

**2018 BRIDGEWATER LITTLE LEAGUE
SAFETY MANUAL**

**BRIDGEWATER LITTLE LEAGUE
SAFETY MANUAL**

**FOR
MANAGERS AND COACHES**

PLAY HARD – PLAY SAFE

League ID Numbers:

Joe Lazaro

221-07-02 1

INTRODUCTION

ASAP – What is it?

In 1995, ASAP (A Safety Awareness Program) was introduced with a goal of re-emphasizing 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”. This manual is offered as a tool to place some important information at the managers and coaches finger tips.

The League recommends that all coaches and parents refer to the League website at **www.bridgewaterll.com** for valuable updates and other useful tools. There is also a link to Little League Inc. that has additional safety information for both parents and coaches. 2

Table of Contents

- 1. Safety Officer 3**
- 2. Distribution Policy 3**
- 3. Emergency Phone Numbers 3**
- 4. Screening Procedures 4**
- 5. Fundamental Training 4**
- 6. First Aid Training 5**
- 7. Field Inspections 5**
- 8. Facility Survey 6**
- 9. Concession Stand Safety 6**
- 10. Equipment Inspection 8**
- 11. Accident Reporting 9**
- 12. First Aid Kits 10**
- 13. Little League Rules 10**
- 14. Qualified Safety Program Registration Form 11**
- 15. League Registration Data 11**

ADDITIONAL INFORMATION

- Safety Code 13**
- Do's and Don'ts 14**
- Code of Conduct 15**
- Communicable Disease Protection 17**
- Storage Shed 17**
- Lightning Safety 17**
- Coaches Expectations 19**
- Heimlich maneuver 20**
- EXHIBITS BEGIN ON 21 3**

1. SAFETY OFFICER

Bridgewater Little League Safety Committee

Nathan Schofield (Safety Officer)

E-Mail: bllsafetyofficer2017@gmail.com

508-269-9522

2. DISTRIBUTION POLICY

Bridgewater Little League shall distribute a copy of this Safety Manual to all Managers/Coaches, League volunteers and the District Administrator.

3. EMERGENCY PHONE NUMBERS

These numbers will be posted at the concession stand and on the League's website.

Bridgewater Police Emergency 911

Bridgewater Police Non-Emergency (508) 697-0914

Bridgewater Fire Emergency 911

Bridgewater Fire Non-Emergency (508) 697-0900

Safety Officer – Nate Schofield (508) 269-9522

2018 Board of Directors:

President Walter Holyoke (508) 326-2649

Vice President William Prince (508) 958-5332

Secretary Belinda Keith (774) 266-1368

Treasurer Mike Dolan (617)549-8309

Web/Public Relations Dave Kane (617) 470-2380

Umpire in Chief -Doug Mahoney (508) 245-2874

Equipment Manager Joe Camara (617) 694-9291

Safety Officer Nate Schofield (508) 269-9522

Field Maintenance Mgr. Sean O'Malley (774) 245-0243
V.P. Senior League Stacy Holyoke (508) 326-2582
V.P. Major League Chris Doyle (617) 750-4972
V.P. Minor League Robin Moniz (508)965-8287
V.P. Instructional Matt Porro (508) 944-3327
V.P. T-Ball Rich Florence (307) 837-7572
Rules Chairperson George Jackson (781) 267-9796
Information Officer Bob Stearns (508) 813-7869
Concessions Mgr Tina Nichols (508) 965-7104
Sponsor/Fundraising Mgr. Brad Erlichman (774) 222-7369
Player Agent Matt Gavigan (781) 664-4585
All-Star / Fall Ball Coordinator Doug Mahoney (508) 245-2874
Volunteer Coordinator Regina McCoy (508) 371-8079
Members-at-Large: Andy Bettencourt (508) 878-2228
Ken Moody (774) 808-1258
Todd Martin (508) 685-7868

Please note in the case of an accident or incident on the field or grounds of the Bridgewater Little League, once the immediacy of the situation has been resolved notice of the incident should be given to the Safety Officer as soon as practicable.

4. SCREENING PROCEDURES

It is **Mandatory** that all volunteers complete volunteer applications and CORI REQUEST FORMS.

All CORI's will be processed through CHOICE POINT. They will run a nationwide background check.

If a CORI Request is not completed, you will not be able to volunteer

All members that clear the CORI process will then be issued an ID BADGE or another form of identification chosen by the Board of Directors.

Members are required to wear the issued ID badge or other identification at all times while they are volunteering with the youth of Bridgewater Little League.

Only players, umpires, managers and coaches are permitted on the playing field or in the dugout during games and practice sessions.

5. FUNDAMENTAL TRAINING

All coaches and managers are asked to attend the Bridgewater Little League Coaches Clinic at Club Fit at dates and times to be announced via the leagues website. This is a required clinic for all instructional, minor league and any new coaches. In addition, every manager and coach will attend this training at least once every three years.

6. FIRST AID TRAINING

All managers and coaches must attend a mandatory first aid training class. The training will be held at the Conant Health Center at dates and times to be announced via the leagues website. There will also be an AED and CPR Training for Volunteers at dates and times to be announced via the leagues website. Our AED will be located in the concession stand.

Highly recommended – every manager should research the concussion laws of Massachusetts and educate all coaches under their control as to the proper procedures to deal with concussions and/or potential concussions.

First aid kits are issued to each field. They are located in the field house and must be picked up by the home team manager prior to each game.

7. FIELD INSPECTIONS

No games or practices should be held when weather or field conditions are not good, particularly when lightning is inevitable.

Play area will be inspected every day for holes, damage, stones, glass, standing water and other foreign objects. The inspection will be done by coaches and umpires prior to every game.

All teams' equipment should be stored within the team dugout or behind screens, not within the area defined by the umpires as "in play".

Responsibility for keeping bats and loose equipment off the field of play should be that of a player assigned for this purpose or the teams' Manager and coaches.

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. **No on deck batter will be allowed to swing a bat.**

All pre-game warm-ups should be performed within the confines of the playing field and not within areas that are frequented by spectators.

All T-ball and Instructional players, ages 5-8, will use reduced impact balls. Coaches and Managers will make sure this rule is enforced

All players must wear protective cups with a supporter at all times and use proper equipment during all practices and games

The Major League field fences or any other field fences in the future must have protective tops to protect players against injury.

Where needed, fencing or netting shall be used to protect spectators from foul balls.

8. FACILITY SURVEY

The Safety Officer shall complete the online Little League Baseball & Softball National Facility Survey each year and attach a copy of the same to the Safety Plan.

9. CONCESSION STAND SAFETYITY SURVEY

The menu shall be posted and approved by the Safety Officer and League President. The concession stand shall be inspected and shall file all of the necessary paper work with the town to allow it to be properly licensed to sell food and beverage.

The following information is to help members run a healthy and safe concession stand. Following simple guidelines will help minimize the risk of food borne illness.

1. Menu

Keep your menu simple and keep potentially hazardous foods (meats, eggs, dairy products, cut fruits and vegetables, etc.) to a minimum. Avoid using precooked foods or leftovers. Use only 7

foods from approved sources and, avoid foods that have been prepared at home. **Complete control over your food, from source to service, is the key to safe sanitary food service.**

2. Cooking

Use a food thermometer to check on cooking and holding temperatures of potentially hazardous foods. All potentially hazardous foods should be kept at 41 degrees F or below (if cold) or 140 degrees F or above (if hot). Ground beef and ground pork products should be cooked to an internal temperature of 155 degrees F, poultry should be cooked to 165 degrees F.

Most food born illnesses from temporary events can be traced back to lapses in temperature control.

3. Reheating

Rapidly reheat potentially hazardous food to 165 degrees F. Do not attempt to heat foods in crock pots, steam tables, over sterno units or other holding devices. Slow-cooking mechanisms may activate bacteria and reach killing temperatures.

4. Cooling and Cold Storage

Foods that require refrigeration must be cooled to 41 degrees F as quickly as possible and held at that temperature until ready to serve. To cool foods down quickly, use an ice water bath (0% ice to 40% water), stirring the products frequently or place the food in shallow pans no more than 4 inches in depth and refrigerate. Pans should not be stored one atop the other and lids should be off or ajar until the food is cooled completely. Check the temperature periodically to see if the food is cooling properly. **Allowing hazardous foods to remain unrefrigerated for too long has been the number ONE cause of food born illnesses**

5. Hand Washing

The use of disposable gloves can provide an additional barrier to contamination, but they are no substitute for hand washing. **Frequent and thorough hand washing remains the first line of preventing food born diseases.**

6. Health and Hygiene

Only healthy workers should prepare and serve food. Anyone who shows symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, jaundice, etc.) or who has open sores or infected cuts on the hands should not be allowed in the food concession area. Workers should wear clean outer garments and should not smoke in the concession area. The use of hair restraints is recommended to prevent hair ending up in food products.

7. Food Handling

Avoiding hand contact with raw, ready to eat foods and food contact surfaces. Use an acceptable dispensing utensil to serve food. ***Touching food with bare hands can transfer germs to the food.***

8. Dishwashing

Use disposable utensils for food service. Keep your hands away from food contact surfaces and never reuse disposable dish ware. Ideally, dishes and utensils should be washed in a four-step process

- Washing in hot soapy water
- Rinsing in clean water
- Chemical or hot sanitizing
- Air drying

9. Ice

Ice used to cool cans/bottles should not be used in cup beverages and should be stored separately. Use a scoop to dispense ice; never use the hands. *Ice can become contaminated with bacteria and viruses and cause food born illnesses.*

10. Wiping Cloths

Rinse and store your wiping cloths in a bucket of sanitizer (example: 1 gallon of water and ½ teaspoon of chlorine bleach). Change the solution every two hours. *Well sanitized work surfaces prevent cross contamination and discourage flies.*

11. Insect Control and Waste

Keep foods covered to protect them from insects. Store pesticides away from foods. Place garbage and wastes in a refuse container with a tight-fitting lid. Dispose of wastewater in an approved method (do not dump it outside). All water used should be portable water from an approved source.

12. Food Storage and Cleanliness

Keep foods stored off the floor at least six inches. After your event is finished, clean the concession area and discard unusable food.

10. EQUIPMENT INSPECTION

AED WILL BE LOCATED AND AVAILABLE AT THE SNACK BAR (CENTRAL FIELD LOCATION)

First aid kits are issued to each field. They are located in the field house and must be picked up by the home team manager prior to each game.

All Equipment should be inspected regularly by the coaches or its condition and proper fit.

Equipment Manager will make periodic checks “spot checks” to equipment

Batters must wear Little League approved protective helmets during batting practice and games.

All helmets must have chin straps, proper padding and be regularly checked for proper fit. Coaches and Umpires will inspect gear regularly and return damaged gear to the Equipment Manager. The damaged gear will be replaced accordingly.

Catchers must wear a catcher's helmet, a mask, throat guard, a long model chest protector, shin guards, knee savers and protective cup with athletic supporter at all times for practice and games. **NO EXCEPTIONS!**

When sliding into a base, it should be feet first and slide to avoid. Head first slides are permitted when a runner is returning to a base.

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 must not wear watches, rings, necklaces, earrings or any metallic items during games and practices.

The Manager must remove the pitcher when said pitcher reaches the pitching limit for his/her age group but may remain in the game at another position: see **Little League Pitch Count Regulation for the Complete Pitching Guidelines**.

All managers will receive rules and regulations and follow the pitch count guidelines.

11. ACCIDENT REPORTING

Remember, safety is everyone's responsibility. Prevention is the key to keeping accidents to a minimum. Report all hazardous conditions to the Safety Director or any other Board Member immediately. Don't play on fields that are unsafe or play with unsafe equipment. Be sure your players are fully equipped at all times especially catchers and batters.

What 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 Safety Officer. This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury or periods of rest.

When to report – All such incidents described above must be reported to the league President or Safety Officer within 48 hours of the incident. The Safety

Officer for this year is Nathan Schofield (Safety Officer) E-Mail: bllsafetyofficer2017@gmail.com
508-269-9522.

How to make the report - Reporting incidents can come in a variety of forms. Most typically they are telephone conversations. At a minimum, the following information must be provided:

1. The name and telephone number of the individual involved
2. The date, time and location of the incident
3. As detailed a description of the incident as possible
4. A preliminary estimation of the extend of any injuries
5. The name and phone number of the person reporting the incident.

Safety Officer's Responsibilities – Within 48 hours of receiving the incident report, the Director of Safety will contact the injured party or the parties parents and:

1. Verify the information received
2. Obtain any other information deemed necessary
3. Check on the status of the injured party
4. In the event that the injured party required other medical treatment (i.e. Emergency room visit, doctors visit, etc.) will advise the parent or guardian of the Bridgewater Little League's insurance coverage and the process for submitting any claims.

If the extend of the injuries are more than minor in nature, the Safety Officer shall periodically call the injured party to:

1. Check on the status of any injuries
2. Check if any other assistance is necessary in areas such as submission of insurance forms, etc. Until such time as the incident is considered closed, (i.e., no further claims are expected and/or the individual is participating in the League again).

12. FIRST AID KITS

AED WILL BE LOCATED AND AVAILABLE AT THE SNACK BAR (CENTRAL FIELD LOCATION)

First aid kits are issued to each field. They are located in the field house and must be picked up by the home team manager prior to each game.

In addition to the first aid kits available at the field house each Manager/Coach shall be provided a first aid kit to be kept with the team equipment bag and brought to every game and practice.

13. LITTLE LEAGUE RULES

Bridgewater Little League will require ALL TEAMS to enforce all Little League Rules to the extent that Bridgewater Little League local rules do not supersede those rules. Where Bridgewater local rules supersede the Little League Rules ALL TEAMS will be required to enforce first the Bridgewater local rules and then the Little League Rules. Should an issue arise over the interpretation of any of the rules, or enforcement of the same, it shall be brought to the attention of a Board member to be resolved or clarified.

14. QUALIFIED SAFETY PROGRAM REGISTRATION FORM

The Safety Officer shall complete the Little League Qualified Safety Program Registration Form each year and attach a copy of the same to the Safety Plan

15. LEAGUE REGISTRATION DATA

Bridgewater Little League Board of directors will submit a league player registration data or player roster data and coach and manager data annually as required to the Little League Data center at www.LittleLeague.org

If you would like to make suggestions for changes to the Safety Plan or the Safety Code or have any questions regarding the Bridgewater Little League Safety Code, please contact Nathan Schofield (Safety Officer)
E-Mail: blsafetyofficer2017@gmail.com
508-269-9522

ADDITIONAL INFORMATION 13

Safety Code

Safety is Everyone's Responsibility

Responsibility for safety procedures should be that of an adult member of Bridgewater Little League. Managers, coaches and umpires will have training in first aid, CPR, and AED they will also receive a copy of the Safety Manual.

Note: AED WILL BE LOCATED AND AVAILABLE AT THE SNACK BAR (CENTRAL FIELD LOCATION)

First aid kits are issued to each field. They are located in the field house and must be picked up by the home team manager prior to each game.

All Equipment should be inspected regularly by the coaches or its condition and proper fit.

Equipment Manager will make periodic checks "spot checks" to equipment

Batters must wear Little League approved protective helmets during batting practice and games.

All helmets must have chin straps, proper padding and be regularly checked for proper fit. Coaches and Umpires will inspect gear regularly and return damaged gear to the Equipment Manager. The damaged gear will be replaced accordingly.

Catchers must wear a catcher's helmet, a mask, throat guard, a long model chest protector, shin guards, knee savers and protective cup with athletic supporter at all times for practice and games. **NO EXCEPTIONS!**

When sliding into a base, it should be feet first and slide to avoid. Head first slides are permitted when a runner is returning to a base.

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 must not wear watches, rings, necklaces, earrings or any metallic items during games and practices.

The Manager must remove the pitcher when said pitcher reaches the pitching limit for his/her age group but may remain in the game at another position: see **Little League Pitch Count Regulation for the Complete Pitching Guidelines.**

All managers will receive rules and regulations and follow the pitch count guidelines.

If you would like to make suggested changes to the Safety code or have any questions regarding the Bridgewater Little League Safety Code, please contact Nate Schofield at bllsafetyofficer2017@gmail.com or via (508) 269-9522. 14

Important Do's and Don'ts

DO...

Reassure and aid children who are injured, frightened or lost

Provide or assist in obtaining medical attention for those who may require it.

Know your limitations.

Carry your first-aid kit to all games and practices

Keep your "Prevention and Emergency Management of Little League Baseball Injuries" booklet with your first-aid kit.

Assist those who require medical attention. When administering aid, remember to **LOOK** for signs of injury (Blood, Black and Blue and deformity of joints etc.) **LISTEN** to the injured person describe what happened and what hurts if conscious keeping in mind that you have to remain calm yourself as you may have to calm and soothe an excited child. **FEEL** gently and carefully the injured area for signs of swelling or grating of a broken bone.

Have your players' Medical Clearance Forms with you at all games and practices.

Make arrangements to have a cellular phone available at games and practices.

Don'ts...

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 or First-Aid).

Transport injured individuals except in extreme emergencies

Leave an unattended child at a practice or a game

Hesitate to IMMEDIATELY report any present or potential safety hazard to any member or the Board of Directors of Bridgewater Little League.

Bridgewater Little League Code of Conduct

Speed Limit 5 mph in roadways and parking lots while attending Bridgewater Little League functions. Watch for children around parked cars.

No Alcohol allowed in any parking lot, field or common areas within a Bridgewater Little League complex.

No Smoking is allowed on or around the complex with the exception of the parking lots

No playing will be allowed in any of the parking lots at any time.

Use cross walks when crossing road ways. Always be alert for traffic

No profanity will be tolerated.

No swinging bats against dugouts or against backstops or any fence. Catchers must be used for all batting practice sessions.

No throwing bats or throwing baseballs at any time within the walkways and common areas of a Bridgewater Little League complex.

No throwing rocks.

No horseplay in walkways at any time.

No climbing fences.

Only a player on the field at bat may swing a bat. Be alert or area around you when swinging.

Observe all posted signs. Players and spectators should be alert at all times for Foul Balls and Erratic throws.

During games, players must remain in the dugout area in an orderly fashion at all times.

After each game, each team must clean up trash in the dugout and around the stands.

All gates to the field must remain closed at all times. After players have entered or left the playing fields, gates should be closed and secured.

No children under the age of 15 are to be permitted in the Snack Shack and only with the permission of a parent.

NO Board Member, Manager, Coach, Player or Spectator shall, at any time:

Lay a hand upon, push, shove, strike, or threaten to strike an official.

Be guilty of personal verbal or physical abuse upon any official for any real or imaginary belief or a wrong decision or judgment.

Be guilty of an objectionable demonstration of dissent at an official's decision by throwing of gloves, helmets, hats, bats, balls, or any other forceful unsportsmanlike action.

Be guilty of using unnecessarily rough tactics in the play of a game against the body of an opposing player.

Appear on the field of play, stands, or anywhere on the Little League complex while in an intoxicated state.

Smoke while in the stands or on the playing field or in any dugout.

Speak disrespectfully to any manager, coach, official or representative of the league.

Be guilty of tampering or manipulating any league rosters, schedules, draft positions or selections, official score books, rankings, financial records or procedures.

Challenge an umpire's authority to eject. The umpires shall have the authority and discretion during a game to penalize the offender according to the infraction up to and including expulsion from the game.

Failure to comply with the above may result in expulsion from the Bridgewater Little League Complex. 17

Communicable Disease Procedures

1. Bleeding must be stopped, the open wound covered, before the athlete may continue.
2. Routinely use gloves to prevent mucous membrane exposure when in contact with blood or other bodily fluids is anticipated (provided in first aid kit)
3. Immediately wash hands and other skin surface if contaminated with blood.
4. Managers, coaches and volunteers with open wounds should refrain from all direct contact until the condition is resolved.
5. Follow accepted guidelines in the immediate control of bleeding and disposal when handling bloody dressings, mouth guards and other articles containing bodily fluids.

Storage Shed Procedures

The following applies to all of the storage sheds used by Bridgewater Little League and apply to anyone who has been issued a key by Bridgewater Little League to use those sheds.

All individuals with keys to the Bridgewater Little League equipment sheds, should be 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 Bridgewater Little League sheds should be properly marked and labeled as to its contents.

Any “loose” chemicals or organic materials within these sheds should be cleaned up and disposed of as soon as possible to prevent accidental poisoning.

Bridgewater Little League will host a Field Care course with instructions on how to safely use field equipment.

Lightning facts and Safety Procedures

When you hear it, clear it! When you see it, flee it!

Consider the following facts:

The average lightning strike 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 strikes coming from the storm’s overhanging anvil cloud (for example, the lightning that injured 13 people during a concert at RFK several years ago occurred while it was sunny and dry)

On 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 in the risk area for lightning strikes!

“Flash-Bang” Method:

One way of determining how close a recent lightning strike is to you is called the “Flash-Bang” method. With this method, a person counts the number of seconds between the sight of lightning strike and the sound of thunder that follows it. Halt play and evacuation should be called for when the count between the lightning flash and the sound of its thunder is 15 seconds or less.

Rule of Thumb:

The ultimate truth about lightning is that it is unpredictable and cannot be prevented. Therefore, a manager, coach or umpire who feels threatened by an approaching storm should stop play and get the kids to safety. When in doubt error on the side of safety.

Where to Go:

No place is absolutely safe from the lightning threats but some places are safer than others. Large enclosed shelters (substantially constructed buildings) are the safest (like our snack shack and field houses). 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 the addition to calling 911, the rescuer should consider the following:

- The first rule of emergency care is “make no more casualties”. If the victim is in a high risk area, ie. (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 determines there is a life safety risk and movement is an option, it should be done.
- If the victim is in cardiac arrest start CPR and continue until the Fire Department arrives.

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

Are your expectations reasonable and consistent?

What Do I Expect From My Players?

To be on time for practices and games.

To always do their best whether in the field or on the bench.

To be cooperative at all times and share team duties.

To respect not only others but themselves as well.

To be positive with teammates at all times.

To try not to become upset at their own mistakes or those of others. We all make our share of mistakes and need to support one another.

To understand that winning is only important if you can accept losing, as both are important parts of any sport.

What Can You And Your Child Expect From Their Coaches?

To be on time for all practices and games.

To be as fair as possible, when giving playing time to all players.

To do their best to teach the fundamentals of the game.

To be positive and respect each child as an individual.

To set reasonable expectations for each child and for the season.

To teach the players the value of winning and losing. While being a good sport in doing either.

To be open to ideas, suggestions and help.

To never holler at any member of the team, the opposing team or the umpires.

Any confrontation will be handled in a respectful, quiet and individual manner.

What Do I Expect From You as Parents And Family?

To come and enjoy the game. Cheer to make all players feel important.

To allow the coach to run the team.

To try not to question coaches leadership. All players will make mistakes and so will the coaches.

Do not holler at the coaches, the players or umpires. We must be the role models in society today. If we eliminate negative comments' the children will have an opportunity to play without any unnecessary pressures and will learn the value of sportsmanship.

If you wish to question the coaches' strategies or leadership, please do not do so in front of the players or fans. The coaches' phone numbers and or Email addresses will be available for you to call at any time if you have a concern.

Finally, don't expect the majority of children playing little league baseball to have strong skills. We hear all our lives that we learn from our mistakes. Let's allow them to make their mistakes but always be there with positive support to lift their spirits.

Always try to remember

There is a lot more to little league than just baseball..... 20

Heimlich Maneuver Saves Lives

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 navel.

Pull the fist in abruptly into the top of the stomach. It is important to keep the fist below the sternum and above the navel. The procedure should be repeated until the airway is free from obstruction or until the person who is choking loses consciousness.

These will be violent thrust, as many times as it takes..

For a child:

Place your hands at the top of the pelvis.

Put the thumb of your 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. 21