



# **Safety Plan – 2024**

**RoadRunner Little League-District 5**

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Albuquerque, NM 87111  
(505) 299-9702**

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(505) 263-2055, (505) 440-8507**

RoadRunner Little League (RRL), located in Albuquerque, New Mexico, has a long, successful and safe history of providing the Little League Baseball experience to thousands of youth athletes. Little League Baseball requires safety at all levels of play and has formulated ASAP, A Safety Awareness Program to help all leagues achieve safe programs. RRL programs and its participants comply with the rules and recommendations noted in ASAP.

This document details the RRL Safety Program elements established to ensure all players, managers, coaches, umpires and other volunteers participating in the sports of baseball and softball do so in the safest manner possible.

## EDUCATION, DOCUMENTS, AND CLINICS

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**RRLH Handbook** – The RRLH Handbook for Managers, Coaches, Division Vice Presidents, and other league officials is an in-depth source of information and guidance for the volunteers who work with the youth participants. *Safety Consciousness and Safe Equipment and Facilities* are common themes throughout the RRLH Handbook and Programs.

The RRLH Handbook is updated each year and made available to Board Members, Team Managers, Coaches, and other volunteers. The handbook includes the following: RRLH Board of Directors contact information, position descriptions and responsibilities; policies relating to the league’s organization; and many topics directed towards managers and coaches. Safety awareness and practices are included throughout the handbook, and a focused Safety Section is included as noted below.

**RRLH Handbook Safety Section** – The safety section includes general safety guidelines, basic first aid guidelines, lightning awareness and actions, injury and emergency reporting requirements and forms, and risk management procedures. This RRLH Handbook Safety Section is included as **Attachment 1** to this document.

**Training:** *“We provide education and support to all managers, coaches, players, and parents at RRLH through clinics and resources to create a safe and positive experience instructing our children the fundamentals of baseball and good sportsmanship”*. The RRLH Training Program, established in 2007, provides extensive training and support for managers, coaches, umpires players, and parents. Our mission is supported by the following goals:

- Provide educational and hands-on clinics (informational, general, advanced)
- Build a library of training videos
- Improve coaching supplies and equipment
- Develop a system to gather information and report lessons learned

**Training resources:** Training videos are available for managers /coaches to checkout and review. The library includes AI and AI Baseball (designed for all skill levels), How to Run a practice (all skill levels), Getting Started (T-Ball through Minors), Basic Baseball – Softball (T-Ball through minors), Advanced Baseball (Majors and above), and other videos.

**Educational clinics:** The following clinics are offered at the beginning of each Spring season:

- **Safety Clinics:** Generally during the drafts near the end of February
- **Umpire Clinics:** A minimum of four (4) Umpire Clinics are offered in March each year, including one for the Rookie division only.
- **Scorekeeper Clinics:** A minimum of three (3) Scorekeeper Clinics are offered in March each year

**Volunteer Forms:** Roadrunner Little League uses the 2024 Little League Volunteer Application form and conducts background checks on all volunteers using JDP.

### **Compliance**

- It is mandatory for all RRLM managers and coaches to attend the safety clinic, and either a coaching clinic or umpire clinic.
- Emergency information forms are required to be carried at all times. Opposing managers may ask to see them, and teams in non-compliance must forfeit the game if forms are not available.
- Divisional VPs are informed about safety and accident reporting requirements and are provided the necessary forms and information sheets to distribute to Managers and Coaches.
- Board member positions and contact information, as well as appropriate emergency numbers are posted on [www.RRLM.org](http://www.RRLM.org), at the concession stand by the telephone and included in the RRLM Handbook.
- All volunteers and board members are background checked using JDP.
- The safety officer (or designee) is responsible for conducting background checks on all volunteers that have completed the current year Little League Volunteer Application form and maintains the file for the current playing year for all those applicants in their respective divisions.
- The Safety Officer has authority to suspend games at RRLM if the conditions are unsafe. Games suspended for safety shall not resume until safe to do so.

### **Reporting**

- The Safety Officer has a position on the board, and has a place on the agenda at every meeting for reporting to the board.
- Mandatory RRLM policy requires managers and coaches to complete accident reports for injured players.
- Divisional VPs are required to review official score books every week and check pitch counts and follow up on any notes by the scorekeeper that indicate an injury.

All younger baseball players, T-Ball through Minor, play games at RRLM with no travel required until tournament time.

Major and Junior/Senior Baseball teams, as well as all softball teams, may travel to adjacent leagues for interleague games due to insufficient numbers to restrict play to the home field. Every effort is made to schedule games during non-peak traffic times to help alleviate traffic concerns.

Due to little bicycle use at RRLM, bicycle/traffic safety is not a priority issue. However, a clinic could be offered as a community/neighborhood service component of a “good neighbor policy”.

## EQUIPMENT

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### Education

- Managers, coaches and umpires are briefed every season at clinics and meetings by Divisional VPs, the head umpire or designee, and the Equipment Manager about unsafe equipment and are told that it must not be used during practices and games.
- Managers are instructed to tell parents and players about unsafe equipment.
- Laminated safety flyers are posted on all dugouts and the league bulletin boards reminding managers, coaches, and umpires to check the equipment and fields prior to use. The flyers also serve as a reminder that managers and coaches are responsible for reporting accidents and submitting accident reports in a timely manner.
- Managers and coaches are required to inform the Equipment Manager if any equipment requires repair or replacement and to immediately discontinue use of defective equipment.
- The Equipment Manager provides information to all managers and coaches about the issuance of equipment and the procedures for addressing damaged equipment.
- The RRLH Handbook describes the inventory and inspection of equipment conducted annually and throughout the season.
- All managers and coaches are responsible to strictly enforce catcher's gear and helmet rules during practice and warm ups.

### Compliance

- The Equipment Manager spends numerous hours prior to the start of the season inspecting all equipment and bagging it for distribution to teams. Equipment that is deemed unsafe is disposed of. At no time does RRLH ever give such equipment to other leagues or organizations as it presents a safety hazard to all.
- When damaged equipment is destroyed, it is replaced with newly purchased equipment from reputable manufacturers per Little League guidelines. Damaged equipment is destroyed and is never left intact in a dumpster.
- Managers, coaches and umpires are required to inspect equipment prior to the start of every game, and they are instructed to remove any damaged or unsafe equipment from the field.
- All managers and coaches are responsible for inspecting all catchers' equipment prior to each practice and warm up.

## Reporting

- The Equipment Manager has a position on the board and is given the opportunity to address the board about equipment issues whenever the need arises.
- The Equipment Manager is given a budget by the board to acquire the necessary equipment needed for the season.
- Managers are instructed to schedule a time with the Equipment Manager every time they need to replace damaged or unsafe equipment.
- Umpires are instructed to inspect equipment before and during games and to remove any damaged or unsafe equipment from the field.
- Any damaged catchers equipment must be replaced before a catcher can field his position at all practices, warm ups and games. Contact the equipment manager for replacement equipment.

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## FACILITIES

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### Education

- Field maintenance and safety issues are discussed at board meetings and information is passed on to managers, coaches and umpires.
- Managers, coaches and umpires are informed during the safety clinics to inspect fields before practices and games.
- Managers and coaches are informed by the Facilities Officer on the proper techniques for preparing fields before and after practices and games.
- Managers, coaches and volunteers are informed about the first aid room located at the concession stand. The room is equipped with numerous first aid items, a cot and a sink.
- VPs and managers in all divisions are asked to have a cell phone available at all practices and games if possible, and if not, to identify strategies for placing emergency calls in the event of an emergency situation.
- The concession stand maintains a “cookbook” with all food preparation menus. Laminated instructions for set-up, use and clean-up are placed by the equipment.
- RRLL uses the WeatherBug app for lightning monitoring. Managers, umpires and coaches are to ensure that the fields are cleared when a lightning strikes within a 10 mile radius.

### Compliance

- In compliance with local laws, a health inspection of the concession stand, and inspection of the fire extinguishers and fire suppression system are completed annually before the start of the season.
- Managers are informed, and asked to inform parents and players, that when the WeatherBug app alerts that lightning is within a 10 mile radius all fields must be cleared.
- The District safety officer and RRLL safety officer conduct a safety inspection of the fields and facilities prior to the start of each season.
- A field lighting audit is completed annually prior to the start of the season.
- Each year, the safety officer is responsible for completing and submitting the Little League Facility survey to the Little League National office, League president, District Safety Officer & District administrator along with a current year copy of the League safety plan and Qualified Safety Plan registration form.
- Each year, RRLL will submit player registration data, manager/coach data to Little League International.

### Reporting

- Managers are informed about the need to report any hazardous field conditions so that repairs are made prior to field use.

- Managers, coaches and umpires use the WeatherBug app when weather conditions warrant and should start the procedure for clearing fields when the app indicates lightning within a 10 mile radius.
- The current field lighting audit is on file with Little League.
- The board is kept informed of all inspections that are necessary and when they are completed.

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## CONCESSION STAND

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### Food Safety

- Clean – Wash hands and surfaces often!!
- Wash hands with hot soapy water before handling food.
- Wash cutting boards, dishes, utensils, and counters with hot soapy water after preparing each food item.
- All wiping cloths must be stored in a sanitizing solution made up of bleach and water at approximately 1 cup of bleach per gallon of water.
- A supply of disposable towels and hand soap must be available.

### Separate – Don't cross-contaminate

- Use a clean plate for cooked food. Never place cooked food on a plate that previously held raw food.
- All food items should be covered whenever possible.
- Store food items at least six inches off the floor to minimize the contamination of food and allow proper floor cleaning.
- Wash hands frequently!

### Cook food to proper temperatures

- When cooking in a microwave oven, cover food, stir and rotate for even cooking.
- Keep hot foods hot and cold foods cold. Hot foods must be kept at 140 degrees or above, and cold foods must be kept 41 degrees or below.
- Use a clean metal stemmed thermometer to measure the internal temperature of cooked food to make sure it is thoroughly done.

### Chill – refrigerate promptly

- Refrigerate foods quickly. Cold temperatures keep harmful bacteria from growing and multiplying.
- Refrigerator temperatures must be set at 40 degrees or lower, and freezer at 0 degrees or lower. Check the temperatures often.
- Thaw food in the refrigerator.
- Divide large amounts of food in small, shallow containers for quick cooling.
- Don't over pack the refrigerator
- Keep freezer and refrigerator closed when not in use. This keeps the cold air inside.



# *RoadRunner Little League*

## **MANAGERS AND COACHES SAFETY SECTION**

### **Mission Statement:**

The purpose of this document is to help insure all players, managers, coaches, umpires and other volunteers are participating in the sport of baseball and/or softball in the safest manner possible. Little League Baseball strongly encourages safety at all levels of play and has formulated **ASAP**, A Safety Awareness Program, to help all leagues achieve these goals. Roadrunner Little League and more importantly, it's players, benefit greatly if all managers and coaches comply with the rules and recommendations stated herein. On behalf of the entire Roadrunner Little League, have a **SAFE** and **FUN** season.

### **ASAP: A little more information**

What exactly is ASAP? ASAP (A Safety Awareness Program) was introduced in 1995 with the goal of re-emphasizing the position of Safety Officer "to create awareness through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League baseball". This document is offered as a tool to place some important information at manager's and coach's finger tips, and can be found at [www.littleleague.org](http://www.littleleague.org) website.

### **Important Emergency Data:**

Roadrunner Main Telephone: 505-299-9702

Field Address: 10700 Lagrima de Oro NE

Albuquerque, NM 87111

Emergency: 911

Non-Emergency: Hospital phone numbers are located at the concession stand

Dental Emergency (permanent tooth knocked loose or knocked out):

"Emergency Dental Services" located in the Bear Canyon Professional Center at 10151 Montgomery Blvd NE (between Juan Tabo and Eubank, on north side of the street) - call (505) 260-7333 24 hour, on holidays, weekends, nights

## **WHAT TO DO IN THE EVENT OF AN ACCIDENT:**

1. Seek immediate medical attention if necessary, including telephoning 911.
2. Notify the League Safety Officer of the incident, no matter how minor within 48 hours. Report all injuries, including those where treatment was minor or not necessary (not requiring the attention of a medical professional). The Safety Officers are Jason Loyd (505) 263-2055 and Jeff Stevens (505) 440-8507.
3. Players are not the only individuals who may require medical attention. Report all injuries to the Safety Officer, including those occurring to managers, coaches, umpires, spectators, etc.
4. Reporting an injury incident can occur in a variety of manners. Most typically this should include a phone conversation or message to the Safety Officer. You will also be provided with ASAP Incident/Injury Tracking Report forms for this purpose. More forms can be ordered through the Safety Officer. Place each completed report from in the Accident Report Folder located inside the door of the concession stand. In the event that a form is not available, please include the following information in note form for each incident.
  - A. Name, phone number, and address of individual involved.
  - B. Date and time of incident.
  - C. Detailed description of incident, including estimation of extent of injuries.**
  - D. Parent's name, address, and phone number, if different than above.
  - E. Which field the accident occurred on or near.
  - F. Which position the player was playing when the accident occurred.
5. Inform a board member of the incident in the event the Safety Officer is unavailable.

### **First Aid Kit:**

Each team is provided with a first aid kit. In the event that various contents of the kit are completely used, inform the League Safety Officer of which items are in need of replacement. First aid kits must be at all practices, warm ups and game situations.

### **Safety Training:**

Each team manager will be required to attend a Safety Clinic. This session will be conducted by the Safety Officer or by a local professional knowledgeable in the field of medicine. Coaches and other interested parties are also strongly encouraged to attend.

### **Dental Trauma (Tooth/Teeth knocked loose or knocked out):**

*Referenced from Rhoades Family Dentistry:*

*IF A PERMANENT TOOTH IS KNOCKED LOOSE: When your child damages a permanent tooth, the consequences can be serious. Call your dentist and have your child seen immediately. If the tooth is extremely loose, crooked, or dangling from the socket this is an emergency and they need to be seen ASAP. If the tooth is still straight and only slightly loose, they still need to be seen by their dentist within an hour of the accident.*

*IF A PERMANENT TOOTH IS KNOCKED OUT: Your child needs to be rushed to the dentist. If possible, find the tooth that was knocked out. Avoid damaging the sensitive nerve endings at the root area of the tooth when handling. If the tooth needs to be rinsed, use saliva or milk. Water will not help when preserving the tooth. If your child is old enough not to swallow the tooth, carefully reinsert it into the socket and use a paper compact to hold it there until you can get to the dentist. Otherwise, put the tooth in a cup with either milk or saliva. If you get to the dentist within thirty minutes of the accident, the chances are good that the original tooth can be re-implanted in your child's mouth. But if you can't get to the dentist within an hour of the accident, your child will probably have to have a dental implant to replace the original tooth. Dental implants are involved surgical procedures, so you want to avoid them if at all possible.*

### **Important 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 perform medical attention beyond your abilities.
- Keep your first aid kit with you at all practices and games; report any uses of the first aid supplies to the Safety Officer.
- Assist those who require medical attention and when administering aid, remember to:
  - Look for signs of injury (Blood, black and blue deformity, joint injury etc.)
  - Listen to the injured or attendant describe what happened and what area hurts, if conscious. Before asking, calm the worried individual if necessary.
  - Feel gently and carefully the injured area for signs of swelling or signs of broken bones.
- Have all medical release forms with you at all practices and games.
- Bring a cellular phone to all practices and games.

#### **Don't:**

- Administer any medications.
- Hesitate to give aid when needed.
- Be afraid to ask for help, including the use of a cell phone.
- Transport injured individuals except in extreme emergencies where no other option is available.
- Leave an unattended child at practice or game.
- Hesitate to report any present or potential safety hazard to the Safety Officer.

## **PREVENTION:**

### **Pre-Practice and Pre-Game Stretching:**

Pre-practice and pre-game stretching is very important to the safety and health of your players. These activities will help prevent future injuries to your soon to be all-stars. Keep in mind especially, that many of your players will be moving on to advanced baseball levels. Injury to vital muscles at any age will greatly impact their ability to succeed in those levels of play. Stretching activities should include each of the major muscle groups. Keep in mind also that periodic mid-practice or game stretching might also be necessary depending on the temperature, the amount of activity your players are involved with, and the positions that they are or will be playing. Lastly, remember that post-practice and post-game running is also important, especially for pitchers. A “jog” (or other running activity) around the field will prove beneficial to all players.

### **Alert on Catchers Gear!**

Any player assigned to the position of catcher must always be outfitted with full catchers guard, chest protector, shin guards, protective cup with athletic supporter, and catcher’s mitt. When a catcher is warming up a pitcher, he/she must be outfitted in a catcher’s helmet and mask with throat guard. Managers and coaches catching for pitchers are also encouraged to wear similar equipment. (**Note:** Little League rules prohibit managers or coaches from catching for a pitcher during game time, including between innings).

### **Player Collisions**

Player collisions have resulted in some of the most serious injuries to the athletes of Roadrunner Little League. Playing rules specify that players must slide or attempt to avoid contact. Additionally, playing rules specify that defensive players, while not in possession of the ball, may NOT block the baseline. Coaches are required to actively coach methods of avoiding contact (sliding, dodging, returning to bases, giving up on a play with no chance of success), and actively coach players that they may not block the baseline while not in possession of the ball. Players and coaches who violate this safety rule are subject to disciplinary action.

### **Lightning Safety**

#### **Background:**

NOAA (National Oceanic and Atmospheric Administration) guidelines for outdoor activity state that a significant lightning threat extends outward from the base of a thunderstorm up to 10 miles (<https://www.weather.gov/safety/lightning-sports>) and that activities should be stopped when:

- **Lightning is visible:** The ability to see lightning varies depending on the time of day, weather conditions, and obstructions such as trees, mountains, etc. In clear air, and especially at night, lightning can be seen from storms more than 10 miles away provided that obstructions don't limit the view of the thunderstorm.
- **Thunder is audible:** Thunder can usually be heard for a distance of about 10 miles provided that there is no background noise. Traffic, wind, and precipitation may limit the ability to hear thunder to less than 10 miles. If you hear thunder, though, it's a safe bet that the storm is within ten miles.
- **If the skies look threatening:** Thunderstorms can develop directly overhead and some storms may develop lightning just as they move into an area.

### **Application:**

Play and practice shall be suspended when lightning strikes are detected within 10 miles from the facilities. Play will resume when no lightning strikes have been recorded within 10 miles from the facilities for a period of 30 minutes. If additional lightning strikes are recorded within the 10 mile radius, the 30-minute period restarts.

The WeatherBug app should be used to determine the proximity of lightning.

### **Responsibility:**

- Managers, coaches and umpires should use the WeatherBug app alerts for notification of dangerous conditions (i.e. lightning within 10 miles).
- Managers and coaches are responsible to postpone/cancel practices and clear fields during practices if lightning is within 10 miles.
- Managers and coaches are encouraged to notify the home plate umpire if they receive the WeatherBug alert before the home plate umpire receives the alert.
- Home Plate Umpire on each field has the responsibility to postpone games and clear fields.
- Any board member or umpire crew on the field has the authority to suspend or postpone games.
- Board members present should assist in ensuring game stoppage and field clearing. This is a backup in the event that umpires/managers at a field do not receive a timely alert or are distracted by the game at hand.

### **Common Sense:**

Good judgment should always be exercised. New Mexico is first in the US in lightning strikes so the importance of this policy cannot be diminished.

If at all in doubt about the safety of the situation, regardless whether a board member or umpire has postponed play or whether the WeatherBug app had indicated lightning with 10 miles, **STOP PRACTICE OR PLAY IMMEDIATELY!** As the old adage goes, it's better to be safe than sorry.

### **Where to Go?**

No place is absolutely safe from lightning.

- Large enclosed shelters are the safest place to go. The RR boardroom is an example of a good choice.
- A fully enclosed metal vehicle with all the windows rolled up is an excellent second choice. Players' parent's vehicles is a good option here.
- If you are stranded in an open area, put your feet together, crouch down, and put your hands over your ears (to prevent eardrum damage).

### **Where not to go!**

Avoid high places and open fields, isolated trees, unprotected gazebos, **dugouts**, flag poles, light poles, **bleachers**, metal fences, and areas where water has accumulated.

### **First aid to a lightning victim**

A lightning victim typically exhibits similar symptoms to that of a heart attack victim. The rescuer should consider the following:

1. Call 911.
2. "Make no more casualties". If the victim is in a high-risk area, serious consideration should be given to moving him/her. Lightning can and often does strike twice in the same place.
3. If the victim is not breathing, start mouth-to-mouth resuscitation. Give the victim a few quick breaths prior to moving him/her, if that is the decision.
4. If the victim has no pulse, start cardiac compressions as well.  
***Note:** CPR should be performed by a person knowledgeable and trained in the technique.*

### **Heat Illness**

This can happen when a person's body gets too hot.

**Prevention** can occur with:

- \*frequent breaks when exercising (including practices)
- \*drinking enough fluids (particularly water and sports drinks)
- \*Not wearing excessive or constrictive clothing (pay attention to the kids while in all of the catcher's gear)

**Mild symptoms** can include feeling a little, warm, dizzy or nauseous.

If this occurs the player should be removed from the game and placed in the shade and have any extra jerseys or equipment removed.

The player should be given a sports or other sugary drink.

Any player who leaves a game for possible heat illness will not be allowed to return to that game.

**More serious symptoms** can include

- \*confusion or trouble thinking clearly
- \*seeing or hearing things that are not real (hallucinations)
- \*trouble walking
- \*seizures
- \*passing out

If any of these occur the player should seek medical care immediately (including by ambulance if necessary)

Any player with a possible or suspected serious heat illness will not be allowed to return to play until after receiving a full medical evaluation and then subsequent approval by the League President, Safety Officer, or the League Vice President.

### **Concussions**

A concussion is a complex, trauma-induced pathophysiological process affecting the brain. The biomechanical forces involved in the trauma can injure the brain via a direct blow to the head, face, or neck, or via a blow to the body that transmits force to the head (whiplash).

Common Symptoms include

- \*feeling dizzy or slow
- \*confusion
- \*nausea
- \*dizzy
- \*blurred vision

Any player with these symptoms should immediately be removed from the game and encouraged to seek medical attention.

Red Flag Symptoms:

- \*Neck Pain
- \*Double Vision
- \*Weakness, Tingling, Burning in arms or legs
- \*Severe or increasing headaches
- \*Seizures
- \*Loss of Consciousness
- \*Vomiting
- \*Restlessness, Agitation or Combativeness

Any player with these symptoms should be kept still wherever they are and 911 should be called immediately.

Any player with a possible or suspected concussion will not be allowed to return to play until after receiving a full medical evaluation and then subsequent approval by the League President, Safety Officer, or the League Vice President.

## COVID-19 CONSIDERATIONS: FOLLOW NM DOH GUIDELINES

### MAKE A GAME PLAN TO REDUCE RISK

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Suggestions to reduce the risk of spreading viral infections:

- Ask your players, coaches, volunteers to STAY HOME if they don't feel well, have tested positive for COVID-19, are waiting on test results, are showing COVID-19 symptoms, or have had a close contact with a person who has tested positive for or who has symptoms of COVID-19.
- Shared equipment should be cleaned frequently.
- Clean or sanitize your hands before and after practices, games, and sharing equipment.
- Players may bring hand sanitizer with them to practices and games, if desired.
- Consider fist bumps or tipping hats over high fives and handshakes.
- If a player chooses to wear a mask and it gets wet, recommend that they change it as it may be more difficult to breathe through.
- Discourage spitting.

#### Advice for parents

- If you are at an [increased risk for severe illness](#) or have existing [health conditions](#), take extra precautions and preventive actions during the activity or choose individual or at-home activities. Talk to your child's manager and work together to find safe solutions.
- Consider labeling your player's water bottle with their name.



## **Important Roadrunner Little League Safety Information!**

- Only players, managers, coaches, and umpires are permitted on the playing field during games and practices. Volunteers with completed/approved background checks (and with manager or designee permission) are also allowed on the playing field during practice sessions.
- During practice and games all players should be alert and watching the batter on each pitch. Managers and coaches are encouraged to alert inattentive players, including those on the opposing team.
- During warm up drills, players should be spaced appropriately to insure no one is endangered by wild throws or missed catches.
- All pre-game warm-ups involving ball throwing or batting must be performed within the confines of the playing field or in other areas protected from the general public.
- Breakaway bases were installed on all fields prior to official use in 2008.
- Batters and base-runners must always wear Little League approved batting helmets during both practices and games.
- All male players are required to wear a protective cup and athletic supporter during practices and games. Female players, especially when playing Catcher position, are encouraged to consider wearing a protective pelvic cup.
- Little League rules prohibit head first sliding into bases (Majors and below).
- During sliding practice, bases shall not be tied down. Managers are encouraged to perform sliding practices on grass surfaces, or utilizing cardboard as a sliding surface to avoid injury.
- Players who wear eyeglasses are encouraged to have safety glass lenses installed.
- Climbing on fences at practice or playing fields is strictly prohibited.
- Players are prohibited from wearing rings, watches, pins, bracelets, earrings, or any other form of jewelry during practices or games.
- On deck batters are not permitted in T-Ball, Rookie, Minor and Major divisions.
- All team equipment shall be stored within the team dugout during the play of game.
- Little League rules prohibit players with casts of any type from being on the playing field. This includes participating in practice or games, including warm-up (pre-game) activities, base coaching, etc. Players may sit in dugout and cheer for the team.

# ROADRUNNER LITTLE LEAGUE – SPRING 2024

## SAFETY CLINIC

Broken into 5 parts >

**PART 1:** Prevention – routine safety measures/stop problems before they occur

**PART 2:** Injury Response – dealing with common baseball injuries

**PART 3:** COVID-19 Guidelines – implementing mandates and recommendations

**PART 4:** Emergency and Contact Information

**PART 5:** Required web training for managers and coaches

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### PART 1

#### ***PREVENTION OFF THE FIELD***

- 1) Make sure all adults you have recruited have completed a *Volunteer Form* – **A MUST-HAVE!**
- 2) *Emergency Information Forms* are required to be carried at all times. Opposing Managers may ask to see them, and teams in non-compliance must forfeit the game.
- 3) Upon receipt of issued equipment bags, managers should report any damaged equipment.
- 4) Managers should report any hazardous field conditions so that repairs can be made. Report to Safety Officer or President.
- 5) Important *Emergency Information and Phone Numbers*, as well as the *2024 Safety Plan*, are located on your left in a plastic wall pocket as you enter the northeast concession door.

#### ***PREVENTION ON THE FIELD***

- 6) Managers, coaches and umpires inspect the playing field before practices and games.
- 7) Managers, coaches and umpires inspect playing equipment before practices and games. Damaged or unsafe equipment should be removed.
- 8) Little League strongly recommends stretching exercises before and after all practices and games.
- 9) T-BALL: There are to be no bats in the dugout with T-Ball players. Bats may be placed against the backstop.
- 10) All gates that enter onto the field should be closed during play.
- 11) In both the T-Ball and Rookie Divisions, dugout gates must be closed during play.

- 12) Minor/Major/Softball Divisions: no Manager or Coach may stand in the area where the on-deck batter enters the field. A warning may be given, after which the Umpire may eject the manager/coach.
- 13) Sunflower seeds, pistachios, and any other seeds/nuts are prohibited at RRLL.
- 14) Lightning –When lightning comes within 10 miles, play is suspended for 30 minutes. If additional lightning strikes are recorded, the 30-minute period restarts. The WeatherBug app is used by managers, coaches, umpires and board members for monitoring lightning proximity.
  - \*\* Clear the fields – safe areas are inside RR boardroom or in closed cars with windows up.
  - \*\* Dugouts, bleachers, open fields, isolated trees are not safe areas to shelter.

### **A NOTE ABOUT FATIGUE**

According to the **Children’s Health Health & Wellness Library**

(<https://www.childrens.com/health-wellness/common-baseball-injuries-and-how-to-prevent-them>), “the number one indicator of all injuries is fatigue.” Fatigue is defined as physical and/or mental exhaustion, decreased ability to respond and function properly, or a breaking down. Parents and most coaches know their children/players best. Watching for the following warning signs of fatigue may help prevent injuries:

- tired/weary feeling
- weakness
- headache
- slowness to respond or function properly
- impaired decision-making
- dehydration
- confusion
- dizziness
- irritability
- dazed or confused expression
- loss of ball control
- decreased velocity
- loss of proper mechanics

Per the above source, fatigue on the baseball field can be caused by many factors including:

- playing year-round baseball
- extended time of play such as double-headers, travel, tournaments
- high pitch counts
- playing on multiple teams at the same time of year
- high leverage situations (pressure situations, tournament play, etc.)
- lack of sleep
- poor nutrition
- playing both pitcher and catcher in the same game



## LITTLE LEAGUE SAFETY PLAYING RULES & REGULATIONS

The following are Little League Rules and Regulations that are designed with the safety and well-being of the players in mind. Local leagues may add additional safety rules and/or guidelines but are not permitted to alter any of the following.

***NOTE:** Junior/Senior and Big League Rules and Regulations differ in some applications.*

### 1) Rule 1.08 **The On-deck Position Is Not Permitted**

- **NOTE 1:** The on-deck position is not permitted in **Little League (Major) Division and below.**
- **NOTE 2:** Only the first batter of each half-inning will be permitted outside the dugout between half-innings in **Little League (Major) Division and below.**
- **A.R.** – The next batter should be ready with a helmet on but may not pick up a bat until it is his/her turn at bat.

### 2) Rule 1.17 **Athletic Supporter & Catching Gear Requirements**

- All male players must wear athletic supporters. Male catchers must wear the metal, fiber, or plastic type cup, and approved long or short-model chest protector. Female catchers must wear long or short-model chest protectors. All catchers must wear chest protectors with neck collar, throat guard, shin guards, and catcher's helmet, all of which must meet Little League specifications and standards. The catcher's helmet must meet NOCSAE specifications and standards, and bear the NOCSAE stamp. All catchers must wear a mask, "dangling" type throat protector, and catcher's helmet during infield/outfield practice, pitcher warm-up, and games.
- **NOTE:** Skull caps are not permitted. **Warning!** Manufacturers have advised that altering helmets in any way can be dangerous. Altering the helmet in any form, including painting or adding decals (by anyone other than the manufacturer or authorized dealer) may void the helmet warranty.
- **A.R.** – Wearing of a catcher's helmet with mask and dangling throat guard (even if the mask has a wire extension) is required during games, pitcher warm-up, and any form of infield or infield/outfield practice. The "Hockey Style" helmet is authorized for use at all levels of play. The "dangling" throat guard still must be attached properly.

### 3) Rule 3.14 **Keeping Playing Field (fair and foul territory) Clear**

- Members of both teams shall carry all gloves and other equipment off the field and to the dugout while their team is at bat. No equipment shall be left lying on the field, either in fair or foul territory.

**4) Rule 3.17 Bench and Dugout Conduct and Restrictions**

- Managers, coaches, and players in the dugout area must remain behind the protective fencing at all times and away from the dugout openings.

**5) Rule 4.05 Requirements For Base Coaches**

- Player base coaches must wear a batting helmet at all times while coaching.
- The coaches shall not leave their respective dugouts until the pitcher has completed his/her preparatory pitches to the catcher.
- Base coaches must pay attention to the ball at all times.

**6) Rule 7.08 Sliding**

- A runner must slide **or** attempt to get around a fielder who has the ball and is waiting to make the tag.
- A runner is not permitted to head-first slide while advancing in **Little League (Major) Division and below.**

**Player Collisions**

Player collisions have resulted in some of the most serious injuries to the athletes of Roadrunner Little League. Playing rules specify that defensive players, while not in possession of the ball, may NOT block the baseline. Coaches are required to actively coach methods of avoiding contact (sliding, dodging, returning to bases, giving up on a play with no chance of success), and actively coach players that they may not block the baseline while not in possession of the ball.

## **PART 2**

### ***INJURY RESPONSE***

Most baseball injuries can be evaluated as **MILD \* MODERATE \* SEVERE**.

**\*\* If you evaluate the injury as MODERATE or SEVERE, contact the parents (and 911, if needed). \*\***

**\*\* All injuries and accidents on RRL property need to be reported to the Safety Officer in-person or via phone call within 48 hours. \*\***

**\*\* Managers must complete a thorough written *Accident Report* and route it to the Safety Officer in-person or via his/her RRL**

Note that RRL has a First Aid room at the concession stand (entrance is at the northwest corner of the building). This room is equipped with numerous first aid items, a cot, and a sink.

Evaluation comes by **LISTENING \* LOOKING \* FEELING \* MOVING**.

- **LISTEN** to the injured person.
- **LOOK** for skin color, blood, deformity, etc. depending on the injury.
- **FEEL** carefully for tenderness, if possible and appropriate.
- If appropriate, assess the player's ability to **MOVE**.

**1) CONTUSION** – a bruise caused by a hard blow of a ball, bat, collision, etc.

>>> Evaluate injury as **MILD \* MODERATE \* SEVERE**.

>>> **LISTEN \* LOOK \* FEEL \* MOVE**.

>>> Apply ice, if needed.

**2) SPRAIN/STRAIN** – injury to the arm/shoulder/elbow from throwing or ankle/knee from running bases

>>> Evaluate injury as **MILD \* MODERATE \* SEVERE**.

>>> **LISTEN \* LOOK \* FEEL \* MOVE**.

>>> Apply ice, if needed.

>>> Inform parent, if injury is **MODERATE** or **SEVERE**.

>>> Write up *Accident Report* **AND** Contact Safety Officer.

**3) BONE FRACTURE**

>>> Evaluate injury as **MILD \* MODERATE \* SEVERE**.

>>> **LISTEN \* LOOK \* FEEL \* MOVE** – Look for obvious deformity, abnormal bend, swelling, bone protruding through skin, etc.

>>> Inform parent.

>>> Call 911 if necessary.

>>> Write up *Accident Report* **AND** Contact Safety Officer.

- 4) **FACIAL INJURY** – injury to teeth, head, eyes, face, mouth, etc.
- >>> Evaluate injury as MILD \* MODERATE \* SEVERE.
  - >>> LISTEN \* LOOK \* FEEL \* MOVE – Look for missing teeth (find and save in saliva or milk), cuts/punctures, swelling, discoloration, etc.
  - >>> Inform parent.
  - >>> Call 911 if necessary.
  - >>> Write up *Accident Report* **AND** Contact Safety Officer.

5) **HEAT ILLNESS**

- **HEAT CRAMPS** – usually in the legs, caused by dehydration/perspiration of nutrients
  - **HEAT EXHAUSTION** – severe fatigue, weakness, lightheadedness, flu-like symptoms, high temperature
  - **HEAT STROKE** – confusion, disorientation, high temperature
- >>> Move person into shade. For **HEAT STROKE**, call 911 or recommend medical evaluation.

- 6) **CONCUSSION** – traumatic brain injury that affects your brain function; physical symptoms can include headache, ringing in ears, nausea, vomiting, blurred vision, fatigue, confusion, dizziness
- >>> If you think there is **ANY** chance the player has suffered a concussion, contact the parents **ASAP**
  - >>> Write up *Accident Report* **AND** Contact Safety Officer.

**Note on Dental Trauma (Tooth/Teeth knocked loose or knocked out):**

*Referenced from Rhoades Family Dentistry:*

*IF A PERMANENT TOOTH IS KNOCKED LOOSE: When your child damages a permanent tooth, the consequences can be serious. Call your dentist and have your child seen immediately. If the tooth is extremely loose, crooked, or dangling from the socket this is an emergency and they need to be seen ASAP. If the tooth is still straight and only slightly loose, they still need to be seen by their dentist within an hour of the accident.*

*IF A PERMANENT TOOTH IS KNOCKED OUT: Your child needs to be rushed to the dentist. If possible, find the tooth that was knocked out. Avoid damaging the sensitive nerve endings at the root area of the tooth when handling. If the tooth needs to be rinsed, use saliva or milk. Water will not help when preserving the tooth. If your child is old enough not to swallow the tooth, carefully reinsert it into the socket and use a paper compact to hold it there until you can get to the dentist. Otherwise, put the tooth in a cup with either milk or saliva. If you get to the dentist within thirty minutes of the accident, the chances are good that the original tooth can be re-implanted in your child's mouth. But if you can't get to the dentist within an hour of the accident, your child will probably have to have a dental implant to replace the original tooth. Dental implants are involved surgical procedures, so you want to avoid them if at all possible.*

## **PART 3**

### ***COVID-19***

- Follow NM DOH guidelines
- Ask players, coaches, volunteers to STAY HOME if they don't feel well, have tested positive for COVID-19, are waiting on test results, are showing COVID-19 symptoms, or have had a close contact with a person who has tested positive for or who has symptoms of COVID-19.
- Shared equipment should be cleaned frequently.
- Clean or sanitize your hands before and after practices, games, and sharing equipment.
- Players may bring hand sanitizer with them to practices and games, if desired.
- Consider fist bumps or tipping hats over high fives and handshakes.
- If a player chooses to wear a mask and it gets wet, recommend that they change it as it may be more difficult to breathe through.
- Discourage spitting.



## **PART 4**

### **Emergency and Contact Information:**

Roadrunner Little League  
Main Telephone: 505-299-9702  
Field Address: 10700 Lagrima de Oro NE  
Albuquerque, NM 87111

Medical Emergency: 911

Non-Emergency: Hospital phone numbers are located at the concession stand

Dental Emergency (permanent tooth knocked loose or knocked out): 24-hr, holidays, weekends, nights  
“Emergency Dental Services” located in the Bear Canyon Professional Center at 10151 Montgomery Blvd NE (between Juan Tabo and Eubank, on north side of the street) - call (505) 260-7333

Safety Officers: Jason Loyd (505) 263-2055 and Jeff Stevens (505) 440-8507

## **PART 5**

### ***Required Web Training for Managers and Coaches***

Web training is available at USA Baseball Online Training website:

<https://usabdevelops.com/Courses>

You will have to register on the site in order to take the courses (no fee).

This training is a requirement of the Little League ASAP Safety Plan. Each course can generally take between 15 minutes and 1 hour to complete.

Abuse Awareness for Adults

Basic First Aid

Baserunning Fundamentals

Coaching the Basics of Hitting

Coaching the Fundamentals of Infield

Coaching the Fundamentals of Outfield

Introduction to Pitch Smart (not required for T-Ball or Rookie level)

Notes:

- Each course has to be completed only 1x every 3 years.
  
- Due to their training and education, it is not necessary for licensed medical doctors, licensed registered nurses, licensed practical nurses and paramedics to attend first aid training in order to meet requirement.
  
- Other individuals who attend various outside first aid training and courses are not exempt.