

# GREATER ONEIDA LITTLE LEAGUE 2025 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 mitigate 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 parties 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 2025 is Chelsea Sayles.*

The OLL Safety Officer responsibilities shall include, but are not limited to:

1. Post and distribute any relevant Little League ASAP (A Safety Awareness Program), newsletter to team managers. Assist parents and individuals with insurance claims and will act as the liaison between the insurance company and the parent/player.
2. Maintain statistical log of injury details including person, role, circumstance, time/date, location, division, supervision, and any/all action taken.
3. Distribute a copy of the Safety Manual to all managers at the beginning of the season.
4. Inspect playing fields for potential safety hazards and notify appropriate personnel for necessary corrective action. Make First-Aid training available to managers and coaches prior to the start of the season.
5. Review and update the safety plan annually.
6. Assure that first aid kits are adequately stocked and included with equipment distribution for each team and are present at all games and practices.
7. Assure that all volunteers have completed the background statements and are verified through the JDP national database.

## 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 children are protected from anyone who has committed an offense against a minor. OLL will use a national database, JDP, to conduct criminal background checks. 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. The Safety Officer will be responsible for conducting background checks.

## 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. This training will be coordinated through the league's Baseball & Softball Liaisons.

## CPR/FIRST AID TRAINING

A manager or coach from each team will be required to have a current CPR/ First Aid / AED Certification. Proof of completion will be provided to the Safety Officer. The Safety Officer will coordinate this training annually.

## ABUSE AWARENESS CERTIFICATION

All volunteers must take the online course provided by Little League University annually. Volunteers will forward their certificates of completion to the Safety Officer.

## 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.

## AED

An AED must be present at the facility and a designated person will regularly check that it is in working order. Chelsea Sayles is the designee for 2025.

## GENERAL SAFETY AND RESPONSIBILITIES

1. Safety is the responsibility of all managers, coaches and parents.
2. Each manager, coach, team parent and player shall use proper reasoning and care to prevent injuries to him/herself and others.
3. Arrangements should be made in advance of all games and practices for emergency medical services.
4. Only league-approved managers and/or coaches are allowed to practice with the team.
5. No games or practices are to be held when weather or field conditions are poor, particularly when lighting is inadequate.
6. Managers and umpires shall inspect the playing area before games and practices for holes, damage, stones, glass and other foreign objects and repair or remove any obstacles.
7. Team equipment will be stored within the team dugout or behind screens, and not within the defined as "in play."
8. Only players, managers, coaches, and umpires are allowed on the playing field or in the dugout during games.
9. Managers and coaches are responsible for keeping bats and loose equipment off the field of play. It is recommended that 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.
10. During practice and games, all players should be alert and watching the batter on each pitch.
11. During warm-up drills, players should be spaced so as to not place them in danger of wild throws or missed catches.
12. All pre-game warm-ups should be performed within the confines of the playing field.
13. Batters must wear Little League approved protective helmets during batting practices and games while batting and when on base. Chinstraps are recommended, with the exception for Major divisions or above.
14. Headfirst slides are not permitted except when a runner is returning to base.

15. During sliding practice, bases shall not be strapped down or anchored.
16. At no time will horseplay be permitted in the dugout or on the field.
17. Managers will only use official Little League baseballs supplied by OLL.
18. Male catchers must wear metal, fiber or plastic type cup and a long-model chest protector.  
Female catchers must wear long or short model chest protector.
19. All catchers must wear a face-mask, throat guard, shin guards, and chest protector when catching. A catcher must wear their mask while warming up a pitcher.
20. Only molded cleats are permissible in all divisions.
21. Jewelry is permissible, as long as it does not pose risk of harm or injury.
22. Managers will never leave a child unattended at a practice or game.
23. Never hesitate to report any present or potential safety hazard to the OLL Safety Officer.
24. Always ensure a mobile/cellular phone is available for emergencies.
25. No drugs or alcohol will be allowed on the playing fields or their premises at any time. No smoking is allowed on baseball fields or dugouts.
26. No medications will be taken at a practice or game unless administered directly by the child's parents.
27. No one is allowed to play baseball with open wounds. Wounds should be treated and properly bandaged.
28. Be aware of any medical problems or allergies pertaining to your players and discuss with parent/guardian the plan to address any issue(s) that could arise.
29. At least two adults must be present at any games or practice.
30. Maxwell Field policy dictates that dogs are NOT permitted.

## 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 overextension. Stretching should never be done forcefully, but rather in a gradual manner. Oneida Little League strongly supports stretching before every practice and game.
- Make sure that players are healthy, rested and alert.
- Ensure that players returning from injury have a medical release signed by their health care provider.
- Ensure players are wearing the entire proper uniform.
- Verify that all equipment is in good, safe working order.
- Check 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, correcting any hazardous conditions (i.e. fill divots, remove debris), immediately.
- Report any other repairs that are necessary to the Safety Officer asap.
- Determine with the opposing manager that the playing field is fit for play. In the event that it is not playable, contact the President or board member on field duty.
- Have the players do a light jog around the field before throwing warm-ups that should follow this order:
  - Light tosses, short distance
  - Light tosses, medium distance
  - Light tosses, long distance
  - Medium tosses, medium distance
  - Regular tosses, medium distance
  - Fielding ground balls
  - Field pop flies
  - No soft toss batting drills where balls are batted into the fence

## DURING GAME

- Players may 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 play children who are ill or injured.
- Tend to children who become injured in a game or in practice.

## POST GAME

1. Clean out dugout, empty trash and rake fields.
2. Notify parent/guardian if their child has been injured, no matter how small or insignificant the injury may seem. NO EXCEPTIONS.
3. Return the field to its pre-game condition.
4. 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.

## 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 Chelsea Sayles. She can be reached at 315-761-1270. 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 cancelled. Managers/coaches should evaluate current weather forecasts the day of any game and be alerted to changing weather conditions. If inclement weather is forecasted, it is recommended that prior to starting

the game an adult 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. Determine the direction of the storm moving in.

Periodically evaluate the conditions of the playing field. Look at the weather forecast.

Stop play if conditions become unsafe. Managers are to consult with the umpire. 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 20 minutes.

All players, managers/coaches will return to their vehicles for this period of time. If a severe

thunderstorm warning is issued, all fields' activities will cease and everyone will 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 physically active. During the season, encourage 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 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. 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 a question about the severity of an injury, err 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. 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.

## CONCESSION STAND

The concession stand at the Greater Oneida Little League fields is run by current volunteers approved with a background check. A Madison County Health permit is secured in order to 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 items in glass bottles. Glass containers are prohibited in or around all playing fields.
- All volunteers are required to wash and dry hands thoroughly 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 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 is to be visibly posted within the stand which includes handwashing areas, first-aid choking procedures, and emergency contact information.

Submitted by: Chelsea Sayles, Safety Officer  
Greater Oneida Little League  
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