

## CHLL Safety Summary

Below are safety tips all CHLL managers and coaches should follow during practices and games. These tips are taken from the Capitol Hill Little League Safety Plan. All managers receive a copy of the plan at the start of the spring season; the plan is posted in the Coaches' Reference section of the CHLL website ([www.capitolhilllittleleague.org](http://www.capitolhilllittleleague.org)).

**Volunteer Applications** – all adults who volunteer for CHLL positions (managers, coaches, bench coaches, etc.) must fill out a Little League volunteer application and submit that to the league's Safety Officer. Background checks will be conducted on all volunteers. A copy of the application can found in the Coaches' Reference section of the CHLL website and the safety plan.

**Accidents/Injuries** – if a player has an accident or suffers an injury during a game or practice, coaches should determine whether medical attention beyond basic first aid is required. If so, the manager should allow the player to leave with his/her parents to seek medical attention or, in serious cases, call 911 for EMS services. Managers/coaches must alert the league president and safety officer as soon as possible, and fill out the injury/accident tracking form (found at the website and in the safety plan) within 24-48 hours of the incident.

**First Aid supplies** – each CHLL shed will be supplied with a first aid kit and ice packs. Managers should alert the safety officer when supplies run low.

**Inclement weather** – play during a practice or game will be suspended and the field clear if lightning is spotted or thunder heard. Players and coaches should take shelter. Play can resume 20 minutes after the last lightning is seen or thunder heard.

**Heat** – frequent water breaks should be taken when the temperature exceeds 80 degrees during a practice or game.

### **Safety-Related Playing Rules:**

1. Catchers must wear protective cups; male players should consider wearing cups and athletic supporters.
2. Coaches may not warm up pitchers.
3. There will be no "on-deck" locations; the on-deck batter must remain in his/her team's dugout and may not take on-deck swings.
4. No batters may take swings in the dugouts. Bats must remain against the fence in a dugout.
5. Players may not wear any watches, bracelets or necklaces. Medical bracelets are allowed.
6. No headfirst sliding is allowed, unless returning to a base. Sliding into first base is prohibited.
7. Throwing a bat is grounds for an automatic out.
8. Hitters and base runners must wear helmets
9. Players with hard casts are not allowed to play.

**Equipment** – CHLL follows Little League rules on acceptable equipment:

- Bats must be labeled 1.15 BPF and can be no greater than 2 ¼ inches in diameter or 33 inches long.
- Helmets must be labeled as NOCSAE compliant; no stickers are allow (other than the manufacturer's label).
- Catchers must wear a helmet, dangling throat guard and the long-form chest protector.