



Clifton Girls
Softball League
Safety Plan
for Coaches
2023

1. League Safety Officer: Conrad Orey is on file with Little League Headquarters.
2. Phone Numbers: DIAL 9-1-1 FOR ALL EMERGENCIES!
3. Coaches, must keep these numbers on them at all times during practices and games.

Laura Zagorski, Co-President- Cell: 973-865-0321

Chris Genova, Co-President- Cell: 973-332-6336

Amy Mullen, Vice President/League Information Officer- Cell: 201-214-7047

Conrad Orey, Safety Officer- Cell: 914-391-2703

Paul Kokora, Equipment Manager- Cell: 973-818-4789

Kacey Duva, League Sponsorship/Fundraising Manager- Cell: 973-851-0270

Rosemarie Mele, - Concession Manager Cell: 973-905-1823

Jose Cruz, - Coaches Coordinator Cell: 862-202-3022

Lawrence Fusco, - Players Agent Cell: 201-877-8473

Natalie Maldonado, - Secretary/Treasurer Cell: 973-234-3646

- Poison Control: 973-470-5900
- Covid19 Medical Questions: 1-800-962-1253
- St Joseph's Hospital: 973-754-2222
- St Mary's Hospital: 973-470-3035

4. The Clifton Girls Softball League will use the Official Little League Volunteer Application form to screen all of our volunteers. The local league has been required to have all board members, managers, coaches, and other volunteers or hired workers who provide regular service to the league or who have repetitive access to or contact with players or teams fill out the official Little League Volunteer Application. Additionally, the league has been and is required to conduct a background check on each of these individuals. J.D. Palentine (JDP) will be used for background checks.
5. Fundamentals Training: TBD: A coaching meeting for all coaches and managers conducted by Coaching Coordinator, Jose Cruz and Safety Office, Conrad Orey.
6. CPR, AED & First Aid Training: TBD Clifton Girls Softball League will require at least one manager/coach from each team to attend. Every manager/coach must attend this training once every 2 years.
7. Concussion Education: Clifton Girls Softball League will require coaches to complete an online concussion education program.

<http://cprcertificationnow.com>

8. 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.
9. Concession Stand Safety Tips shall be posted & approved by the safety officer and the League President. Our Concession Stand Safety Procedures will be posted several times in the stand. Enclosed is a copy of the Clifton Girls Softball League Concession Stand Safety Procedures.
10. Clifton Girls Softball has completed and update our 2023 Facility Survey
11. The League Safety Officer will inspect all equipment in the pre-season. Managers/ Coaches will inspect equipment prior to each game. Umpires will be required to inspect equipment prior to each game.
12. Prompt Accident Reporting: An incident that causes any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid must be reported to the league safety officer within 48 hours of incident. This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury or periods of rest. The League will use the provided incident tracking form.
13. Reporting incidents can come in a variety of forms. Most typically, they are telephone conversations. At a minimum, the following information must be given:
 - Name and phone number of the person involved
 - Date, time, and location of the incident
 - As detailed a description of the incident as possible
 - Preliminary estimation of the extent of any injuries
 - Name and phone number of the person reporting the incident.

Safety Officer's Responsibilities

Within 48 hours of receiving the incident report, the Safety Officer will contact the injured party or the party's parents and:

- (1) Verify the information received;
- (2) Obtain any other information deemed necessary;
- (3) Check on the status of the injured party; and
- (4) In the event that the injured party required other medical treatment (i.e., Emergency Room visit, doctor's visit, etc.) will advise the parent or guardian of the Clifton Girls Softball Little League's insurance coverage and the provisions for submitting any claims.

If the extent of the injuries is more than minor in nature, the Safety Officer shall periodically call the injured party to

- (1) Check on the status of any injuries, and

(2) to check if any other assistance is necessary in areas such as submission of insurance forms, etc. until such time as the incident is considered "closed" (i.e., no further claims are expected and/or the individual is participating in the league again). Please see a copy of the accident reporting form on the last page of this manual.

14. Each Team will be issued an updated First Aid Kit and ice packs, and is required to have them at every practice and game.
15. Clifton Girls Softball League will require ALL TEAMS to enforce ALL Little League Rules, including proper equipment for catchers.
 - No on-deck batters
 - Coaches will not warm up pitchers
 - Bases will disengage on all fields
 - Prevention is the key to reducing accidents. Use common sense.
 - Players may not wear watches, rings, pins or other objects while on the field.
 - Batting helmets for players ages 5-10 must have a protective mask and it is suggested for all older players.
 - Only players, managers, coaches and umpires are permitted on the field during games and practices
 - Managers and coaches must take and complete the Rutgers Safety Certification Class or equivalent.
 - No games or practices will be held when weather or field conditions are not good, particularly when lightning is present
16. Clifton Girls Softball League will follow all State and CDC guidelines regarding Covid. The Safety Officer will be monitoring state and city covid numbers to assure the safety of our players. At the coaches' meeting, coaches will be instructed by the Safety Officer to remind parents and players that you are ill, to please stay home and away from the ballpark and facility.
17. The league will submit a qualified safety plan registration form with it's ASAP plan.
18. The league will submit league player registration data or player Roster data and coach and manager data via the Little League Data Center at www.LittleLeague.org.

PLAYER, MANAGER, AND PARENT CODE OF CONDUCT

- Winning is a consideration, but not the only one nor the most important one. Care more about the child than winning the game. Remember that the child is playing for enjoyment and we expect you to assist in this pursuit (especially at the lower levels.)
- Be a positive role model to your players, display emotional maturity and be alert to the physical safety of all players.
- Be generous with your praise when it deserves it. Be consistent and honest. Be fair and just. Do not criticize players publicly. Be a good communicator. Yelling isn't the answer.
- Address the needs of your players and be a good listener.
- Never verbally or physically abuse a player, umpire, spectator, or other coach. In short, remember the reason you volunteered in the first place.
- Give all players an opportunity to improve their skills. Teach them the basics. Help your players gain self-confidence and develop self-esteem. Allow them to play all positions at least once and occupy a different position in the batting order.
- Organize practices that teach, are fun and challenging.
- Maintain an open line of communication with your parents. Explain, in advance, what is expected of them and their child.
- Encourage sportsmanship.
- Do not encourage behavior that would endanger the health, safety or welfare of the players.
- ALWAYS LINE UP AT THE END OF THE GAME AND HAVE EACH PLAYER SHAKE THE HAND OF THE PLAYERS ON THE OTHER TEAM. THIS IS MANDATORY PRACTICE REGARDLESS OF THE OUTCOME OF THE GAME.
- As a manager or coach in Clifton, we expect that you will monitor the opposing team's conduct toward these umpires. You may intervene anytime you feel it is necessary to (protect the welfare of our representative. Treat the umpires as an extension of your team responsibilities.

Clifton Girls' Softball League Concussion Policy and Guidelines for Return to Competition

Adopted by the Clifton girls' Softball League Executive Board on 3/9/2016

All those involved in the league in some capacity must follow the following concussion guidelines.

What is a Concussion?

A concussion is a traumatic brain injury that temporarily disrupts normal function of the brain. A concussion occurs from a blow to the head but can also occur to an indirect blow elsewhere on the body. Concussions range from mild to severe depending on the severity and length of symptoms. Regardless of the severity, a concussion is an injury to the brain and therefore must be taken very seriously.

A Concussion is medically defined as a complex of pathophysiological process affecting the brain, induced by traumatic, biomechanical forces. It may be caused by either a direct blow to the head, neck, face, or elsewhere on the body that causes an "impulsive" force transmitted to the head.

Typically results in rapid onset of short lived impairment of neurologic function that resolves spontaneously.

It may result in neuropathological changes, but acute clinical symptoms largely reflect a functional disturbance rather than a structural one. It may also result in a graded set of clinical symptoms that may or may not involve loss of consciousness. Resolution of clinical and cognitive typically follows a sequential course; however, it is important to note that in a small percentage of cases, post-concussive symptoms may be prolonged. No abnormality on standard structural neuroimaging is seen in concussion.

Zurich Consensus Statement 2008 Clin J Sports Med 2009; 19(3)185-195

Every year, 1- 3 million concussions are reported in athletics. Some experts believe the incidence of concussion may actually be 10x that number as many go unreported.

Most concussions are transient and symptoms usually resolve in 7-10 days. It is thought that 10-15% of concussions can have lingering results and result in post concussive syndrome which may last weeks, months or years. Females seem to have a higher incidence of concussion and experts can't agree on how many concussions are too many.

What to do when a Concussion Occurs

The following is the policy of what coaches and managers are to do when a player experiences any signs, symptoms or behaviors of a head injury. (See previous page)

*** Please note the duration of the signs, symptoms and behaviors do not matter***

- The player is to be immediately removed from competition (practice or game)
- When in doubt sit them out
- Notify the parent or guardian immediately
- Notify the parent that they should notify their child's school nurse.
- Notify the parent that the player will not be able to return to play without a clearance note from a physician (MD/DO).
- Once the clearance note is received from the parent the note must be given to a safety coordinator in a timely fashion so record of the clearance can be kept on file with the league.

Concussion Education

Players/Parents:

The following links can be provided to players and parents as resources for concussion information:

<http://www.cdc.gov/concussion/headsup/highschool.html#3> <https://www.sportsafetyinternational.org/>

Coaches:

Coaches are required to take concussion education training.

Educational training can be found at the following link:

<https://www.sportsafetyinternational.org/coaches/>

CLIFTON GIRLS SOFTBALL LEAGUE

The Clifton Girls' Softball Field is next to Clifton Football Stadium which maintains a Lightning Detection System. The system is managed by the Board of Education.

An effective lightning safety program is dependent on cooperation by field users, as well as properly functioning technology. It is important to understand how the system works and what to do when there is a threat of lightning.

Here is a summary about the Lightning Detection System to educate the public about the system and current policies.

How the Lightning Detection System Works

- The stadium is equipped with a rotating amber beacon (flashing light) and a siren.
- When there is no danger of lightning the light will be blue.
- When the system detects a lightning strike is approaching, the light will turn amber. At this time coaches, umpires and administrators should not that lightning is quickly approaching and play may need to be halted quickly.
- When lightning danger is upon us the light will turn red, the siren will sound for 15 seconds and the red light will illuminate and rotate. The red light will remain on for the duration of the alert.
- At this time all players and spectators are to seek shelter either in cars or within the fieldhouse. **NO ONE IS TO REMAIN OUTSIDE** at this time.
- Once 30 minutes have passed with no lightning detected in the 10 mile area, an "all clear" signal will be broadcast.

Important: Do not assume it is safe to return to the field after 30 minutes. The system tracks ALL lightning strikes within a 10-mile radius, but only activates after the first strike. There may be multiple consecutive strikes occurring. The system will only sound the "all clear" 30 minutes after the LAST lightning strike. In other words, the "all clear" may sound well beyond 30 minutes from activation. Wait until the "all- clear" signal is given before returning to the field.

- The "all clear" signal consists of three 5-second alerts on the siren and the red light will shut off. The light will return to either amber or blue
- The system is active from 8am until 10pm, consistent with the hours the fields are open for use.

- The Lightning Detection System is an additional tool to provide warning of potential lightning strikes. If the system does not activate but you see lightning or hear thunder, clear the field immediately and seek shelter.

What to Do When the System is Activated

- While the alert is active the field is closed and users should seek immediate shelter. A safe shelter includes any building (grounded or with plumbing) or any vehicle with a metal roof.
- Anyone arriving to use a field should check to see if the light is active, especially if it looks like others have left the field.
- Encourage others to leave the field and seek immediate shelter.
- Wait for the "all clear" signal before returning to the field. Remember: it may take longer than 30 minutes for the "all clear" to be given.

Your Obligation to Comply

- Rules for complying with the Lightning Detection System will be posted at the fieldhouse and will be distributed to coaches and managers.
- All field users have an obligation to comply with the alerts by immediately vacating the field and seeking shelter. This includes coaches, parents, referees/umpires. It applies equally to organized sports activities as well as casual field users.
- The safety of all participants, especially children, is of paramount importance. Lightning kills and heeding the alerts could be a matter of life or death.

What to Do at a Field Location with No Lightning Detection System

- If you see lightning or hear thunder, clear the field immediately and seek shelter.
- Wait 30 minutes from the last lightning strike or sound of thunder before returning to the field.
- Use common sense.

The league recommends that coaches at field locations without the lightning detection system use the Little League Weatherbug App on their phone as an additional resource.

FACILITY AND FIELD INSPECTION CHECKLIST

Facility Name: _____ Inspector: _____ Date: _____ Time: _____

Holes, damage rough and uneven spots

Slippery areas, long grass.

Glass, rock and other debris or foreign objects.

Damage to screens, fence edges or sharp fencing.

Unsafe conditions around backstop, pitcher's mound

Dugout conditions before and after games

Make sure telephones are available II Areas around bleachers free of debris II General
Garbage Cleanup

Who is in charge of emptying garbage cans?

Conditions of restrooms and restroom supplies

Concession Stand Inspection

NOTES/HAZARDS

Signature: -----