



# **Winston Salem Nationals Little League**

## **Safety Plan**

**2019**

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## **Mission Statement**

The objective of the Winston-Salem National Little League shall be to implant firmly in the children of the community the ideals of good sportsmanship, honesty, loyalty, courage, and respect for authority, so that they may be well adjusted, stronger, and happier children and will grow to be good, decent, healthy, and trustworthy citizens.

The adherence to and enforcement of this safety plan is the responsibility of the Winston-Salem National Little League safety officer:

Safety Officer: Bryan E Gallimore

Mailing Address: PO Box 24393

Winston Salem, NC 27114-4393

Phone Numbers: (336) 345-1073

Email Address: [gallimbe@forsyth.cc](mailto:gallimbe@forsyth.cc)

The safety officer's contact information is on file with Little League International.

This safety plan is printed and distributed annually to all volunteers.

This safety plan is also made available for all to read / download on our league website.

A mandatory Field/Facility survey is required yearly and will be kept on file with Little League International along with ASAP plan and with NC Little League District 2 office.

A qualified safety plan registration form will also accompany our ASAP plan.

A complete roster of all Little League players, managers, and coaches will be on file with Little League International prior to the start of the season.

## **Emergency Contact Information**

***ALL EMERGENCIES CALL 911!!!***

***AED located in Concession Stand!!!***

Winston Salem Police Department Non Emergency Number - (336) 773-7700

Winston Salem Fire Department Non Emergency Number - (336) 773-7900

Forsyth County Emergency Services (EMS) Non Emergency Number - (336) 703-2760

### **WSNLL Board Members**

League President - William Daniel (336) 414-4480

League President Elect – Matt Dixson (336) 462-1266

Executive VP of Baseball/Softball, VP of Tee-Ball, A, and AA divisions - Tommy Elrod  
(336) 705-0619

VP of Baseball AAA, Majors, and Junior Divisions – Phil Adams (336) 978-3008

League Player Agent - Ashley Quarless (336) 407-9763

Safety Officer - Bryan Gallimore (336) 345-1073

Field Maintenance – Rob Boone (336) 629-3924

***AED and First Aid Kit located in Concession Stand***

***This List will be posted in the concession stand and dugout areas***

## WSNLL Executive Board of Directors

2019

William Daniel	President/Field Maintenance	william@accrealestate.com
Tommy Elrod	VP/VP of Baseball	thomaswelrod@gmail.com
Ashley Quarless	Player Agent	wsnllplayeragent2015@gmail.com
Vacant	Secretary	
Andrew Piersol	Treasurer	andrewpiersol@gmail.com
Jaime Gallimore	Scheduler	NationalsScheduler@gmail.com
John Gallimore	Umpire-in-Chief	John1.gallimore@gmail.com
Bryan Gallimore	VP of Safety	gallimbe@forsyth.cc
Ricardo Velez	VP of Equipment	Ricardo.velez@gmail.com
Matt Dixon	President Elect	mattwdixon@gmail.com
Tommy Elrod	VP of A, AA and Tee-Ball	thomaswelrod@gmail.com
Lou Valente	Director of Fundraising	Louvalente@yahoo.com
David Jones	Marketing	djones@thevariable.com
	Sponsorships	
Shayna Thiel	Volunteer Coordinator	Sthiel1004@gmail.com
Phil Adams	VP of AAA, Majors	padamsiv@triad.rr.com
Rob Boone	Field Maintenance	rboone@flblum.com

## Code of Conduct

The local Little League Board of Directors has mandated the following code of conduct. This code of conduct must be followed at all times. The code of conduct requires that each manager, coach, and player sign the agreement attached to this Safety Plan, acknowledging that he or she understands and agrees to fully comply.

No board member, manager, coach, player, official or spectator shall at any time:

1. Touch, push, shove, strike, or otherwise threaten (physically or verbally) any other individual.
2. Exhibit unsportsmanlike conduct including the throwing of gloves, helmets, hats, bats, balls, or any other object.
3. Use or cause the use of unnecessarily rough tactics in the play of a game against opposing players.
4. Use profane, obscene or vulgar language.
5. Exhibit physical contact of a sexual or overtly affectionate nature.
6. Appear anywhere in the facility while in an intoxicated state.
7. Gamble on any play or game.
8. Use tobacco (smoking or chewing) on the playing field, in the dugout or on/around the scorer's table. Smoking and chewing are only allowed in the parking lot of the WSNLL Roger Dalton Complex.
9. Speak disrespectfully to any other manager, coach, player, official, spectator or board member.
10. Tamper or manipulate any league documents including, but not limited to, player rosters, game and tournament schedules, all-star affidavits, and scorebooks.
11. Challenge any umpire's authority.
12. Weapons and firearms are not allowed on WSNLL property at any time.

This conduct shall be maintained on any field or in any facility in which the team represents Winston-Salem National Little League including all-star and championship play.

The Board of Directors will review all infractions of the Conduct Code. Depending on the seriousness or frequency of the infraction, the board may assess additional disciplinary action up to and including expulsion from the league.

## **Safety Code**

The Local Little League Board of Directors has mandated the following safety code. The safety code requires that each manager, coach, and player sign the agreement acknowledging that he or she understands and agrees to fully comply. The signature sheet is to be given to the safety officer when complete.

1. Only league approved managers or coaches are allowed to practice teams.
2. Only league approved managers or coaches will supervise batting cages.
3. First Aid kits will be located in the concession and each team equipment bag.
4. Only players, managers, coaches and umpires are permitted on the playing field or in the dugout during games.
5. Bats and loose equipment are to be kept off the field of play by a designated coach or player.
6. Managers and coaches will only use official Little League balls supplied or approved by WSNLL.
7. Managers and coaches will never leave an unattended child at a practice or game.
8. Managers and coaches will make arrangements to have a cellular phone available at games and practices.
9. No medication will be administered at the facility unless done directly by the player's parents or emergency personnel.
10. Smoking or chewing tobacco is only allowed in the parking lot of the WSNLL Roger Dalton Complex.
11. During games and practice, players should be alert and well rested.
12. Batters must wear approved helmets that bear the NOCSAE seal during batting practice and games.
13. No head first slides unless runner is returning to a base.
14. Parents of players who wear glasses are encouraged to provide safety glasses for their children.
15. Parents of players who wear braces are encouraged to provide a mouth guard for their children.

16. All male players will wear athletic supporters or cups during games and practices.
17. Female catchers can wear long or short model chest protectors.
18. All catchers, during practice, pitcher warm-up and games, must wear equipment that meets all Little League specifications including but not limited to chest protector with neck guard, dangling throat protector, shin guards, mask and catcher's helmet.
19. All Little League rules (including proper equipment) will be enforced by umpires and managers.
20. Catchers must wear a catcher's mitt of any shape, size or weight consistent with protecting the hand
21. Players will not wear any jewelry or other metallic items during practice or games. (Exceptions: medical alert type jewelry - Strongly recommended that players wear plastic/rubber versions)
22. No playing in the parking lots and construction areas.
23. No playing around or on lawn equipment, machinery at any time.
24. Must be at least 16 years of age to operate lawn equipment or facility machinery.
25. Players should not swing bats or throw balls at any time within the walkways and common areas of the complex.
26. No lacrosse sticks, golf clubs or other type equipment are allowed on the property.
27. No pets of any kind are allowed on the property.
28. No throwing rocks or climbing trees within the complex.
29. No swinging on/from the dugout roofs.
30. Play area will be inspected by managers and umpires before games and practices for holes, damage, stones, glass and other foreign objects.
31. No games or practices will be held when weather or field conditions are poor, particularly when lighting is inadequate.
32. At no time should "horse play" be permitted on the playing field.
33. All pregame warm-ups should be performed within the confines of the playing field.
34. No food or drink permitted in the dugout. (Exceptions bottled water or sports drink, or water from a cooler with individual cups supplied.)
35. All gates to playing fields will be closed and secured once players have entered on to or exited off the playing fields.
36. The main gate will be closed during an amber alert.



37. If an amber alert should occur, notification will be passed on to any board member, manager, coach.
38. All team equipment will be stored within the team dugout.
39. Equipment would be inspected regularly for wear and proper fit.
40. Frayed balls will be discarded.
41. Speed limit is 10 mph inside the complex.
42. No alcohol allowed on the premises at anytime WSNLL sponsored activities involving children are taking place, including but not limited to, games, practices, evaluations and sign ups.
43. Illegal drugs are never allowed on the property.
44. Coaches are not allowed to warm up pitchers.
45. Bases on all fields will disengage.

## **CONDITIONING AND STRETCHING**

Conditioning is a very important part of the prevention of accidents. Studies have shown that stretching and contracting of muscles before an athletic event improves general control of movements, coordination, and alertness. Conditioning and stretching also help develop the strength and stamina needed for the average player to compete with minimum accident exposure.

The purpose of conditioning and stretching is to improve the flexibility of various muscle groups and to prevent the tearing of the muscle due to overexertion. Never force a muscle group during stretching but rather in a gradual manner to encourage looseness and flexibility.

Areas to stretch before an athletic event: neck, back, arms, thighs, legs, and calves.

Hold the stretch for at least 10 seconds.

Don't bounce while stretching.

Calisthenics should also be an important part of pregame warm-up. This is another way to stretch the muscle groups as well as increase the heart rate.

## OVERUSE INJURIES / PITCH COUNT

### HOW CAN OVERUSE BASEBALL INJURIES BE PREVENTED?

Overuse injuries – especially those related to the UCL and shoulder – are preventable. Some tips to keep you in the game throughout your life include:

- Warm up properly by stretching, running, and easy, gradual throwing
- Rotate playing other positions besides pitcher
- Concentrate on age-appropriate pitching
- Adhere to pitch count guidelines, such as those established by Little League Baseball (See tables)
- Avoid pitching on multiple teams with overlapping seasons
- Don't pitch with elbow or shoulder pain, if the pain persists, see a doctor
- Don't pitch on consecutive days
- Don't play year-round
- Never use a radar gun
- Communicate regularly about how your arm is feeling and if there is pain
- Develop skills that are age appropriate
- Emphasize control, accuracy, and good mechanics
- Master the fastball first and the change-up second, before considering breaking pitches
- Speak with a sports medicine professional or athletic trainer if you have any concerns about injuries or prevention strategies

### *MAXIMUM PITCH COUNTS*

<b>Age</b>	<b>Pitches / Game</b>
7 – 8	50
9 – 10	75
11 – 12	85
13 – 16	95
17 – 18	105

*Source: Little League Baseball*

**REST PERIODS REQUIRED**

<b>Ages 7-16</b>	<b>Ages 17-18</b>	<b>Required # of Rest Pitches</b>
61+	76+	3 calendar days
41 - 60	51 - 75	2 calendar days
21 - 40	26 - 50	1 calendar day
1 - 20	1 - 25	None

*Source: Little League Baseball*

**AGE RECOMMENDED FOR LEARNING VARIOUS PITCHES**

<b>Pitch</b>	<b>Age</b>
Fastball	8 ± 2
Slider	16 ± 2
Change-up	10 ± 3
Forkball	16 ± 2
Curveball	14 ± 2
Knuckleball	15 ± 3
Screwball	17 ± 2

*Source: From work by James R. Andrews, MD, and Glenn S. Fleisig, PhD*

## **Concussion**

Concussion, a type of traumatic brain injury, is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth, literally causing the brain to bounce around or twist within the skull.

This sudden movement of the brain causes stretching and tearing of brain cells, damaging the cells and creating chemical changes in the brain.

Coaches, officials, and parents should use the following to help monitor for a possible concussion:

1. Any blow to the head or body that results in rapid movement of the head.
2. Any concussion symptoms such as confusion, change in behavior, thought pattern, and/or physical functioning.

Concussion symptoms - headache, confusion following play, loss of consciousness, dizziness, loss of coordination, memory problems, change in behavior, sensitivity to light and/or noise, and vomiting without reported nausea.

All concussions are serious.

All players that exhibit concussion-like symptoms should be removed from play immediately. The player should be evaluated by medical personnel immediately. All injuries should be reported to the board member on duty and the incident should be relayed to both the safety officer and executive board. The safety officer will follow up with the player's parent/guardian to discuss the player's condition. It is required by WSNLL that the player be evaluated and cleared by a physician before returning to play.

## **Hydration**

In the summer months we usually think of dehydration. However, it does not matter if it is January or July, children must be encouraged to drink fluids even when they do not feel thirsty. As coaches, we must remember that when children become physically active, their muscles generate heat, thereby increasing their body temperature. As these temperatures rise, the cooling mechanism – sweat – kicks in. When sweat evaporates, the body is cooled. If these fluids are not replaced, children can become overheated.

Signs and symptoms of heat stress/heat stroke are as follows: confusion, dizziness, fainting, fatigue, abdominal cramps, muscle cramps, dark-colored urine or the absence of urination, seizures, and coma. Players should be monitored for absence of sweating as well. Players suffering from heat stress should be removed from direct sunlight, cooled with a damp towel, and given water/diluted sports drinks

unless they are nauseated. If any player exhibits an altered level of consciousness (confused, seizure, fainting), call 911!!

Managers and coaches should schedule water breaks every 30 minutes during practices on hot days, and should encourage fluid intake between every inning. Water is an excellent fluid, however, sports drinks and fruit juices can encourage children to drink more during events. When offering sports drinks and fruit juices, be careful of the carbohydrate level. These drinks should contain between 6 and 8 percent carbohydrates (which is 15 to 18 grams per cup). If the concentrations are higher, then the sports drink or juice should be diluted with water on a 1 to 1 ratio. If drinks are high in carbohydrates, they may cause stomach cramps, nausea, and diarrhea when the child becomes active. Caffeine contained in tea, coffee, and colas should also be avoided because it can dehydrate the body further.

## **Equipment**

The equipment manager and safety officers will inspect all equipment before the start of the first practice or game. The equipment, once distributed by the equipment manager to the various managers or coaches, becomes the responsibility of that manager or coach. They should inspect the equipment before each game and practice. If damage is discovered, the damaged equipment is to be taken out of service and equipment manager notified. Damaged equipment is to be either fixed or destroyed to prevent future use. Many kids bring their own equipment. The manager or coach should make sure that that equipment meets all the requirements outlined in the safety manual.

## **Inclement Weather Policy**

Objective: Practice and play games as scheduled without compromising the safety of the players and volunteers.

Rules of thumb:

1. After rain or other weather events, if the fields are in playable condition, we will wait a reasonable amount of time that will take into account darkness, curfew, and time restrictions.
2. If weather is forecasted but has not arrived, we will play until weather arrives or until we are advised to suspend play by board manager on duty.
3. For off-site practices –it is the responsibility of manager / coach to cancel practice, suspend practice, locate shelter for the team, and communicate with the parents.

These are the steps to take to determine to delay or stop practice or play.

**Rain:** if it begins to rain, the manager or coach should evaluate the strength and direction of the storm and evaluate the playing field as it becomes more saturated with water. If the playing conditions become unsafe, stop the practice. In a game situation, consult with the other coach and umpire to formulate a decision.

**Lighting:** *When Thunder Roars, Go Indoors!!!* If you can HEAR, SEE, OR FEEL A THUNDERSTORM, SUSPEND ALL GAMES AND PRACTICES IMMEDIATELY. Stay away from metal objects. Don't hold metal bats. Have players walk, not run, to their parent's or designated driver's car and await a decision on whether to continue play. An electronic lightning measurement device is to be used during all practices and games. This device measures the distance of lightning strikes in the area. Play will be suspended until the meter measures no strikes within 8 miles for at least 20 consecutive minutes. The meter will be placed at the concession stand and is the concession manager's responsibility unless this responsibility is ceded to a tournament director or other appointed board member.

**Temperature:** If the temperature is below 40 degrees F, there will be no team practices or games.

## **MANAGER/COACH FUNDAMENTALS TRAINING**

All managers and at least one coach from each team must participate annually in the Little League Fundamentals training. All managers and coaches must attend a renewal training once every three years after attending the initial training. Training Location will be held at the WSNLL complex and held after the managers and coaches are chosen but before the beginning of the season. Fundamentals training will be lead by league safety officer Dr. Mike Freehill. The fundamentals training may include:

Stretching and Warm Up procedures

Rules regarding proper equipment

Playing rules regarding safety – sliding, obstruction, slide or avoidance rules, pitch count

Official Rules and other local rules

Pitching, batting and fielding drills

Sportsmanship

Selection of players, managers and coaches for all-star / tournament play.

Attendance by all managers and at least one coach from every team is required. **Fundamentals Training scheduled for 04/14/19 at the FCEMS Training Room, 911 East Fifth Street, Winston Salem NC 27101. Times to be announced.**

## Manager / Coach First Aid Training

All managers and at least one coach must participate annually in the Little League first aid training. All managers and coaches should attend a renewal first aid training course every three years after attending the initial course. The First Aid training will be held at Forsyth EMS Station 8 911 E Fifth Street, WS, NC 27101 and at the WSNLL Complex. First Aid/ CPR training will be taught by League Safety Officer Bryan Gallimore Paramedic/Training Captain (FCEMS). First Aid Training will be held after managers and coaches have been chosen but before *the start of the season*. *The fundamentals training may include:*

Procedures for injuries during practice or during the games

Little League regulations involving injuries

First Aid / CPR

**First Aid/CPR training scheduled for Board Members, Managers, and coaches on 04/14/2019 at the FCEMS Training Room, 911 East Fifth Street, Winston Salem NC 27101. Time to be announced.**

## Equipment Shed

1. Keys to the equipment shed shall be issued by the EVP of Operations.
2. Keys shall be returned to the league president once someone ceases to have responsibilities for the equipment shed.
3. Equipment shed doors shall be shut or locked if no games are in session.
4. All individuals with keys to the equipment shed shall be aware of the responsibility for the orderly and safe storage of heavy equipment and hazardous materials.
5. All chemicals located in the equipment shed shall be labeled and stored in their original container if available.
6. Any loose chemicals within the equipment shed shall be cleaned and disposed of to prevent accidental poisoning.
7. Dispose of outdated products as recommended by the manufacturer.
8. Use chemicals only in well-ventilated areas.
9. Wear proper protective clothing when handling toxic substances.

## **Machinery**

Tractors, mowers and other heavy machinery will:

1. Be operated by appointed staff only
2. Never be operated under the influence of alcohol or drugs.
3. Will not be operated by persons under the age of 16.
4. Never be operated in a careless and reckless manner.
5. Never be operated or ridden in a precarious or dangerous way.

## **Concession Stand Safety**

1. No one under the age of 14 behind concession stand counter
2. Food covered at all times to prevent insects from resting on food.
3. Inspect cooking equipment before use and report damage to Concession Manager.
4. Cleaning chemicals must be stored away from food.
5. Certified fire extinguisher must be placed in plain sight at all times.
6. All concession stand workers are to be instructed on the use of fire extinguishers by fire department personnel.
7. The concession stand's main entrance door will not be locked or blocked while people are inside.
8. Utensils will be washed and put away at the end of the day's games. Concession stand workers must wash hands after each visit to the rest room and after handling foreign objects.
9. Menu posted and approved by League President and Safety Officers.
10. Concession Stand Safety Procedures will be posted several times in the concession stand.



## Safety Preliminaries

All managers, and/or coaches and/or umpires are required to walk the entire field to identify any safety hazards and ensure that the field is safe prior to use for games or practices. Any hazards should be eliminated prior to start of play and reported to the safety officer within 24 hours. See Appendix B for inspection form.

WSNLL provided First Aid Kit will be distributed to each team and is the responsibility of the manager to have the kit present at each practice and game. A first Aid kit and AED is also kept in the concession stand and is the responsibility of the board member on duty.

## Volunteers

Any person providing regular service to the league and/or that have repetitive access to or contact with players must fill out a current year (2018) Official Little League Volunteer Application form available online at [littleleague.org](http://littleleague.org), and provide a government issued photo identification to verify their identity. A nationwide criminal background check (First Advantage) will be conducted on all such volunteers prior to providing services or gaining repetitive access or contact.

A copy of the Official Little League Volunteer Application is attached to this Safety Plan (See Appendix A).

## Reporting Accidents

All accidents and injuries shall be reported to the league safety officer within 24 hours. After notification the safety officer will notify the league President. All information will be recorded and the proper forms completed and mailed to the insurance representative. If the safety officer is unavailable, the league President is to be notified of the accident or injury. If the league President or safety officer cannot be located on the facility grounds, any board member can be notified of the accident or injury.

**League Player / Coach-Manager / Roster Data** League Player Registration Data or Player Roster Data and Coach and Manager Data. League Player Registration Data or Player Roster Data and Coach and Manager Data must be submitted via the Little League Data Center at [www.LittleLeague.org](http://www.LittleLeague.org).

# Signature Sheet

I have read the Little League Code of Conduct and Safety Code. I promise to adhere to its rules and regulations at all times. (Parents can sign for players unable to sign but have been educated concerning the safety plan)

Names are to be signed and this signature sheet turned into the league president or safety officer.

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Division of Play

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Manager

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Player #1

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Player #3

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Player #5

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Player #7

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Player #9

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Player #11

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Player # 13

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Team

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Coach

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Player #2

---

Player #4

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Player #6

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Player #8

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Player #10

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Player #12

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Player #14

