

1. SAFETY OFFICER

The Padre Little League Safety plan serves two primary purposes. First, this plan serves as an overall safety plan for the coming year for all safety related issues to include how Padre Little League (PLL) will comply with all requirements for a Qualified Safety Program. Second, this document is provided to all League officials, umpires, and coaches, and serves as a manual to define responsibilities and procedures to improve the safety of PLL. It is the PLL Safety Officer's responsibility to administer this plan.

SAFETY OFFICER CONTACT INFORMATION

- Padre Little 2019 Safety Officer is Peter Dottolo.
- Mobile Phone (225) 241-4950.

SAFETY OFFICER RESPONSIBILITIES

The primary responsibility of the PLL Safety Officer is to develop and implement the League's safety program. The PLL Safety Officer is the link between the Board of Directors of PLL and its coaches, umpires, players and spectators with regard to safety matters, rules and regulations.

- Working with and educating individual Team Coaches in order to provide the safest environment possible for all.
- Assisting parents and individuals with insurance claims and will act as the liaison between the insurance company and parents.
- Maintaining an accident log. This log will detail how and where accidents and injuries are occurring, to whom, in which divisions, at what times, under what supervision.
- Correlating and summarizing accident data to support future accident prevention.
- Ensuring that each coach receives the PLL Safety Plan & Manual at the beginning of the season.
- Inspecting and checking fire extinguishers.
- Acting immediately in resolving unsafe or hazardous conditions once a situation has been brought to his/her attention.
- Reviewing the Safety procedures and policies of other leagues to allow a fresh perspective on safety.
- Complete the PLL facility survey.

2. SAFETY MANUAL DISTRIBUTION

This manual contains Padre Little League safety rules and guidelines, to be used as a reference guide. The manual is distributed annually to the following individuals:

- League Officials
- Head Umpires
- Team Managers
- Coaches & Assistant Coaches
- Concession Stand Operator - PLL
- Field House
- PLL Web Site - (www.Padrell.com)

3. LEAGUE OFFICIALS & EMERGENCY PHONE NUMBERS

BOARD OF DIRECTORS

Member	Title	B/G Check	Phone
Jason Zeller	President	Yes	(281) 638-4224
Robert Kunicki	Vice President	Yes	(361) 244-5455
Annette Sepulveda	Secretary	Yes	(361) 543-0808
Michelle White	Treasurer	Yes	(361) 648-6685
Crystal Perez	Player Agent-Softball	Yes	(361) 425-6005
Luis Reyes	VP Softball	Yes	(361) 461-8520
Peter Dottolo	VP Safety & Equipment	Yes	(225) 241-4960
Juan Salazar	VP Minor/Major Baseball	Yes	(361) 728-6724
Tiffany Ramirez	VP Concession	Yes	(361) 249-0494
Jesse Perez	Head Umpire	Yes	(361) 739-1277
JD Salazar	Board Member	Yes	(361) 834-7965
Kris Rhoden	Board Member	Yes	(832) 567-2097
Ted Roberts	Board Member	Yes	(361) 876-4827
	Board Member		
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EMERGENCY PHONE NUMBERS

Emergency Service	Phone Number
ALL EMERGENCIES	911
Poison Control Center	(800) 222-1222
Gas Department	(361) 885-6910
Electric Company (AEP Texas)	(877) 373-4858
Water Department	(361) 826-1800
Wastewater Department	(361) 826-1888

Non-EMERGENCY PHONE NUMBERS

Non-Emergency Service	Phone Number
Corpus Christi Police Department	(361) 886-2600
Fire Department	(361) 826-8050
Driscoll Children’s Hospital Urgent Care	(361) 694-1500
Christus Spohn Hospital	(361) 985-5000
Driscoll Children’s Hospital	(361) 694-5000
Electric Company (AEP Texas)	(866) 223-8508

EMERGENCY PROCEDURES

The most important help that you can provide to a victim who is seriously injured is to call for professional medical help. Make the call quickly, preferably from a cell phone near the injured person. If this is not possible, send someone else to make the call from a nearby telephone. All coaches are required to have a cell phone available if not practicing on PLL fields.

Be sure that you or another caller follows these steps.

- First, Dial 9-1-1

- Give the dispatcher the necessary information. Answer any questions that he or she might ask. Most dispatchers will ask:
- The exact location or address of the emergency. Include the name of the nearby intersections, landmarks, etc. (Padre LL @ Bill Witt Park on Yorktown Blvd.)
- The telephone number from which the call is being made.
- The caller's name.
- What happened - for example, a baseball related injury.
- How many people are involved.
- The condition of the injured person - for example, unconsciousness, chest pains, or severe bleeding.
- What help (first aid) is being given.
- Do not hang up until the dispatcher hangs up. The EMS dispatcher may be able to tell you how to best care for the victim.
- Continue to care for the victim until professional help arrives.
- Appoint somebody to go to the street and look for the ambulance and fire engine and flag them down if necessary. This saves valuable time. Remember, every minute counts.

WHEN TO MAKE AN EMERGENCY CALL

- The injured person is unconscious, call 9-1-1 immediately.
- Sometimes a conscious victim will tell you not to call an ambulance, and you may not be sure what to do. Call 9-1-1 anyway and request paramedics if the victim:
 - Is or becomes unconscious.
 - Has trouble breathing or is breathing in a strange way.
 - Has chest pain or pressure.
 - Is bleeding severely.
 - Has pressure or pain in the abdomen that does not go away.
 - Is vomiting or passing blood.
 - Has seizures, a severe headache, or slurred speech.
 - Appears to have been poisoned.
 - Has injuries to the head, neck, or back.
 - Has possible broken bones.

If you have any doubt at all, call 9-1-1-and request paramedics.

4. VOLUNTEER APPLICATION & BACKGROUND CHECKS

It is a Little League policy that all volunteers complete the Little League supplied Volunteer Application form. Accordingly, all PLL volunteers shall complete the Little League Volunteer Application form found in Appendix A. In addition to Coaches, Assistant Coaches and board members, any person who provides regular service to PLL

or is in regular contact with players is considered a volunteer and shall complete a volunteer application.

Anyone refusing to fill out an application is ineligible to be a volunteer.

Background checks are conducted for all volunteers using JDP or First Advantage.

5. FUNDAMENTAL & FIRST AID TRAINING

At least one representative from each team (Manager or Coach) is required to attend Fundamentals and First Aid Awareness Training annually. The training will be held on a date each year that is determined by the PLL Board of Directors. This date will precede the first week of practice. Proper field maintenance techniques will also be reviewed during the annual training sessions.

➤ 2019 TRAINING DATES

- *February 20, 2018 @ 7:30 pm*
- Location – Padre LL – Bill Witt Field House
- Instructors
 - Peter Dottolo

FIRST AID TRAINING

Padre LL training First Aid awareness training is geared toward how to handle an emergency. First aid awareness training is designed to give league officials a general understanding of first aid practices. Parents should be called upon to provide first aid to their own children, whenever possible. First Aid kits have been provided to each team manager and one is located in the field house. Ice is available at the concession stand. One representative from each team is required to attending training annually. The following first aid topic will be reviewed during annual training sessions:

- Emergency Procedures
- Good Samaritan Law
- Concussion
- Head & Spine Injuries
- Bleeding & Blood Borne Diseases
- Dental Injuries
- Unconscious Victims
- Insect Stings
- Heat Exhaustion & Sun Stroke
- Poisoning
- Medical Conditions & Medications

FUNDAMENTAL TRAINING

PLL fundamental training is geared toward teaching safe practice techniques and teaching volunteer coaches the fundamental baseball drills and skills. The following fundamental training topics will be reviewed.

- Review Parents Day - A pre-season parents meeting to discuss little league philosophy and safety issues.
- Teach players the fundamentals of the game while advocating safety.
- Equipment Safety Review
- Proper Stretching Techniques
- Proper Pre Game/Practice Warm-Up Techniques
- Fundamental Skills Training
 - Catching fly Balls
 - Sliding Correctly
 - Proper Fielding Of Ground Balls
 - Proper Pitching Techniques

6. FIELD INSPECTION REQUIREMENTS

PLL requires all coaches to participate with field maintenance activities, maintaining pitching mounds and batter boxes between games. The following field inspection guidelines are to be followed by all league officials and coaches:

- No games or practices will be held when weather or field conditions are poor, particularly when lighting is inadequate.
- Playing areas will be inspected before games and practices for holes, damage, stones, glass, and other foreign objects. Coaches are responsible for correcting any found deficiencies prior to the start of practice/games.
- PLL has pre-positioned material and supplies to assist in maintaining the playing field surfaces. The following equipment is available on each field:
 - Rake
 - Tampers
 - Water/Hose
 - Field Drag
 - Shovel
 - Dirt is available just south of the T-Ball field.
- The home team is responsible for checking/repairing playing surfaces and lining the base paths prior to the start of each game and the visiting team is responsible for checking/repairing the playing surfaces after each game practice.
- Playing surface maintenance includes dragging the infield, watering, filling in holes, and tamping. Training will be given on proper field maintenance techniques annually.

7. FACILITY SURVEY

Annually the League Safety Officer completes and submits the annual facility survey. See Attachment B for a copy of the 2019 survey.

8. CONCESSION STAND

PLL provides the following guidelines, which must be read and acknowledged by the Board. These guidelines are meant to supplement all local & state applicable safe food handling regulations:

1. Menu. Keep the menu simple, and keep potentially hazardous foods (meats, eggs, dairy products, protein salads, cut fruits, and vegetables, etc.) to a minimum. Avoid using precooked foods or leftovers. Use only foods from reliable sources, avoiding foods that have been prepared at home. Complete control over your food, from source to service, is the key to safe, sanitary food service.
2. Cooking. Use a food thermometer to check on cooking and holding temperatures of potentially hazardous foods. All potentially hazardous foods should be kept at 41° F or below (if cold) or 140° F or above (if hot). Ground beef and ground pork products should be cooked to an internal temperature of 155° F, poultry parts should be cooked to 165° F.
3. Cooking Equipment. Cooking equipment will be inspected periodically and repaired or replaced if need be.
4. Reheating. Rapidly reheat potentially hazardous foods to 165° F. Do not attempt to heat foods in crock pots, steam tables, over sterno units or other holding devices. Slow-cooking mechanisms may activate bacteria and never reach killing temperatures.
5. Cooling and Cold Storage. Foods that require refrigeration must be cooled to 41° F as quickly as possible and held at that temperature until ready to serve. To cool foods down quickly, use an ice water bath (60% ice to 40% water), stirring the product frequently, or place the food in shallow pans no more than 4 inches in depth and refrigerate. Pans should not be stored one atop the other and lids should be off or ajar until the food is completely cooled. Check the temperature periodically to see if the food is cooling properly.
6. Hand Washing. Frequent and thorough hand washing remains the first line of defense in preventing foodborne disease and is mandatory. The use of disposable gloves can provide an additional barrier to contamination, but they are no substitute for hand washing!
7. Health and Hygiene. Only healthy workers should prepare and serve food. Anyone who shows symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, jaundice, etc.) or who has open sores or infected cuts on the hands should not be allowed in the food concession area. Workers should wear clean outer

garments and should not smoke in the concession area. The use of hair restraints is recommended to prevent hair ending up in food products.

8. Food Handling. Avoid hand contact with raw, ready-to-eat foods and food contact surfaces. Use an acceptable dispensing utensil to serve food. Touching food with bare hands can transfer germs to food.
9. Dishwashing. Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never reuse disposable dishware. Ideally, dishes and utensils should be washed in a four-step process:
 - Washing in hot soapy water;
 - Rinsing in clean water;
 - Chemical or heat sanitizing; and
 - Air drying.
10. Ice. Ice used to cool cans/bottles should not be used in cup beverages and should be stored separately. Use a scoop to dispense ice; never use the hands. Ice can become contaminated with bacteria and viruses and cause foodborne illness.
11. Wiping Cloths. Rinse and store your wiping cloths in a bucket of sanitizer (example: 1 gallon of water and 1/2 teaspoon of chlorine bleach). Change the solution every two hours. Well-sanitized work surfaces prevent cross-contamination and discourage flies.
12. Insect Control and Waste. Keep foods covered to protect them from insects. Store pesticides away from foods. Place garbage and paper wastes in a refuse container with a tight-fitting lid. Dispose of wastewater in an approved method (do not dump it outside). All water used should be potable water from an approved source.
13. Food Storage and Cleanliness. Keep foods stored off the floor at least six inches. After your event is finished, clean the concession area and discard unusable food.
14. Fire Extinguisher. A Certified Fire Extinguisher suitable for grease fires must be placed in plain sight and easily accessible always. All concession stand workers are to be instructed in the use of fire extinguishers.
15. Doors & Windows. The Concession Stand door will not be locked or blocked while people are inside. The Concession Stand door and service window(s) will be locked after the day's activities.

9. EQUIPMENT

The PLL Equipment Manager shall ensure PLL acquires and disseminates equipment that conforms to Little League rules and standards. This Equipment Manager shall replace any damaged equipment and replace equipment that does not fit properly. Prior to issuing any equipment, the Equipment Manager shall conduct a full audit of all equipment and remove/destroy all that does not meet Little League standards.

At the end of the season, all equipment must be returned to the PLL

EQUIPMENT RULES

- Coaches are required to inspect equipment prior to use and any defective items should be removed from play.
- Each team, at all times shall use protective Little League approved helmets. If players decide to use their own helmets, they must meet Little League specifications and standards.
- Use of a helmet by the batter and all base runners is mandatory.
- Use of a helmet by a player/base coach is mandatory.
- Use of a helmet by an adult base coach is optional.
- Male catchers must wear the metal, fiber, or plastic type cup and a chest protector as per current Little League Rules and Guidelines.
- 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.
- All catchers must wear a mask, *dangling* type throat protector, and catcher's helmet during practice, pitcher warm-up, and games.
- If the gripping tape on a bat becomes unraveled, the bat shall not be used until it is repaired.
- Bats with dents, or that are fractured in any way, must be discarded.
- Only Official Little League approved balls shall be used during practices and games.
- Make sure helmets fit snug.
- Replace questionable equipment immediately by notifying the PLL Equipment Manager.

10. ACCIDENTS AND INSURANCE

In the event any player, coach, assistant coach, umpire, concession stand volunteer, league official, or spectator is injured while involved in activities sanctioned by PLL, the following procedures shall be followed.

Reporting Procedures: It is important that all accidents, injuries, and safety incidents be reported to the PLL Safety Officer. It is only through such feedback that causal factors can be analyzed and corrective action (when required) can be taken to prevent reoccurrence. The following conveys the *what, when, and how* of reporting that shall be followed by all coaches, assistant coaches, umpires, and league officials. Please refer to **Attachment A for a copy of the accident report and insurance claim forms.**

Little League accident insurance covers only those activities approved or sanctioned by Little League Baseball, Incorporated. PLL participants shall not participate as a team in games with other teams of other programs or in tournaments except those authorized by Little League Baseball, Incorporated.

Attachment C contains copies of the following:

- PLL Accident Report
- PLL Accident Log
- Insurance Claim Instructions
- Insurance Claim Form

11. FIRST AID KITS

A First-aid kit is located upstairs in field house and in the concession stand. Managers are encouraged to have a first aid kit in their team equipment bag during games and practices. Team Managers must also have access to a cell phone for emergency use during practices and games.

12. RULES

PARENT CODE OF CONDUCT

Preamble

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials, and spectators at every game, practice, or other sporting event.

PADRE LITTLE LEAGUE

6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex, or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol, and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games, unless I am one of the official coaches of the team.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by official, head coach, and/or head of league organization
- Written warning
- Parental game suspension with written documentation of incident kept on file by organizations involved
- Game forfeit through the official or coach
- Parental season suspension

Player Name – Please Print

PADRE LITTLE LEAGUE

Parent/Guardian Signature & Date

Team Name & Division

At least one parent and or guardian per family is required acknowledge the Parent Code of Conduct annually

LEAGUE OFFICIAL SAFETY CODE

The Board of Directors of PLL has mandated the following Safety Code. All umpires, coaches and assistant coaches will read and comply with this Code.

- Responsibilities for safety procedures belong to every player, parent, and PLL Official.
- Each player, coach, and umpire, shall use proper reasoning and care to prevent injury to him/herself and to others.
- Only league approved coaches or assistant coaches are permitted to practice teams.
- First-aid kits will be located upstairs in field house & all managers are provide a travel first aid kit.
- No games or practices will be held when weather or field conditions are poor, particularly when lighting is inadequate.
- Play area will be inspected before games and practices for holes, damage, stones, glass and other foreign objects.
- Team equipment shall be stored within the team dugout or behind screens, and not within the area defined by the umpires as *in play*.
- Only players, coaches, assistant coaches, and umpires are permitted on the playing field or in the dugout during games.
- Responsibility for keeping bats and loose equipment off the field of play should be that of a player assigned for this purpose, or the coach or assistant coaches.
- Equipment shall be inspected regularly for the condition of the equipment as well as for proper fit.
- Batters must wear Little League approved protective helmets.
- Except when a runner is returning to a base, head first slides are not permitted.
- During sliding practice, bases should not be strapped down or anchored.
- Parents of players who wear glasses should be encouraged to provide *safety glasses* for their children.
- All Catchers must wear during games and practices:
 - Athletic supporters and cups
 - Appropriate chest protectors, as per Little League Rules (Majors and below)
 - Shin guards and catcher's helmet

All of which must meet Little League specifications and standards
- Players shall not wear watches, rings, pins, jewelry, or other metallic items during practices or games. (Exception: Jewelry that alerts medical personnel to a specific condition is permissible)
- Coaches will never leave an unattended child at a practice or game.
- Coaches shall make arrangements to have a cellular phone available when a game or practice is at a facility that does not have public phones.

TEAM MANAGERS & ASSISTANT COACH RESPONSIBILITIES

PLL Coaches and Assistant Coaches have the most critical role in implementing a successful safety program. It is the Coaches and Assistant Coaches that have the day to day contact with the players and have the greatest impact on making our program as safe as possible. As such our Coaches and Assistant Coaches shall:

- Review, study, and understand the contents of the current Little League Rule Book.
- Teach players the fundamentals of the game while advocating safety.
- Ensure all equipment is maintained in safe working order.
- Make sure that telephone access is available at all activities.
- Make sure that players carry gloves and other equipment off the field and to the dugout when their team is up at bat. No equipment shall be left lying on the field, either in fair or foul territory.
- Keep players off fences.
- Encourage players to drink often so as to avoid dehydration.
- Encourage the use of sunscreen during all activities.
- Not play children that are ill or injured.
- Attend to children that become injured in a game.
- Not leave the field until every team member has been picked up.
- Notify parents if their child has been injured.
- In the event of an injury fill out an accident report and submit to the PLL Safety Officer. (within 48 hours).
- Return the field to its pre-game condition.
- Inspect player supplied equipment to ensure it meets safety requirements outlined in this manual.
- Know his/her players.
- Talk to parents, confidentially, and inquire if their child suffers from allergies, asthma, heart conditions, past injuries, ADD, ADHD, communicable disease such as hepatitis, HIV, AIDS, etc.
- Find out if a child is taking any kind of medication.
- Communicate any safety issues to the PLL Safety Officer.
- Report injuries to the PLL Safety Officer within 48 hours.
- Prior to games and practices, walk the field to remove broken glass and other hazardous materials.

WEATHER

Rain:

If it begins to rain:

- Evaluate the strength of the rain. Is it a light drizzle or is it pouring?
- Determine the direction the storm is moving.
- Evaluate the playing field as it becomes more and more saturated.
- Stop practice if the playing conditions become unsafe -- use common sense. If playing a game, consult with the other manager and the umpire to formulate a decision.

Lightning:

All thunderstorms produce lightning and are dangerous. In an average year, lightning kills more people in the U.S. than either tornadoes or hurricanes. Listen to NOAA Weather Radio for the latest forecast and for any severe thunderstorm WATCHES or WARNINGS. Severe thunderstorms produce winds of 58 mph or greater, or hail 3/4 of an inch or larger in diameter. A severe thunderstorm WATCH is issued when conditions are favorable for severe weather to develop. A severe thunderstorm WARNING is issued when severe weather is imminent. National Weather Service personnel use information from weather radar, satellite, lightning detection, spotters, and other sources to issue these warnings.

The average lightning strike is 5-6 miles long with up to 30 million volts at 100,000 amps flow in less than a tenth of a second. The average thunderstorm is 6-10 miles wide and moves at a rate of 25 miles per hour.

Once the leading edge of a thunderstorm approaches to within 10 miles, you are at immediate risk due to the possibility of lightning strikes coming from the storm's overhanging anvil cloud. This fact is the reason that many lightning deaths and injuries occur with clear skies overhead.

On average, the thunder from a lightning strike can only be heard over a distance of 3-4 miles, depending on terrain, humidity, and background noise around you. By the time you can hear the thunder, the storm has already approached to within 3-4 miles! If you hear thunder, you are in danger.

The sudden cold wind that many people use to gauge the approach of a thunderstorm is the result of downdrafts and usually extends less than 3 miles from the storm's leading edge. By the time you feel the wind, the storm can be less than 3 miles away!

Postpone activities if thunderstorms are imminent.

If you can HEAR, SEE, OR FEEL a THUNDERSTORM

- Suspend all games and practices immediately.
- Stay away from metal including fencing and bleachers.
- Do not hold metal bats.
- Get players to walk, not run, to their cars and wait for your decision on whether or not to continue the game or practice.

If someone is struck by lightning:

- ★ Lightning victims do not carry an electrical charge, are safe to handle, and need immediate medical attention.
- ★ Call for help. Have someone call 9-1-1 or your local ambulance service. Medical attention is needed as quickly as possible.
- ★ Give first aid. Cardiac arrest is the immediate cause of death in lightning fatalities. However, some deaths can be prevented if the victim receives the proper first aid immediately. Check the victim to see that they are breathing and have a pulse and continue to monitor the victim until help arrives. Begin CPR if necessary.
- ★ If possible, move the victim to a safer place. An active thunderstorm is still dangerous. Don't let the rescuers become victims. Lightning CAN strike the same place twice.

Hot Weather / Heat Related Illness:

Athletic-associated heat-related illness is common, with children and adolescents at higher risk than adults. Over 9,000 cases occur each year in the United States, with the highest rate among football players (10 times that of other sports), occurring mostly in August. If not treated, heat-related illness may progress to heat stroke, a life-threatening problem.

Signs of Heat-Related Illness

Thirst is not a reliable indicator of hydration. An athlete may lose 5 to 10 percent body weight before feeling "thirsty." To maintain the same level of athletic intensity, the athlete will "work harder" than other competitors.

Heat-related illness progresses from heat cramps to heat exhaustion, and can progress to heat stroke, the most serious and potentially deadly form of heat illness.

Signs of heat-related illness include irritability, decreased performance, fatigue, weakness, headache, muscle cramping, dark yellow urine/low urine volume, lightheaded feeling/dizziness, and difficulty paying attention.

An athlete who begins to exhibit symptoms should be removed from competition and treated immediately. Treatment includes removal of clothing and equipment, rest in a cool place, and intake of fluids, especially sports drinks with electrolytes.

Heat Cramps

Heat cramps are painful involuntary whole-body cramps caused by depletion of salt and water through profuse sweating.

- Signs:
- “Knotting” of muscles and muscle pain
 - Excessive sweat
 - Excessive salty sweat or visibly dried salt on skin
 - Excessive dehydration
- Treatment:
- Drink fluids with electrolytes, such as sports drinks or Pedialyte
 - Gently stretch or massage cramped muscles
 - Rest in a cool place
 - Ice cramps
 - Intravenous saline for those who fail to respond

Heat Exhaustion

Heat exhaustion is fatigue and exhaustion occurring because of the body’s inability to support exercise and core body temperatures. Importantly, athletes with heat exhaustion improve quickly with management, whereas athletes with heat stroke get worse.

- Signs:
- Dizziness/fatigue
 - Feeling chilly
 - Rapid pulse
 - Profuse sweat, or pale skin
 - Headache, nausea, vomiting, or diarrhea
 - Abdominal cramps or persistent muscle cramps
- Treatment:
- Cool, shaded rest, and application of ice cold towels
 - Drink sports drinks with electrolytes
 - Lie down with legs elevated to improve circulation
 - The athlete should feel better quickly with these treatments. If not, assume that he or she is experiencing heat stroke.

Heat Stroke

Heat stroke, a medical emergency, occurs as heat exhaustion progresses to thermoregulatory failure. Core body temperature approaches 104° F; thus, organ damage may occur. When not recognized and treated quickly and properly, heat stroke may result in death. Always transport a suspected heat stroke patient to the hospital.

Signs:

- Heat exhaustion progresses; however, heat stroke may occur suddenly without preceding signs
- Athlete is usually unconscious, with hot dry skin; he or she may sweat profusely, contrary to popular belief
- High core body temperature (measured by rectal temperature)
- Altered central nervous system function, including:
 - Confusion / unconsciousness / altered mental state
 - Feeling "out of sorts"
 - Extreme lethargy
 - Collapses while exercising in heat

Treatment:

- Immediate transport to nearest medical facility. Begin cooling while waiting for emergency services.
- Rapid cooling, by whatever means possible, is imperative.
- Generally, the cooling source is removed when the body temperature is lowered to 102°F or below.
 - Ice bath is preferred; hold athlete's head out of bath
 - Apply ice packs over as much of the body as possible
 - Cool shower
 - Cool wet towels
 - Water spray

Prevention of Heat-Related Illness

Athletes should be fully hydrated before exercise. They should learn to recognize urine color as a sign of hydration status. A light clear or lemonade color indicates proper hydration, but yellow or apple juice color indicates dehydration.

Proper hydration is necessary. Much information is available from the National Athletic Trainers' Association on this and on monitoring before and during play. Cool, non-carbonated, lightly sweetened and flavored drinks with electrolytes are preferred, as the athlete may drink more of these. Drinks to avoid are fruit juices, caffeinated beverages, carbonated drinks, energy drinks and alcohol. Generally, fluids should be on the field and easily available in unlimited quantity.

Precautions must be taken in order to make sure the players on your team do not dehydrate or hyperventilate.

- Suggest players take drinks of water when coming on and going off the field between innings.
- If a player looks distressed while standing in the hot sun, substitute that player and get him/her into the shade of the dugout A.S.A.P.
- If a player should collapse as a result of heat exhaustion, call 9-1-1 immediately. Get the player to drink water to cool him/her down until the emergency medical team arrives. (See section on Hydration/Prevention of Heat-Related Illness)

- Sunscreen should be worn at all times.

Ultra-Violet Ray Exposure:

This kind of exposure increases an athlete's risk of developing a specific type of skin cancer known as *melanoma*.

The American Academy of Dermatology estimates that children receive 80% of their lifetime sun exposure by the time that they are 18 years old.

Therefore, PLL recommends the use of sunscreen with a SPF (sun protection factor) of at least 15 as a means of protection from damaging ultraviolet light.

13. ATTACHMENTS

ATTACHMENT A (VOLUNTEER APPLICATION)

ATTACHMENT B (ANNUAL FACILITY SURVEY)

ATTACHMENT C (ACCIDENT & INSURANCE FORMS)

ATTACHMENT A (VOLUNTEER APPLICATION)

Online at

https://padrelittleleague.sportngin.com/register/form/093638926?_ga=2.136442681.889205914.1519649853-2068614425.1513606960

ATTACHMENT B (ANNUAL FACILITY SURVEY)

ATTACHMENT C (ACCIDENT & INSURANCE FORMS)

Accident Insurance: LLB

Liability Insurance: LLB