

“A Safety Awareness Program”

CPR / First-Aid / Medical Protocols



BLOOMINGDALE YOUTH SPORTS ASSOCIATION

SPRING/FALL 2016 Safety Plan

League ID Number

#309-13-12

#309-13-13

Mission Statement

The objective of Bloomingdale Youth Sports Association “BYSA” is to implant firmly in the children of the community the ideal of good sportsmanship, honesty, loyalty, courage and respect for authority. This is so that they may be well-adjusted, stronger and happier children, and will grow to be good, decent, healthy and trustworthy citizens.

Policy Statement

The BYSA Board of Directors feels strongly about the safety and well being of each and every child participating in the league. Our philosophy is to provide a safe environment in which players can experience the fun of playing the game of baseball. The following is BYSA’s Safety Plan. This plan is designed to address all aspects of creating a safe baseball atmosphere as dictated by the general safety provisions mandated by Babe Ruth League, Inc. and the site specifics of Bloomingdale Youth Sports Association. The plan is submitted to Babe Ruth League, Inc. for approval and is also published and distributed to each member of the Board of Directors, Team Managers, Coaches and Volunteers. The Safety Plan is also available for review on the BYSA website at www.bysafl.com for review by BYSA families, friends and the general public.

Emergency Phone Numbers

Ambulance, Police and Fire Department

Dial 911 for all ambulance, police and fire emergencies

Poison Control – (800) 222-1222 or (813) 844-4444

Hospitals

Brandon Regional Hospital

119 Oakfield Drive
Brandon, FL 33511
(813) 681-5551

Tampa General Hospital – Level 1 Trauma Center

1 Tampa General Circle
Tampa, FL 33606
(813) 844-7000

St. Joe's Hospital – Level 2 Trauma Center

3001 W. Dr. Martin Luther King Jr. Blvd.
Tampa, FL 33614

Active Safety Officer on file with BYSA

Scott Burge

Board of Directors 2014-15

Name	Position	Email	Phone
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Frank Mega	Players Agent	fmega@yahoo.com	813-787-5813
	Softball 10u & 12u		
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	Major 60 (10 yr olds)		
	Players Agent		
	Minor AA (9 yr olds)		
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	Softball 8u & Srs.		
Eric Wilson	Players Agent	barnhunt@yahoo.com	813-365-4885
	Rookie A (8 yr olds)		
Mike Williams	Player's Agent	thewill916@aol.com	813-365-1233
	Tball		
Scott Burge	Safety Director	scott.burge2@verizon.net	813-245-0305
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Floyd Goble	Players Agent – Tball	floydster49@verizon.net	813-917-7880
Fred Ingram	Player Agent	fingram@cornerstonesolutionsgroup.com	813-253-9430
	Rookie B (7 yr olds)		
Scott Witherow	Sponsorship Coord.	Scott.witherow1@gmail.com	813-449-0025

BLL Safety Plan

1. General Guidelines

BYSA believes that safety is everyone's responsibility and that ongoing evaluation and education are the keys to preventing and eliminating accidents /injury as well as to minimize the potential for accidents / injury.

- Managers and coaches must report all hazardous conditions to the BYSA President, Safety Office or other BYSA Board Member immediately upon noting unsafe condition(s).
- Manager, Umpires and Coaches are required to walk fields prior to play and should not allow play on any field deemed unsafe.
- Managers should not allow their players to use any equipment that is deemed unsafe or in violation of Babe Ruth mandates. Defective equipment should not be used and the Equipment Manager should be notified immediately.
- Managers should make sure that their players are fully and properly equipped at all times. Catchers wear protective gear, batters protective gear / bats. Protective cups are mandatory for catchers and should be worn by all players, especially infielders.
- Managers are required to conduct regular/consistent equipment evaluations as it relates to safety.
- Managers are required to instruct all players under their supervision of proper safety procedures and guidelines as dictate by BYSA as well as Babe Ruth League, Inc.
- All board members are responsible for ensuring that this safety plan is adhered to by league representative.

2. League Safety Officer

Each year, BYSA is to elect a board member responsible for League Safety. It is the Safety Officer's responsibility to prepare a safety plan and ensure that all information regarding the safety procedures for all activities, equipment, and facilities are communicated and published to all members of our organization. Safety officer will evaluate on a daily, weekly and monthly basis for safety problems and solutions. Thanks to the involvement of BYSA.

3. Medical Emergencies

- A. **Medical Emergency Procedures** - BYSA provides all managers with their players' emergency medical information. Managers are required to keep the emergency medical information/medical release form in their possession during all league activities. The Safety Officer is responsible for periodic random checks to ensure that team managers are maintaining proper medical release information. Managers must notify a player's parents immediately if a medical emergency occurs in the event that the parents/guardians are not present. In the event of a medical emergency, managers, coaches or other parent volunteers should call 911 if immediate medical attention is deems necessary.

- B. **First-aid Kits** – The league provides all managers with AED, first-aid kits and cold packs for practice and games. These items are stored in two concession stands and the BYSA office.
- C. **CPR and First-aid training** – CPR and First-aid training is provided for managers and coaches. At least one coach or manager from each team must attend annually. These volunteers will be the Team Safety Officer. The league documents the training date, location, and attendance. All managers and coaches are required to attend first-aid training. Managers and coaches must attend at least one first aid clinic every year. Classes will include CPR, First-aid, AED and medical issues such as seizures, diabetes, heat illness, and environmental allergies (wasp, bee stings). Each volunteer that successfully attends these classes will be certified with American Heart and given a card upon completion.
- D. **Injuries** – In the event of an injury, managers must contact the league Safety Officer and the Player Agent in person or by phone within 24 hours. Managers must submit a BYSA Babe Ruth Injury Tracking Report to the safety officer. A copy of the BYSA Babe Ruth Injury Tracking Report is contained in the appendix to this plan.

Managers or the BYSA Safety Officer are to provide any injured player a copy of the Babe Ruth Accident Claim Form should the player wish to file an insurance claim with Babe Ruth. A copy of the Babe Ruth Accident Claim Form is contained in the appendix to this plan.

All injuries reported to the league are documented and reviewed by the Safety Officer.

The Safety Officer is responsible for ensuring that all the necessary forms, including insurance and injury reports, are distributed and completed.

- E. **Concussion Protocols** – BYSA recognizes that head injuries, particularly sport-induced concussions, pose a significant health risk for those athletes participating in league athletics at BYSA. Consequently, BYSA has implemented policies and procedures to assess and identify those athletes who have suffered a concussion.

These policies and procedures are directed and overseen by the league Safety Officer at BYSA. The following components have been identified by the Center for Disease Control and prevention as a recommended best practice for a Concussion / Traumatic Brain Injury Management Plan.

What is a Concussion?

Concussions are the most common form of head injury suffered by athletes. Due to the complexity of the injury and ever-growing research, a unanimous definition of “concussion” does not exist. A concussion can be caused by a direct or indirect hit to the head or body and can result in a disturbance and/or impairment in neurologic function. When an athlete suffers a concussion, the brain suddenly shifts or shakes inside the skull and can knock against the skull’s bony surface. A hard hit to the

body can result in an acceleration and/or deceleration injury when the brain brushes against bony protuberances inside the skull. The exact recovery period from this trauma is unclear and will vary from individual to individual.

Following a concussion, the athlete may experience a variety of symptoms. Most concussion occurs without a loss of consciousness. It is important to remember that some symptoms may appear right away and some may be delayed. Symptoms, as well as symptom severity, may differ between individuals; however, a combination of symptoms classically occurs.

Some Signs and Symptoms:

- Difficulty concentrating – Nausea/vomiting
- Inappropriate playing behavior – Dizziness
- Decreased playing ability – Confusion
- Inability to perform daily activities – Fatigue
- Reduced attention – Light headedness
- Cognitive and memory dysfunction – Headaches
- Sleep disturbances – Irritability
- Vacant stare – Disorientation
- Loss of bowel and/or bladder control – Seeing bright lights/stars
- Personality change / Feeling of being stunned
- Unsteadiness of gait – Depression
- Slurred/incoherent speech – Ringing in the ears
- Loss of consciousness

Notification of Injury/Symptoms:

Due to the serious nature of this injury and potential dangerous results of returning to activity, concussions need to be recognized and diagnosed as soon as possible. It is required that athletes be truthful and forthcoming about their symptoms as soon as they are present. If/when he or she is diagnosed with a concussion, the athlete must report each day until he or she is cleared for full activity.

Concussion Education:

In accordance with Babe Ruth recommendations, Manager, Coaches, Volunteers and athletes will be annually presented with educational materials that provide information about the mechanisms of head injury, as well as the signs and symptoms of a concussion.

Additionally, volunteers at BYSA will undergo concussion education and will be required to take the on-line Heads UP Concussion certification through Center of Disease Control and Prevention.

Recognition, Evaluation and Confirmation:

When an athlete shows any signs, symptoms or behaviors consistent with a concussion, the athlete shall be immediately removed from athletic participation

until a thorough evaluation and their ER or physician of choice can perform assessment of head injury.

Same Day Return-to-Play:

An athlete diagnosed with a concussion shall be withheld from the competition or practice and **will not return to any athletic activity for the remainder of that day** and until cleared by the Physician and/or appropriate qualified medical personnel acceptable to the Physician.

Referrals:

Upon removal from the athletic participation, the athlete will receive serial monitoring (approximately every 5 minutes) for signs of deterioration, which can cease when the athlete stabilizes and improves or in the event the athlete's condition warrants a referral according to the guidelines set forth herein.

On-the-Field Immediate Referral:

Upon initial evaluation, activation of the appropriate Emergency Action Plan and subsequent immediate referral to an appropriate emergency treatment facility is warranted with any of the following findings:

- Prolonged loss of consciousness
- Deteriorating level of consciousness
- High index of suspicion of spine or skull injury
- Seizure activity
- Evidence of hemodynamic instability/deterioration of vital signs

Off-the-Field Immediate Referral:

In the event that the athlete shows signs of deterioration from the status originally assessed on the field, an emergency off the field assessment is required and subsequent immediate referral to an appropriate emergency treatment facility is warranted with any of the following findings:

- Deterioration of neurological signs such as motor, sensory and cranial nerve deficits subsequent to initial on-field assessment
- Documented loss of consciousness
- Deteriorating level of consciousness
- Persistent vomiting
- Post-concussion symptoms that worsen

Non-Immediate Referral:

All athletes who have been diagnosed with a concussion will be evaluated by their Physician or designee under the direction of the physician prior to return to unrestricted.

Follow-Up Care:

In the even of a concussion, follow-up care and proper education is critical. The concussed athlete or family member will be contacted 3-4 hours after discharge to ensure the appropriate care was given.

Return to Play Guidelines:

Return-to-play is the process of deciding when an injured or ill athlete may safely return to practice or competition. It is the goal of BYSA to return an injured or ill athlete to practice or competition without putting the individual or others at undue risk for injury or illness.

F. Managers' Safety equipment check before each game

- First-Aid Kit location
- Emergency medical information/Medical Release forms
- Safety Plan
- Injury report and insurance forms

4. **Fundamental Training** – Managers/Coaches Clinics are held at the start of each season to address safety procedures, rules, and fundamental training (i.e. pitching, fielding, sliding, and hitting). Emphasis is placed on the importance of Equipment Safety to include Bat Safety, Helmet Safety, Proper Catcher's gear and how to properly inspect the aforementioned equipment. The league documents the training date, location, and attendance.

Managers and coaches are encouraged to communicate with the player agent and safety officer throughout the season regarding any known safety violations or concerns. All managers and coaches are required to attend fundamentals and CPR First Aid training, with at least one coach or manager from each team in attendance annually. Managers and coaches must also attend at least one instruction clinic every year. Managers and coaches are encouraged to pass the fundamentals training on to their players/parents at practices.

5. Equipment**A. Distribution**

The League Equipment Manager is responsible for inventorying and inspecting existing equipment, replacing equipment as needed, and ordering new equipment, subject to the approval by the Board of Directors. All equipment purchases are required to meet Babe Ruth / Cal Ripken safety standards.

All age groups are issued two full sets of catcher's gear, which includes helmets, masks, throat protectors, shin guards, and long-model chest protectors.

The BYSA Equipment Manager in conjunction with the BYSA Safety Officer are required to ensure that all Managers/Coaches strictly enforce the proper use of all safety related equipment with each and every player under their supervision. Failure to enforce the equipment safety protocol will result in BYSA Board review.

B. General Inspection

Managers are required to continually inspect the equipment provided and report any deficiencies to the Vice President or Player Agent of their league who will relay the message to the Equipment Manager and Safety Officer. Managers and Coaches are also required to inspect player provided equipment for proper Babe Ruth / Cal

Ripken compliance and safety compliance. If equipment is broken or unable to be fixed, items will be destroyed for safety.

C. Inspection before each game

Umpires must inspect team and players' personal equipment for damage. Umpires must ensure that all equipment meets Babe Ruth / Cal Ripken regulations. Umpires are to confirm with team Managers that players under their supervision are properly equipped prior to the start of each game. Managers and coaches must inspect their team's and their players' personal equipment for damage. Managers and coaches must ensure that all equipment meets Babe Ruth / Cal Ripken regulations.

1. Team Equipment

- Shin guards are in good condition and fit properly
- Face masks are in good condition and fit properly
- Throat protectors are in good condition and properly secured
- Chest protectors are in good condition and fit properly
- Catcher's mitt is in good condition
- Batting helmets are in good condition and fit properly
- Bats are in good condition and confirm to Babe Ruth / Cal Ripken specifications

2. Players' Equipment

- Batting helmets are in good condition and fit properly
- No jewelry is allowed with the exception of medical ID bracelets
- Bats are in good condition
- Footwear is in safe condition
- Protective cups are being worn by BYSA players
- Recommend face mask / C-Flap for all batter helmets
- Recommend mouth guards for all infield players

D. Games and Practices

It is the responsibility of Managers, Coaches, Players, Parents and Spectators to make sure that equipment is stored properly and securely during games and practices.

- All team equipment must be stored within the team dugout and not within the area defined by the umpire as "in play"
- Batters must wear approved protective helmets during batting practice and games
- Catcher's must wear and catcher's helmet when ever warming up a pitcher, before and during a game and at all practices
- Players are not allowed to wear watches, rings, earrings, pin or any other jewelry during practices or games
- Parents of players who wear glasses will be encourages to provide safety glasses
- On deck batters are not permitted

- Managers and Coaches are not permitted to warm up pitchers during games

6. **Bloomington Youth Sports Association Facilities**

A. **Fields**

BYSA complex is located at 2215 Bloomington Avenue near the SW corner of Lithia Pinecrest Road. The complex contains 8 playing fields and 1 practice field. Pets are not permitted in the park or on our fields at any time (except certified working dog).

B. **Field and Game Safety**

All umpires, managers, and coaches are required to walk the fields for hazards before use. They are to look for rocks, glass, debris, holes, trip hazards and any other hazardous conditions. Managers and coaches are responsible for checking the condition of the field, the dugouts, all safety equipment, and the spectator area before each game. All board members on duty are responsible for checking and monitoring the condition of the spectator area before and during each game.

1. **Field**

- Infield and Outfield is hazardous free
- Disengage-able bases are secure and in good condition on all fields
- Pitcher's mound is in good condition
- Batter's box is level and marked
- All fences are in good condition
- All netting around field for foul balls is intact in good shape
- Dugouts are clean and free from debris

2. **Spectator Area**

- Bleachers are in good condition
- Safety railings are in good condition
- Parking area safety
- Any protective netting is in good condition
- All trash is placed in trash cans

3. **Game Play**

- Players and Spectators should be alert and watching the batter at all times
- Only Players, Managers & Coaches are allowed on the playing field
- At no time should "horse playing" be permitted on the playing field
- Managers are to make sure players are using reduced impact balls for approved Divisions
- No games or practices will take place when weather or field conditions are not good, games called due to poor weather conditions will be made by the Park Administrator prior to the start of the game and by Umpire once the game has started

4. **Weather (Lightning)**

- Clues of inclement weather include: increased wind, flashes of lightning, sound of thunder, static on radio.
- The league has a lightning detector located in the concession stand. The lightning System will predict 10 minutes before a lightning strike, games and/or practices should be stopped immediately.
- Players, coaches and spectators should proceed directly to an automobile.
- Players are not to wait out a storm in the dugout or the concession stand.
- All parents must signed the BYSA Lightning Policy at the start of each season.

C. Bikes, skateboards, and roller blades

Skateboarding and the use of “roller blades” is prohibited at the field complex. Cyclists should be asked to walk their bikes while at the complex.

D. Concession stand safety procedures

1. Hand Washing

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

2. Health and Hygiene

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

3. Food Handling

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

4. Safety

BYSA requires all players’ parents/guardians to volunteer in the concession stand during the course of the season.

- Concession workers must be 18 year old to work in the cooking area.
- Volunteers should know where the fire extinguishers are in the stand.
- Never put water on a grease fire.
- Clean up all spills thoroughly to prevent falls, accidents and bugs.
- Opening and Closing procedures are posted on the wall.
- All concession stand equipment will be cleaned and inspected on a regular basis.
- All concession stand equipment will be replaced when needed due to safety.

- A cell phone will be used for any emergency needs.

5. Other safety activities followed by BYSA

- All fields are equipped with disengage-able bases
- All fields have a warning track along the outfield fence
- Fence tops are equipped with protective fence caps
- The concession stand is equipped with an automatic external defibrillator (AED)

7. Babe Ruth / Cal Ripken Rules

- Most Cal Ripken/Babe Ruth rules have some basis in safety
- Managers and coaches are required to follow and enforce all of the Cal Ripken/Babe Ruth rules at practices and games.
- Managers and coaches must ensure that their players have the required equipment at all times, even catchers warming up during infield.
- Manager and coaches are not allowed to catch pitchers during practices or warm up during games.
- Managers and coaches must ensure disengagable bases are in use at all fields.

8. Volunteers

All Managers, coaches, board members, and all other persons, volunteers or hired workers who provide regular service to the league and/or who have repetitive access to or contact with players or teams, must provide the league with a completed Volunteer Application for the current year and a copy of their valid driver's license or other government issued photo identification for verification.

Using the current BYSA Volunteer Application, BYSA conducts background checks through the FDLE. BYSA will not allow a person to perform in a volunteer role without successful completion of the Volunteer Application and subsequent background check. The league president retains the forms for the year of service. A copy of the current Volunteer Application is contained in the appendix to this plan.

9. Communication with league families

All families are informed of league news through the use of the BYSA website (www.BYSAFL.com), which is updated several times per month. Notifications, updates and announcements are also sent out through the leagues Rain Out Notification system and on the Facebook Page. Safety messages are also placed on the BYSA website. A Safety Suggestion box is in place at the office at the Civic Center at Bloomingdale for volunteers and families to use.

10. Umpires

All umpires will attend CPR / First Aid / AED training per BYSA Safety Plan. All umpires will be trained on field, spectator area, and equipment safety per BYSA Safety Plan.

BYSA provides a Safety page on the website. This page contains safety procedures, CPR training dates, and safety tips.

Thank you to all involved to make this Safety Plan a success: Kids, Volunteers, Parents, Hillsborough County Sherriff, Hillsborough County Fire Rescue, Hillsborough County Schools and all Hillsborough County area hospitals.

Appendix

BYSA Volunteer Application
Baseball/Softball Accident Claim Form
Baseball/Softball Incident/Injury Tracking Report
Baseball/Softball Medical Release Form
BYSA Parental Code of Conduct Form
Consent About Concussion or Head Injuries