#### \*\*EMERGENCY NUMBERS\*\*

- POLICE & FIRE: 911
- Wellesley Police Non-Emergency: 781-235-1212
- Wellesley Fire Non-Emergency: 781-235-1300
- WYBS Presidents: Ben Percia: 617-851-9884 / Matt Guigli: 781-983-4208
- WYBS Safety Officer: Sean Campbell: 202-744-4000
- WYBS Admin: Ann Williams: 781-366-7856

The most important help 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 that is near the injured person. Follow these steps:

- 1. **FIRST DIAL 9-1-1.** You may need to give your location, so be prepared for that. The call will be transferred to Wellesley Emergency Services.
- Give the dispatcher the necessary information. Answer any questions that he/she might ask. Examples might be: Location/Address, telephone number from the phone being used, name of caller, what happened (baseball related incident, bike accident, etc), how many people are involved, the condition of the injured person (unconscious, chest pains, bleeding, etc), what help is being given (CPR, first aid, etc).
- 3. Do NOT hang up until the dispatcher hangs up.
- 4. Appoint someone to go out to the street to looks for the emergency vehicles and flag them down if necessary.
- 5. Once the injured party is in safe hands, notify the WYBS Safety Officer right away. It is also necessary to fill out the Injury Report Form as soon as possible. This can be found on our website homepage.

### FIELD LOCATIONS:

Reidy Field: 440 Washington St, Rt. 16 - Behind Whole Foods Market
Kelly Fields: 116 Elmwood Rd / Bates Elementary School
Brown Field: Colburn Road. Behind Brown School Condominiums
Ouellet Field: At the junction of Cedar Street & Charles St.
Warren Field: 440 Washington St, Rt. 16 – Near Reidy Field
Lee Field: 448 Washington St, Rt. 16 – Near Tennis Courts
Schofield Field: 27 Cedar St / Schofield Elementary School
Phillips Park: Seward St
Sprague SB #1: Near Town Maintenance Building –School St entrance for Sprague Field Complex
Fiske Field: 45 Hastings Street / Fiske Elementary School

## WYBS Volunteer Form – Little League Required Background Check

All coaches, assistant coaches, team managers, umpires, and volunteer helpers who interact with the players in any capacity, MUST fill out a Volunteer Form before they practice with their team. These forms are available on our website and can also be accessed through our Sports Connect site. There will be NO exceptions to this rule. A new form must be filled out every calendar year. If you have completed a background check for another sport, you are still required to fill one out for Little League.

#### Example of 2025 Volunteer Application

	eer Application - 2025
This volunteer application should only be used if a league is manually entering information into JDP.         THIS FORM SHOULD NOT BE COMPLETED IF A LEAGUE IS UTILIZING THE JDP QUICKAPP.         Visit LittleLeague.org/LocalBGcheck for more information.         A COPY OF VALID GOVERNMENT ISSUED PHOTO IDENTIFICATION MUST BE ATTACHED TO COMPLETE THIS APPLICATION.         All RED fields are required.         Name	7. Have you ever been refused participation in any other youth programs and/or listed on any youth organization ineligible list?       Yes       No         If yes, explain:       Yes       No         (If volunteer answered yes to Question 7, the local league must contact Little League International.)       In which of the following would you like to participate? (Check one or more.)         League Official       Umpire       Manager       Concession Stand         Coach       Field Maintenance       Scorekeeper       Other         Please list three references, at least one of which has knowledge of your participation as a volunteer in a youth program:       Name/Phone
Cell Phone Business Phone Home Phone: E-mail Address: Date of Birth Occupation Employer Address Special professional training, skills, hobbies: Community affiliations (Clubs, Service Organizations, etc.): Previous volunteer experience (including baseball/softball and year):	IF YOU LIVE IN A STATE THAT REQUIRES A SEPARATE BACKGROUND CHECK BY LAW, PLEASE ATTACH A COPY OF THAT STATE'S BACKGROUND CHECK. FOR MORE INFORMATION ON STATE LAWS, VISIT OUR WEBSITE: LittleLeague.org/BgStateLaws AS A CONDITION OF VOLUNTEERING, 1 give permission for the Little League organization to conduct backaground check(s) on me now and as long as Lonotinue to be active with the organization, which may include a review of sex offendar registrints (some of which contain name only searches which may result in a report being generated that may or may not be me), child bause and criminal history records. Junderstand that, if appointed, my position is conditional yone the league teaching on inappropriate information on my background. I hereby release and agree to hold harmless from liability the leagu title League back with information. Tan be officers, employees and volunteers thered, or any other person or organization that may provide such information. I do understand that, regardless of previous appointments, Little League to suspension by the President and removal by the Board of Directors for violation of Little League policies or principles. Applicant Signature Date
<ol> <li>Do you have children in the program?         <pre></pre></li></ol>	If Minor/Parent Signature Date
	Mandatory Training Course is available at LittleLeague.org/AbuseAwareness

# Wellesley Youth Baseball & Softball Code of Conduct

Wellesley Youth Baseball & Softball (WYBS) welcomes all eligible participants to become a part of its baseball and softball programs but requires participants to acknowledge that appropriate behavior is an essential ingredient to the success of the program and the environment of those involved. Accordingly, all those interested in participating in WYBS are required to review and abide by the Code of Conduct as a condition to eligibility. Any individual who fails to abide by these requirements is subject to disciplinary action by WYBS, including suspension and a termination of participation, without a refund of participation or other fees.

Baseball and softball are games that connect generations and one's childhood experiences often generate memories that last a lifetime. Many adults can recall vividly their experiences playing ball when they were in Little League, including their teams, coaches and teammates. Our goal is to ensure that the experiences of children participating in our programs continues that tradition and that the behavior of those involved in our leagues - at all levels - promotes good sportsmanship, responsibility and the best elements of team competition. Accordingly, in order to participate in Wellesley Youth Baseball & Softball, each player, coach, board member, league officer and any other volunteer is required to agree to comply with this Code of Conduct:

- 1. I will not force my child to sign-up to play but, once committed to a team, will use my best efforts to encourage and enable my child to participate fully in his or her team's practices and games and use his or her best efforts to practice, seek personal improvement in skills as a teammate and learn the game.
- 2. I will remember, and remind the children playing, that baseball and softball are very challenging games where even the best professional players fail to get a hit more than 3 out of every 10 at bats and that success is measured by effort and not the individual success of a player or the outcome of a game.
- 3. I understand and will remember that children participate in sports to have fun, build social relationships and become better players. (Studies have shown only 10% of children age 13 and under identify winning as a reason they play sports.) Accordingly, I will recognize and promote a league appropriate emphasis on competition and accentuate the benefits derived from competing as an individual and team over the importance of winning.
- 4. I understand and will remember that Little League is for the children who are playing, not the adults, and that less than 1% of children who play sports will receive a college sports scholarship, and far fewer play at any professional level.
- 5. I will be a positive role model for my child and other participants of all ages by encouraging good sportsmanship and positive support for all players, coaches, umpires and spectators at every game, practice and associated activities, and will ensure the same behavior from my guests and family members. I will talk first and predominantly about the positive things in each practice and game. I

will emphasize improvement and success for each individual player and avoid comparisons to the more or less skilled players.

- 6. I will not engage in any unsportsmanlike conduct with any umpire, coach, player, parent, or any other person, including, without limitation, booing or taunting, or verbally criticizing umpire calls, coaching decisions, plays in the field or game results, or using any profane or abusive language or gestures, and will ensure the same behavior from my guests and family members.
- 7. I will emphasize that mistakes, errors, bad calls and losses are part of any game (and life) and work with my child to (i) develop strategies to learn from those events, (ii) not dwell on them and (iii) develop a strategy for moving forward to the next play or situation.
- 8. I will neither engage in nor enable any behavior or practice that would endanger the health or well being of any of the participants or spectators at any game, practice or associated activity (including, without limitation, any inappropriate physical contact or verbal attacks), and will ensure the same behavior from my guests and family members.
- 9. I will ensure that my family promotes respect for all players, coaches, umpires, spectators, and administrators, regardless of race, color, gender, playing ability or any other category. I will not make or disseminate critical or derogatory remarks (including by email or other electronic media) that are designated to harm, or would have the likely effect of harming, another's reputation or standing in the community. I will therefore handle any issues or complaints that I may have in a constructive manner and in a private setting that is appropriate under the circumstances.
- 10. I will learn the rules of the game and the leagues in which we participate and ensure that my player understands those rules and the importance of playing by the rules. I will neither promote nor engage in any activity designed to avoid or disregard the rules of the game or any league or manipulate any process to obtain a result inconsistent with those rules, including any process for selecting teams.
- 11. I will abide by and respect the calls of the umpires on the field and understand that our umpires are often children in middle and high school who are learning and may make mistakes. I will not challenge or demonstrate any objection to a judgment call made by an umpire during a game, and will ensure the same behavior from my guests and family members. I understand and agree that any challenge or argument with a judgment call may result in disciplinary action against me.
- 12. I will not question, object, challenge or confront any coach on the field during any game or practice (except to prevent injury) and will constructively engage in discussion with a coach at a mutually acceptable time and place away from the view and hearing from players, parents, and others. I will not criticize the judgment or abilities of any coach before my child or other children, as this may negatively influence my child's enthusiasm for participating.
- 13. I will not act like a "coach from the sideline" unless I am actually a coach of the team and will limit my comments to encouragement and support for the participants and will ensure the same behavior from my guests and family members.

- 14. I will inform WYBS and my child's coaches of any physical or emotional condition that may affect the safety of my child or other participants in the team's activities.
- 15. I will abide by the judgments of the administrators of the league (including player tryout and selection processes for competitive leagues and teams) and, if I disagree with any WYBS policy or process, I commit to constructively engage in appropriate dialogue with the WYBS to explore any issues I wish to discuss.
- 16. I will respect the public and private property on and around our playing fields and participate in ensuring that no damage to or theft of such property occurs, and that all fields are maintained in at least as good condition at the end of each game and practice as at the beginning, with all trash and other items properly disposed of or removed from the field.
- 17. I understand that WYBS welcomes my participation and will work with me in an effort to find a suitable position as a coach, team manager, board member or other open position if I volunteer. I understand that if I am selected to serve in any such capacity, I may be subject to additional rules and behavioral requirements that I will abide by when serving in such a position.
- 18. I understand that if I personally observe actions by others that are inconsistent with this Code of Conduct, I may report such actions by filing an Incident Report Form. I further understand that I may request my identity be kept confidential, and that WYBS may request my involvement in order to conduct a review and take any action in response to such report.
- 19. I understand that the WYBS Board of Directors may, from time to time, establish a committee and certain processes to review and take action in connection with any violation of this Code of Conduct (or other action inconsistent with intentions and spirit of this Code of Conduct or the interests of WYBS participants), and I agree to comply with the existing process and conclusions resulting from such process. I understand that the WYBS Board of Directors may from time to time publish guidelines for disciplinary action associated with violation of this Code of Conduct, but that any such guidelines are meant to be illustrative and not necessarily binding upon WYBS.
- 20. I understand that the WYBS Board of Directors may, from time to time, amend and otherwise modify this Code of Conduct and, upon publication to the WYBS website, will be considered the applicable Code of Conduct.
- 21. I understand that this Code of Conduct is not intended to be an exhaustive recitation of policy for every possible situation, and that I will be expected to comply with the spirit and intent of this Code, in addition to the Code's specific requirements.

~Adopted by WYBS Board of Directors October 7, 2008

## **Coaching Clinics 2025**

Coaching Clinics will be conducted by WYBS for all levels. Clinics for the Major & Minor Leagues will be held prior to the start of the season during the first week in April weather permitting. Clinics for the younger ages will be held on April 17, 2025 and April 27, 2025.

# **First Aid Training**

Little League International requires that at least one coach from every team attend a First Aid Training course. We will be offering that course online. One coach from each team should click <u>HERE</u> to get take the course. It is not long and it is very informative.

# **Pre-Season Equipment Check**

Prior to the start of each season, ALL equipment used by our players or equipment that is kept at the fields should be checked to make sure that it is safe and in proper working order. This includes batting helmets, catcher's gear, bases, pitching screens, etc. Our fencing and backstops also need to be inspected and if there is a problem, WYBS works with the Town's DPW to have it repaired. New equipment is always purchased when needed.

#### Coach's Pre-Game Checklist

Every coach should make sure their team is safe prior to any pre-game or practice activities. Items that should be checked are:

- Player's own equipment is in good working order
- Only approved bats are used
- Emergency information for each player is with the coach at all times
- Every team should have its First Aid Kit including ice packs
- Walk the field to look for any safety issues glass, holes, rocks, etc.
- Make sure the mound is usable. Is the hole in front of the pitching rubber too deep?
- Bases are properly installed and allow for release
- Players who are catching for the pitcher during warm-ups need to wear a mask
- No player is swinging a bat unless they are in the batter's box

# **First Aid Kits**

Every team is given a First Aid Kit in their equipment bag at the beginning of the season along with extra ice packs. As the season progresses, the kit may need to be replaced or refreshed. Please let us know if you need anything. First Aid Kits are also kept in the score booth at Reidy Field

# Umpires

Before each game, umpires should make sure they do the following:

- Get game balls from the home team
- Inspect the field for safety (wet areas, holes, dangerous objects, etc)
- Remind coaches to make sure their players are wearing the appropriate safety equipment:
  - Catchers: cups, helmet, mask with throat guard, chest protector, leg guards and proper catcher's mitt
  - Check to make sure all bats are regulation
  - Batter's helmets should not be damaged and should be worn by not only the batter, but any baserunner and any player base coaches
  - No on deck batters. Period.
  - No bat weights or donuts
  - No metal spikes and all shoes should be tied
  - If there is a chance of thunderstorms, be prepared to clear the field when you first hear thunder or see lightning...whichever comes first. Players must stay off the field for 30 minutes and reset that count down if you hear or see more.
- Ground Rules: Include discussion regarding moveable bases, where following runners should go to avoid liability to be put out, define "dead ball" territory.
- Substitutions: As Coaches to handle on their own and if any disputes that coaches can't agree on, umpires may need to assist in resolving.
- Coach/Umpire Communication: When there is an issue, the coach needs to call a time out. Manager should approach the umpire calmly and engage in a short conversation. Do NOT engage with the umpire unless time is called. Without a timeout called, the ball is live and runners can move. Please refer to WYBS' Zero Tolerance Policy concerning umpires that is on our website.
- Taunting is not permitted. Emphasize good sportsmanship
- No throwing bats or helmets. 1<sup>st</sup> offense: Team Warning. 2<sup>nd</sup> offense: Player may be ejected
- Remember to wish each team good luck and remind them to keep a proper pace of play.

# **Thunder & Lightning**

Basic Tips:

- No place outside is safe when thunderstorms are in the area
- If you hear thunder, lightning is close enough to strike you
- When you hear thunder, immediately move to safe shelter
- Safe shelter is a substantial building or inside an enclosed, metal topped vehicle
- Stay in the safe shelter at least 30 minutes after you hear the last clap of thunder
- WYBS does not consider the Reidy dugouts or the overhang outside Bates school a safe shelter.
- Never lie flat on the ground or use a tree for shelter
- Do not use the upright storage boxes as a safe shelter

If someone is struck: Call 911, monitor victim and start CPR if necessary

## **WYBS Injury Report**

The WYBS injury report form is located on the homepage (wellesleyybs.org) under "About Us" / "Forms" An injury report must be filled out when:

- An injured player requires on field medical attention. Even if it is an ice pack
- An injury requires a call to emergency services or a parent removes take their child to the hospital or doctor
- A player escapes serious injury, but the situation uncovers a safety hazard on the field that needs to be addressed
- You might be unsure whether or not you need to fill out a form. Just do it. Better safe than sorry.

If a player is injured during practice or a game, it is the responsibility of the head coach of that player's team at that event to notify the league of the nature and severity of the injury. Please fill out all the information and submit to the WYBS Safety Commissioner. All injuries should be reported with 24 hours of the incident.

# **Basic Safety Rules**

- Volunteer Application Forms (CORI) are mandatory for every adult who coaches, assists or is a parent helper. They must be filled out each calendar year and can be found on our website.
- Little League now requires Abuse Awareness Training for all coaches. There is a link to this 45 minute course on our website. All certificates of completion should be emailed to WYBS at wellesleyybs@gmail.com
- Always have a working cell phone with your team
- Never allow spectators in the dugout. It is for players and coaches only.
- Please use caution chasing foul balls near busy streets
- All batters and base runners must wear a helmet
- Sliding headfirst is not allowed except when diving back onto a base
- It is the umpire's decision to call a game for bad weather or if a game is running too long. There is no room for discussion.
- Double-Barrel batting practice is NOT allowed
- All bats must have "USA BAT" imprinted on them

## **WYBS Pitching Rules**

Players are subject to following the pitching rules set forth by Little League Int. and slightly modified by WYBS. (Note: LL allows for 85 pitching max and WYBS allows 75)

- Players who are 11 & 12 years old: 75 pitches per day limit
- Players who are 10 years old: 40 pitches per day limit

Pitchers are allowed to complete the batter they are working against but please note that these additional pitches do count against rest rules.

The rule reads: If a pitcher reaches their maximum limit imposed by this rule while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs: (a) that batter reaches base; (b) that batter is put out. NOTE: A pitcher who delivers 41 or more pitches in a game, cannot play the position of catcher for the remainder of that day.

#### Rest Rules:

- If a player pitches 66 or more pitches in a day, four (4) calendar days of rest is required
- If a player pitches 51-65 pitches in a day, three (3) calendar days of rest is required
- If a player pitches 36-50 pitches in a day, two (2) calendar days of rest is required
- If a player pitches 21-35 pitches in a day, one (1) calendar day of rest is required
- If a player pitches 1-20 pitches in a day, no days of rest are required

#### Pitching Rules Cont.

A pitcher who delivered 41 or more pitches in a game, cannot play the catcher position for the remainder of that day and that is Little League rule.

If a catcher has caught four (4) innings, he/she is not eligible to move to the pitcher position. A single pitch caught in an inning, counts as a full inning caught.

Pitch counts must be kept and the home team coach should check with the opposing coach between innings to make sure the pitch counts are the same.

Pitching weeks start on Sunday.

Curveballs are NOT allowed. Umpires will no longer be in charge of enforcing this rule.

Strike Zone: We want our players to swing the bat. Walk-a-thons are boring for everyone involved, they don't teach the kids anything about baseball and are quite easy to achieve if batters are not strongly encouraged to swing the bat. We have instructed our umpires to call the close pitches, a strike.

## **Pitching Rules – Senior League**

- Any player on a Senior League team may pitch. Exception: Any player, who has played the position of catcher in four (4) or more innings in a game, is not eligible to pitch on that calendar day.
- A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game.
- The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position:
  - League Age: 16-18 (Big League) 105 pitches per day
  - League Age 14-16 (Senior League) 95 pitches per day
  - Exception: If a pitcher reaches the limit imposed above for his/her league age while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs:
  - That batter reaches base
  - That batter is put out
  - $\circ$   $\;$  The third out is made to complete the half-inning
  - NOTE: A pitcher who has delivered 41 or more pitches in a game, cannot play the position of catcher for the remainder of the day.
- Pitchers who are LL league age 13+, must adhere to the following rest requirements
  - $\circ$  If a player pitches 76 or more pitches in a day: four (4) calendar days rest is required
  - $\circ~$  If a player pitches 61-75 pitches in a day: three (3) calendar days rest is required
  - $\circ$  If a player pitches 46-60 pitches in a day, two (2) calendar days of rest must be observed.
  - $\circ~$  If a player pitches 31-45 pitches in a day, one (1) calendar day of rest must be observed.
  - $\circ$  If a player pitches 1-30 pitches in a day, zero (0) calendar days of rest must be observed.

#### Senior League Pitching Rules Cont.

- A player may be used as a pitcher in up to two games in a day (Exception: Senior League If the player has pitched more than 31 or more pitches in that first game, that player may not pitch in the second game).
- In a game suspended by darkness, weather, or other causes, and resumed the following calendar day, the pitcher of record at the time the game was halted may continue to the extent of his/her eligibility, provided he/she delivered 60 or less pitches, and subject to each of these condition:
  - If the pitcher delivered 30 or less pitches before the game was suspended, that pitchers pitch count will begin at zero for the continuation of the game.
  - If the pitcher delivered between 31-60 pitches before the game was suspended, that pitcher's pitch count will begin with the number of pitches delivered in that game
  - In a game (Game A) suspended by darkness, weather, or other causes and resumed more that one calendar day later, the provisions of (7) above shall apply, unless the pitcher of record pitched in another game or games after Game A was halted. In that event, eligibility to pitch in the continuation portion of Game A shall be determined by the number or pitches delivered in the game or games after Game A was halted.

## **WYBS Abuse Awareness Policies**

Wellesley Youth Baseball and Softball ("WYBS" or the "League") has zero tolerance for any type of abuse against a minor, including, but not limited to, sexual abuse, physical abuse, mental, and emotional abuse (as well as any type of bullying, hazing, or harassment).

WYBS adopts the following policy ("Policy") regarding Abuse Awareness, Prevention and Reporting Policy in compliance with the Protecting Young Victims from Sexual Abuse and SafeSport Authorization Act of 2017 ("SafeSport Act"). In compliance with the SafeSport Act, it is the Policy of the WYBS that:

All Adult Members of the League (defined to include managers, coaches, assistant coaches, Board members and other adults who are authorized by the League to provide regular service to the league and have regular contact with players) are covered by this Policy.

Under the SafeSport Act, Adult Members are now mandated reporters and could face criminal charges if they do not report, as set forth in this Policy, any witnessed act or suspected act of child abuse ("the physical or mental injury, sexual abuse or exploitation, or negligent treatment of a child") within 24 hours of witnessing such occurrence.

The league will provide training to all Adult Members in order to understand the definitions of the above behaviors, and their reporting obligations, as well as league policies regarding appropriate and prohibited one-on-one interactions.

Continued next page

Training can be found at the following link:

https://www.littleleague.org/university/articles/abuse-awareness-training-course/

### **REPORTING OBLIGATIONS & PROCEDURE**

Any Adult Member of the League who learns of facts that give reason to suspect that a child has suffered an incident of child abuse shall make and submit a report to the Department of Children & Families.

DCF Arlington Area Office, 30 Mystic Street, Arlington, MA 02474 | 781-641-8500 Monday - Friday: 8:45 am-5:00 pm Nights, weekends, and holidays dial the Child-at-Risk Hotline at (800) 792-5200. If a child is in immediate danger, call 911.

More information on how to report can be found here: https://www.mass.gov/how-to/report-child-abuseor-neglect

In addition to reporting to DCF, you are also expected to report any such incident to the League President or Safety Officer such that appropriate action may be taken by the League; provided that if such individual is a suspected wrongdoer, the report shall not be submitted to the alleged wrongdoer.

### RETALIATION

Any retaliation taken by any Adult Member against any individual who files a good faith report under this Policy is prohibited and may result in the immediate termination of such Adult Member from the League, which action shall not limit the rights of any other person.

### ONE ON ONE INTERACTIONS WITH MINORS

Adult members should not allow themselves to be alone with a minor (who is not their own child) and should always position themselves in an area where they can be observed and interrupted by others, except in emergency situations. Adult members should adhere to the best practices available in Little League International's Child Protection Program (See link below) regarding permitted and prohibited one-one interactions.

https://www.littleleague.org/downloads/ll-child-protection-program/

This Policy does not replace, alter or amend any other reporting or other policies of the League including, without limitation, the League's Code of Conduct, Zero Tolerance Policy, or any registration requirements or the performing of background checks. ALL BASEBALL COACHES WILL BE REQUIRED TO TAKE THE ABUSE AWARENESS COURSE OFFERED BY LITTLE LEAGUE (Link at top of page) & SOFTBALL COACHES MUST TAKE THE SAFESPORT COURSE. (Link: <u>https://uscenterforsafesport.org/training-and-education/safesport-courses-for-all/</u>)

# **Concussion Awareness**

As a youth sports organization, we are aware that one of our biggest concerns is the safety of our participants. To that end, we have two related issues that we would like to address:

**CONCUSSIONS:** The medical field has made strides over the past years to better understand the causes, recognition and effects of concussions. We feel it is important to take that information and make sure everyone in our organization is aware of the different aspects of concussion issues. From prevention to recognition to immediate long-term treatment. There are 3 articles attached that hopefully assist both parents and coaches in understanding how they can help prevent concussions, what to do if they think one has occurred, and then what the steps area after a concussion is diagnosed. Please understand this information is not meant to replace a diagnosis or treatment plan by a qualified medical professional. It is to give those of us not professionally trained, enough information to recognize when to be concerned. Please take a few minutes to review the documents. It is well worth the time invested.

**PITCHER SAFETY:** Occasionally, a pitcher is struck by a batted ball. While Little League Int. (LLI) hasn't made any recommendations or taken any official positions on head gear for pitchers, WYBS has decided that we would inform parents and coaches of the availability of protective devices for pitchers. As with LLI, we have no formal recommendation or mandate to use such devices, nor recommendations for the best choice if using protection. We will allow pitchers to wear head protection at any age level if they choose. The availability of protective head gear for pitchers is not great, but if you search online, there are a few options.

**Concussion Info:** <u>https://www.cdc.gov/heads-up/training/youth-</u> sports.html?CDC\_AAref\_Val=https://www.cdc.gov/headsup/youthsports/training/index.html

# Simple Safety Tips

We all want to keep our children safe and secure and help them live to their full potential. Knowing how to prevent injuries from sports and recreation activities, one of the leading causes of childhood injury, is a step toward this goal.

Taking part in sports and recreation activities is an important part of a healthy, physically active lifestyle for kids. But injuries can, and do, occur. More than half of the 7 million sports and recreation-related injuries that occur each year are sustained by youth between ages 5-24.

Thankfully, there are steps that parents can take to help make sure kids stay safe on the field, the court, or wherever they play or participate in sports and recreation activities.

### **PREVENTION TIPS:**

• Gear Up. When children play active sports, make sure they use protective gear, such as helmets, wrist guards and knee and elbow pads – in addition to any other sports gear appropriate to their activity or player position. Further, during informal recreation activities, children should also always wear helmets when recommended, especially during activities like baseball, football, softball, etc.

- Use The Right Stuff. Be sure that the sports protective gear is maintained correctly and is in good condition for example, without missing or broken buckles, or worn out padding. Poorly fitted gear may be uncomfortable and not provide the proper protection
- **Practice Makes Perfect.** Have children learn and practice the skills relevant to their chosen activity. For example, appropriate tackle techniques for football & soccer. Correct throwing and batting mechanics for softball & baseball. Also, practice the skills at a level appropriate for the child's skill level.
- **Pay Attention To The Weather**. Allowing children to play in extreme heat or cold can be dangerous. Gradually allow them to adjust to the temperatures. Make sure they stay hydrated and are appropriately dressed.
- **Be A Good Role Model.** Communicate positive messages about safety and serve as a role model for safe behavior, including wearing a helmet when on the diamond as a base coach or warming up a pitcher.