

Parents Safety Responsibilities

Parents should discuss with players basic safe practices, such as not swinging bats except in appropriate areas under appropriate supervision. Some of these basic tenets are discussed in the BRSLL Safety Code, included herein.

Additionally, parents should set a good example for players.

With your active participation we can strive to make Belmont Redwood Shores Little League a safe and fun place for our children to play and learn baseball.

Please see below requirements for you, our parents, to implement and participate in for both your player(s) and their teammates.

All Parents:

- If your player(s) require glasses, make sure they are of the sports type with safety lenses.
- Make sure your player has an approved batting helmet that is in good condition. Face guards are recommended but not mandatory.
- Make sure your player wears his/her uniform with hat and his glove. Cups are required for male catchers and recommended for all other male players.
- Players are also encouraged to wear a tooth guard, available at drug stores or custom fitted ones available from your dentist.
- You should also make your manager aware of any/ all injuries that have occurred outside of Little League. Any injuries that your player has suffered at the school playground or at home should be brought to the managers attention. If the injury was serious enough to require a doctor's attention, a medical release form must be provided to the manager.

Team Safety Officer Responsibilities:

1. **Ensure that first aid kits and ice packs are available** on site before each game.
 - a. Make sure the team first aid kit is available and stocked. We recommend that you also bring your own first aid kit to the field, to ensure that the team doesn't find itself without a kit.
 - b. Check the number and condition of ice packs prior to each game. There should be at least 2 per team (4 total). Here again, we recommend that the safety officer bring a couple of packs to the field as backup. Note that there are usually ice packs stocked in the sheds at each field, but this cannot be relied upon.
2. **Bring a cell-phone to every game.** While it's unlikely that yours will be the only cell phone available in an emergency, it's a good idea to have one you're familiar with and in a known location.
3. **Ensure that the team's safety equipment is available and working properly before each game:**
 - a. Catcher's helmet and mask with attached throat protector.

- b. Catchers shin guards and chest protector (“knee saver” pads are allowed but not required).
 - c. Pitchers’ “Headsaver” cap inserts (these are recommended and provided, but their use is not required by the League).
4. **Ensure that the field is safe prior to the game:**
- a. Make sure break-away bases are used at first, second and third base and are properly installed (firmly seated on pegs; top meshed securely and covering the base) for all divisions. For AAA and lower divisions, a double base shall be used for first base if available, but it must be a break-away base.
 - b. Check for damaged fences, gates, backstops, etc. that could pose a danger to players and other personnel. If the damaged equipment appears capable of inflicting serious injury, the field should not be used unless the risk can be mitigated (this may require a judgment call).
 - c. Check for debris and field maintenance equipment in the playing area. All maintenance equipment should be returned to the shed before play starts.
 - d. Check for puddles, holes, etc. in the playing area. The same concept applies here – the game should not be played if such a hazard cannot be mitigated and presents a serious risk to players and other participants.
5. **During games, watch for unsafe behavior and violations of safety rules.** As safety officer, you have the right and responsibility to stop the game (ask the umpire to call time) if you see a safety hazard or infraction.
- a. Swinging of bats is allowed only in the batters box. There is no such thing as an “on deck” circle in Little League, even off the playing field.
 - b. Catchers must wear full gear and male catchers must wear a protective “cup”. Catchers must use a catcher’s mitt – fielder’s gloves or first-baseman’s mitts may not be used.
 - c. Batters must wear approved batting helmets.
 - d. Player base coaches must wear batting helmets. Other youth base coaches under 18 must wear batting helmets. Adults are recommended to wear helmets, but not required.
 - e. Head-first sliding is strictly prohibited, except when a player is returning to a base he has already touched.
 - f. Pitching machines must be in proper working order and must be operated only by adult managers and coaches. Operators should make sure that players are safely positioned out of the “line of fire” before releasing a pitch.
 - g. Anyone umpiring behind the plate must wear a mask, chest protector, leg pads and protective shoes or shoe covers extensions. Male umpires must wear a cup.
 - h. In AAA and Majors, during game play, all adults who are on the field and who are not actively engaged in umpiring or coaching a base,

- must be in the dugout. Managers, coaches, and designated coaching assistants may stand on the field to coach for AA, Farm and TBall.
- i. Adults are **not** allowed to catch to warm up pitchers, at the beginning of an inning, between innings, or at any other time during the game. Only players wearing helmet, mask, throat guard and cup are allowed to warm up pitchers.
 - j. Horseplay is not allowed on the field or in the dugouts. Climbing the walls of the dugouts, climbing sheds, and climbing down or hanging off the backs of bleachers is also not allowed.
 - k. Watch for small children or anyone else too close to the field who might be struck by a foul ball. You may ask the umpire to stop play while asking such individuals to move to a safer area.
 - l. Play must be immediately halted whenever weather, field conditions, or other hazards compromise the safety of the participants. **Safety always comes first!**
6. **Assist the managers and umpires in the event of an injury or emergency.**
- a. If a player is injured, go onto the field with your first aid kit and offer to help. If you have first aid or medical training, let others know about your skills and offer to take charge. If an injured player just needs an ice pack and some time to recuperate, escort the injured individual off the playing field so that play can resume. Stay with and watch the injured party while he/she recovers.
 - b. Watch for indications of player injuries. For example, if a pitcher repeatedly rubs his elbow or shoulder and winces, that's a good indication of repetitive stress injury and should be brought to the attention of the manager. If a manager ignores such situations, do not attempt to stop play, but you have the right and responsibility to bring it to the attention of the League Safety officer during the game.
 - c. In addition to injuries, also watch for anyone on the playing field who is acting strangely and might be drugged, intoxicated, or seriously ill. Ask the umpire for time and convene the managers to discuss and address the problem. Unless there is a good, safe explanation, the individual should be escorted off the field before play can resume.
7. **Check up on safety at practices.** You are not expected to attend all practices, but you should drop in occasionally, observe the following, and mention any concerns to the manager:
- a. During warm-ups and drills, players should be positioned so as to avoid being hit by errant throws.
 - b. During pitching practice, catchers must use a helmet, mask, throat guard and cup. This applies to any player receiving throws in a catcher's "crouch" position, even during throwing warm-ups.
 - c. It is acceptable for adults to catch pitchers in practice for training purposes. Catchers mask are highly recommended for such adults.

- d. As in games, players should not swing bats except when in the batter's box or under direct instruction of a hitting coach (e.g. hitting soft-toss into a screen).
 - e. With the exception of (5)(h) and (i) concerning adult roles and presence on the field, all other game safety rules apply to practices as well. **Use your judgment, but safety still comes first!**
8. Team Safety Officer will report all accidents to BRSLL Safety Officer
 9. Team Safety Officer will be trained in first aid