

Safety Quick Reference Guide for 2021

Concussions

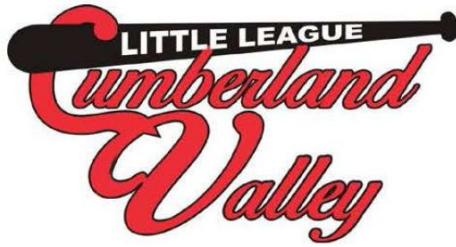
- ❖ ALL concussions are serious
- ❖ Most concussions occur without a loss of consciousness
- ❖ Signs and Symptoms of a Concussion
 - Dazed or Confused
 - Unclear on how the injury occurred
 - Headache
 - Blurred or Double vision
 - Loss of/decreased level of consciousness
 - Dizziness
 - Unsteady Gait
 - Nausea or Vomiting
- ❖ Reasons a player should be seen by a physician after a head injury
 - Prolonged loss of or decreased level of consciousness
 - Pupil changes (this is an ambulance worthy concern)
 - One pupil is larger than the other
 - No reaction in pupils to light
 - Slurred speech
- ❖ Little League follows the guidelines set forth by the CDC's HEADS UP Program
 - Information on this program can be found at:
 - <https://www.cdc.gov/headsup/index.html>
- ❖ Call the safety officer for any clarification on concussions or to be walked through an assessment.

Accident Reporting

- ❖ All accidents should be reported to the Safety Officer and the Vice President on the League within 24 hours
- ❖ An incident report should be completed and sent to the Safety Officer within 48 hours

Field and Equipment Inspection

- ❖ Fields should be inspected by a coach prior to each game or practice
- ❖ Coaches should walk the field and assess for damage or debris on the field that could be a hazard
- ❖ Coaches will inspect equipment prior to each game to ensure the safety of the players



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First Aid Kits

- ❖ Each team will be issued a First Aid Kit and the coaches are required to have this kit at all games and practices.

Emergency Action Plan

- ❖ What if 911 is called for an ambulance?
 - Make sure the field is cleared by the coaches.
 - If parents are not at the game, they need to be contacted immediately.
 - A responsible parent needs to go to the entrance of the park to direct the ambulance to the proper field.

AEDs

- ❖ Cumberland Valley Little League has AEDs at the following locations:
 - Stony Ridge Park – Field #5 Storage Shed, Field#2 Storage shed, and Field #7
 - Middlesex Fields – Outside Concession Stand
 - Monroe Fields – Outside Concession Stand at Founder’s Field and Monroe Rollins Shed
- ❖ Safety Officer is available for questions related to using an AED or demonstration of how to use an AED

Severe Weather and Lightning Protocol

- ❖ In the event of severe weather, the fields should be cleared immediately. Everyone should go to their vehicles.
- ❖ If lightning is observed, the field should be cleared.
- ❖ If you hear thunder coaches are urged to use the WeatherBug App and the SPARK feature to determine how close lightning is to your location.
 - If the lightning is within 15 miles of your location then you should clear the field and everyone should be sent to their vehicles.
 - Play may resume after 30 minutes after visual confirmation of lightning
 - If lightning is spotted again after resuming the game, the field should be cleared again and the game can resume after 30 minutes.
 - Calling a game due to lightning is a decision made by both coaches and an umpire if one is present

Safety Officer Contact Information

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