



2026 Season Manager Information (Major Softball)

Thank you for your willingness to be a Team Manager! We are excited for the upcoming 2026 season! We realize you are giving up a significant amount of your personal time to coach this season and are grateful for your time and efforts. You are essential to making this season a success! While some of you are returning volunteers and others are new to our program, it is important to remember Little League's expectations:

It is required that the manager and coach have understanding, patience and the capacity to work with children. The manager and coach should be able to inspire respect. Above all else, managers and coaches must realize that they are helping to shape the physical, mental and emotional development of young people.

-Little League International

Not only are you teaching the game, but you are also teaching safety, sportsmanship, discipline, respect and integrity- all while encouraging the players to have fun. The Board of Directors is available to assist you with any questions or concerns you may have throughout the season.

On behalf of the Board of Directors, thank you for volunteering your time.

Have a great season!

Josh Martin
President

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LITTLE LEAGUE BOARD OF DIRECTORS

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Coaches Coordinator	Kevin Besley	315-521-7076	Kbesley@yahoo.com
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Equipment Manager	Mike Darling	315-878-4631	Mdarling1489@gmail.com
Concession Manager	Heather Schantz	315-292-0107	hschantz@senecafallscsd.org
Umpire Coordinator			
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Field Maintenance – Field 2	Nate Wood	585-259-0185	Nathan.wood77@gmail.com
Field Maintenance- Field 3	Michael Skinner	315-651-9200	mskinnerjr42xx@gmail.com
Uniform Manager	Stefania Ferrara-Uticone	315-729-1246	Ferrara284@yahoo.com
Sandlot Coordinator			

DETAILS TO REMEMBER

By **March 24**, each Manager must contact all parents on his/her roster to provide them with his/her contact information.

At your first practice, please meet with your parents/guardians to go over the Parent Code of Conduct and General Information about the Season. Also, **please distribute the Raffle and BBQ Tickets.**

All Managers and Coaches are expected to know and follow all Little League International and Local Rules. A Little League International Rule Book is available using the rulebook app which can be found at <https://www.littleleague.org/playing-rules/little-league-rulebook-app/>. A copy of your division's Local Rules, along with general safety rules and issues, are included in this packet.

GENERAL INFORMATION

Little League Website Use

(practice/game scheduling and reporting)
Password: sfill-2026

Press Box Codes

Softball: 6699
Baseball: 5533

Batting Cages

Code: 1970

Volunteers

PLEASE REMEMBER- Anyone who helps at practice, anticipates helping at a game or plans to help in the concession stand on a consistent basis (more than 2 times), must complete the volunteer application process, which includes a background check. This is a requirement and needs to be completed. Please provide his/her email address so that an application can be sent to him/her to complete the process online. A copy of a valid driver's license is required. Volunteer names and email addresses should be sent to Samantha Ennis at sfl.secretary@gmail.com. Additionally, Little League International is requiring all volunteers to take a short online class on child protection- Little League Abuse Awareness Course. You can find the course at <https://littleleague.org/AbuseAwareness>

Field Maintenance Day- April 11 (rain date April 18)

Please encourage parents to participate in this event to help prepare the fields for play. Work will begin at 9:00 am. Parents can bring ground rakes and shovels if they have them.

Opening Day- April 25

All players will participate in the Opening Ceremony at Kid's Territory. Team Managers, Coaches and Players will meet at the softball field at 8:45am. The ceremony will take place on the baseball field at 9:00am. Following the Opening Ceremony, only Major and Minor Baseball and Softball games will be played. (Coach Pitch and Tee Ball games will begin on May 2nd.) Raffle winners will be announced and posted on Facebook.

Pictures- April 25

Pictures will be taken at Kid's Territory Park. A schedule for pictures will be given to you at least one week in advance. Teams should meet 5 minutes prior to their designated times. (Even if a child is not purchasing pictures, he/she needs to be present for the team picture.) You will be given order envelopes to distribute to your players ahead of time. The players need to bring their envelopes to the photographer at your team's scheduled time. Extra envelopes will be available on Picture Day.

Raffle Tickets

The Raffle drawing will take place during Opening Day on Saturday, April 25th. You are receiving an envelope of tickets for each player. **Distribute the envelopes to your players at the first practice.** Explain to the parents that as tickets are sold, the purchaser should retain the larger portion and the player should collect the smaller portion and return it in the envelope with the money and any unsold tickets. **Please collect the ticket envelopes from your players by Saturday, April 18th. Then, turn them into John Hurlburt.** If you have any questions or need additional tickets, please contact John Hurlburt (315)521-3692.

Chicken BBQ- June 6th at FIVE STAR BANK

The Chicken BBQ will be held on Saturday June 6th from 10:00am-1:00pm at Five Star Bank. You are receiving envelopes of tickets for each player. **Distribute the envelopes to your players at the first practice.** Explain to the parents that as tickets are sold, the purchaser should retain the larger portion and the player should collect the smaller portion and return it in the envelope with the money and any unsold tickets. **Please collect the ticket envelopes from your players by Thursday, May 21. Then, turn the envelopes into John Hurlburt.** There will be additional meals available on the day of the event until 1:00pm. If you have any questions or need additional tickets, please contact John Hurlburt (315)521-3692.

Concession Stand

Our concession stand will be run by the Concessions Committee this year, but we need volunteers to help make it a success. We are asking that every Manager recruit volunteers to fulfill time slots for one week during the season. Specifics about the exact days/times for which you will need to provide workers will be sent to you after the game schedule is finalized. Heather Schantz will be the contact person for the Concession Stand this year.

Concession Stand Assignments

4/26- 5/2	Alysha Buckley	Dylan Paolicelli	Wendy Crane
5/3- 5/9	Ehren Strohm	Christine Chilson	Jackie
5/10- 5/16	Tom Poormon	Danielle Paolicelli	Brian Bailey
5/17- 5/23	Caitlyn Cooley	Stefania Ferrara Uticone	Hilary Reinwad
5/24- 5/30	Breanna Greenfield	John Hurlburt	Erin Ferrell
5/31- 6/6	Jennifer Luffman	Greg Cool	Del
6/7- 6/13	Jeff Newcomb	Nicole Spitzer	Jessica Lambert
6/14-6/20	Shannon Kelley	Allison Fenton	Jim Wood

Game Schedule

We hope to have the game scheduled finalized by the middle of April. If you have questions about the schedule, please contact Hilary Reinwald.

Equipment

If your equipment breaks or you need additional equipment, please contact the Equipment Manager, Mike Darling.

Uniforms

Our goal is to distribute uniforms to you, the Team Manager, by the middle of April. You will then need to distribute them to your players before Opening Day. If you have questions about the uniforms, please contact Stefania Ferrara-Uticone.

Tee Ball and Coach Pitch- Uniform jersey and cap
Minor and Major Softball- uniform jersey, cap, and socks

PRACTICE SCHEDULES AND EXPECTATIONS

It is the responsibility of the manager to:

establish a practice schedule and distribute it to all parents on your roster.

- o **To reserve a field-** please go to senecafallslittleleague.org. At the top, select "Login" and then "Coaches Resources". Enter the password "sfll-2026" You will be given a choice of our fields and batting cage to reserve. Click on the one you want to reserve. Then, time slots will be offered for reservation. Pick one and reserve it. **No Manager can reserve a field more than two weeks out. No exceptions!** **Note that if there is a game, even a make-up game not on the schedule, they have rights to the batting cage one hour before their game. Games always have preference over practices.**

ensure that all practices include time for stretching/calisthenics, warm ups, agility drills, team-building and encouraging sportsmanship.

be sure players are scheduled for no more than three events per calendar week.

An event is a game or a practice. At the start of the season, you may host three practices per week. Once the games start, the number of games per week varies. You may have one game in a certain week. That same week, you may host two practices for your kids. If you have three games, then please do not host a practice. Pre-game practice is actually called a warm-up, not a practice. So pre-game does not count.



MAJOR SOFTBALL PROGRAM OVERVIEW



Goal of the Program:

To build a solid foundation of the basic skills of softball through a program focused on fundamentals, building confidence, team work, good sportsmanship and fun.

Focus on the Big Three (Positive Coaching Alliance)

- 1- Have Fun
- 2- Try Hard
- 3- Be Good Sports

Suggested Practice Components (1.5 hours):

- Welcome/Introduction
- Stretching and Warm-ups
- Softball Grip
- Pitching
- Catching and Throwing
- Hitting
- Base Running
- Fielding
- Conclusion/Dismissal

Suggested Schedule:

	Activity 1	Activity 2	Activity 3	Skills
Week 1	Practice	Practice	Practice	<ul style="list-style-type: none"> ▪ Infield Practice ▪ Outfield Practice ▪ Batting Practice ▪ Pitching Practice
Week 2	Practice	Practice	Practice	
Week 3	Practice	Practice	Practice	
Week 4	Practice	Practice	Practice	
Week 5	Practice	Practice	Game	
Week 6	Practice(s)/Game(s)			
Week 7	Practice(s)/Game(s)			
Week 8	Practice(s)/Game(s)			
Week 9	Practice(s)/Game(s)			
Week 10	Practice(s)/Game(s)			
Week 11	Practice(s)/Game(s)			
Week 12	Practice(s)/Game(s)			

Resources:

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

MAJOR SOFTBALL LOCAL RULES

1. All play not covered by these local rules will be governed by the Little League Official Regulations and Playing rules.
2. Major League is an instructional league. The spirit of the game of softball and good sportsmanship should be displayed at all times, on and off the field.
3. The managers are responsible for the sportsmanship of the parents in the stands. Good sportsmanship should be displayed at all times on and off the field.
4. To keep the game moving, the next scheduled batter shall have equipment on and be ready to bat before the current batter takes the first pitch. Catchers not close to batting or having completed their at bat, shall wear their chest and leg protectors.
5. A continuous batting order is mandatory.
6. All players will be given a fair amount of defensive playing time regardless of skill level. Any player may reenter the game for any other player. All players shall play a minimum of 6 defensive outs.
7. A player who is rostered on another Seneca Falls Major League Softball team or a Seneca Falls Minor League Softball team, may play on a Major team as a substitute, if the Major team has less than 9 players available. The substitute player may not pitch.
8. A pitcher who hits three batters in a game must be replaced.
9. Each team can only score 5 runs per inning, except for the sixth inning where it is unlimited.
10. Four innings must be completed for a game to be official; three and a half if the home team is ahead. An incomplete game called for darkness, weather or time limit will be finished at the next meeting of the two teams. Tie games are over after 6 innings, or if a called game is complete.
11. There is a 10 run mercy rule. If the visiting team is ahead by 10 runs at the end of the 4th or 5th inning the game is over. If the home team is ahead by 10 runs at any time after 3 and a half innings, the game is over.
12. No inning should start after 8:00 on a school night, or after sunset on a non-school night. Once an inning is started, it should be completed.
13. The manager is responsible for the orderly maintenance of the dugout and sweeping out the dugout at the end of the game.
14. The manager is responsible for creating and distributing a line-up to the press box and opposing manger.
15. Team Managers are responsible for the following:

raking the field

lining the field
providing 2 game balls to the umpire
ensuring that everything is turned off and cleaned up in the press box (locking of the press box, if you are the last game of the night)

GAME DAY

Games will begin on April 25th.

Responsibilities:

Both Teams are responsible for:

Pre-Game Responsibilities-

- making sure the umpire has 2 game balls. (Located in the press box.)
- creating multiple copies of the line-up and submitting it to the Press Box and the Manager of the opposing team.
- setting up the field according to the local rules for your division (raking and lining the field, watering the baseline if it is too dry).
- setting up the pitching machine (minor divisions only).
- assigning an individual to be the score keeper. The Home Team's Scorebook is the official one for the game.

Game Responsibilities-

- keeping track of your own pitch counts (baseball only).
- maintaining safety and decorum in the dugout.

Post-Game Responsibilities-

- ensuring that the players remove all equipment, personal items, and trash from dugout and sweep it.
- replacing tarps on the field unless there is a game immediately following your game
- ensuring that the press box windows are closed, scoreboard is turned off, and press box is locked if there are no other games to be played.

The **Home Team** is responsible for:

- reporting game score to the link provided on our website within 24 hours. Go to senecafallslittleleague.org. Select "Login" and then "Coach's Resources". Click on "Game Report".

Batting Cages:

One hour before all games, the batting cages are reserved for the teams playing the games. Home team gets the first half hour and the visiting team gets the second half hour. (Unless the Managers agree upon an alternative schedule.) You may not use the batting cage during a practice if a game is going on.

CALLING PLAYERS UP

Rather than cancel a game if you are short players, managers can request that another player in the division be a sub or call players up from a lower division. It's a good opportunity for the younger kids and helps get games in rather than not playing them. Any player added to a team roster for a game as a substitute should not pitch and should not be given preference over those on the official roster. If you have a need for an additional player, contact Hilary Reinwald and she can give you the information that you need to contact a player to see if she can play for you.

GAME CANCELLATION / RESCHEDULING

A schedule of games will be provided to you mid April. If you have any questions, please contact Hilary Reinwald, Game Scheduler.

In the event of a weather related last-minute game cancellation, the cancellation is at the discretion of the Home Team Manager in consultation with the Visiting Team Manager and Umpire Coordinator. Communicate with each other concerning the field conditions to determine if the field is playable.

It is the Home Team Manager's responsibility to immediately contact Hilary Reinwald- Game Scheduler, and Heather Schantz- Concessions Manager. This is vital for letting umpires and concession volunteers know immediately when a game is called. Please be courteous.

Home Team Manager must now enter in the reschedule. If possible, try to find a day that you can reschedule the game before canceling. If you can't find a date, you still need to cancel the game on senecafallslittleleague.org. Reschedule the game as soon as possible and not later than 24 hours after the cancellation. Select "Login", "Coach's Resources", and then, "Reschedule a Game".

SAFETY

Our goal is to ensure a safe, healthy and fun environment for children, volunteers, and all Little League families and guests. This Safety Manual outlines our plan to accomplish this goal. The complete Manual can be found on the website.

Key Reminders:

Safety is everyone's job.

Prevention is the key to keeping accidents to a minimum.

Report all hazardous conditions to the Safety Officer- Allison Fenton immediately.

Don't play on a field that is not safe or with unsafe playing equipment.

Ensure that players are fully equipped at all times, especially catchers and batters.

Check equipment often for any defects.

SAFETY CODE

1. Responsibility for safety procedures belongs to every adult member of our local league.
2. All Managers and Coaches will have knowledge of and enforce the Little League Rules as outlined in the Rulebook to ensure a safe, healthy and fun environment for all Little League players, families and guests.
3. Players must remain under the supervision of approved Managers, Coaches or other Volunteers at practices and games until they are picked up by a parent, guardian or another designated individual.
4. First Aid training is recommended for all coaches and managers. First Aid kits will be available in the baseball and softball press boxes as well as the concession stand.
5. Incident/Injury Tracking Reports must be completed and submitted when First Aid is administered.
6. Managers must have access to Medical Release Forms for all players at every practice and game.
7. No game or practice should be held when weather or field conditions are not good, particularly when field lighting is not adequate.
8. Play areas should be inspected frequently for holes, damage, stone, glass or other foreign objects.
9. Only players, managers, coaches, umpires and approved volunteers will be permitted on the playing field during practices and games, except in the case of an emergency.
10. Only the manager and up to two approved coaches are allowed in the dugout.
11. Players need to remain in the dugout area during games, except for restroom use or in the case of an emergency.

12. Equipment must be removed and kept out of any areas designated as “in play”.
Responsibility for keeping bats and loose equipment off of the field of play should be that of a regular player assigned for this purpose.
13. Procedures should be established for the retrieval of foul balls batted out of the playing area.
14. All players should be alert and watching the batter on each pitch during practice and games.
15. During warm-up drills, players should be spaced so that no one is endangered by wild throws or missed catches.
16. All pre-game warm-ups should be performed within the confines of the playing field rather than within areas that are frequented by spectators.
17. Equipment should be inspected regularly for defects and to make sure it fits properly.
18. Catcher’s must wear catcher’s helmet with mask and throat guard, chest protector and shin guards. Male catchers must wear a protective supporter and cup at all times.
19. Batter must wear protective NOCSAE helmets during practice, as well as during games.
20. Use of a helmet by the batter and all base runners is mandatory.
21. Pitching machines must be in good working order, including extension cords and outlets, and must be operated by adult managers, coaches, or umpires. Any child playing the “Pitcher” position may not stand in front of the pitching machine. The “Pitcher” should wear a helmet.
22. Pitchers must wear a helmet when warming up between innings.
23. Except when a runner is returning to base, head first sliding is prohibited in any division other than Junior or Senior League.
24. Horseplay on or off of the field and climbing on fences of the dugout is not permitted at any time.
25. Parents of children who wear glasses should be encouraged to provide “safety glasses”.
26. Players may not wear watches, rings, pins, jewelry, hard cosmetic or hard decorative items during practices or games.
27. Metal cleats are not permitted for play.
28. Batting/catcher’s helmets should not be painted unless approved by the manufacturer.
29. Regulations prohibit on-deck batters. This means no player should handle a bat, even while in an enclosure, until it is his/her time at bat. This applies to Tee Ball, Coach Pitch, Minor and Major League Divisions.
30. Players may not throw equipment, including gloves. 1st Time- warning, 2nd Time- removal from the game.
31. Players who are ill, injured or ejected should remain under supervision until released to a parent or guardian.

EMERGENCY PROCEDURES

- Assess the situation.
- Render First Aid and have somebody call 911 immediately if the situation warrants it. (severe injury, neck or head injury, no breathing, loss of consciousness- err on the side of caution.) At no time should an individual administering First Aid go beyond his or her capabilities. A First Aid Kit and AED device will be located in each Press Box.
- Notify parent/guardian immediately if not on the scene.
- Notify League Safety Officer by phone within 24 hours.

- Complete and submit Incident/Injury Report within 48 hours. (Hand deliver to safety officer, or place in the folder in the concession stand. This form is accessible on our website. Extra copies of this form are available in the press boxes and in the concession stand.)
- Discuss the situation with the team(s) involved if appropriate to help them feel comfortable and safe.
- Contact the League President if additional help is needed.

EMERGENCY ACTION PLAN- Kid's Territory Park

Emergency Personnel

Team Managers, Coaches, Little League Board Members, and/or CPR/AED certified individuals (emergency care team) on site will respond to emergency situation or injured individual(s) dependent upon need, severity, and scope of injury/situation. A member of the emergency care team will activate the EAP as deemed fit.

Roles of the Emergency Care Team

1. Immediate assessment and care of injured/ill athlete(s) or assessment of emergency situation.
2. Emergency equipment retrieval as determined by the first responder with the highest level of training.

AEDs are located in the baseball and softball press boxes.

First Aid supplies should be in the possession of each Team Manager. Additional First Aid supplies are located in the baseball and softball press boxes as well as the concession stand.

3. Activation of the emergency action plan.

If the Team Manager is present, he/she will activate the EAP. He/she will designate an individual to call 911 if he/she is unable to do so.

If the Team Manager is not present, any member of the emergency response team (coach, board member, trained individual, etc.) may activate the EAP.

Players and coaches not involved in assisting with the emergency situation, should go to and remain at the bench area/dugout until the appropriate assistance arrives and the scene has been cleared.

Players, parents, and non-authorized personnel should be kept a significant distance away from the emergency situation.

Players and non-medical personnel should not touch, move or roll an injured athlete.

4. Activation of the EAP begins with calling 911. Complete the following during the call:

Identify yourself and your role in the emergency

Specify the exact location and telephone number you are calling from.

Give the condition of the victim and/or extent of emergency

Give an approximate time of the incident/accident

DO NOT hang up the phone until EMS has disconnected

5. If not already completed, make sure all gates are unlocked and open. A clear path for the emergency response teams to reach the athlete or situation should be established. Assign an individual (a coach, assistant coach, etc) to direct emergency personnel to the scene. Make sure an individual is present at each potential entrance to flag and direct them.

6. Maintain status of an injured/ill individual until EMS arrives. Monitor airway, breathing, circulation, and mental status and provide support as needed (i.e. AED, CPR).

7. Once care of the injured/ill individual has been transferred to EMS, notify the parents/guardians if they are not already on the scene.

Transportation

If transportation is warranted, the patient will be transported to the hospital designated by the individual's parent/guardian. If no parent/guardian is present, the patient will be transported to Geneva General Hospital or as directed by EMS.

Emergency Communication

Cell phones will be the easiest form of communication and activation of the EAP.

Important Phone Numbers:

Ambulance: 911 **Geneva General Hospital:** 315-787-4000

Emergency Equipment

The following will be available on site: First aid supplies– AED

**EMS supplied equipment: gurney, spine board, bag valve, C-Collar, vacuum splints*

EMS Location/Arrival

Field 1- Baseball

The ambulance/ emergency vehicles can access both benches from the Kid's Territory entrance off of West Bayard Street. If the injured athlete is located on the field, the flagger will notify EMS. All efforts should be made to keep this area clear during athletic events. If the entrance is blocked, an announcement should be made to move cars immediately.

Field 2- Coach Pitch

The ambulance/ emergency vehicles can access both benches from California Avenue. If the injured athlete is located on the field, the flagger will notify EMS. All efforts should be made to keep this area clear during athletic events. If the entrance is blocked, an announcement should be made to move cars immediately.

Field 3- Softball

The ambulance/ emergency vehicles can access both benches from Baltimore Avenue. If the injured athlete is located on the field, the flagger will notify EMS. All efforts should be made to keep this area clear during athletic events. If the entrance is blocked, an announcement should be made to move cars immediately.

Field 5- Tee Ball

The ambulance/ emergency vehicles can access the field from the Kid's Territory entrance off of West Bayard Street. If an injured athlete is located on the field, the flagger will notify EMS. All efforts should be made to keep this area clear during athletic events. If the entrance is blocked, an announcement should be made to move cars immediately.

Field 6- Tee Ball

The ambulance/ emergency vehicles can access the field from California Avenue. If an injured athlete is located on the field, the flagger will notify EMS. All efforts should be made to keep this area clear during athletic events. If the entrance is blocked, an announcement should be made to move cars immediately.

ACCIDENT REPORTING

What needs to be reported?- An incident that causes a player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid must be reported to the Safety Officer- Allison Fenton by phone within 24 hours. An Incident/Injury Report must be completed and submitted to the Safety Officer within 48 hours. Hand deliver it to the safety officer, or place it in the folder in the concession stand.

FIELD SAFETY

Throughout the season, umpires, managers and coaches are responsible for checking the field and safety conditions before and during practices and games. The health and safety of all participants is our priority. There should be no drug use, smoking or vaping on the property. Signs will be posted prohibiting their use. The fields, dugouts and surrounding areas should be checked for hazardous conditions. Equipment should be inspected for damage and correct fit. Additionally, ensure that players are ready for play.

What to check:

Field Conditions-

- bases (condition, placement)
- home plate
- batter box (level and marked)
- fencing
- foul lines marked
- infield surface (grass, dirt)
- outfield surface
- pitching mound
- pitching machine

Dugouts-

- benches
- fencing
- roof
- free of bee hives

Press Box-

- roof
- stairs
- scoreboard
- PA system
- free of bee hives

Players

- equipment free of damage (bats, helmets)
- proper uniform
- NO Jewelry or prohibited items

Catchers

- equipment free of damage (helmet, throat guard, shin guards, chest protector)

Safety

- access to Safety Manual (press box)
- First Aid Kits available
- ice packs available
- access to Medical Release Forms for players

Fans-Bleachers

- bleacher (condition and cleanliness)
- No Smoking
- No Drug Use
- No Alcohol

Any issues causing immediate concern should be resolved before the start of the game or before play resumes if something happens during the course of a game. Any concerns which do not need immediate attention should be reported to the Field Maintenance Coordinators within 24 hours.

WEATHER CONSIDERATIONS

Thunder and Lightning

The sooner activities are stopped and people get to a safe place, the greater the level of safety. In general, a significant lightning threat extends outward from the base of a thunderstorm cloud about 6 to 10 miles. Therefore, people should move to a safe place when a thunderstorm is 6 to 10 miles away. Here are some criteria:

- If lightning is observed.
- If thunder is heard.
- If the time between lightning and corresponding thunder is 30 seconds or less.
- Because electrical charges can linger in clouds after a thunderstorm has passed, experts agree that people should **wait at least 30 minutes after the storm before resuming activities.**

In our league the umpire, in consultation with the team managers, makes the decision as to whether or not play is stopped. Once play is stopped, take the kids to safety until play resumes or the game is called. Only an umpire can call a game.

Extreme Heat

Steps need to be taken to protect our participants from heat illness. Heat stroke, heat exhaustion, and heat cramps are all highly possible outcomes for players and volunteers if

they are not protected from the sun's power. When games are played in high heat or heat and high humidity, precautions will be in place.

- Managers and coaches will watch for heat illness signs: weakness, dizziness, slow pulse, and clammy skin.
- The best protection for heat illness is water and rest. Drink early, drink often, even when players aren't thirsty. Players should arrive for games/practices adequately hydrated and drink at least five (5) ounces of water every 15-20 minutes while they are active in the heat. Players should be asked to bring water or sports drink with modest amounts of electrolytes, but nothing with caffeine that acts as a diuretic and drains water from the body.
- Anyone who begins to develop cramps, dizziness, or other signs of heat stress should be removed from the game, given cool water, and placed in as cool a place as possible: in a car with air-conditioning or in a cool, shaded area. Volunteers should call 9-1-1 if the player becomes disoriented or confused, as this is a sign of the more serious heat stroke.

FIRST AID QUICK REFERENCE GUIDE

This year's little league season is just around the corner. This time frame prior to practices beginning is an important one for managers and coaches to review safety information and tips on how to keep your players safe while teaching them to love the game!

- Regularly check the inventory of your first aid kit. Ice packs go fast!
- Always inform the parents or legal guardian anytime a player becomes ill or injured at any sporting event.

Always err on the side of caution....When in doubt, sit them out!

Here is a quick overview of some potential injuries you could see on the field and how to treat them.

Concussions

Signs and Symptoms:

- Unable to recall events before or after injury
- Appearing dazed or stunned
- Moves clumsily
- Answers questions slowly
- Loses consciousness even if only for a moment

- Shows mood, behavior or personality changes
- Reports headache or “pressure” in the head
- Nausea and or vomiting
- Balance problems
- Dizziness or blurred vision
- Light or noise sensitivity
- Groggy, foggy, hazy or sluggish
- States they “don’t feel right” or “feeling down”

-Players who have sustained a head injury with the possibility of having a concussion, should not be allowed to continue play. A parent or legal guardian should be made aware immediately and they should be advised to seek further medical evaluation.

-If a player has been diagnosed with a concussion, he/she should provide you with a medical release from a medical professional prior to being allowed to resume play. A rare, yet very serious condition can occur if the player sustains a second concussion before being able to fully heal from an initial concussion, known as Second Impact Syndrome. SIS causes rapid swelling of the brain and holds a 50% chance of death with a 100% certainty of brain damage!!

-All coaches and managers should be encouraged to visit the “Heads up Prevention and Awareness” course for further information and free certification on concussion awareness at <https://www.cdc.gov/headsup/index.html>

Strains

Signs and Symptoms:

Pain

Treatment:

(R.I.C.E.) Rest, Ice, Compression and Elevation.

Sprains

Signs and Symptoms:

Pain, swelling, dislocation or discoloration

Treatment:

(R.I.C.E.) Rest, Ice, Compression and Elevation.

Special Considerations:

A player with a potential sprain should not be allowed to continue play.

Prevention is key... proper warm up and stretching should always be done

Open/Closed fractures

Signs and Symptoms:

Pain, swelling, dislocation, discoloration, appearance of bone, bleeding

Treatment:

Control bleeding, keep wound area clean, stabilize limb without attempting to re-align or straighten, contact 911 if necessary, do not apply pressure unless bleeding is uncontrollable.

Bruises/Contusions

Signs and Symptoms:

Pain, Swelling, discoloration

Treatment:

Rest, Ice pack (on for 20 min. off for 20 min)

Special Considerations:

When bruising or contusion is located on the head, neck or chest, players should be evaluated for potential concussion or respiratory changes

Cuts & Scrapes

Signs and Symptoms:

Bleeding and torn skin

Treatment:

Use first aid kit for supplies to stop bleeding with an attempt to keep wound clean

Special Considerations:

Any equipment with blood on them need to be removed from play. This includes the players uniform!

Minor Eye Injury/Irritation

Signs and Symptoms:

Redness, Watery, Dirt in eyes

Treatment:

Avoid rubbing the eye, if supplies are available flush the eye if needed

Major Eye Injury/Irritation

Signs and Symptoms:

Impaled object in eye

Treatment:

Cover the GOOD eye and stabilize object on the eye (ex: with a cup). DO NOT PULL THE OBJECT OUT OF THE EYE. Prevent movement .

Nose Injuries

Signs and Symptoms:

Swelling, bleeding, discoloration, dislocation

Treatment:

If bleeding: lean player forward and punch nose closed until bleeding ceases. Ice
Any other injuries: apply ice

Mouth Injuries

Signs and Symptoms:

Broken teeth, bleeding

Treatment:

Save the tooth, control bleeding with gauze

Heat Exhaustion

Our players are exposed to extreme temperatures at times. It is important that every player carry a substantial amount of water during play. Please encourage your players and assistant coaches to

adequately hydrate themselves beginning 24 hours prior to playing. If a player arrives without water please take every step needed to ensure they obtain some.

Signs and Symptoms:

Heavy sweating, muscle cramps, weakness, nausea, extreme thirst or complete lack of thirst, feeling faint, confused

Treatment :

Get player out of the sun, rest, sip water, wet towels applied to "hot spots" (groin, armpits, back of neck)

Special Considerations:

If severe, medical attention may be needed as fluids and electrolytes may need to be replaced

Heat Stroke

Signs and Symptoms:

Lack of sweating, dry, red, hot skin, nausea, confusion, loss of consciousness

Treatment:

Contact 911 as this is a true emergency. Get player out of the sun, rest and cool down

Loss of Consciousness

Signs and Symptoms:

Player feels faint, swoons, loses consciousness

Treatment:

Verify breathing, verify pulse, if no pulse begin CPR if trained. Contact 911

Epilepsy/Seizure

Signs and Symptoms:

Blank stare into space, uncontrollable shaking, player states they are about to have a seizure

Treatment:

Assist the patient to the ground if not already there and clear the space around them. Never place anything in a seizing person's mouth. Never attempt to hold the person down. Maintain their safety by controlling their surroundings and not touching them. Contact 911. After seizure has ceased, place the patient on their left side until medical personnel arrive and if needed at that point, something soft can be placed under their head, but not before this point.

Choking

Signs and Symptoms:

Inability to breathe or speak, holding of throat, unable to cough, severe anxiety

Treatment:

If they can move air in and out of their lungs, leave them alone. If you are trained in performing the Heimlich maneuver, do so. Call 911. If the person becomes unresponsive, begin CPR if properly trained in doing so

Allergic Reaction

Signs and Symptoms:

Itching, watery eyes, hives, red/blotchy skin, swelling, tightness in the chest or throat, difficulty breathing

Treatment:

If player carries an epi-pen, administer it immediately and contact 911. If no epi-pen, contact 911 immediately

Comotio Cordis (rare, yet possible)

A rare yet serious injury that can occur when an object such as a baseball strikes the chest wall with enough force, during a precise interval of the heart rhythm that can STOP the heart of the player.

Signs and Symptoms:

Player collapses after impact, no pulse is felt

Treatment:

Call 911 immediately, begin CPR with early AED application and shock if advised

CPR

Signs and Symptoms:

Unconsciousness, no pulse, no respirations

Treatment:

Follow local CPR/AED guidelines. If classes are needed or wanted contact members of the little league board for further guidance.