



**SAFETY MANUAL 2023**  
for  
**SALMON CREEK LITTLE LEAGUE**  
**Vancouver, WA**

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# ASAP Safety Officer Manual & League Resources: 2023

Dear Safety Officer,

*Thank you!* Due to your efforts and others like you committed to improving Little League through safety, we've seen extraordinary results in injury prevention. In 2017, *88 percent* of all leagues voluntarily operated a safety plan. That's **incredible!**

Since ASAP began in 1995, injuries in all of Little League have **decreased by 80 percent**. That's great! Together, we are making a difference. But we need everyone to get involved; not *just for one year, but to maintain effective safety program in your league year after year*. Now is the time! And here is what you need if you have never developed a safety plan.

## Overview

Again in 2018, all leagues must electronically submit league player registration data or player roster data and coach and manager data as requirement number 14 for leagues 2018 safety plans. This information must be submitted online at [LittleLeague.org/DataCenter](http://LittleLeague.org/DataCenter).

All safety plan materials must be postmarked no later than **April 16, 2018** to win the cash award and enter the awards contest. Leagues working toward the District Incentive must have all requirements submitted and *approved* at Little League International by **April 2**.

**ALL LEAGUES — not just those operating a safety plan — must have all applicable personnel fill out the 2018 Volunteer Application Form as well as conduct a nationwide background check (Reg. I(b), Reg. I(c)8 and Reg. I(c)9).** The material on the Little League website contains information to help you learn more about performing the background checks required under the Child Protection Program. There are 16 minimum requirements to win a cash award for your league based on the number of teams your safety plan will help protect.

*Remember*, one representative from each team *must* attend the first aid clinic and the player fundamentals clinic you provide to all coaches/managers, and each coach/manager must attend these clinics at least once every three years to be eligible. However, licensed health care professionals are exempt from the first aid training. Please tell how your league is tracking this requirement in your plan.

**Please keep a copy of the *complete* plan for next year, and distribute copies of your plan to appropriate volunteers!**

## Awards for the 2018 ASAP Best Safety Plan Contest

- All leagues submitting a qualified safety program with the qualified safety program registration and facility survey who take Little League AIG Insurance for player accident coverage will win a cash award based on the number of teams covered by their plan.
- First and second place winners from each region for best safety plan: \$500 and recognized in ASAP Newsletter;
- First place winner from each region: Little League World Series trip for the league president and safety officer in August;
- Best safety plan in the nation: a Musco Lighting 200-foot field Light-Structure Green™ lighting system.

## Information Found on Little League Website

Included on the website are the updated pages for the Safety Officer Manual, as well as material including:

- The complete manual, including all revised pages;
- All forms, registration material and documents needed;
- A winning sample safety plan by Oak Ridge Woodlands American Little League.
- The last 19 years' issues of the ASAP News, so you have these important references.
- Safety signs to print, post and distribute around your sports complexes;
- Several resources: \* registration materials; \* background check information;
- \* several slide show presentations for league administrators; and other important resources for league administrators.

To access this material, visit Little League's web site at: [LittleLeague.org/ASAP](http://LittleLeague.org/ASAP). We're glad we can help you make it "safer for the kids."



## ASAP- WHAT IS IT?

In 1995, ASAP (A Safety Awareness Program) was introduced with the goal of reemphasizing the position of Safety Officer "to create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League Baseball". To be an ASAP compliant league, a Little League approved Safety Plan must be filed with Williamsport.

## SALMON CREEK LITTLE LEAGUE SAFETY PLAN

The goal of the Safety Plan is to develop guidelines for increasing the safety of activities, equipment, and facilities through education, compliance and reporting. In support of the attainment of this goal, SCLL also commits to providing the necessary organizational structure to develop, monitor, and enforce the aspects of the plan.

The Safety Plan, by reference, includes the Salmon Creek Little League's Safety Code, the Salmon Creek Little League's Code of Conduct, and the Salmon Creek Little League's Safety Manual. The combination of these documents outlines specific safety issues and the Salmon Creek Little League's policy or procedure for each issue. All participants, volunteers, employees, spectators, and guests are bound by the guidelines set forth in these documents.

## SAFETY OFFICER

One of the elected members on this Board is the Safety Officer. For the 2021 season, the Safety Officer is **Heather Nelson**. This individual acts as Salmon Creek Little League's primary point of contact for the creation and enactment of the Safety Plan. The Safety Officer authors or modifies the League's Safety Plan, Code of Conduct, Safety Code, and Safety Manual each year, as necessary. These documents are then presented to the Board for approval and ratification (usually in February or March) for the upcoming season. Once approved, the documents are then distributed to the Manager/Coaches in-group meetings held prior to the start of the season.

In addition to the above, the President and Vice President conduct criminal history and background checks on all league volunteers through First Advantage. All Volunteers are required to complete and sign the VOLUNTEER APPLICATION FORM prior to the start of the season. The VOLUNTEER APPLICATION FORM, along with valid GOVERNMENT ISSUED PHOTO I.D. must be returned to the Safety Officer. The application can be found on line at the following web site: [www.salmoncreekll.com](http://www.salmoncreekll.com)

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**REMEMBER, PHOTO I.D. IS REQUIRED WITH YOUR COMPLETED VOLUNTEER APPLICATION.**

## QUALIFIED SAFETY PLAN REQUIREMENTS

1. League Safety Officer: Heather Nelson on file with Little League Headquarters.
2. Salmon Creek Little League will distribute an online link of the Safety Manual to all Managers/Coaches, League Volunteers and the District Administrator. A copy of the manual will also be available on league website.

3. **Emergency Phone Numbers:** **911**

Local Police Emergency:		(360) 487-7400
Local Fire Emergency:		(360) 487-7260
League President:	Zachary Keith	(503) 710-7213
League Vice President:	Michael Eckhardt	(503) 869-6300
<u>League Player Agents</u>		
Intermediate:	Derik Morris	(503)539-4527
Majors & AA	Jared Currie	(360) 607-3493
AAA	Brett Fray	(503) 490-1393
Single A & T-Ball	Brett Fray	(503) 490-1393
Softball:	Melanie Heaton	(360) 281-0500
League Treasurer:	Trevor Hahn	(360) 518-4275
League Secretary:	Annie Gunderson	(360) 991-9494
League Safety Officer:	Heather Nelson	(360) 921-9422

**All emergency contacts will be posted at the concession stand, next to the dugouts and available on the league website.**

4. Salmon Creek Little league will use the Official Little League Volunteer Application (First Advantage) form to screen all volunteers.
5. Safety Training: Day of Each League Draft
  - At least one Manager/Coach from each team must attend the training. Every Manager/Coach will attend this training at least once every three years. Training will be provided and scheduled by the Salmon Creek Little League Safety Coordinator.
6. Heat Stroke and Concussion Training
  - This training is being set up through an online safety training site. We ask that all coaches watch these videos and complete this training each season

## **\*\*RCW 28A.600.190 Youth sports- Concussion and head injury guidelines - Injured athlete restrictions**

- All Managers/ Coaches have been educated on the concussion laws of Washington State and encouraged to understand necessary training and evaluation methods. \*
7. Coaches will be required to **WALK/INSPECT** the fields prior to practices and games. Umpires will also be required to walk the field for hazards before each game.
  8. Salmon Creek Little League has completed and updated our 2015 Facility Survey on-line and attached (Exhibit –A).
  9. Concession Stand Safety
    - Menu shall be posted and approved by the safety officer and the League President.
    - Our Concession Safety Procedures will be posted several times in the stand and in plain view.
    - Attached is a copy of the Salmon Creek Little League Concession Stand Safety Procedures.
  10. The League Safety Officer will inspect all equipment in the pre-season.
    - Managers/Coaches will inspect equipment prior to each game. Umpires will be required to inspect equipment prior to each game.
  11. Implement Prompt Accident Reporting.

**Injury Reporting Procedures** - ALL injuries (including practice) while playing under the direction/care of SCLL must be immediately reported to the SCLL Safety Officer and President. If the injury requires the attention of a doctor, then the doctor must provide SCLL with a medical release before that player can resume activities. Also, you must follow the Concussion Management procedures when dealing with all head injuries. All managers, coaches, parents, umpires, and volunteers concerning injuries should use the following reporting procedures.

If an injury happens during a game, find the Board Member on Duty (BMOD) and inform him or her. Injury forms can be requested at the concession stand if the BMOD cannot be found. If an injury happens during an inter-league game at another Little League site, request their BMOD, as they will need to record the incident. ALSO contact the SCLL Safety Officer and complete the SCLL form, as we too need the report completed. If the injury happens at practice contact the SCLL Safety Officer immediately.



## WHAT TO REPORT

An incident that causes any player, manager, coach, umpires, or volunteers to receive medical treatment and/or first aid must be reported to the Director of Safety. The terms "medical treatment and/or first aid" should include even passive treatments such as the evaluation and diagnosis of the extent of the injury. *Any incident that (a) causes a player to miss any practice or game time; or (b) any event that has the potential to require medical assistance* must be reported promptly.

## WHEN TO REPORT

All incidents described above must be reported to the Director of Safety within 24 hours of the incident. Contact one of the following people:

<b>Safety Officer:</b> Heather Nelson	<b>League President:</b> Zachary Keith
Mobile: (360) 921-8422	Mobile: (503) 710-7213
Email: <a href="mailto:safety@salmoncreeklittleleague.com">safety@salmoncreeklittleleague.com</a>	Email: <a href="mailto:president@salmoncreekll.com">president@salmoncreekll.com</a>

## HOW TO REPORT

**Try to use the SCLL Accident Notification Form.** This form is on our web site at [www.salmoncreekll.com](http://www.salmoncreekll.com) under the "Volunteer Info" tab; "Safety," choose "Little League Incident/Injury Tracking Form." Emails and phone call are acceptable. At a minimum, the following information must be provided:

- 1. Name and phone number of the individual involved (or of their parents).**
- 2. Date, time, and location of the incident.**
- 3. A detailed description of the incident**
- 4. Preliminary estimation of the extent of any injuries.**
- 5. Name and phone number of the individual reporting the incident.**

## SAFETY OFFICER RESPONSIBILITIES

The Safety Officer will receive an injury report and will enter it into the league's safety database. Within 48 hours of receiving the incident report, the Safety Officer will contact the injured party or the party's parents and

1. Verify the information received.
2. Obtain any other information deemed necessary.
3. Check on the status of the injured party
4. If the injured party required other medical treatment (i.e., Emergency Room visit, doctor's visit, etc.) will advise the parent or guardian of the Salmon Creek Little League's insurance coverage and the provisions for submitting any claims for reimbursement, which also includes Little League.

If the extent of the injury is more than minor in nature, the Safety Officer shall periodically call the injured party to

1. Check on the status of any injuries
  2. To check if any other assistance is necessary in areas such as submission of insurance forms, etc. until the incident is considered "closed" (i.e., no further claims are expected and/or the individual is participating in the league again).
- Each Team will be issued an updated First Aid Kit and it is a league requirement that Managers/Coaches have it at every game or practice.
  - Salmon Creek Little League will require **ALL TEAMS** to enforce **ALL LITTLE LEAGUE RULES**. Including **Proper Equipment for Catchers**.
  - **No On-Deck batters**
  - **Bases will disengage on all fields**
  - Qualified Safety Plan Registration Form
  - League Player Registration Data or Player Roster Data and Manager/ Coach Data
  - League will encourage Coaches to follow the pitch smart guidelines as well as a Per inning pitch count max with a pitching "Safety Bulletin" Issued during the start of the season. (Document attached)

## LUKE JENSEN SPORTS PARK CODE OF CONDUCT

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### SYNTHETIC TURF FIELD USE RESTRICTIONS FIELDS 1, 4, & 5

To enhance everyone's enjoyment of the facility and to protect your multi-million-dollar investment, the following are prohibited on the synthetic turf fields at Luke Jensen Sports Park:

1. Propelling objects into fencing
2. Metal Spikes (rubber/plastic cleats or sneakers only)
3. Food
4. Beverages except water
5. Chewing Gum, Sunflower Seeds, and Peanuts
6. Alcohol, Smoking, and Tobacco Products
7. Use of Stakes
8. Pets
9. Fires, BBQ's, & Camping
10. Firearms, Fireworks
11. Skating, Bicycling, Scooters, Rollerblading
12. Unauthorized Vehicles
13. Golf, Cricket, and Archery
14. Glass Bottles and Sharp Objects
15. Any item or substance that may damage, stain, or permanently alter facilities, structures, or playing surfaces

For more information about the facility, please contact the Parks Facilities Coordinator at 360-397- 2285 x 1680 or [eric.christensen@clark.wa.gov](mailto:eric.christensen@clark.wa.gov).

## SAFETY CODE

The Salmon Creek Little League Safety Code has been adopted by the Board of Directors and is enforced by the Safety Officer, and the League's Vice Presidents. All league officers; participants, employees and volunteers are required to abide by this code.

It is the job of the Safety Officer to make any revisions to the Safety Code from year to year, as necessary.

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### SALMON CREEK LITTLE LEAGUE SAFETY CODE:

- Responsibility for Safety procedures should be that of an adult member of Salmon Creek Little League.
- Arrangements should be made in advance of all games and practices for emergency medical services.
- Managers, coaches and umpires should have training in first aid. **First aid kits are issued to each team manager and kept in equipment bag always.**
- No games or practices should be held when weather or field conditions are not good, 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, or behind screens, 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.
- Responsibility for keeping bats and loose equipment off the field of play should be that of a player assigned for this purpose or the team's manager and coaches.
- Procedure should be established for retrieving foul balls batted out of playing area.
- During practice and games, all players should be alert and watching the batter on each pitch.
- During warmup drills players should be spaced so that no one is endangered by wild throws or missed catches.
- The batting donut is not permitted.
- "The On-Deck position" is not allowed.
- During a game, players are not allowed to hold a bat or take practice swings until the umpire calls them to bat. Once called they can pick up their bat and take a few swings on their way and at home plate.
- Equipment will 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.
- Batting helmets must remain on player until he/she returns to the dugout.
- Catcher must wear catcher's helmet, mask, dangling throat guard, long model chest

protector, shin guards and protective cup with athletic supporter always (males) for all practices and games. **NO EXCEPTIONS.**

- Managers should encourage all male players to wear protective cups 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."
- Players cannot wear watches, rings, pins or metallic items during games and practices.
- The Catcher must wear catcher's helmet and mask with a throat guard in warming up pitchers. This applies between innings in the bullpen during a game and during practices.
- Managers and Coaches may not warm up pitchers before or during a game.
- All pregame warmups 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.)

Salmon Creek Little League requires either one coaches/managers from each team to attend fundamentals training and first aid training each season. In addition, SCLL will continue to require coaches/managers to attend at least once every three years for fundamentals training and first aid training.

## GENERAL HEALTH

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### PHYSICAL EXAMS

Regarding the general health of its participants, Salmon Creek Little League includes the following wording in its Registration Booklet:

*"While physical exams are not required by league policy, National Little League strongly recommends that participants be in good general health. If your child has a physical impairment that the league should be aware of, PLEASE note the information on the registration form, and contact your leagues' Player Agent Items such as allergies, eye problems, diabetes, etc., This information will be kept confidential, except that your child's manager and coach will be aware should any potential problem arise.*

### MEDICAL APPROVAL AND RELEASE

All managers should have and are required to provide the Medical Approval and Release form to their players. This form contains vital information regarding the child's current general health, the child's doctor's name, address, and phone number, and any other special medical considerations (i.e. allergies, etc.). Managers shall obtain a completed Release for each of the players on their team and are instructed to have these forms with them for every practice and game.

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## COMMUNICABLE DISEASES AND PROCEDURES

While the risk of one participant infecting another with HIV/AIDS during league activities is small, there is a remote risk that other blood borne infectious disease can be transmitted. Procedures for reducing the potential for transmission of infectious agents should include, but not be limited to the following:

- Bleeding must be stopped, the open wound covered and if there is any excess amount of blood on the uniform, it must be changed before an athlete may participate.
- Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated.
- Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
- Clean all blood contaminated surfaces and equipment with a solution made from a proper dilution of household bleach or other disinfectant before competition resumes.
- Practice proper disposal procedures to prevent injuries caused by needles and other sharp instruments or devices.
- Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
- Managers, coaches, umpires, and volunteers with bleeding or oozing skin should refrain from all direct athletic care until condition is resolved.
- Contaminated towels should be disposed of or disinfected properly.
- Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings and other articles containing body fluids.

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## SOME IMPORTANT DO'S AND DON'T

### **DO...**

- 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 SCLL Safety Information Kit with you at all practices and games.

### **The Safety Information Kit should include:**

1. Medical Release Forms. Try to have one for each player.
  2. SCLL Safety information.
  3. Accident information forms
- 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 Release Forms with you at all games and practices.
- Plan to have a cellular phone available when your game or practice is at a facility that does not have any public phones.

**DON'T...**

- Administer any medications.
- Provide any food or beverages (other than water).
- Hesitate in giving aid when needed.
- Be afraid to ask for help if you are 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.

**Don't hesitate to report any present or potential safety hazard to the Director of Safety immediately.**

## LIGHTNING EVACUATION PROCEDURES

- When weather conditions involve thunder or lightning, the teams present are to use the **"Hear it, Clear it, See it, Flee it"** Rule: When thunder is heard, immediately remove all players from the field at which time a 15 minute "thunder" delay rule is placed into effect. If thunder ceases in the 15 minutes, play may resume. For every "clap" of thunder, the thunder delay is reset to 15 minutes. After one half hour delay due to thunder, the game is cancelled and rescheduled. **AT ANYTIME IF LIGHTENING IS SEEN, THE GAME IS IMMEDIATELY CANCELLED.** For any game that is cancelled due to weather, the game will resume from the exact time it was halted. Once play has begun, the umpire is responsible for the decision of whether to stop the game (as described in Little League Baseball Rules and Regulations).
- Stop Game/Practice.
- Stay away from metal fencing (including dugouts)!
- Do not hold a metal bat.
- Walk, do not run to car and wait for a decision on whether to continue the game or practice.
- Make-up games must be played at the next available open day, normally the next open weeknight or Sunday after 1:00pm. If these days already have games scheduled, the next open weeknight or Sunday will be scheduled. Every effort will be made to avoid four games within 7 consecutive days or four games on four consecutive days (Fri-Sat-Sun-Mon).



## MACHINERY, POWER EQUIPMENT AND STORAGE SHED PROCEDURES

The following applies to all the storage sheds used by Salmon Creek Little League and applies to anyone who has been granted access by Salmon Creek Little League to use those sheds.

- All individuals with access to the Salmon Creek Little League equipment sheds (i.e., Managers, Umpires, etc.) are aware of their responsibilities for the orderly and safe storage of rakes, shovels, bases, etc.
- Before you use any machinery located in the shed (i.e., lawn mowers, weed whackers, lights, scoreboards, public address systems, etc.) please locate and read the written operating procedures for that equipment. All chemicals or organic materials stored in Salmon Creek Little League sheds shall be properly marked and labeled as to its contents.
- All chemicals or organic materials (i.e., lime, fertilizer, etc.) stored within these equipment sheds will be separated from the areas used to store machinery and gardening equipment (i.e., rakes, shovels, etc.) to minimize the risk of puncturing storage containers. Any witnessed “loose” chemicals or organic materials within these sheds should be cleaned up and disposed of as soon possible to prevent accidental poisoning.
- **Machinery:** SCLL players may not operate any SCLL owned or borrowed machinery. Machinery owned by SCLL includes the John Deere tractor, John Deere Gator and John Deere riding lawn mower. **ONLY APPROVED SCLL VOLUNTEERS 16 YEARS OLD OR OLDER** are eligible to operate the machinery. **AT NO TIME SHOULD THERE BE MORE THAN ONE PERSON ON THE MACHINERY. THE ONLY EXCEPTION IS A PASSENGER MAY RIDE IN THE PASSENGER SEAT ON THE GATOR. THE BUCKET OF THE TRACTOR AND THE BED OF THE GATOR ARE NOT SAFE FOR TRAVEL AND SHOULD NOT BE USED TO TRANSPORT PEOPLE. SERIOUS INJURY OR DEATH MAY OCCUR IF MACHINERY IS NOT USED PROPERLY.** If a volunteer is unfamiliar with machinery, seek guidance from SCLL Board Member. Machinery should not be used if operator is unaware of the proper operational procedures, risks and dangers of the machinery.
- **Power Equipment:** Only approved SCLL volunteers 16 years old or older may operate SCLL owned or borrowed power equipment. **POWER EQUIPMENT IS ALWAYS TO BE USED WITH**
- **PROPER EYE PROTECTION AND ANY OTHER NECESSARY PROTECTIVE WEAR.**

## SOME GENTLE REMINDERS

- Salmon Creek Little League goes to great lengths to provide as much training and instruction as possible.
- Attend as many of the clinics as possible.
- Check the Salmon Creek Little League Home Page frequently: [www.salmoncreekll.com](http://www.salmoncreekll.com). A great deal of information and a complete league calendar can be found there and can be a valuable resource.

**Remember that safety is everyone's job. Prevention is the key to reducing accidents to a minimum. Report all hazardous conditions to the Director of Safety or another Board member immediately. Don't play on a field that is not safe or with unsafe playing equipment. Be sure your players are fully equipped ALWAYS, especially catchers and batters. And, check your team's equipment often.**

### PRACTICE COMMON SENSE

There's been an accident-One of you players is hurt! What do you do?

**Keep Calm-** Try not to panic.

**Provide Reassurance -**A hand on the shoulder and some encouraging words Help

**Be Prepared-** Have your first aid kit with you. Know what's in it.

**Do No Harm-** When in doubt call 9-1-1

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### HEAD INJURIES (CONCUSSIONS)

Helmets are designed to prevent serious head injuries but that a does not mean they are 100% protection. Players can also be hit while in the field without head protection. Here are some things to watch for and things to consider when dealing with head injuries.

Any head injury that results in a “Change in the level of consciousness” should be considered significant. Changes can occur immediately after the injury or days later. Signs to look for after a head injury include:

- Confusion
  - Disorientation
  - Unconscious or delayed response to voice or physical stimulus
- 

### CALL 9-1-1 IF THE PERSON

- Vomited more than once
- Has unequal pupils
- Is dizzy, confused or agitated
- Weakness on one side of the body
- Passes out or is unconscious
- Is very drowsy or unable to wake up
- has neck pain after a fall
- has slurred speech
- Is off balance or has trouble walking
- Has a seizure

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## TREATMENT

**If unconscious DO NOT MOVE CALL 9-1-1**

KEEP PLAYER WARM  
WATCH FOR VOMITING

Serious Head injuries may also indicate Neck/Spine injury

**If Conscious** - Watch for level of consciousness changes- Check player every 15 minutes

- Remove from game
- Get player out of sun
- Ice to any contusion

Any head injury that results in a change to the level of consciousness should be evaluated by a physician and head injury precautions communicated to parents.

## COMMON INJURIES / ILLNESSES SEEN ON THE BASEBALL/SOFTBALL FIELD

### SPRAINS AND STRAINS

**Sprains-** are injuries to the ligaments and joints. They typically result from severe twisting or outside forces bending a joint in an opposite direction of its normal function.

The most common sprains are those to the knee, ankle, wrist, fingers and toes.

**Strains** are injuries to muscles that typically result from overuse or stretching a muscle group beyond normal parameters. The most common strains are those of the shoulder (especially in pitchers), groin muscle, hamstring, quad, lower back and rib cage. The best way to prevent a strain is to ensure players stretch and warm up gradually before games and practices.

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### SIGNS AND SYMPTOMS

- Pain in or over the affected joint
- Swelling and tenderness to touch
- Bruising (Typically develops over a period)
- Loss or limited motion or ability to bear weight

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## TREATMENT

- Rest- remove player from the game
- Ice- Apply Ice pack to the affected area
- Compression- Apply ace wrap to limit swelling and pain
- Elevate -to limit swelling and pain
- See MD if pain and swelling is severe or if player is unable to move joint in typical range of motion.

## FRACTURES AND DISLOCATIONS

**Fractures** are breaks in a bone due to blunt trauma or severe twisting. Common fractures seen in baseball are those to the bones in the ankle, arm, fingers, toes and face. Often these injuries result from a hard slide into a base, a collision with another player, a diving attempt to field a ball or being struck by a pitched or batted ball.

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## SIGNS AND SYMPTOMS

- Pain in or over the affected bone
- Swelling and tenderness to the touch
- Deformity
- Bruising (Typically develops over time)
- Loss or limited motion or ability to bear weight

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## TREATMENT

- Stabilize the bone (Splint or physically hold the area)
- Cover any open wounds with a sterile dressing and control bleeding
- Ice-Apply ice pack to affected area
- Compression- Apply ace wrap to limit swelling and pain
- Elevate- to limit swelling
- Transport to Emergency room ASAP

## DISLOCATIONS

A dislocation is an injury to joints that cause the joint to lose its ability to move. Common dislocations are to the fingers, ankle, patella (kneecap) or shoulder.

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## SIGNS AND SYMPTOMS

- Pain in or over the affected bone
- Swelling and tenderness to the touch
- Deformity
- Loss or limited motion or ability to bear weight
- Tingling or numbness in area distal to injury

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## TREATMENT

- Stabilize the injury (splint or physically hold the area)
- Ice-Apply ice pack to affected area
- Compression- Apply ace wrap to limit swelling and pain
- Elevate- to limit swelling
- Transport to Emergency room ASAP

## BLEEDING AND OPEN WOUNDS

Open wounds either take the form of a laceration that results from a sharp object or an abrasion that is a scaling injury typically from contact with turf when sliding or diving.

**Lacerations** are cuts or jagged tears the skin that can either be deep or superficial. Deep lacerations and those to the head and face often bleed quite a bit.

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## TREATMENT

- Control Bleeding- Apply sterile bandage and direct pressure to site
- Ice- Apply ice pack to affected area, can help slow bleeding and reduce pain
- Compression- apply compression dressing after bleeding is controlled
- Elevate- to limit swelling and pain
- Transport to Emergency room if suturing is required.

**Abrasions** are superficial skin injuries- A.K.A. Raspberries typically caused by sliding or diving on the field. The treatment is essentially the same as for lacerations with one additional. **CLEAN THE WOUND!** The biggest problem with abrasions is the potential for infection. Cleansing the wound as soon as possible with soap and water and applying a sterile bandage to prevent the wound from contamination can help prevent this. If infection occurs see MD.

## HEAT RELATED PROBLEMS

**Heat exhaustion** is a heat-related illness that can occur after you've been exposed to high temperatures, and it is often accompanied with dehydration. There are two types of heat exhaustion:

**Water depletion.** Signs include excessive thirst, weakness, headache, and loss of consciousness.

**Salt depletion.** Signs include nausea and vomiting, muscle cramps, and dizziness.

Although heat exhaustion isn't as serious as heat stroke, it isn't something to be taken lightly. Without proper intervention, heat exhaustion can progress to heat stroke, which can damage the brain and other vital organs, and even cause death.

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## SIGNS AND SYMPTOMS

- Confusion
- Dizziness
- Fainting
- Fatigue
- Headache
- Muscle or abdominal cramps
- Nausea, Vomiting or diarrhea
- Dark urine (sign of Dehydration)
- Pale Skin
- Profuse sweating
- Rapid Pulse

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## TREATMENT

- Remove player from sun and place in shade or air-conditioned area
- Remove any tight or unnecessary clothing
- Apply cool towels
- Have them drink plenty of fluids, preferably water or a sports drink with electrolytes.
- Ice towels and fans if available

**If treatment measures don't provide relief within 15 minutes or a player's level of consciousness decreases, confusion or disorientation develop call 9-1-1**

## HEAT STROKE

Heat Stroke is a medical emergency. It can develop after someone displays symptoms of heat exhaustion or may present without warning. when the temperatures are forecast to be high players need to be well hydrated before games or practices start and given frequent water breaks during events.

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### SIGNS AND SYMPTOMS

- Fainting
- Core body temp above 105
- Throbbing headache
- Dizziness and lightheadedness
- Lack of sweating despite the heat
- Red, hot and dry skin
- Muscle weakness or cramps
- Nausea and vomiting
- Rapid pulse, which may be either strong or weak
- Rapid shallow breathing
- Behavior changes such as concussion, disorientation or staggering
- Seizures
- Unconscious

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### TREATMENT

- **CALL 9-1-1 or Transport to Hospital**
- Move to Air conditioned environment or cool shady area
- Remove all unnecessary clothing
- Apply cool towels
- Fan air over patient
- Ice packs to armpits, groin, neck and back

While the focus of these guidelines is the players, the coaches and the fans should be monitored also. Young children 4 and under and adults over 65 are more prone to heat related illness.