an application form (use current form found at littleleague.org) as well as provide a government-issued photo identification card for ID verification. A search of appropriate nationwide sex offender registry will be conducted for all volunteers. Anyone refusing to fill out a Volunteer Application is ineligible to be a league member and the League President will retain these confidential forms for the year of service. All volunteers must also take the Abuse Awareness Training as part of the background check approval.

Communicable Disease Procedures

Bleeding must be stopped, the open wound covered, and the uniform changed if there is blood on it before the player may continue. Routinely use gloves to prevent mucous membrane exposure when contact with blood or other body fluids are anticipated. Immediately wash hands and other skin surface if contaminated with blood.

Incident Activities Report

The Incident/Injury Tracking Report shall be used by Alexandria Little League to report all safety related activities (use current report form found at littleleague.org). The League Safety Officer will present these to the Board of Directors for immediate action. All incidents shall be reported and tracked

by the league to determine safety-related habits or specific action that is required by the Board.

What and When 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 League Safety Officer using the Accident Notification Form (use current form found at littleleague.org). This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury or periods of rest. The report must be made within 24-48 hours of the incident.

A Few Important Do's and Don'ts

- Do - reassure and aid children who are injured, frightened or lost
- Do - provide, or assist in obtaining medical attention for those who require it
- Do - know your limitations
- Do - make arrangements to have a cellular phone available at all times
- Do - have procedures for child safety (child abuse)
- Do - have emergency numbers available at all times
- Do - provide medical/dental training for all coaches and managers
- Do - inspect all playing fields on a regular basis
- Do - test field lighting for compliance with standards
- Do - provide a safe playing environment for the players
- Do - keep parents under control

- Don't - administer any medications
- Don't - hesitate in giving aid when needed
- Don't - transport injured individuals except in extreme emergency
- Don't - provide food or beverages (other than water)
- Don't - allow dogs to run loose on the playing fields
- Don't - allow situations to escalate
- Don't - allow parents to run your program

Lightning Facts and Safety Procedures

WHEN YOU HEAR IT - CLEAR IT
WHEN YOU SEE IT - FLEE IT

Consider the following facts:

- The average lightning stroke is 6 - 8 miles long.
- The average thunderstorm is 6 -10 miles wide and travels at a rate of 25 miles per hour.
- Once the leading edge of a thunderstorm approaches to within 10 miles, you are at immediate risk due to the possibility of lightning strokes coming from the storm's overhanging anvil cloud (for example, lightning injured 13 people during a concert at RFK and occurred while it was sunny and dry).
- On the average, thunder can only be heard over a distance of 3 - 4 miles, depending on humidity, terrain, and other factors. This means that by the time you hear the thunder, you are already in the risk area for lightning strikes.

Other Methods

League approved electronic detectors may be used and are especially effective for identifying fast-moving storms. If these devices detect lightning within 10 miles of the field, play may be halted and evacuations conducted even without the presence of thunder or lightning.

Rule of Thumb

The ultimate truth about lightning is that it is unpredictable and cannot be prevented. Therefore, any manager, coach, or umpire who feels threatened by an approaching storm should stop play and get the kids to safety - regardless of whether or not thunder or lightning are present. This is especially true when safe areas (i.e. buildings and cars) are some distance from the field. Play may normally resume 30 minutes after the last lightning is observed.

Where to Go?

No place is absolutely safe from the lightning threat, but some places are safer than others. Large enclosed shelters (substantially constructed buildings) are the safest (like the snack bars and press boxes). For the majority of participants, the best area for them to seek shelter is in a fully enclosed metal vehicle with the windows rolled up. If you are stranded in an open area and cannot get to shelter in a car, put your feet together, crouch down, and put your hands over your ears (to try and prevent eardrum damage).

Where NOT to Go !!

Avoid high places and open fields, isolated trees, unprotected gazebos, rain or picnic shelters dugouts, flagpoles, light poles, bleachers (metal or wood), metal fences, and water.

First Aid to a Lightning Victim

Typically, the lightning victim exhibits similar symptoms as that of someone suffering from a heart attack. In addition to calling 911, the rescuer should consider the following:

- The first tenet of emergency care is “make no more casualties”.
- If the victim is in a high-risk area (open field, isolated tree, etc.) the rescuer should determine if movement from that area is necessary - lightning can and does strike the same place twice.
- If the rescuer is at risk, and movement of the victim is a viable option, it should be done.
- If the victim is not breathing, start mouth-to-mouth resuscitation. If it is decided to move the victim, give a few quick breaths prior to moving them.
- Determine if the victim has a pulse.
- If no pulse is detected, start cardiac compressions as well.

Note: CPR should only be administered by a person knowledgeable and trained in the technique.

Note: Follow all city park closure regulations when visible lightning is present.

The Heimlich Maneuver

The Heimlich Maneuver is an emergency method of removing food or foreign objects from the airway to prevent suffocation. When approaching a choking person, one who is still conscious, ask: “Can you cough? Can you speak?” If the person can speak or cough, do not perform the Heimlich Maneuver or pat them on the back. Encourage them to cough.

To perform the Heimlich:

- Grasp the choking person from behind;
- Place a fist, thumb side in, just below the person’s breastbone (sternum), but above the naval;
- Wrap second hand firmly over this fist;

- Pull the fist firmly and abruptly into the top of the stomach. It is important to keep the fist below the chest bones and above the naval (belly button).

The procedure should be repeated until the airway is free from obstruction or until the person who is choking loses consciousness (goes limp). These will be violent thrusts, as many times as it takes.

For a child:

- Place your hands at the top of the pelvis;
- Put the thumb of you hand at the pelvis line;
- Put the other hand on top of the first hand;
- Pull forcefully back as many times as needed to get object out or the child becomes limp.

Most individuals are fine after the object is removed from the airway. However, occasionally the object will go into one of the lungs. If there is a possibility that the foreign object was not expelled, medical care should be sought. If the object cannot be removed completely by performing the Heimlich, immediate medical care should be sought by calling 911 or going to the local emergency room.

Alexandria Little League Concession Stand Safety

All concession stand managers will be trained in the safe handling of food and food preparation if applicable.

Concession Stand Safety

Alexandria Little League has the following safety rules in place for the management of concessions stand.

Staffing

- People working in the concession stands will be trained in safe food preparation. This training will be provided by the Concession Stand Manager and Safety Manager and given to Team Parents prior to the first game of the season.
- All concession stand volunteers will be trained in the proper use of a fire extinguisher.

- No person under the age of 13 shall work in the concession stand without proper adult volunteer supervision.
- All concession stand volunteers will attend a training session on basic first aid including the performance of the Heimlich maneuver.

Food

- All foods sold, cooked or prepared in the concession stand must be purchased by Alexandria Little League. External vendors (eg; pizza vendors) may be used but food should be delivered directly to head of concessions or league designated volunteers.

Facility

- The concession stand will be kept clean
- The Concession Stand main entrance door will not be locked or blocked in any way while people are inside.
- The Concession Stand will be locked at all times following its closing after games. Only league designated volunteers and board members shall have access to key or combinations to open it.