

# *Walpole Little League*

## ***ASAP Plan***

**2021**

## Welcome

Dear Walpole Little League Participants:

Welcome to another year of fun and exciting baseball with Walpole Little League! This is Walpole Little League's "A Safety Awareness Plan" (ASAP) for the 2021 baseball seasons (spring and summer). This plan was developed to ensure the youth of Walpole Little League have the opportunity to play and learn the game of baseball in a safe setting. This plan has been approved by the Walpole Little League Board of Directors, and submitted to our District Administrator and Little League International for approval. This plan will be updated and revised on an annual basis, to ensure the safety of everyone involved with Walpole Little League.

Reading and acknowledging this plan is critical and **mandatory** for all managers at all levels. This plan will also be posted on the Walpole LL website.

Your feedback and suggestions are welcome and an important part of our safety efforts. Please feel free to contact any Board member or me, Mark Pileski, by phone or text at 781-401-0864 or e-mail [mpileski@gmail.com](mailto:mpileski@gmail.com)

We look forward to an exciting and safe Walpole Little League season!

Mark Pileski  
Safety Officer, Walpole Little League  
[mpileski@gmail.com](mailto:mpileski@gmail.com)

Steve McMann  
President, Walpole Little League  
[mcmann1627@gmail.com](mailto:mcmann1627@gmail.com)

# Qualified Safety Plan

- League Safety Officer: Mark Pileski
- Walpole Little League will distribute a soft copy of this Safety Manual to all Managers/ coaches, league Volunteers and the District Administrator.
- Emergency Phone Number: 911
  - Local Police Emergency 508-668-1212
  - Local Fire Emergency 508-668-0260
  - League President: Steve McMann 617-359-8051
  - League VP: Brian Walsh 617-233-3822
  - Field Maintenance: Chris Costello 508-505-5790
  - League Safety Officer: Mark Pileski 781-401-0864

# Qualified Safety Plan

- Walpole Little League will use the Official Little League Volunteer Application form to screen all of our volunteers and will use the State of MA website to CORI each volunteer
- Fundamentals/Safety Training: April 6, 2021 At least one manager/coach from each team must attend the training
  - *Every Manager/Coach will attend this training at least once every 3 years. Training will be at the West Street Complex and will be conduct by Billy O'Connell and Chris Costello*

# First Aid Training: April 6, 2021

- Walpole Little League will require at least one manager/coach from each team to attend.
- Every manager/ coach must attend this training once every 3 years.
- Billy O’Connell will conduct the First Aid training
- Educate all coaches/managers & league members on concussion symptoms/protocol/reporting

# Field Safety/Maintenance

- Coaches will be required to walk/ inspect the fields prior to practices and games. Umpires will also be required to walk the fields for hazards before each game
- Walpole Little League has completed and updated our 20201 Facility Survey on-line
- Managers/Coaches for each team will tarp fields when rain is in forecast
- Concession Stand Safety
  - *Our Concession Safety Procedures will be posted in the concession stand itself*

# Equipment/Safety

- The League Equipment Manager will inspect all equipment in the pre-season.
  - Managers/ Coaches will inspect equipment prior to each game.
  - Umpires will be required to enforce Little League USA bat standard compliance.
- Implement Prompt Accident Reporting.
  - The League will use the provided incident tracking form from the LL website and will provide completed Accident forms to Safety Officer within 24-48 hours of the incident.

# Safety/Data Requirements

- Each Team will be issued an updated First Aid Kit and is a requirement to have it at every practice and game.
- Walpole Little League will require ALL TEAMS to enforce ALL Little League Rules Including:
  - a. Proper Equipment for catchers.
  - b. No On-deck batters
  - c. Coaches will not warm up pitchers
  - d. Bases will disengage on all fields
  - e. Compliance with Little League Bat Standards
- League Player Registration Data or Player Roster Data and Coach and Manager Data.
  - League Player Registration Data or Player Roster Data and Coach and Manager Data must be submitted via the Little League Data Center at [www.LittleLeague.org](http://www.LittleLeague.org). Mandatory requirement for an approved ASAP plan.



# Rule of 3

- The Rule of 3 ensures that one adult is not ever alone with one child or teenager. If a child is of school age or older, the ratio should be one adult with at least two children, or two adults with one child

## Dealing with an Injured Player On or Off The Field

1. **Recognize that an injury or illness exists**
2. **Don't Panic**
  - Staying calm helps keep the injured athlete, coaches or parents calm as well
3. **Mentally prepare yourself for the possibility of a significant injury but know that severe injuries are infrequent**
4. **Survey the scene**
  - Has the play stopped? Is the injured athlete moving?
  - If yes, then the athlete has a heartbeat, probably is conscious and probably does not have a neck injury
5. **When you reach the athlete on the field:**
  - a. ***What to ask the athlete***
    - Are you OK? Where does it hurt?
    - Do you remember what happened?
    - If the athlete can answer these you know that they are breathing, have a pulse and are conscious. Go to letter D.
    - If the athlete does not answer you, suspect no pulse, no breathing and possibly a head and/or neck injury. Call 911. Go to letter B
  - b. ***Is the athlete breathing?***
    - Look – Listen and Feel for Breathing
      - Look for the chest to rise and fall
      - Listen for wheezing, gurgling and breath sounds
      - Feel the breath hit your ear
    - If no breathing, go to letter C.
    - If the athlete is breathing, monitor their breathing and go to letter C.
  - c. ***Does the athlete have a pulse***
    - Check pulse at the neck. If no pulse, Start CPR
    - If the athlete has a pulse monitor their vital signs and go to letter D.
  - d. ***Look for any deformities***
    - Is the athlete in an abnormal position?
    - Can you see any swelling, bleeding, or protruding bones?
    - If no, Go to Letter E
    - If yes, then assume a possible fracture has occurred. Do not move the athlete and if 911 has not been called, do so now.
  - e. ***Look for any bleeding/***
    - Check for excessive bleeding that may be life threatening

- Check skin discoloration or warmth for internal bleeding
  - If yes, try to control it with direct pressure on the injury with a gauze pad or clean towel.
  - If no, monitor vitals and go to #6
- 6. Determine if the athlete should be moved**
- If 911 was called do not move the athlete
  - If emergency medical attention is not needed, and the athlete is able to move without harming themselves, assist them off of the field.
- 7. Monitor the player OFF the field**
- Signs and symptoms of injury may appear once the athlete is off the field
  - Never leave the athlete alone until serious injury is ruled out
- 8. Return to play**
- Only allow the player to return if they are capable of playing at 100% with no signs and symptoms present
- 9. Parental or guardian permission and notification**
- Notify the parent if an injury occurred that precluded the athletes' ability to continue play
  - If the player is under the age of 18, always get parental or guardian permission before treating the player. This may be done before the season begins or by the permission of the parent at the field of play
- 10. Follow-up treatment and return to play**
- Consider requiring physician clearance to return to play
  - Make sure the athlete sees a physician if they continue to have signs and symptoms

### **Concussion Guidelines**

Please copy and paste the link below into your browser for specifics.

<http://files.leagueathletics.com/Images/Club/2533/Concussion%20Document.pdf>

# Symptoms of Concussion

According to the CDC, a concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head that causes the brain to move back and forth rapidly. This sudden movement can cause the brain to bounce around or twist in the skull, damaging the brain cells. This injury does not always come from a direct hit to the head. It can be caused by a hit to the body as well.



## **Concussion Signs and Symptoms:**

- Can't recall events before or after a hit or fall
- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment
- Moves clumsily or answers questions slowly
- Loses consciousness (even briefly)\*
- Concentration or memory problems
- Just not "feeling right," or "feeling down"
- Shows mood, behavior, or personality changes
- Feels sluggish or foggy
- Headache or feels "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise

## Bloodborne Pathogens

Bloodborne pathogens are disease-causing organisms found in the blood or body fluids of an infected person. When dealing with blood or other body fluids, three bloodborne pathogens are of special concern:

- Human Immunodeficiency Virus (HIV)
- Hepatitis B Virus (HBV)
- Hepatitis C Virus (HCV)

Your skin provides a natural protective barrier against bloodborne pathogens. To get through your skin, the virus needs a “doorway” into the body, such as through cut/scratch, razor nick, skin abrasion, dermatitis, sunburn, or acne. The other way bloodborne pathogens can get inside your body is when contaminated blood or body fluid gets in your eyes, nose, or mouth, through the mucous membranes.

### **Standard Precautions - Protecting Yourself from Exposure**

Always place a barrier between you and another individual’s body fluids. Examples of barriers include latex or vinyl gloves, eyewear, and a rescue-breathing mask.

Always use disposable gloves. Never reuse disposable gloves.

Remove the gloves properly, by carefully peeling one glove from the top of the wrist to the fingertips, and then hold it in the gloved hand. With the exposed hand, peel the second glove off, tucking the first glove inside the second. Dispose of the glove and never touch the outside of the glove with your bare skin.

### **If Exposed...**

Immediately wash exposed skin with non-abrasive soap and water. If none available, use an alcohol-based hand sanitizer. If infectious material gets in your eyes, nose, or mouth, flush with large amounts of water.

Disinfection should be done with a bleach and water solution. Have **water with a 10% bleach solution** available to clean up the fluids and then wash the entire area.

***Remember, being exposed to infectious material does not automatically mean you are infected...***

## REPORTING ACCIDENTS

All accidents and injuries shall be reported to the Walpole Little League Safety Officer within 24 hours. After notification, the Safety Officer will notify the Walpole Little League President, record all information, complete the proper forms, and mail to the insurance representative. If the Safety Officer is unavailable, the President is to be notified of the accident or injury. If the President and Safety Officer are unavailable, then any board member can be notified of the accident or injury (see list of email addresses located on page 15 and page 16 of this Safety Plan).

### Accident Reporting Procedure

#### What to report:

An incident that causes any player, manager, coach, umpire, spectator or volunteer to receive medical treatment and/or first aid must be reported to the Safety Officer. This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury or periods of rest.

#### When to report:

All such incidents described above must be reported to the Safety Officer within 24 hours of the incident. **The Safety Officer, Mark Pileski, can be reached at the following:**

**Cell/Text: 781-401-0864**

**Email: [mpileski@gmail.com](mailto:mpileski@gmail.com)**

## **Best Practices on Organizing, Playing, And Watching Little League<sup>®</sup> Baseball during the Coronavirus Pandemic**

- Wash your hands often with soap and water for at least 20 seconds (Managers/Coaches especially after you have been in a public place, or after blowing your nose, coughing, or sneezing)
- If soap and water are not readily available, Fans/Spectators should use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Walpole LL will provide hand washing stations and/or hand sanitizer at all facilities. Players should also plan to have their own sanitizer.
- Everyone is required to wear a face covering when they are at any Walpole LL function (clinics, practices/games).
- All players, coaches, volunteers, independent contractors, and spectators should practice social distancing of six feet

*More information at:*

[www.walpolelittleleague.com/Default.aspx?tabid=1004085](http://www.walpolelittleleague.com/Default.aspx?tabid=1004085)

# 2021 Board of Directors – Walpole Little League

(as of 1/11/2021)

<u>Name</u>	<u>Position(s)</u>	<u>Email Address</u>
Steve McMann	President	<a href="mailto:mcmann1627@gmail.com">mcmann1627@gmail.com</a>
Brian Walsh	Vice President	<a href="mailto:bpwjaw31@aol.com">bpwjaw31@aol.com</a>
Tom O’Leary	Secretary & Fundraising Coordinator	<a href="mailto:bomber4419@hotmail.com">bomber4419@hotmail.com</a>
Tim Gallagher	Treasurer	<a href="mailto:timgallagher@gmail.com">timgallagher@gmail.com</a>
Mark Pileski	Safety Officer	<a href="mailto:mpileski@gmail.com">mpileski@gmail.com</a>
Kevin McDonald	Player Agent – Majors	<a href="mailto:kevinmcd44@aol.com">kevinmcd44@aol.com</a>
Gavin Miles	Player Agent – AAA	<a href="mailto:gavinmiles17@gmail.com">gavinmiles17@gmail.com</a>
Aaron Gilbert	Umpire Coordinator	<a href="mailto:gilbo125@gmail.com">gilbo125@gmail.com</a>
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OPEN	Player Agent - PeeWee	
Seth Domineau	Player Agen – Jr/Sr	<a href="mailto:sdomineau72@yahoo.com">sdomineau72@yahoo.com</a>



<b><u>Name</u></b>	<b><u>Position(s)</u></b>	<b><u>Email Address</u></b>
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Larry Rooney	Tournament Summer Coordinator	<a href="mailto:lrooneyjr@Hotmail.com">lrooneyjr@Hotmail.com</a>
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