

GREATER ONEIDA LITTLE LEAGUE 2023 SAFETY PLAN

PURPOSE

The purpose of the Oneida Little League Safety Plan is to provide every child, of Little League age, the opportunity to play baseball in the safest possible conditions. Although there are inherent risks of injury during the games, we will strive to minimize those risks by incorporating and renewing this safety plan every year.

SAFETY OFFICER

The Greater Oneida Little League Safety Officer is the direct link between the Board of Directors and the managers, coaches, umpires, players, and any other third party, regarding safety matters. The main responsibilities of the OLL Safety Officer is to develop, implement, and communicate the OLL safety program to all involved. The Greater Oneida Little League Safety Officer for 2023 is Richard Dropp.

The OLL safety officer responsibly shall include but not limited to:

- Post and distribute any relevant Little League ASAP (A Safety Awareness Program) newsletters to team managers.
- Distribute a copy of the Safety Manual to all managers at the beginning of the season.
- Make First-Aid training available to managers and coaches prior to the start of the season - Review and update the safety plan annually.
- Assure that first aid kits are included with equipment, distributed for each team and are present at games/practice.
- Maintain a statistical log of where accidents and injuries occur, to whom they occur, in which division, at what times and under what supervision.
- Assist parents and individuals with insurance claims and will act as the liaison between the insurance company and the parent/player.
- Inspect playing fields for potential safety hazards and notify the appropriate person/persons for necessary corrective actions.
- Assure that all volunteers have completed the background statements and are verified through the Little League international database.
- Act immediately to resolve unsafe or hazardous conditions.
- Submit a qualified safety plan registration form with the ASAP plan.
- Submit league player registration data or player roster data and coach and manager data.
- Complete the annual Little League Facility Survey and lighting audit prior to the start of the season.

VOLUNTEER APPLICATIONS AND BACKGROUND CHECKS

Background checks will be required for all volunteers, including, but not limited to board members, managers, coaches, team parents, and anyone else who has direct contact with children. The purpose of the background check is to ensure that the children are protected from anyone who has committed a sexual offense against a minor. OLL will use a national database, including JDP to conduct criminal background checks as well. Prior to the start of the season, anyone who desires to volunteer will be required to complete an application form and submit a photocopy of their driver's license or other government identification to verify their identity.

Please inquire with existing manger or board member or visit www.oneidalittleleague.com and sign up to volunteer.

MANAGER AND COACH TRAINING

Prior to the start of every season, the Greater Oneida Little League will offer training to managers and coaches for the purpose of teaching the fundamentals of hitting, sliding, fielding, pitching, etc. At least one representative from each team will be required to attend the training. Managers and coaches will be encouraged to attend a Manager's clinic. These will be run by the Oneida Varsity baseball and softball coaches.

FIRST AID TRAINING

A manager or coach from each team will also be required to attend first aid training prior to the start of each season. Training qualifies the volunteer for a period of three years, however, a representative from each team must still attend every year.

FACILITIES AND EQUIPMENT

Prior to the start of the season, the OLL equipment manager will inspect all equipment for safety defects, before it is distributed to the managers. Defective equipment shall be discarded.

GENERAL SAFETY AND RESPONSIBILITIES

- Safety is the responsibility of all managers, coaches, and parents.
- Each manager, coach, team parent and player shall use proper reasoning and care to prevent injuries to him/herself and others.
- Arrangements should be made in advance of all games and practices for emergency medical services.
- Only league-approved managers and/or coaches are allowed to practice with the team.
- No games or practices are to be held when weather or field conditions are poor, particularly when lighting is inadequate.
- Managers and umpires shall inspect the playing area before games and practices for any damage such as holes, stones, glass and other foreign objects and repair or remove any obstacles.
- Team equipment will be stored within the team dugout or behind screens, and not within the field of play. Only players, managers, coaches, umpires and team parents are allowed on the playing field or in the dugout during games.
- Managers and coaches are responsible for keeping bats and loose equipment off the field of play. It is recommended the manager designate a different player for this responsibility each game. - Foul balls batted out of the playing area shall be returned to the nearest dugout.
- During practice and games, all players should be alert and watch the batter on each pitch. - During warm-ups drills, players should be spaced so as to not endanger them of wild throws or missed catches. - All pre-game warm ups should be performed within the confines of the playing field.

- The conditions of equipment shall be performed within the confines of the playing field. - Batters must wear Little League approved protective helmets during batting practices and games while batting and when on base.
- Chinstraps are recommended, with an exception for Major divisions or above.
- Headfirst slides are not permitted except when a runner is returning to base.
- During sliding practice, bases shall not be strapped down or anchored.
- At no time will horseplay be permitted in the dugout or on the field.
- Managers will only use official Little League baseball's supplied by OLL.
- It is recommended that all Coaches & Managers wear athletic supporters or cups during practice and games.
- Male catchers must wear metal, fiber or plastic type cups and a long-model chest protector.
- Female catchers must wear a long or short model chest protector.
- All catchers must wear a facemask, throat guard, shin guards, and chest protector when catching.
- Managers and coaches may not warm up pitchers.
- A catcher must wear their mask while warming up a pitcher.
- Shoes with metal spikes or cleats are NOT permitted.
- Shoes with molded cleats only are permitted.
- Players shall not wear watches, rings, pins or other metal items during practices or games.
- Managers will never leave a child unattended at a practice or game.
- Never hesitate to report any present or potential safety hazard to the OLL Safety Officer.
- Always ensure a cellular phone is available when a game or practice is held at a facility that does not have a public phone.
- No drugs or alcohol will be allowed on the playing fields or their premises at any time.
- No medications will be taken at a practice or game unless administered directly by the child's parents.
- No smoking is allowed on baseball fields or dugouts.
- No one is allowed to play baseball with open wounds.
- Wounds should be treated and properly bandaged.
- Be aware of any medical problems or allergies pertaining to your players, determine from the parent on how to detect or deal with any conditions.
- At least two adults must be present at any games or practice.
- Maxwell Field policy dictates that dogs are NOT permitted.
- Managers and coaches shall communicate this to parents and families and are expected to help to enforce this policy during practices and games.
- Only USA approved bats are allowed for safety concerns. Bats cannot be altered to enhance performance. Bats will be inspected routinely by coaches and umpires to ensure proper standards are being upheld.

GAME PREPARATION

Conduct stretching prior to practice and games. The purpose of stretching is to increase flexibility within the various muscle groups and prevent tearing from over extension. Stretching should never be done forcefully, but rather in a gradual manner to encourage looseness and flexibility. Oneida Little League strongly supports stretching before every practice and game. (See Conditioning Illustration page)

- Make sure that players are healthy, rested and alert.
- Ensure that players returning from injury have a medical release signed by their physician. -
- Ensure players are wearing the entire proper uniform.
- Ensure that all equipment is in good, safe working order.

- Check the concession stand to ensure extra first aid kits and a copy of the safety plan are available. - Do a physical inspection of the playing field and immediately correct any hazardous conditions (i.e. fill divots, remove debris).
- Report any other repairs that are necessary to the safety officer as soon as possible. Determine with the opposing manager that the playing field is fit to play on.
- In the event that it is not playable, contact the President, Jerry Pace, or another member of the Board to rectify the situation.

Have the players do a light jog around the field before throwing warm-ups that should follow this order.....

1. Light tosses short distances
2. Light tosses medium distance
3. Light tosses long distances
4. Medium tosses medium distances
5. Regular tosses medium distances
6. Fielding ground balls
7. Field pop flies

No soft toss batting drills where balls are batted into the fence!

DURING GAME

- Players shall not be alone in the dugout.
- A coach or parent shall be assigned to the dugout at all times.
- Utilize a player as a base coach if necessary.
- Assure no equipment is left lying in the field, either in fair or foul territory.
- Keep players alert.
- Maintain discipline and be organized at all times.
- Keep players sitting on the team's bench in the dugout unless they are preparing to enter the game.
- Make sure catchers are wearing proper equipment.
- Observe the "no on-deck" rule for batters and keep players behind the screen at all times. - Do not allow players to climb the fence.
- Get players to drink fluids often to prevent dehydration.
- Do not allow children to participate who are ill or injured.
- Tend to children who become injured in a game or in practice.
- No "wall ball" on the side of the concession stand!

POST GAME

- Clean out dugout, empty trash and rake fields.
- Do not leave the field until every team member has been either picked up by a known family member or has left with a pre-designated driver.
- Notify Parents if their child has been injured, no matter how small or insignificant the injury may seem. NO EXCEPTIONS.
- Any safety problem shall be reported to the league safety officer or league president. - Any injury that was treated must be reported to the league safety officer or league president within 24 hours of the incident.
- Returning the field to its pre-game condition.

ACCIDENT REPORTING PROCEDURE

An accident that causes any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid must be reported to the league safety officer or the league president in the event the safety officer is not available. Such incidents will be reported within 24 hours of the incident.

The safety officer for the Greater Oneida Little League is Richard Dropp. He can be reached at 315-941-6025. The president of the Greater Oneida Little League is Jerry Pace. He can be reached at 315-753-1410.

Please be prepared to provide the following information:

- the name, address, and phone number of the individual(s) involved.
- the name and phone number of the reporting manager/coach.
- the date, time and location of the incident.
- a detailed description of the incident.
- the preliminary estimation of the extent of the injuries. He or she will verify the information, obtain any other information deemed necessary, and check on the status of the injured party. The safety officer will complete the accident/insurance forms for submission.

WEATHER

The commissioner or the safety officer shall be responsible for determining when games are to be canceled. Managers/coaches should listen to current weather forecasts the day of any game and be alerted to changing weather conditions. If inclement weather is in the forecast, it is recommended that prior to starting the game, an adult should be appointed to monitor the weather conditions as they appear on the horizon.

RAIN

If it begins to rain:

- Evaluate the strength of the rain. Is it a light drizzle or is it pouring?
- Determine the direction of the storm moving in.
- Periodically evaluate the conditions of the playing field.
- Stop play if conditions become unsafe.
- Managers are to consult with the umpire, of which the umpire makes the final decision. - If the umpire and managers decide to postpone, wait 20 minutes from this point before making a decision to cancel the game.

LIGHTNING

When lightning is observed or thunder is audible, all outdoor activities will be suspended for 30 minutes. All players,

managers/coaches will return to their vehicles for this period of time. If a severe thunderstorm warning is issued, all field activities will cease and everyone is to be directed to return home. Stay away from metal including fencing and bleachers and do not hold metal bats.

HYDRATION

Good nutrition is important for children. Sometimes the most important need is water, especially when they're physically active. During the season encourage the players to drink fluids every 15 to 30 minutes. If a player looks distressed while standing in the hot sun, substitute that player and get them into the shade as soon as possible.

CHILD ABUSE/NEGLECT

In the event you suspect that one of your players is a victim of abuse/neglect; you should immediately contact the league president or safety officer for possible follow up with local law enforcement. The Greater Oneida Little League shall not investigate suspected abuse/neglect cases independently.

HEALTH AND MEDICAL

Inspect your first aid kit and what it contains before it becomes necessary to use it. Additional kits can be obtained from the safety officer. First aid is the first care given to a victim. Know your limits when rendering care.

GOOD SAMARITAN LAW

The "Good Samaritan Law" gives protection to people who provide care to ill or injured persons. This legal immunity protects you, as a rescuer, from any litigation and being held responsible for the victim's injury. When citizens respond to an emergency and act, as a reasonable and prudent person would under the same conditions, this immunity will prevail.

CALL 911

Anytime there is ANY question about the severity of an injury, be on the safe side and call 911.

CHECKING A VICTIM, WHERE DO I START?

If a victim is conscious, ask them what happened. The victim may be able to tell you what happened and how he/she feels. This information helps determine what care may be needed. Never be in a hurry to move any victim, the ground is firm and will work like a splint. Then do the following:

- If the victim is unconscious, obtain from bystanders what happened.

- Check the victim from head to toe so you don't overlook any problems.
- Do not ask the victim to move or move the victim yourself until the check is completed.
- Examine the scalp, face, ears, and mouth.
- Examine the arms and legs for cuts, bruises, bumps or depressions.
- Watch for changes in consciousness.
- Notice if the victim is drowsy, not alert or confused.
- Look for changes in the victim's breathing (It should be regular, quiet and easy)
- Notice how the skin looks and feels. (Note if the skin is reddish, bluish, pale or grey)
- Feel with the back of your hand on the forehead to see if the skin feels unusually damp, dry, cool or hot.
- Ask the victim again about the area that hurts.
- Ask the victim to move each part of the body that doesn't hurt.
- Check the shoulders by asking the victim to shrug them.
- Think of how the body usually looks. If you are not sure if something is out of shape, check it against the other side of the body.
- When you have finished checking, if the victim can move their body without any pain and if there are no other signs of injury, assist them in sitting up.
- When the victim is ready, assist them to their feet.
- If they are unable to move on their own DO NOT MOVE THEM.
- If the injury appears serious consult and call 911

CONCESSION STAND

The concession stand at the Greater Oneida Little League fields is run by current volunteers approved with a background check. They are required to have a Madison County Health permit before they are allowed to open and operate the stand. The Oneida Fire Department inspects the stand for safety each year. We have made the recommendation to prohibit the sale of the concession items in glass bottles. Glass containers are discouraged in or around all playing fields during little league functions. All volunteers are required to wash hands thoroughly and dry them after the use of restrooms, touching of plates, any utensils or equipment. Any ready to eat foods are to be handled with gloves after hands are washed. New gloves to be replaced whenever torn or soiled. Only healthy volunteers are to prepare and serve food. Clean outer garments, hair restraints, and masks are also required to be worn by each volunteer. All foods are to be stored and prepared to the recommended temps. I.E 44 degrees for cold foods, 140 degrees and above for all hot foods. All food preparation areas are to be cleaned regularly and thoroughly with sanitizer, a solution of water and bleach. All foods are to be stored six inches above ground throughout the concession stand. All food containers are to be covered to protect from insects. Proper New York State department of health signage to be posted visibly within the stand which includes hand washing areas, first aid choking procedures, and emergency contact information.

CODE OF CONDUCT

The code of conduct is distributed to all parents at time of registration and discussed again before the season begins during the manager/coach training session. Manager/coaches are instructed to remind parents and players of the code of conduct at their team meetings.

Submitted by: Richard Dropp, Safety Officer
 Greater Oneida Little League
 League I.D. # 0232-0909

Oneida Little League Parent/ Guardian Code of Conduct

We, the Oneida Little League Board of Directors, have implemented the following Parent Code of Conduct for the important message that it holds about the proper role of parents in supporting the youth of our community and their child in sports.

The essential elements of character building and ethics in sports are the foundation of sportsmanship and are demonstrated by the core principles of respect, responsibility, fairness, and good citizenship.

I, _____, as a parent/ guardian of _____, understand that I, as well as any other family member, family friend, or supporter of my player will be held to the following standards and guidelines:

- 1.) I will encourage good sportsmanship by demonstrating positive support at all times.
- 2.) I will remember that children participate to have fun, and that the game is for youth, not adults.
- 3.) I will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting, refusing to shake hands, or using profane language.
- 4.) I will teach my child that doing one's best is more important than winning.
- 5.) I will respect the officials and their authority during games.
- 6.) I will not confront coaches or managers at any times during games.
- 7.) I will refrain from coaching my child or other players during games.
- 8.) I will not participate or encourage social media threats, bullying or slander.
- 9.) Alcoholic beverages are prohibited.
- 10.) Smoking & Vaping is prohibited on or around the fields and must be contained to the parking lot.
- 11.) I will keep a safe distance between all fence lines, dugouts, and behind the backstops.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action levied by the Oneida Little League Board of Directors that could include, but is not limited to the following:

- Verbal Warning
- Written Warning
- Parental suspension for games
- Parental season suspension
- Parental removal from all league activities

The Oneida Little League Board of Directors retains the sole authority to determine what, if any, disciplinary action is appropriate for any conduct infraction.

Failure to sign or adhere to the above parent/guardian code of conduct could result in removal of all parties. Please have this form signed and returned by the first practice.

_____ (Signature) (Date)

Oneida Little League Player Code of Conduct

Player's responsibilities are simple; be respectful of others, be responsible, play fair, and always do your best, and always exhibit good sportsmanship.

As an Oneida Little League participant, I hereby pledge that I will:

- 1.) Encourage good sportsmanship from fellow players, coaches, officials, and parents.
- 2.) Be a team player and support my teammates.
- 3.) Be on time and attend every practice and games that I can, and will notify my coaches if I cannot.
- 4.) Work hard to improve my skills.
- 5.) Do my best to listen and learn from my coaches.
- 6.) Encourage my parents to be involved with my team in some capacity.
- 7.) Congratulate the other team after each game as a demonstration of sportsmanship.
- 8.) Refrain from using violence, unfriendly language, or insults to others.
- 9.) I will not participate or encourage social media threats, bullying or slander.
- 10.) Be generous when I win and gracious when I lose.
- 11.) Obey the rules of the game and always work for the good of the team.
- 12.) Accept the decisions of the officials with grace and never challenge or question calls. Refrain from Player or questioning on-field calls by officials and/or managers and coaches.
- 13.) Conduct myself with honor and dignity.
- 14.) Applaud the efforts of my teammates and opponents

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action levied by the Oneida Little League Board of Directors that could include but is not limited to the following:

- Verbal warning
- Written warning
- Player suspension for games
- Player suspension for season including postseason
- Player being expelled from the league

The Oneida Little League Board of Directors retains the sole authority to determine what, if any, disciplinary action is appropriate for any conduct infraction.

(Name) (Date)

Manager Code of Conduct

Youth sports programs play an important role in promoting the physical, social, and emotional development of children. As managers and coaches in Oneida Little League you should be models of good sportsmanship and behavior for your child and all children in the community including participants and spectators alike.

The Oneida Little League Board of Directors ask that you pledge to be responsible for your words and actions while coaching, officiating, and participating in Oneida Little League events, and that you conform your behavior to the following Code of Conduct:

- 1.) Place the emotional and physical well being of players ahead of personal desire to win.
- 2.) Treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- 3.) Do your best to provide a safe environment for all players.
- 4.) Lead by example in demonstrating fair play and sportsmanship to all players.
- 5.) Teach the rules of the game to all players, officials, and parents.
- 6.) Remember that you are a youth sports coach and that the game is for the children and not adults.
- 7.) Do not abuse other coaches, umpires, parents, or players.
- 8.) Promote fun, fairness, and sportsmanship over winning.
- 9.) Do not engage in the use of profanity or other offensive language.
- 10.) I will not participate or encourage social media threats, bullying or slander.
- 11.) Encourage all team members to treat all players, teammates, coaches, officials, and parents with respect.
- 12.) Emphasize and foster a team atmosphere and not individual achievements.
- 13.) Be responsible for league policies.
- 14.) Return all equipment and player evaluations per league policies.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action levied by the Oneida Little League Board of Directors that could include but is not limited to the following:

- Verbal warning
- Written warning
- Manager/coaches suspension for games
- Manager/coaches suspension for season
- Manager/coaches removal from all league activities

The Oneida Little League Board of Directors retains the sole authority to determine what, if any, disciplinary action is appropriate for any conduct infraction.

_____ (Signature) (Date)