

EASTRIDGE LITTLE LEAGUE
2008
SAFETY MISSION STATEMENT

EASTRIDGE LITTLE LEAGUE 2008 SAFETY REVIEW AND PROPOSALS.

PURPOSE: Eastridge Little League recognizes the importance of a safety program and an annual survey of its safety targets and goals. Our safety efforts are generic and connected to Little League Inc. General statements both covering game activity, practice, and other activity events, such as parades, picnics and fund raisers. Terms in regard to safety matters should therefore be referred to in our league incorporation, league rules, and all other league publications to make participants, managers, coaches, and parents aware of safety issues.

We recognize the need for constant update from district level and shared communication with leagues over safety matters.

We recognize that the general baseball rules must be implemented by manager, coaches and the umpire in chief at all times; regular season, TOC and all-star, to prevent physical injury.

We recognize that safe procedures must be encouraged to prevent mental injury, as well as physical; player agents play an important role with the mental anxieties that a child may demonstrate toward his/her manager because of play time or "benching".

We recognize immediate record keeping is tantamount to show that injuries are appropriately filed and efficiently relayed to parties concerned with prompt resolution when necessary. We will respond ASAP by making phone numbers available to managers and coaches so that an injured child or adults needs can be quickly met.

We recognize how fortunate we are to have an ambulance on site at our game fields at all times because the site is on county land that is used largely for small aircraft purposes, Reid Hillview airport, in San Jose, California.

We also recognize that it is awfully difficult to cover every feature regarding safety measures. Examples, how are we to prevent managers and coaches from having practice on smog polluted days when the smog index is high? How are we to prevent children from playing when the sun's ultra-violet rays are dangerous to a child's skin and is cancer productive? Too far fetched? Maybe so. But these types of things are scary and perhaps should be looked at in the future. Games under lights may be the answer for either one of these natural hazards, or a preventative type of lotion that can be applied to a child's skin on particularly warm days.

We recognize that food handled in our snack shack must be managed and distributed in a healthy way and free from potential diseases and chemicals, hazardous to one's health (food poisoning). A seminar was conducted in 1998 to alert snack shack managers about

the need to achieve appropriate conduct in the management of food distribution. This was followed up by an onsite inspection. Plastic gloves are now used in servicing food.

We recognize that Little League at all levels should be fun. Fun is measured in terms of a little hard work and dedication achieved through a program that targets safety. The rewards are a healthy heart and a sound mind, physically and mentally.

Attached are a number of ideas that have been discussed and reviewed by our board members that demonstrate our interest in safety. These ideas to some degree show concrete evidence of our exploration with the goals in keeping with the ASAP project as related to Little League. They fail to some degree because more information on safety is not attached to the event of our activity. But, as mentioned earlier, it is difficult to cover all aspects of safety in the articles themselves. We have to become better at doing this in the future. We know we can because safety should always be reviewed and re-evaluated to make things safer. Activities like parades, picnics, league dances, safe transportation by foot or vehicle to and from games or practice, need to be safely monitored.

- * Always keep updated with input provided by previous safety officer's with a listing of safety measurements.

- * Pass out example of drill guide that managers could use.

- * Pass out copy of Ten Commandments provided as handout at signups.

- * Make sure Little League volunteer applications are used to gather background check of potential volunteers.

- * Keep an advertisement on eye glass lenses that can prevent eye injury handy.

- * Follow procedures and guidelines for preparation of baseball fields at local high schools.

We recognize the significance of privacy in regards to participants names so that they may not be harmed in any way mentally or physically.

We recognize the need to attempt to use or implement baseball strategies that may reduce and prevent physical injuries. See attached "drill guide", "polycarbonate lenses", and "ten commandments for little league parents" to prevent mental mis-use of a Child's well being.

We recognize the need to interview potential managers/coaches and to review their backgrounds to ensure qualifications exist so that participants have the best of an excellent relationship for leadership and baseball training in good sportsmanship.

We recognize the need for good training programs that alert the managers/coaches not only about baseball strategies , but also aid them in responding to emergency procedures through red cross training gained by employer initiated programs or monitored by our league or district.

We recognize that pitcher arms might be over used. We have a local rule that prevents pitchers from pitching more then three innings in the first half of a season of 20 games. The idea here is to prevent arm injury and to get managers and coaches to find creative ways to minimize elbow injury by counting number of pitches or throws followed by exercise, rest and proper treatment of arm during the regular season and post.

We recognize that ankle injuries represent a majority of injuries and that practice strategies in the form of exercises and sliding practices may detour ankle, foot, and knee injury and strengthen then at the same time. Exercise should of course occur before games and become a part of practice ad a form of “warm ups”.

We recognize that some form of collaboration with school districts should be implemented to guarantee that there practice sites are improved and maintained; grass cut, dirt holes field, broken bottles picked up, gophers eliminated and the pesticides used to eliminate them.

We recognize that transportation to practice and games must never be taken for granted. Managers, coaches, and parents play a significant role in how, when, and where a child in our league gets to practice and games and leaves them. Majority of participants are driven to practice by parents, walk, but very few ride their bikes.

- * List and share Eastridge Little League duties of managers
- * Attend Little League seminars provided by Western Regional reps.
- * Attend all AL & AL coaches clinics (new and returning managers)
- * Attend Safety Red Cross meetings which our new and returning managers/coaches are required to attend with board members.
- * List our local rules that cover conduct on our little league fields at Reid Hillview airport, specifically restricted areas, and home visitors responsibilities in game preparation
- * List equipment inspection procedures.
- * Keep track of expense accounts on purchases of new equipment, field costs, and items related to safety that could be purchased or already have been.
- * Keep lists of potential improvement of fields to make Little Leagues safer to play on. This proposal has been accepted by present board and will be completed before the

season begins. All fields got new dugouts in 2007. All fields will get "Hollywood" bases in 2008.

- * Supply list of board members to be called for general purposes or emergency update.
 - * List Santa Clara County health safety codes. Keep posted in snack shack.
 - * hand out instructions for parade participants and children: children must be strapped down and accompanied by an adult in the back of a pick up truck and the driving speed should not exceed 15 miles per hour. On file, includes police supervision or help with traffic.
 - * Post and hand out bulletins on Bicycle and other safety tips.
 - * Keep updated pictures of Pee Wee, Minor, Major, Junior and Senior fields on file.
 - * Keep general liability forms handy and use as a handout for all coaches to be completed and given to president and mailed to Williamsport.
- *NOTE: All forms or copies were submitted by a variety of league members past and present.

SUMMATION: What does the effort mean in helping to put together this whole project? Hopefully, it will make us aware of all the things our league is all about. Making the total experience felt by our participants is the key. Once again, safety is generic in our league. Putting safety into every pamphlet that we publish and issue to parent, child, and coach can only increase safety awareness.

Thanks for the opportunity to increase it!