



# 2025 ASAP Safety Plan

Little League Identification Number: 03091415



## Table of Contents

<b>Introduction.....</b>	<b>4</b>
<b>Little League Safety Plan.....</b>	<b>5</b>
<b>Board Members.....</b>	<b>6</b>
<b>League Rules.....</b>	<b>7</b>
<b>Safety Officer &amp; Committees.....</b>	<b>8</b>
<i>Roles and Responsibilities.....</i>	<i>8</i>
<i>Safety Committee.....</i>	<i>9</i>
<b>Volunteer and Player Data.....</b>	<b>10</b>
<i>Volunteer Applications.....</i>	<i>10</i>
<i>Registration/Roster Data Submission.....</i>	<i>11</i>
<b>Managers and Coaches Responsibilities.....</b>	<b>12</b>
<i>Pre-Game Responsibilities.....</i>	<i>13</i>
<i>In-Game Responsibilities.....</i>	<i>13</i>
<b>Codes of Conduct and Safety.....</b>	<b>15</b>
<i>Code of Conduct.....</i>	<i>15</i>
<i>Safety Code.....</i>	<i>16</i>
<b>Accident/Injury Handling and Reporting.....</b>	<b>19</b>
<i>Emergency Phone Numbers.....</i>	<i>19</i>
<i>General Do's and Don'ts.....</i>	<i>19</i>
<i>What to Report.....</i>	<i>20</i>
<i>When to Report.....</i>	<i>20</i>
<i>Safety Officer Responsibilities.....</i>	<i>21</i>
<i>Return to Play Following Injury or Illness.....</i>	<i>21</i>
<b>Training and Safety Clinics.....</b>	<b>22</b>
<i>Basic Fundamentals Training.....</i>	<i>22</i>
<i>CPR &amp; First Aid.....</i>	<i>22</i>
<i>Concussions.....</i>	<i>22</i>
<b>Facility Guidelines and Procedures.....</b>	<b>25</b>
<i>Annual Facility Survey.....</i>	<i>25</i>
<i>Batting Cages.....</i>	<i>25</i>
<i>Storage Shed(s).....</i>	<i>25</i>

<i>Lightning Safety and Evacuation</i> .....	26
<i>Concession Stand Safety</i> .....	26
<b>Forms</b> .....	<b>28</b>
<b>Additional Resources</b> .....	<b>29</b>
<i>Broken Bones</i> .....	30
<i>Knocked Out Teeth</i> .....	31
<i>Strains and Sprains</i> .....	32
<i>Nosebleeds</i> .....	33
<i>Concussions</i> .....	34
<i>Heat &amp; Humidity Dangers</i> .....	35

# Introduction

In 1995, Little League Incorporated introduced ASAP (A Safety Awareness Program) to create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League and with the goal of re-emphasizing the primary importance of safety to local little leagues around the United States. In order to be an ASAP compliant league, a Little League approved Safety Plan that meets certain acceptance criteria must be filed with Williamsport before the start of each season.

# **Little League Safety Plan**

The purpose of the Little League Safety Plan is to develop guidelines for increasing the safety of activities, equipment, instruction and facilities through education, compliance, and reporting. In support of this goal, Little League also commits itself to providing the necessary organizational structure and focus to develop, monitor, and enforce compliance with all aspects of the plan.

The Safety Plan includes the Code of Conduct and Safety Code adopted by the Winter Garden Little League Board of Directors. These documents outline specific safety related policies and procedures of the League. All participants, volunteers, employees, spectators, and guests are bound by the guidelines set forth in these documents.

# Board Members

The below table includes all board members for the 2024-2025 season.

Name	Email	Officer Type(s)
Mark Kirkland	<a href="mailto:mark@wintergardenlittleleague.org">mark@wintergardenlittleleague.org</a>	President
Jeff Dehnel	<a href="mailto:jeff@wintergardenlittleleague.org">jeff@wintergardenlittleleague.org</a>	Secretary
Brad Delarm	<a href="mailto:brad@wintergardenlittleleague.org">brad@wintergardenlittleleague.org</a>	Treasurer Sponsorship/Fundraising Manager
Mike Colina	<a href="mailto:mike@wintergardenlittleleague.org">mike@wintergardenlittleleague.org</a>	Safety Officer
Stacey Burger	<a href="mailto:stacey@wintergardenlittleleague.org">stacey@wintergardenlittleleague.org</a>	Other Officer
Ashley Coipel	<a href="mailto:ashleyc@wintergardenlittleleague.org">ashleyc@wintergardenlittleleague.org</a>	Concession Manager
Terence Curran	<a href="mailto:terence@wintergardenlittleleague.org">terence@wintergardenlittleleague.org</a>	Field Maintenance Manager
Gina Dyer	<a href="mailto:gina@wintergardenlittleleague.org">gina@wintergardenlittleleague.org</a>	Other Officer
Chad Feaster	<a href="mailto:chadf@wintergardenlittleleague.org">chadf@wintergardenlittleleague.org</a>	Equipment Manager
Erica Flanigan	<a href="mailto:erica@wintergardenlittleleague.org">erica@wintergardenlittleleague.org</a>	League Player Agent
Keith Kampenga	<a href="mailto:keith@wintergardenlittleleague.org">keith@wintergardenlittleleague.org</a>	Other Officer
Chris Kinkela	<a href="mailto:chrisk@wintergardenlittleleague.org">chrisk@wintergardenlittleleague.org</a>	Information Officer
Jeff Lopa	<a href="mailto:jeffl@wintergardenlittleleague.org">jeffl@wintergardenlittleleague.org</a>	Coaching Coordinator
Matthew Olszewski	<a href="mailto:matto@wintergardenlittleleague.org">matto@wintergardenlittleleague.org</a>	Vice President
Julie Oneill	<a href="mailto:julie@wintergardenlittleleague.org">julie@wintergardenlittleleague.org</a>	Uniform Coordinator
Bo Stock	<a href="mailto:bo@wintergardenlittleleague.org">bo@wintergardenlittleleague.org</a>	League Umpire-in-Chief

# League Rules

Winter Garden Little League follows all rules governed by Little League, including any and all rules related to player, manager, coach, and volunteer safety. If there are any discrepancies or questions regarding rules, Little League rules will supersede any local league rules. The latest Little League rule book can be downloaded for free at the following link:

<https://www.littleleague.org/playing-rules/little-league-rulebook-app>

# Safety Officer & Committees

The League Safety Officer is an elected Member of the Winter Garden Little League Board of Directors. This individual acts as the Winter Garden Little League primary point of contact for the safety issues and is responsible to review, modify and communicate the League's Safety Plan each year. The plan is presented to the Board for approval and ratification in February or March prior to each upcoming season.

The League President and Safety Officer have primary responsibility for ensuring compliance with the Safety Plan. However, the entire Winter Garden Little League Board of Directors, elected League Officers, and Board Approved Managers and Coaches share in the responsibility to ensure awareness and compliance with the Safety Plan relative to their respective position or office.

## Roles and Responsibilities

The Safety Officer is mainly responsible for the development and implementation of the League's safety program. The Safety Officer is the link between the Board of Directors of Winter Garden Little League and its managers, coaches, umpires, team safety officers, players, spectators, and any other third parties on the complex in regards to safety matters, rules and regulations. The Winter Garden Safety Officer's and the Safety Committee's responsibilities include:

- Coordinating with the individual Team Managers/Coaches Officers in order to provide the safest environment possible for all.
- Assisting parents and individuals with insurance claims and will act as the liaison between Little League International and District Fourteen, the insurance company and the parents and individuals.
- Keeping the First Aid Log. This log will list where accidents and injuries are occurring, to whom, in which divisions (major, coast, minors, and tee ball), at what times, and who was under what supervision at the time of the injury.
- Explaining insurance benefits to claimants and assisting them with filing the correct paperwork.
- Correlating and summarizing the data in the First-Aid Log to determine proper accident prevention in the future.
- Ensuring that each team receives its Safety Manual and its First-Aid Kit at the beginning of the season.
- Re-stocking the first aid kits as needed.
- Make Little League's "no tolerance with child abuse" clear to all.
- Checking fields with the Managers and listing areas needing attention.



- Scheduling a Safety Clinic for all managers, designated coaches, umpires, player agents and team safety officers during the pre-season.
- Creating and maintaining all signs at the ball fields, including No Parking signs, No Smoking signs, batting cage rules, cautionary signs etc.
- Acting immediately in resolving unsafe or hazardous conditions once a situation has been brought to his/her attention.
- Making spot checks at practices and games to make sure all managers have their First-Aid Kits and Safety Manuals.
- Making sure that safety is a monthly Board Meeting topic, allowing experienced people to share ideas on improving safety with the Board, coaches, volunteers and members, and keeping current on safety equipment.
- Tracking all injuries and near misses in order to identify injury trends and report to Little League District 14 and Little League International and insurers.

## Safety Committee

The Winter Garden Little League will maintain a League Safety Committee comprised of the League Safety Officer, President, Vice President, Umpire in Chief, Field Services, and the Coaching Coordinator. This committee will have the primary responsibility for the initial annual review of the Safety Plan and to monitor the number of injuries and accidents that occur during the season. The Safety Committee will recommend courses of action regarding any safety issues that may present itself to the League. For example, it is envisioned that this committee will meet to assist the League Safety Officer in preparing revisions and updates to the League Safety Plan, which will then be distributed to the Board for comment. The League Safety Committee consists of the following members:

<b>Name</b>	<b>Email</b>	<b>Role</b>
Mike Colina	<a href="mailto:mike@wintergardenlittleleague.org">mike@wintergardenlittleleague.org</a>	Safety Office
Mark Kirkland	<a href="mailto:mark@wintergardenlittleleague.org">mark@wintergardenlittleleague.org</a>	President
Matthew Olszewski	<a href="mailto:Matto@wintergardenlittleleague.org">Matto@wintergardenlittleleague.org</a>	Vice President
Terence Curran	<a href="mailto:terence@wintergardenlittleleague.org">terence@wintergardenlittleleague.org</a>	Field Maintenance Manager
Bo Stock	<a href="mailto:bo@wintergardenlittleleague.org">bo@wintergardenlittleleague.org</a>	League Umpire-in-Chief
Jeff Lopa	<a href="mailto:jeffl@wintergardenlittleleague.org">jeffl@wintergardenlittleleague.org</a>	Coaching Coordinator

# Volunteer and Player Data

## Volunteer Applications

Winter Garden Little League requires that all of the following personnel have annually submitted a fully completed official "Little League Volunteer Application" and a copy of valid government issued photograph identification to the President or Safety Officer for conducting a national background check that at a minimum includes review of sex offender registries, child abuse and criminal history records for approval of such volunteer, prior to the applicant assuming his/her duties for the current season: Board of Director members, Umpires, Managers, Coaches, and any other persons, volunteers or hired workers, who provide regular service to the league and/or have repetitive access to, or contact with, players or teams. Failure to submit a completed Little League Volunteer Application for the current year with a copy of valid, government issued photograph identification and social security number upon request makes that adult unable to maintain WGLL membership and that adult or child volunteer is unable to volunteer in any capacity with WGLL.

The Little League Volunteer Application" must be maintained by the President of the Winter Garden Little League's board of directors for all personnel named above, for a minimum of the duration of the applicant's service to the league for that year. Failure to comply with this regulation by WGLL may result in the suspension or revocation of tournament privileges and/or the Winter Garden Little League's charter by action of the Charter or Tournament Committee in Williamsport.

Winter Garden Little League will conduct an annual national background check on all personnel that are required to complete a "Little League Volunteer Application" prior to the applicant assuming his/her duties for the current season. Winter Garden Little League shall not permit any person to participate in any manner, whose background check reveals a conviction or guilty plea for any crime involving or against a minor. Winter Garden Little League may prohibit any individual from participating as a volunteer or hired worker, if the league deems the individual unfit to work with minors. Winter Garden Little league must conduct a search of the applicable government operated statewide sex offender registry and nationwide sex offender registry. Failure to comply with this regulation may result in the suspension or revocation of tournament privileges and/or the Winter Garden Little League's charter by action of the Charter of Tournament Committee in Williamsport, PA.

If Winter Garden Little League becomes aware of information, by any means whatsoever, that an individual including, by not limited to, volunteers, players and hired workers, has been convicted of or pled guilty to any crime involving or against a minor, the local league must contact the applicable government agency to confirm the accuracy of the information. Upon confirmation of a conviction for, or guilty plea to, a crime against or involving a minor, the local league shall not permit the individual to participate in any manner.

Additionally, no individual may serve as WGLL treasurer or have any WGLL bank or other financial account signor authority or status who has any history of any criminal conviction for theft, forgery, conversion of property, possession of stolen property, robbery, burglary, moral turpitude, other similar misdemeanor or felony conviction history.

The latest volunteer application can be found at:

<https://www.littleleague.org/downloads/volunteer-application>

**NOTE: Winter Garden Little League utilizes the JDP QuickApp for all volunteer screening.**

## **Registration/Roster Data Submission**

League Player Registration Data or Player Roster Data, which also includes Coach and Manager Data, must be submitted separately through the Little League Baseball® Data Center on or before April 1, 2025 to meet requirement 14 of ASAP. This ASAP requirement is an effort to provide coaches with important Little League information and initiatives prior to and during the current playing season.

# Managers and Coaches Responsibilities

The Manager is a person selected through a manager selection committee and appointed by the President of WGLL to be responsible for the team's actions on the field, and to represent the team in communications with the umpire and the opposing team.

- The Manager shall always be responsible for the team's conduct, observance of the official rules and deference to the umpires.
- The Manager is also responsible for the safety of his/her players. He/She is also ultimately responsible for the actions of designated coaches and spectators.
- If a Manager leaves the field, that Manager shall designate a Coach as a substitute and such Substitute Manager shall have the duties, rights and responsibilities of the Manager.

## Managers Must: .

- Take possession of this Safety Manual and the First-Aid Kit supplied by WGLL and bring each to all practices or games.
- Make sure that *telephone access* is available at all activities including practices. It is required that a *cellular phone* always be on hand for emergencies.
- Attend a mandatory training session on Safety, concussion/head injuries, injury prevention and First Aid given by WGLL. At least one team representative is required to attend each year (either coach or manager)
- Attend the fundamentals training (at least one coach or manager) from each team must attend annually (training qualifies the volunteer for three years but one team representative much attend annually).
- Teach players the **fundamentals** of the game while advocating safety, including but not limited to:
  - Catching fly balls
  - Sliding correctly
  - Proper fielding of ground balls
  - Simple pitching motion for balance, mechanics and technique
  - Batting position, loading, swinging, ball contact and safety
- Notify parents that if a child is injured or ill or is a child is suspected of a concussion he or she cannot return to participation unless they have a note from their doctor. This **medical release** protects you if that child should become further injured or ill. **There are no exceptions to this rule.**

- Encourage players and volunteers to bring *water bottles* to practices and games. Also, strongly encourage parents that they bring *sunscreen* for themselves and their child.
- Ensure all of their coaches and volunteers have submitted current year volunteer application forms accompanied by social security number and government issued picture identification to the Safety Officer for background checks and not permit anyone to assist with practice or games or have substantial contact with WGLL children who have not complied with this requirement.
- Ensure all Concussion Information, Medical Release, and Parent/Player Code of Conduct forms are executed by players and parents and supplied to you before a player may attend practice or games with Winter Garden Little League.

### **Pre-Game Responsibilities**

- Work with the umpire to walk the field prior to the game for hazards. Look for rocks, glass, holds etc. and correct if feasible. It is the coach/managers responsibility to assure the players safety during the game. If there is a facility issue, report it to the Board Member on Duty.
- Work with the umpire to inspect the players' equipment before use.
- Ensure the players warm up prior to the game, are ready to play, are not injured or sick
- Make sure there is a first aid kit immediately available.

### **In-Game Responsibilities**

- Make sure that players carry all gloves and other equipment off the field and to the dugout when their team is up at bat. No equipment shall be left lying on the field, either in fair or foul territory.
- Keep players alert, and maintain discipline at all times.
- Be organized. Keep players and substitutes sitting on the team's bench or in the dugout unless participating in the game or preparing to enter the game.
- Make sure catchers are wearing the proper equipment and are wearing helmets during warm ups and infield/outfield practice.
- Encourage everyone to think Safety First.
- Observe the "no on-deck" rule for batters and keep players behind the screens at all times. No player should handle a bat in the dugouts at any time.
- Keep players off the fences. No one should be climbing the fences, this is a preventable injury.

- Get players to drink often so they do not dehydrate. Get players to apply a generous amount of sunscreen.
- Never allow children to play if they sustained a suspected concussion or head injury.
- Do not allow players to use ill-fitting or defective equipment. If it is league owned, arrange to have it replaced by the equipment manager.
- Always attend to children that become injured in a game. You must notify parents if their child has been injured no matter how small or insignificant the injury is. There are no exceptions to this rule. This protects you, Little League Baseball, Incorporated and WGLL. If there was an injury, make sure all accident report forms are filled out and promptly provide the forms and information to the WGLL Safety Officer.
- Supervise ejected, ill or injured players until released to the parent, guardian, or person the parent or guardian designates.
- Discuss any safety problems that occurred before, during or after the game with the WGLL Safety Officer.
- Ensure players utilize baseball equipment appropriate for age, division, ability and as allowed under Little League Baseball and Winter Garden Little League local rules. (This is intended to encompass all Little League rules on composite bat restrictions and managers are to keep themselves updated on website updates during the season for such).

# Codes of Conduct and Safety

## Code of Conduct

The Winter Garden Little League Code of Conduct has been adopted by the Board of Directors. This Code is enforced by the League Safety Officer, the League President, the League's Vice Presidents, League Managers, and Umpires. All league officers, coaches, participants, members, parents and volunteers are required to abide by this code. Based on input and feedback, the League Safety Officer will suggest revisions or modifications to this Code of Conduct from year to year, as necessary.

- Speed Limit 5 mph in roadways and parking lots while attending any Winter Garden Little League function. Watch for small children around parked cars.
- No Alcohol allowed in any parking lot, field, or common areas within any Winter Garden Little League complex or venue.
- No playing in parking lots at any time, use Crosswalks when crossing roadways and always be alert for traffic.
- All gates to the field must remain closed at all times. After players have entered or left the playing field, all gates should be closed and secured.
- During games respect umpires and their authority and do not question, discuss or confront them on any of their calls or decisions.
- Only team Managers and Coaches are allowed to coach players during games. Managers and Coaches are not to be questioned or confronted during games or practices and are to be spoken with at an agreed time and place.
- Only players, managers, coaches, and umpires are permitted on the playing field or in the dugout during games and practice sessions.
- Use of profanity or unsportsmanlike conduct at Little League venues will not be tolerated.
- No throwing balls against dugouts or against backstop.
- No throwing baseballs at any time within the walkways and common areas of Winter Garden Little League complex.
- Do not allow children or players to climb fences or backstops.
- Pets are allowed provided they are well behaved and on a leash.
- Observe all posted signs. Players and spectators must be on alert for foul balls and errant throws. Do not retrieve balls or other items from private property.

- During game, players must remain in the dugout in an orderly fashion at all times.
- During games, there is to be no food or snacks consumed in the dugouts or on the field of play.
- No tobacco product use by coaches, managers or players at any time on field or dugout.
- After each game, each team must clean up trash in dugout and around stands.
- There is a ZERO tolerance for child physical, emotional, or sexual abuse.
- Sexual harassment or discrimination based on race, color, gender, ethnicity, national origin or sexual orientation will not be tolerated by WGLL.

***Failure to comply with this Code of Conduct may result in expulsion from practice, games, playoffs, All Star play and the WGLL Complex.***

## **Safety Code**

The Board of Directors has adopted the Winter Garden Little League Safety Code. All league officers, participants, members and volunteers are required to abide by this code. On game day and during practices it is expected that team managers and umpires will take actions necessary to comply with this code. The League Safety Officer will monitor compliance and make revisions to the Safety Code from year to year, as necessary.

- Little League Rules and the Safety Manual will be in force at all league activities.
- A comprehensive survey shall be conducted each year for all fields used by Winter Garden Little League, and the results documented on appropriate forms.
- In order to contact emergency medical services, access to a fixed or mobile telephone is required for every league activity. Such arrangements should be confirmed prior to starting all games and practices.
- Managers, coaches and umpires will be provided with basic training in first aid, concussion and head injury detection and issues, proper mechanics/fundamentals, and Little League philosophy. More advanced training is available to coaches and teams upon request.
- First-aid kits are issued to each team manager, and shall be present at each Little League game or practice.
- No games or practices should be held when weather or field conditions are not good, particularly when lighting is inadequate.



- Managers and/or umpires shall walk the fields and inspect for hazards prior to using the field. Play area should be inspected frequently for holes, damage, rocks, glass and other foreign objects that could cause injury.
- All team equipment should be stored within the team dugout, or behind screens, and not within areas 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 team's manager and coaches.
- Procedure should be established for retrieving foul balls batted out of playing area. Do not retrieve balls from private property.
- During practice and games, all players should be alert and watching the batter on each pitch.
- Only a player on the field called to bat by the umpire may swing a bat (Age 5 - 12). No on deck position or swings are permitted. And only when called to bat by an umpire may a player pick up a bat, proceed to the batter's box and take a couple of practice swings along the way. At all times, players need to be alert of the area around them when swinging bats.
- No swinging bats at any time within the walkways, common areas, on deck position and dugouts.
- During warm-up drills, establish enough space between players so that no one is endangered by wild throws or missed catches.
- Equipment should be inspected regularly for condition, proper fit, and compliance with Little League Baseball rules and regulations.
- Batters must wear Little League approved protective helmets during batting practice and games.
- Catcher must wear catcher's helmet, mask, throat guard, long model chest protector, shin guards, catcher's mitt, and protective cup with athletic supporter (males) at all times for all practices and games. NO EXCEPTIONS. Managers should encourage all other male players to wear protective cups and supporters for practices and games.
- The Catcher must wear catcher's helmet and mask with a throat guard while warming up pitchers. This applies to before games, between innings and in the bullpen during all games and practices. NO EXCEPTIONS.
- Except when runner is returning to a base, headfirst slides are not permitted.
- During sliding practice, bases should not be strapped down or anchored.
- Only breakaway bases will be used.

- 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".
- Parents of all players and players should be encouraged to have players use mouth guards and batting helmets with face guards.
- Pre-game warm-ups should be performed within the confines of the playing field and not within areas that are frequented by, and thus, endanger spectators (i.e., playing catch, pepper, swinging bats, etc.).
- Reduced impact balls are to be used for T-ball, A, and AA level play and considered for practice use at the start of the season in AAA play level.
- Players are to be encouraged to drink water, or sports drinks in moderation during practice and games.
- No children under the age of 12 are to be permitted in the concession stands. No one under the age of 16 shall operate the register. No one under the age of 18 should be near the Grill and/or Fryer station areas.

***Remember, safety is everyone's job. Prevention is the key to reducing accidents to a minimum. Report all hazardous conditions to the League Safety Officer or another Board member immediately. Do not play on a field that is not safe or with unsafe playing equipment. Be sure your players are fully equipped at all times, especially catchers and batters. And, check your team's equipment often.***

# Accident/Injury Handling and Reporting

All managers, coaches, parents, umpires, and volunteers should use the following procedures for reporting injuries.

## Emergency Phone Numbers

Call 9-1-1 in any emergency or for urgent medical assistance. Cell phone callers will be connected to the Winter Garden Police dispatcher. Stay on the line and provide information requested by the dispatcher including the location of the field or practice area you are calling from.

All Emergencies	9-1-1
Winter Garden Police Dept	(407) 656-3636
Winter Garden Fire Dept	(407) 656-3679
Centra Care Winter Garden	(407) 654-8186
Florida Hospital Winter Garden	(407) 614-0500

Field Address for Emergency Dispatch:

Winter Garden Little League  
420 S Park Avenue  
Winter Garden, FL

## General 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 require it.
- Know your limitations, DO NOT provide diagnosis unless you are a trained medical professional.
- Carry your first-aid kit to all games and practices.
- Keep your "Prevention and Emergency Management of Little League Baseball and Softball Injuries" booklet with your first-aid kit.
- Assist those who require medical attention - and when administering aid, remember to ...
- **LOOK** for signs of injury (*Blood, Black-and-blue deformity of joint etc.*).
- **LISTEN** to the injured describe what happened and what hurts if conscious. Before questioning, you may have to calm and soothe an excited child.
- **FEEL** gently and carefully the injured area for signs of swelling, or grating of broken bone.

- Have your players' Medical Clearance Forms with you at all games and practices.
- Make arrangements to have a cellular phone available when your game or practice is at a facility that does not have any public phones.

#### **DON'T:**

- 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're not sure of the proper procedures (i.e. CPR, etc.)
- Transport injured individuals except in extreme emergencies.
- Leave an unattended child at a practice or game.
- Hesitate to report any present or potential safety hazard to the League Safety Officer immediately.
- Be alone with a child not your own, but instead always have your child at least and another parent or coach stay until the child's parent arrives.

### **What to Report**

Any 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. The terms "medical treatment and/or first aid" include any injury that (a) causes a player to miss any practice or game time; or (b) any event that has the potential to require the medical assistance of a physician for evaluation and diagnosis must be reported promptly.

### **When to Report**

All such incidents described above must be reported to the League Safety Officer within 48 hours of the incident. Using the following form:

<https://www.wintergardenlittleleague.org/portals/12503/docs/accidentclaimform.pdf>

**In completing the form make sure the following information is provided:**

- League name: Winter Garden Little League
- The name and phone number of the individual involved (and their parents).
- The date, time, and location of the incident.

- As detailed a description of the incident as possible (including what treatment, if any, was provided.)
- The preliminary estimation of the extent of any injuries.
- The name and phone number of the individual reporting the incident.

## **Safety Officer Responsibilities**

The League Safety Officer will receive this injury report and will enter it into the league's safety database. Within 48 hours of receiving the incident report, the Safety Officer will contact the injured party or the party's parents and (1) verify the information received; (2) obtain any other information deemed necessary; (3) check on the status of the injured party; and (4) in the event that the injured party required other medical treatment (i.e., Emergency Room visit, doctor's visit, etc.) will advise the parent or guardian of the Winter Garden Little League's insurance coverage's and the provisions for submitting any claims for reimbursement. If the extent of the injuries are more than minor in nature, the League Safety Officer may periodically call the injured party to check on the status of any injuries and to check if any other assistance is necessary such as submission of insurance forms, the medical release form, etc. or 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).

## **Return to Play Following Injury or Illness**

According to Little Baseball National Headquarters Regulation III (D) for all levels of baseball and softball: "When a player misses more than seven (7) continuous days of participation for an illness or injury, the team Manager must receive written permission given by a physician or other medical provider for a return to full baseball/softball activity." Physician or other medical provider permission must also be secured following a concussion or head injury

# Training and Safety Clinics

## Basic Fundamentals Training

In order to ensure that WGLL Coaches and Managers are well prepared for the task of coaching little league baseball/softball they are required to annually attend both the safety clinic and one or more instructional clinics offered internally or in district around the start of practice in March. These clinics provide instruction on proper warm-up exercises, basic first aid, injury prevention and head injuries, coaching techniques, and instructional methods to teach proper hitting, throwing and catching mechanics.

For 2025, Winter Garden Little League in coordination with D-BAT Winter Garden will hold the annual coaches clinic as follows:

**Date:** February 24, 2025

**Time:** 6:30p-9:00p

**Location:** Winter Garden Little League, Field 2

## CPR & First Aid

Winter Garden Little League sponsors this annual Safety Clinic in an attempt to eliminate injuries through education and awareness and improve our response and treatment of injuries that may occur on the practice fields or during games. This Safety Clinic also complies with a mandate from Little League National Headquarters that all local Leagues provide such training on an annual basis to increase awareness and reduce injuries and help control rising costs of medical insurance premiums paid out by Little League. In 2025 we will expand our training to include CPR/AED training, which will be mandatory for Board Members on Duty and highly encouraged for Managers/Coaches. AEDs will be stored in the concession stand and regularly checked according to manufacturer guidelines.

The Safety Clinic will provide head injury/concussion information to coaches of all WGLL teams to comply with the FL Statute mandating such awareness for volunteer organizations using public school facilities as WGLL does. We additionally will provide training information/demonstrations for proper warm up for injury prevention.

**It is mandatory that each Winter Garden Little League team has at least one representative attend this training.** The representative will be either coach or manager, as they will be spending most of the time with the players both during practice and games when injuries could occur and all coaches and even team representatives/parents are encouraged to attend. Team Parents are welcome but should not be the team's sole representative (even if a nurse or doctor), as they are not likely to attend all practices.

## Concussions

A concussion is a mild form of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or a blow to the body that causes the head to move rapidly back and forth. Doctors may describe these injuries as "mild" because concussions are usually not life-threatening. Even so, their effects can be serious. Understanding the signs and symptoms of a concussion can help you get better more quickly.

Children and teens who show or report one or more of the signs and symptoms listed

below, or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body, may have a concussion or more serious brain injury.

**Concussion Signs Observed:**

- Cannot recall events prior to or after a hit or fall.
- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.

**Concussion Symptoms Reported:**

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not “feeling right,” or “feeling down.”

Athletes who experience any of these signs or symptoms after a bump or blow to the head should be kept from play until given permission to return to play by a health care professional with experience in evaluating for concussions. Signs and symptoms of concussion can last from several minutes to days, weeks, months, or even longer in some cases.

Remember, you can’t see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. If you have any suspicion that your athlete has a concussion, you should keep the athlete out of the game or practice.

All WGLL Managers/Coaches must complete annual Concussion Awareness training provided by CDC Train and upload their Certificate of Completion in order to be eligible to participate in league sanctioned practices and games. This certificate is valid only for seasons in the calendar year in which it is obtained. Registration info can be found below:

CDC Train: <https://www.train.org/cdctrain/>

Registration Guide: <https://www.train.org/a/resources/6124/content>

Account Registration Input:

**Community of Practice:** HEADS UP Concussion Training

**Affiliation:** Florida-General

Additional Profile Information:

**Organization name:** Little League - District 14

**Department/Division:** Winter Garden

Course links:

**Coaches:** <https://www.train.org/cdctrain/course/1089818/>

**Parents:** <https://www.train.org/cdctrain/course/1089862/>

Once completed, the certification of complete must be submitted to the league Safety Officer.

**When in Doubt, Sit Them Out!**



# Facility Guidelines and Procedures

## Annual Facility Survey

Each year the Winter Garden Little League Facility Manager conducts the annual facility survey to identify and correct any facility safety concerns. The Little League Facility Survey will be submitted to the Little League and kept on file by the Safety Officer for future reference.

## Batting Cages

The Winter Garden Little League has implemented the following guidelines for use of batting cages:

- Adult supervision is required at all times when the batting cage is in use.
- If a pitching machine is used to deliver the balls, the pitching machine must be operated by an adult.
- Only one batter and one pitcher/pitching machine operator are allowed in the cage at a time.
- The pitcher/pitching machine operator must use an "L" fence protector or screen.
- When finished in cages, lock/secure the batting cage at all times
- Enforce helmet use for everyone in the batting cage; hitters and pitchers.

Give verbal warnings to those too close to keep people from being struck by balls hit into the netting and causing the netting to flare out.

## Storage Shed(s)

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

- All individuals with keys/combinations to the Winter Garden Little League equipment sheds (i.e., Managers, Umpires, etc.) are 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. There will be no child utilization, riding on or operation of such equipment in any manner.
- All chemicals or organic materials stored in Winter Garden Little League sheds shall be properly marked and labeled as to its contents.
- All chemicals or organic materials (i.e., lime, fertilizer, etc.) stored within these equipment sheds will be separated from the areas used to store

machinery and gardening equipment (i.e., rakes, shovels, etc.) to minimize the risk of puncturing storage containers.

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

## Lightning Safety and Evacuation

Lightning can strike long before it starts raining. In fact, many lightning strike victims are hit before rain begins. Lightning can strike over 10 miles away from a thunderstorm, so action needs to be taken before the wet weather arrives. If you hear thunder or observe threatening skies, immediate action is required. It is not safe to be outside when lightning is in your area. Dugouts and pavilions do not provide safe cover during thunderstorms, and never seek shelter under a picnic shelter, under bleachers, or in a shed.

When lightning threatens, seek safety in a sturdy building that has plumbing and electricity. If this is not an option, seek shelter in a hard-topped vehicle with the windows up. While in the vehicle, do not touch anything metal, or any electronics.

What should be done if someone is struck by lightning?

Most lightning strike victims can survive a lightning strike; however, medical attention may be needed immediately – have someone call for medical help. Victims do not carry an electrical charge and should be attended to at once. In many cases, the victim's heart and/or breathing may have stopped, and CPR may be needed to revive them. The victim should continue to be monitored until medical help arrives; heart and/or respiratory problems could persist, or the victim could go into shock. If possible, move the victim to a safer place away from the threat of another lightning strike.

Winter Garden Little League use the WeatherBug app to make determinations on lightning safety. The following rules **must** be adhered to:

1. All facility operations must cease when the WeatherBug app reports lightning within a 6 mile radius of the facility address.
2. If/when there is lightning present within the 6 mile radius, all games/practices must immediately be stopped, and ALL players, spectators, and league representatives must evacuate to their cars until further notice.
3. Play may only resume once WeatherBug reports that there has not been a lightning strike within a 6 mile radius in the past 30 minutes.

## Concession Stand Safety

The following applies to all of the concessions run by Winter Garden Little League either during League play, playoffs or District Tournaments held on any Winter Garden Little League operated, leased or utilized fields.

Concession stands will be run by adults only and may be contracted out as the Board of Directors designates. Those volunteers or assignees operating any WGLL concession stand will operate such under the supervision of the Board Member on Duty in partnership with the WGLL President, Safety Officer and Concession Manager.

All unpackaged food must be handled with paper towels or plastic wrap. Staff members may wear plastic/rubber gloves while working. All staff members must wash their hands on a frequent basis and/or use sanitizer.

The concession stand shall be cleaned at the end of each day, shall have a fully stocked First Aid Kit and no glass containers shall be sold at the concession stand.

Only working staff will be allowed in the concession stand. No coach, staff, or others shall loiter in the area.

All trash shall be removed from the concession stand at the end of each day. Rubber gloves may be worn by staff while handling the trash.

At least one fire extinguisher will be placed in the concession stand in a visible and unblocked location when any hot food is served. All staff shall be instructed on the use of the fire extinguishers prior to working in the stand.

**NOTE: A list of emergency numbers and key league personnel phone numbers shall be available in the concession stand for emergency use.**

# Forms

The below list contains important forms which may be required throughout the season.

**NOTE: Winter Garden Little League utilizes the JDP QuickApp for all volunteer screening**

Form	Link
LL Volunteer Application	<a href="https://www.littleleague.org/downloads/volunteer-application/">https://www.littleleague.org/downloads/volunteer-application/</a>
LL Basic Volunteer Application	<a href="https://www.littleleague.org/downloads/returning-volunteer-application/">https://www.littleleague.org/downloads/returning-volunteer-application/</a>
Incident/Injury Tracking Form	<a href="https://www.littleleague.org/downloads/incident-injury-tracking-form/">https://www.littleleague.org/downloads/incident-injury-tracking-form/</a>
Accident/Claim Form	<a href="https://www.littleleague.org/downloads/accident-claim-form/">https://www.littleleague.org/downloads/accident-claim-form/</a>
Accident/Claim Form Instructions	<a href="https://www.littleleague.org/downloads/accident-claim-form-instructions/">https://www.littleleague.org/downloads/accident-claim-form-instructions/</a>
LL Claim Form	<a href="https://www.littleleague.org/downloads/accident-claim-form/">https://www.littleleague.org/downloads/accident-claim-form/</a>
Medical Release Form	<a href="https://www.littleleague.org/downloads/medical-release-form/">https://www.littleleague.org/downloads/medical-release-form/</a>

## **Additional Resources**

We have included some handouts that might be of help during games or practices on Winter Garden Little League facilities.

## Broken Bones

# Broken Bones

Broken bones are not uncommon in children – especially after a fall. A broken bone requires emergency medical care.

### The child may have a broken bone if:



- you or the child heard a "snap" or a grinding noise during the injury
- there is swelling, bruising, tenderness, or a feeling of "pins and needles"
- it's painful to bear weight on the injured area or to move it



### What to Do:

1. Remove clothing from the injured part.
2. Apply a cold compress or ice pack wrapped in cloth.
3. Keep the injured limb in the position you find it
4. Seek medical care, and don't allow the child to eat, in case surgery is needed.

### Do not move the child – and call for emergency medical care – if:

- the child may have seriously injured the head, neck, or back
- a broken bone comes through the skin (apply constant pressure with a clean gauze pad or thick cloth, and keep the child lying down until help arrives; do not wash the wound or push in any part of the bone that is sticking out)

### Think Prevention!

Prevent injuries as children grow: use safety gates at bedroom doors and at the top and bottom of any stairs for toddlers, make sure children playing sports always wear helmets and safety gear, and use car seats or seatbelts at all ages.

Note: All information is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult a doctor. Review this with a doctor prior to use.

## Knocked Out Teeth

# Knocked-Out Tooth

A knocked-out permanent tooth is a dental emergency. Baby teeth do not need to be put back in, but quickly putting a permanent tooth back in its socket is key to preserving the tooth.

## WATCH THE CLOCK!



Every minute a tooth is out of its socket means the less chance that it will survive. A tooth has the best chance of survival if replaced within 30 minutes.



## What to Do:

1. Find the knocked-out permanent tooth. If you're not sure whether it's a baby or permanent tooth (a baby tooth has a smooth edge), call a dentist or doctor or go to your local emergency room immediately.
2. Handle the tooth only by its crown (the top part), never by the root.
3. Gently rinse (don't scrub) the tooth immediately with saline solution or milk. (Tap water should only be used as a last resort; it contains chlorine, which may damage the root.)
4. Keep the tooth from drying out until you see the dentist by:
  - inserting the tooth back into its socket in the child's mouth if he or she is old enough to hold it in place
  - storing the tooth in milk (not water), or
  - placing the tooth between your cheek and lower gum
5. See the child's dentist or go to your local emergency room right away.

## Think Prevention!

Children often lose teeth from playing contact sports such as football or ice hockey, from riding bikes, or from being in a motor vehicle crash. Children should wear mouth guards and protective gear when playing a contact sport. They should also always be buckled up in an age-appropriate car seat, booster seat, or seatbelt when in a motor vehicle.

Note: All information is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult a doctor. Review this with a doctor prior to use.

# Strains and Sprains

What's the difference between a strain and a sprain? Sprains involve a stretch or partial tear of ligaments (which connect two bones) or tendons (which connect muscle to bone). The ankle is where sprains occur most commonly.

## What to Expect:

- pain
- difficulty moving the injured part
- decreased strength
- swelling and bruising



## What to Do:

1. Stop activity right away.
2. Think R.I.C.E. for the first 48 hours after the injury:

**Rest:** Rest the injured part until it's less painful.

**Ice:** Wrap an ice pack or cold compress in a towel and place over the injury immediately. Continue for no more than 20 minutes at a time, four to eight times a day.

**Compression:** Support the injury with an elastic compression bandage for at least 2 days.

**Elevation:** Raise the injured part above heart level to decrease swelling.

4. The doctor will prescribe an exercise program to prevent stiffness.

## Seek emergency medical care if the child has:

- severe pain when the injured part is touched or moved
- trouble bearing weight and the child can't walk more than 4 steps after an injury
- increasing bruising
- numbness or a feeling of "pins and needles" in the injured area
- a limb that looks "bent" or misshapen
- signs of infection (increasing warmth, redness, streaks, swelling, and pain)
- a strain or sprain that doesn't seem to be improving after 5 to 7 days



## Think Prevention!

Teach children to warm up properly and to stretch before participating in any sports activity, and make sure they always wear appropriate protective equipment.

Note: All information is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult a doctor. Review this with a doctor prior to use.



## Nosebleeds

# Nosebleeds

Although they can be scary, nosebleeds are common in children ages 3 to 10 years and usually aren't serious. In fact, most nosebleeds stop on their own and can be treated safely at home.

### Did You Know?



If a child's bed is near a heater – in the wintertime, especially – the membranes inside the nose can become dry and itchy, causing the child to pick at his or her nose and further irritate the nasal tissue.



### What to Do:

1. Have the child sit up with his or her head tilted slightly forward. Do not have the child lean back (this may cause gagging, coughing, or vomiting).
2. Pinch the soft part of the nose (just below the bony part) for at least 10 minutes.

#### Call a doctor if the child:

- has frequent nosebleeds
- may have put something in his or her nose
- tends to bruise easily, or has heavy bleeding from minor wounds
- recently started a new medication

#### Seek emergency medical care or call the child's doctor if bleeding:

- is heavy, or is accompanied by dizziness or weakness
- continues after two attempts of applying pressure for 10 minutes each
- is the result of a blow to the head or a fall

### Think Prevention!

Most childhood nosebleeds are caused by dryness and nose picking. To help combat dryness, use saline (salt water) nasal spray or drops (or put petroleum jelly on the inside edges of the child's nostrils) and use a humidifier in the child's room. To help prevent damage from nose picking, keep the child's fingernails short.

Note: All information is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult a doctor. Review this with a doctor prior to use.

# Concussions

## Pocket SCAT2



Concussion should be suspected in the presence of **any one or more** of the following: symptoms (such as headache), or physical signs (such as unsteadiness), or impaired brain function (e.g. confusion) or abnormal behaviour.

### 1. Symptoms

Presence of any of the following signs & symptoms may suggest a concussion.

- Loss of consciousness
- Seizure or convulsion
- Amnesia
- Headache
- "Pressure in head"
- Neck Pain
- Nausea or vomiting
- Dizziness
- Blurred vision
- Balance problems
- Sensitivity to light
- Sensitivity to noise
- Feeling slowed down
- Feeling like "in a fog"
- "Don't feel right"
- Difficulty concentrating
- Difficulty remembering
- Fatigue or low energy
- Confusion
- Drowsiness
- More emotional
- Irritability
- Sadness
- Nervous or anxious

### 2. Memory function

Failure to answer all questions correctly may suggest a concussion.

- "At what venue are we at today?"*
- "Which half is it now?"*
- "Who scored last in this game?"*
- "What team did you play last week / game?"*
- "Did your team win the last game?"*

### 3. Balance testing

**Instructions for tandem stance**

*"Now stand heel-to-toe with your non-dominant foot in back. Your weight should be evenly distributed across both feet. You should try to maintain stability for 20 seconds with your hands on your hips and your eyes closed. I will be counting the number of times you move out of this position. If you stumble out of this position, open your eyes and return to the start position and continue balancing. I will start timing when you are set and have closed your eyes."*

Observe the athlete for 20 seconds. If they make more than 5 errors (such as lift their hands off their hips; open their eyes; lift their forefoot or heel; step, stumble, or fall; or remain out of the start position for more than 5 seconds) then this may suggest a concussion.

**Any athlete with a suspected concussion should be IMMEDIATELY REMOVED FROM PLAY, urgently assessed medically, should not be left alone and should not drive a motor vehicle.**

# Heat & Humidity: DANGER

## High heat with humidity form dangerous combination for players, even at practice

Most coaches understand they need to take breaks between innings of games when the temperatures soar, giving their players a chance to rehydrate and dissipate their extra body heat. But be careful with practices, too.

High school to professional athletes have died of heat illness in the last several years during practices in hot, humid weather. Cory Stringer of the Minnesota Vikings NFL team is the most famous case,

but the combination of high heat and humidity can create an atmosphere where the athletes' bodies cannot properly dissipate the heat they generate in even normal activities.

Take breaks every 20 minutes for water and rest in the shade or with cool, wet clothes to drape over necks and promote evaporation to help the skin cool the body's interior.

Take a cooler with ice and water for players to use throughout practice and games. In severely hot areas like southern California, Arizona and New Mexico, some leagues have set up misters in the dugouts to spray a light water mist over the players to help cool them each inning.

Children's heat regulating processes are not fully developed, and their skin surface is proportionately greater than that of an adult's. So don't expose players to prolonged workouts or games in high heat, or moderate heat with high humidity; it's a risk you shouldn't take.

Because their body surface to weight ratio is high, a child's skin actually works against them, taking in more heat than they can absorb internally; so where an adult's temperature might slowly climb as they become overheated, on a hot, humid day a child's will skyrocket, leaving little time to react.

To protect players from heat illnesses — heat stress, heat exhaustion and heat stroke — make sure all your players are properly hydrated before games and practices.

## What, When to Drink

- Drink 10 to 16 ounces of cold fluid about 15 to 30 minutes before workouts.
- Drink 4 to 8 ounces of cold fluid during exercise at 10 to 15 minute intervals.
- Drink a beverage that contains a small amount of sodium and electrolytes like potassium and chloride.
- Start drinking early in your workout

Relative Humidity (%)

°F	40	45	50	55	60	65	70	75	80	85	90	95	100
110	136												
108	130	137											
106	124	130	137										
104	119	124	131	137									
102	114	119	124	130	137								
100	109	114	118	124	129	136							
98	105	109	113	117	123	128	134						
96	101	104	108	112	116	121	126	132					
94	97	100	102	106	110	114	119	124	129	135			
92	94	96	99	101	105	109	112	116	121	125	131		
90	91	93	96	97	100	103	106	109	113	117	122	127	132
88	88	89	91	93	95	98	100	103	106	110	113	117	121
86	86	87	88	89	91	93	95	97	100	102	105	108	112
84	83	84	85	86	88	89	90	92	94	95	98	100	103
82	81	82	83	84	84	85	86	88	89	90	91	93	96
80	80	80	81	81	82	82	83	84	84	85	86	86	87

**Heat Index (Apparent Temperature)**

With Prolonged Exposure and/or Physical Activity
<b>Extreme Danger</b> Heat Stroke or Sunstroke highly likely
<b>Danger</b> Sunstroke, muscle cramps, and/or heat exhaustion likely
<b>Extreme Caution</b> Sunstroke, muscle cramps, and/or heat exhaustion possible
<b>Caution</b> Fatigue Possible

Make sure your coaches know to schedule drink breaks every 15 to 30 minutes during practices on hot days, and to encourage players to drink between every inning.

## When to Play

With All-Star games nearly upon us, make sure coaches aren't over-scheduling practices. Practices should occur in the morning before noon or in the evening, as temps start to drop.

On hot days, many leagues have a mandatory break every three innings for all participants — especially needed for umpires, catchers and pitchers — to cool off and rehydrate. On especially hot days, take a break more often.

because you will not feel thirsty until you have already lost two percent of your body weight; by that time you will already be significantly dehydrated.

- Avoid carbonated drinks, which can cause gastrointestinal distress and may decrease the fluid volume.
- Avoid beverages with caffeine due to its diuretic effect.
- Research has found that sports drinks containing between 6% and 8% carbohydrate (sugars) are absorbed into the body as rapidly as water and can provide energy to working muscles that water cannot.

# Detect & Prevent Heat Injuries

Know how to recognize and treat heat injuries to keep your players safe

## Heat Stress:

What is heat stress? Basically take a hot job, add a hot day, and high humidity and it can add up to heat stress!

This condition occurs when the body is unable to regulate its temperature. This is the body's way of saying, "I can't take the heat anymore." There are three kinds of heat-related problems you may experience: heat stroke, heat exhaustion, and heat cramps. They can occur separately or in combination.

## Heat Stroke:

Heat stroke is a medical emergency! Heatstroke occurs when the body's heat regulating system breaks down under stress and sweating stops. Unless the victim receives quick treatment, death can occur.

### Symptoms:

- No sweating (or victim may be sweating profusely)
- High body temperature (103° or more)
- Hot, dry, flushed skin
- Confused, delirious behavior
- Loss of consciousness or coma

### First Aid:

- Immediately call for medical help, and then start first aid
- Move the victim to a cool place
- Cool the victim quickly by giving a cool bath (sponging with cool water) and by fanning
- Treat for shock
- Offer a conscious person half a glass of water every 15 minutes

## Heat Exhaustion:

This is a more serious disorder that develops when the body loses more fluid through sweating than it is taking in.

### Symptoms:

- Sweating profusely
- Weakness
- Clammy skin
- Dizziness
- Pale or flushed face
- Nausea
- Near normal body temperature

### First Aid:

- Move the person to shade or a cool place.
- Have patient lie on their back with feet elevated.
- If conscious, give half a glass of water every 15 minutes.
- Get medical help.

### Mild Disorders

#### (Warning Signs):

### Heat Cramps:

Tend to attack the muscles that do the hardest work, especially when it is hot. A good rule is to drink half a glass of water every 15 minutes for an hour if you experience heat cramps.

**Fainting:** Lets you know your body is having difficulty coping with the heat. As you know when you faint, you fall and when you are on the field and fall you can get hurt or hurt others.

**Prickly Heat:** A rash caused when sweat can't evaporate. Sweat ducts become clogged and sweat glands become inflamed.

## Hot Weather Tips

### Safety Concerns:

There are other problems with heat that you may not realize until it is too late. Heat stress can alter your coordination, lessen your concentration, reduce strength and alertness, and make you irritable.

## Ways to Avoid Heat Stress:

**Acclimatize:** This means allow your body to adjust to the heat naturally. The best way to do this is to gradually increase the time you spend in the heat until you reach the total amount of time desired.

**Drink Water!** One of the most important things to do is drink plenty of water during hot weather. The body can lose as much as three gallons of fluid a day while working in hot, humid weather. Drink some cool water every 15-20 minutes.

**Use Salt:** Add salt to your food but don't over-do it, such as taking salt tablets. If you have high blood pressure, heart problems or circulatory ailments, consult your doctor.

**Eat Lightly:** Light, nutritious meals, preferably cold are better for you due to the fact that they are easier to digest. Fatty foods are hard to digest, and hot weather makes them that much harder to digest.

"With the heat approaching in some areas and already there in other areas, here is something to be alert for. Not only should you keep an eye on the players, during a game, but also the umpires. Hopefully we will not have any problems as long as we follow the advice below."

### Lee Joyce

District Safety Officer  
Virginia District 7

*Lee Joyce is the Virginia District 7 safety officer. This article is one of the e-mail newsletters Joyce prepared as District Safety Officer.*

*To join the e-mail list, email Lee at: [vastatell\\_safety@dpil.org](mailto:vastatell_safety@dpil.org) and ask to be included on future email.*