



## **Safety Overview**

- First Aid kits and ice packs in all equipment bags and Waveny field boxes
- League contact numbers and Accident Claim forms are in Waveny field boxes and on the website
- Additional safety details can be found in the Coaches Manual on the website

## **Preventing Injuries**

- **Proper maintenance of playing site:** before each practice and game, take a quick scan of the playing area for debris/hazards i.e.: large rocks, sinkholes/divots, etc. Also, check condition of fences, backstop, and bases. Do your best to remedy/remove potential risk. Report if larger issue.
- **Pay close attention to playing conditions:** heat/humidity, as well as severe weather. Always call the field hotline 203-594-3610 for field conditions before you head to the field. If weather turns severe once you are there, an alarm with sound from the lightning system and you should leave the field.
- **Make sure players know the importance of staying hydrated:** They should always come to the field with enough water to get through practice or a game, especially on extra hot/humid days, where there is risk of heat stroke. Remind parents in practice/game emails.
- **Proper conditioning:** Stretching, strengthening and endurance, as well as agility and coordination drills are key to game/practice preparation and injury prevention.
- **Consistent and proper use of protective equipment:** Proper fitting helmets with cages/facemask is required. Defensive facemasks are required for all pitcher, 1<sup>st</sup> and 3<sup>rd</sup> baseman and recommended for all infielders.
- **Close coach supervision and organization of warm-ups, practices and games:** Having parent volunteers is important and helpful, especially with the younger players with shorter attention spans. When kids are not paying attention and goofing around, accidents happen. A bench parent is also helpful. When you and your assistant are coaching bases or pitching, they will help keep the girls seated, the equipment organized/out of the way (so none is tripping over helmets or bats) and the batting order moving. They can also assist in making sure only the on-deck batter is holding or swinging a bat (away from her teammates) and that no friends or siblings are in the dugout...they are not covered by our insurance!



**If injuries happen...**

- **Assess the situation for extent of injury:** Provide ice pack, Band-Aids from First Aid kit as needed.
- **Call the parent if necessary:** you should always have a list of your players and their emergency contacts with you at all times. You can print a list from the team page.
- **Call 911 if necessary**
- Stay in contact with the parent regarding severity of the injury. We have 20 days to submit an accident claim form to Little League if necessary.