

# Upper Ottawa Valley Little League District 8

## UOVLL– Safety Manual



Issued by: UOVLL Safety Coordinator & Committee

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# Little League

## SAFETY POLICY



Little League Canada is committed to maintaining a safe and fun environment for all persons involved. This includes all players, officials, spectators and volunteers.

To achieve this we must and will recognize the health and safety hazards that exist while playing Little League baseball. We will evaluate & reduce the associated risks wherever possible, and play in a manner that strives to eliminate injury to our players and damage to property or equipment.

To meet this commitment, we foster a safety culture that ensures:

- **Involvement** in a safety program that proactively identifies and corrects unsafe conditions and at-risk behaviors;
- Comprehensive **training, education and resources** from regulated sources and qualified persons.
- **Full compliance** with regulatory requirements, contractual obligations, and internal policies and procedures;
- timely and thorough **Incident investigation and reporting**;
- Adhere to our CORE values of Safety, Ethics and Teamwork. These values are a part of every decision that we make and everything we do while we are involved with Little League Canada
- All Regions & Districts shall have a safety officer as part of their board membership. It is encouraged that all Leagues have a Safety officer appointed.
  - Leagues shall follow the Safety Manual of the governing District.

National Safety Officer shall work with the Regional & District Safety Officers to review injury trends and legislation regarding sports & safety of minors in sport minimum annually.

*We can succeed only if Directors, Managers, Coaches, Volunteers and Players consider themselves responsible for safety and are held accountable for the results of their efforts. Our GOAL is to ensure that we foster an environment that is safe and fun for our children and all involved.*

### **PURPOSE**

The purpose of this Safety Manual is to create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of District 8 – Upper Ottawa Valley Little League.

### **COMMITMENT TO SAFETY**

Before the start of a new Little League season, each manager and coach will be directed to this Safety Manual which contains important safety and first aid information with which all volunteers should be familiar. All

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managers and coaches will be provided with a copy of the Upper Ottawa Valley Little League SAFETY CODE that they must fill out and return to the Safety Officer.

### League Director Contact List

name	position	phone	email
Amanda Williamson	President	613-298-9601	President@uovll.ca
Connor Godin	Safety	613-717-2552	safety@uovll.ca
Logan Maves	VP	613-504-2574	Registrar@uovll.ca
Teri Mackie	Treasurer	613-633-9651	Treasurer@uovll.ca
Melissa Robinson	Media manager	613-899-8599	Media@uovll.ca
Alex George	Registrar/player agent	902-414-6454	Registrar@uovll.ca
Michelle Lauzon	Secretary/Sponsors	613-602-0174	Secretary@uovll.ca
Kevin Chiasson	Umpire in Chief	613-639-9757	Umpires@uovll.ca

### LITTLE LEAGUE SAFETY MANUAL REQUIREMENTS

- Requirement 1** Have an active Safety Officer on file with your District / League.
- Requirement 2** *Distribute* a copy of a league specific safety manual to all applicable managers, coaches & appropriate individuals.
- Requirement 3** Use the Little League official Volunteer Application Form for all applicable managers, coaches and appropriate individuals. (this is done electronically at time of registration)  
**All individuals must have a Police Security Check & Vulnerable Sector Police Check within the past two years and submit this to the league.**
- Requirement 4** Provide and require fundamentals training, with at least one coach or manager from each team attending including any league developed Safety & First Aid Awareness training.
- Requirement 5** Require coaches/umpires to walk fields for hazards before use.
- Requirement 6** Require regular inspection and replacement of equipment.
- Requirement 7** Implement prompt accident reporting and tracking procedures.
- Requirement 8** Require a first-aid kit at *each game* and *practice* for all aged teams.
- Requirement 9** ALWAYS enforce Little League rules including proper equipment.

### SAFETY OFFICER ROLE

A safety officer is an individual who looks after the safety aspects of our Province/ District/ League. They are responsible for health and safety education facilitation of members, ensuring the organization and its participant's safety is a priority.

The safety officer develops and recommends safety measures, monitoring, anticipating & controlling hazardous & unsafe conditions; initiating & maintaining co-operation within an organization on health and safety matters.

Umpires are key members of the safety team in all areas of Little League. Safety Officers & Umpires shall communicate regularly and review potential risks frequently.

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### SAFETY OFFICER RESPONSIBILITIES

- Conduct an annual update and issuance of Safety Plan.
- Ensure that the Safety Manual has been reviewed by the Province/ District/ League & contains all required signatures **annually**.
- Support the safety program by facilitating all mandated safety classes.
- Ensure that all diamonds and fields have been inspected before and during playing season.
- Act immediately to resolve any safety violation once it has been brought to his/her attention.
- Make sure that all first aid kits are fully stocked and kept in the designated areas.
- Keep a log of all injury reports. (Minor & Major. *This information can be collated & reviewed to identify areas where education & change may be required.*)
- Supply the Board of Directors, at season end, with a recap of all safety related incidents, including violence & harassment and any corrective actions taken.
- Follow up on injury reports, if necessary, by getting all pertinent information needed from managers, players and parents so insurance claims may be filled out in the correct and timely fashion.
- Provide a copy of this Safety Manual to the appropriate individuals including coaches and managers.
- Keep the Provincial/ District Safety Officer informed whenever a Major accident or incident occurs – this will help all leagues improve their safety program. (*this information should be reviewed on a Provincial/ National level annually*)
- Provide collated information to Provincial/ District Safety Officer.
- UOVLL – *Injury Tracking Report* (Attachment 1 and also online). These reports can be sent via email or text.

### Emergency Procedures

#### Emergency Phone Numbers

<b>Emergency Number</b>	<b>911</b>
<b>Fire Department</b>	<b>911</b>
<b>Pembroke Police Department</b>	<b>613-732-3332</b>
<b>Petawawa Police Department</b>	<b>613-735-0188</b>
<b>Cobden – Renfrew OPP</b>	<b>613-432-3211</b>
<b>Eganville – Killaloe OPP</b>	<b>613-757-2600</b>

#### First Response to Injuries

In the event of an accident, the manager or coach shall remain calm and tend to the injured person.

*All players should be directed to take a knee and/or return to their respective positions to avoid crowding and to allow for proper care of an injured player.*

#### **Defining Minor & Major Injuries:**

MINOR injury is something that can be treated in the location you are in.

This is very subjective & depends on the person administering first aid.

*It is never wrong to treat an injury as Major if you are uncertain*

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### MINOR injury: Examples of treatment

Use the first aid kit as needed to apply ice packs or support bandages. When treating an injury remember: RICE...

### **Rest, Ice, Compression, Elevation.**

If **blood** is present:

- Wear barrier gloves (latex gloves) whenever possible to protect yourself and the injured person.
- Clean wounds with soap and water or an antiseptic wipe.
- Apply light pressure to stop bleeding. Apply bandages to cover the wound.

If any part of the uniform is soiled with blood, the uniform must be replaced and thoroughly cleaned prior to continued use.

### MAJOR injury: Examples of treatment

If you believe a player has sustained a major injury, you must seek professional medical attention immediately.

- **If appropriate, call 911 or take the person to the nearest hospital if you feel this is safe.**
- Stay with the injured person and provide comfort until medical attention arrives. Keep the person calm and as comfortable as possible.
- Avoid moving the player in any way unless they are in immediate danger.
- NOTE: When calling 911, be prepared to:
  - ✓ Give your name, location and a brief description of the emergency.
  - ✓ Listen carefully to the operator's requests or questions.
  - ✓ Delegate a person(s) to an appropriate location to meet and direct emergency personnel and vehicles to the injured person.

## **Play it Safe**

### Defining terms

To clarify the meaning of these guidelines, we are defining use of the terms essential to an understanding of a basic accident-prevention program in Little League Baseball.

They are as follows:

- ACCIDENT is a sudden, undesirable and unplanned occurrence often resulting in bodily injury, disability and/or property damage.
- ACCIDENT CAUSE is an unsafe condition, situation or act that may result directly in or contribute to the occurrence of an accident.
- CORRECTIVE ACTION is the positive steps or measures taken to eliminate, or at least minimize, an accident cause.
- CASE is used in the general sense, such as: accident case, injury case, claim case or insurance case.
- HAZARD refers to a condition or a situation that could cause an accident.
- INJURY is the physical harm or damage often resulting from an accident.
- INSURANCE CLAIM refers to the right of a parent, as in the case of accident insurance to have eligible medical expenses resulting from an accidental injury connected with a game or scheduled practice paid by the appropriate insurance company.

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- TYPE OF ACCIDENT is a phrase used to describe an unintentional, sudden incident that can be identified so effective countermeasures may be taken.
- Examples are: struck by, tripped, fell, collision with, caught between, etc.
- AN UNSAFE ACT refers to unintentional human failure or lack of skill that can lead to an accident. It is one of the two general accident causes, the other being an unsafe condition.
- AN UNSAFE CONDITION is an abnormal or faulty situation or condition which may cause an accident. Its presence, particularly when an unsafe act is committed, may result in an accident.

#### Communicable Disease Procedures

- Bleeding must be stopped, the wound covered, and the uniform changed if there is blood on it before the athlete may continue
- Routinely use gloves to prevent any exposure when contact with blood or other body fluids is anticipated (provided in first-aid kit)
- Immediately wash hands with soap and water including any other skin surfaces if contaminated with blood
- Clean all blood contaminated surfaces and equipment
- Managers, volunteers with open wounds should refrain from all direct contact until the condition is resolved
- Follow accepted guidelines in the immediate control of bleeding and disposal when handling bloody dressings, mouth guards and other articles containing body fluids
- All players must use their own water bottles

#### Choosing a Medical Care Facility:

If a player needs professional medical attention, the manager or coach will:

- Defer to the emergency personnel that are present and allow them to take over care and transport the injured person to the appropriate facility.
- Consult with the player's parents (if present) for physician or hospital information, and ask if they wish to take their child to the facility of their choice.
- If no parent of the injured player is present, check the player's **medical release form** provided by the League and retained in the manager's binder.
- This MEDICAL RELEASE INFORMATION for every player MUST be with the team at all Little League events.  
This includes- Games, practices, pictures, team parties, etc.

## Providing First Aid – Important Do's and Don'ts

### DO...

- Reassure and aid person who is injured, frightened or lost.
- Provide, or assist in obtaining, medical attention for those who require it.
- Know your limitations. **It's okay to ask for help.**
- Carry your first aid kit to all games and practices.
- Assist those who require medical attention – and when administering aid, Remember to .....

**LOOK** for signs of injury (blood, bruises, deformity of limbs, etc.).

**LISTEN** to the injured person describe what happened and what hurts. Before questioning, you may have to calm an anxious child.

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Gently and carefully **FEEL** the injured area for signs of swelling or grating of broken bones.

Have your players' Medical Information Forms with you at all games, practices and team functions.

Arrange to have a cellular phone available during ALL games and practices.

If the person requires their own medication and they or their guardian can administer it, assist as able.

### **DON'T...**

- Administer any medications unless you are qualified.
- Provide any food or beverage other than water.
- Hesitate in administering aid when needed.
- Be afraid to ask for help if you are not sure of the proper procedures (such as CPR).
- Transport injured individuals except in extreme emergencies.
- NEVER leave an unattended child at a practice or game.
- Hesitate to report any suspected safety hazard to the Safety Officer immediately.

## **Remember!**

# **Safety is Everyone's Responsibility!**

*For the best possible player experience, we ask everyone to step up and help deliver on the goal of providing a fun, safe, and positive environment for our children.*

*Creating this environment requires help and participation from board members, managers, coaches, players, parents, volunteers and spectators.*

## **CODE OF CONDUCT**

### **Code of Conduct for Little League Canada is as follows:**

- **Speed Limit 5 mph** in roadways and parking lots while attending any Little League function. Watch for small children around parked cars.
- **No Alcohol** allowed on or around: fields or common areas during any Little League games, tournaments or practices etc.
- **No SMOKING** or Tobacco products of any kind (including spit tobacco and vaping) allowed in any common areas where Little League Players are present.
- **No DRUG USE** including **Cannabis** allowed in any common areas where Little League Players are present
- **No Playing** in parking lots at any time.
- **No Playing** on and around lawn/maintenance equipment.
- **No Profanity allowed** in any parking lot, field, or common areas where Little League Players are present.
- **No Swinging Bats** or throwing baseballs at any time that is not part of a game or practice.
- **No throwing balls** against dugouts or against backstop.
- **No throwing rocks** and no climbing fences.



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- Only a player on the field and at bat, may swing a bat (Ages 5 - 12). Or the “on Deck” batter (>12yrs of age).
- **Observe all posted signs.** Players and spectators should be alert at all times for Foul Balls and Errant Throws.

#### **No Board Member, Manager, Coach, Player or Spectator shall:**

- At any time lay a hand upon, push, shove, strike or threaten to strike an official.
- Be guilty of initiating personal verbal or physical abuse upon any official for any real or imaginary belief of a wrong decision or judgment.
- Be guilty of an objectionable demonstration of dissent at an official's decision by throwing of gloves, helmets, hats, bats, balls or any other forceful, unsportsmanlike action.
- Be guilty of using unnecessarily rough tactics in the play of a game against the body of an opposing player.
- Be guilty of a physical attack upon any board member, official manager, coach, player or spectator.
- Be guilty of the use of profane, obscene or vulgar language in any manner at any time.
- Appear on the field of play, stands or anywhere on the league complex while in an intoxicated state at any time. Intoxicated will be defined as any alcohol odor or behavior issue.
- Smoke while on the playing field or in any dugout at any time. Smoking will only be permitted in designated areas.
- Speak in a disrespectful manner to any manager, coach, official or representative of the league.
- Be guilty of tampering or manipulation of any league rosters, schedules, draft positions or selections, official score books, rankings, financial records or procedures.
- Challenge an umpire's authority. The umpires shall have the authority and discretion during a game to penalize the offender according to the infraction up to and including removal from the game.

#### **Expectations of Parents (In addition to above):**

- Respect, be considerate of, and support the Managers and Coaches
- Remember that the Coaching staff are all volunteers and are committing a lot of their time!
- Committed to helping the players develop and have fun playing baseball.
- Remember that managers are at differing levels and will be developing their skills at varying degrees.
- Respect the umpires and refrain from negative remarks in response to umpiring decisions.
- Commit to having your kids at the diamonds on time.
- Address concerns through your Parent Rep, Manager, Division Coordinator or Division VP/President.
- Share any safety concerns with coach, i.e. unsafe playing environment/equipment.
- Take responsibility for the care and return of your child's jersey and any league equipment.
- Help your team and /or “our” league by volunteering your time.
- Support and encourage all players as they develop and compete.
- Respect the “fair play” philosophy (fair play = a relatively balanced play time for each player throughout the season).

The Board of Directors will review all infractions of the Little League Code of Conduct. Depending on the seriousness or frequency, the board may assess additional disciplinary action up to and including expulsion from the league. During the game, players must remain in the dugout area in an orderly fashion at all times. After each game, each team must clean up trash in the dugout. All gates to the field must remain closed at all times. After players have entered or left the playing field, gates should be closed and secured.

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### General Safety Code

(In addition to those in current Little League Rule book)

- Have a set plan (amongst Manager & Coaches) for any injuries or emergencies for any games or practices.
- Managers, coaches and umpires should have some awareness of First Aid.
- First Aid kits are available at all game and practice fields at all times and located in every equipment bag provided to every team.
- Do not hold games or practices when weather or field conditions are poor. The District Administrator or delegate, Safety Officer (District or League) or Umpire in Chief/ head Umpire at the field will determine if a field is unplayable with discussion with Coaches.
- Prior to each game or practice, umpires and/or managers will walk the field to inspect for hazards.
- All players, managers, coaches and spectators are to remain alert and watch for batted balls, foul balls or wild throws to avoid injury during games and practices.
- Managers and coaches will check and inspect all equipment regularly for damage and proper fit.
- Do not use damaged equipment; return any damaged equipment to the Equipment Coordinator for immediate repair or replacement.
- Batters must wear approved protective helmets when batting in games or practices.
- Catcher's must wear full gear (a catcher's helmet, mask, throat protector, long model chest protector, shin guards and athletic supporter) during the game and when warming up pitchers between innings, in the bullpen or during practice.
- NEVER throw bats or helmets under ANY circumstance.
- Report all injuries within 48 hours to the Little League Safety Officer.
- ALL ADULTS ARE RESPONSIBLE FOR ENFORCING RULES AT ALL TIMES

### Batting Machine Safety Rules

- A responsible adult/coach is to be the only one operating the batting machine
- A second adult is to supervise players waiting to use the batting machine
- Players/batters are to be instructed to always stay alert when the machine is set to pitch.

### Injury Reporting

#### **What to report:**

Report any incident involving a player, manager, coach, umpire, volunteer or spectator that leads to medical treatment and/or first aid to the Safety Officer. Generally, this is **anything that requires more than band aides**.

*This includes passive treatments such as the evaluation and diagnosis of the extent of the injury or periods of rest.*

#### **When to report:**

Report any such incident to the League Safety Officer within 48 hours of the occurrence. The Safety Officer will forward this information to the Provincial/ District Safety Officer.

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### How to report:

Person reporting the incident must complete the **UOVLL – Injury Tracking Report (Attachment 1)** form and submit it to the Safety Officer. Include the following *minimum* information:

- Name and telephone number of the individual(s) involved, including any injured party and their parent or guardian
- The date, time and location of the incident.
- A detailed description of the incident.
- A preliminary estimation of the extent of any injuries.
- The name and telephone number of the person reporting the incident.

**It is up to the discretion of the parent of the injured player as to when the player will return unless specifically indicated by a physician.**

### **Safety Officer’s responsibilities for Injury Reporting:**

To follow up with the injured party (or their parent/guardian) within 72 hours (from receiving notification of the injury) to:

- Verify the information received.
- Obtain any other information deemed necessary.
- Check on the status of the injured party.
- Advise the injured party (or their parent/guardian) of the League’s insurance coverage and the provisions for submitting any claims in the event the injury required medical treatment (such as an emergency room or doctor’s visit).

If an injury is considered **major** in nature, it is recommended the Safety Officer periodically follow up with the injured party to check on the status of their injury.

Once the individual is participating in the league again, and no other claims are expected, the Safety Officer shall consider the case “closed” and no further follow up is necessary.

## Background Check Procedures

- In keeping with National Little League International requirements, all volunteers must complete a “**Little League Volunteer Application**” form which is completed electronically when registering as a coach.
- A **Vulnerable Sector Police Check** shall be completed by all coaches at minimum every 2 years
- Each volunteer must provide a copy of a government issued ID for ID verification for VSC
- The League or District Safety Officer will collect completed forms.
- Anyone **refusing** to fill out a volunteer application is **ineligible** to be a league volunteer & will not be permitted to be alone with any players at any time.

## Concussion Protocol- Rowan’s Law (Ontario)

On March 7, 2018, the Province of Ontario enacted Rowan’s Law (Concussion Safety) meant to ensure concussion protection for youth athletes across the province. It requires all sport organizations to have a Concussion Code of Conduct (Attachment 6). This Concussion Code of Conduct requires all participants to review and acknowledge the Ontario Government’s issued Concussion Awareness Resources on an annual basis.

Under Rowan’s Law, before any player can be registered with the local association, the player, and the parent or legal guardian of the player if the player is under 18 years of age, must review one of the Concussion Education

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Resources (below) provided by the Province of Ontario and acknowledge it has been reviewed by signing the waiver.

**Coaches, umpires and players who do not provide acknowledgement of Rowan’s Law on an annual basis will not be eligible to participate in Upper Ottawa Valley Little League activities.**

Please read and review the appropriate e-book located on [www.uovll.ca](http://www.uovll.ca)

Ages 10 and under Concussion Awareness Resource

Ages 11-14 Concussion Awareness Resource

Ages 15 and Up Concussion Awareness Resource

If a suspected concussion has been identified, then the injured person or his/her parents/guardians must provide his/her coach and the [UOVLL Safety Officer](#) with the following documents before being allowed to return to play (whether practices or games):

### **No Concussion:**

A completed Concussion Return-to-Play Certification Form (Attachment 7) signed by a medical professional and parent/guardian indicating that no concussion was suffered.

**\*\*\*OR\*\*\***

### **Concussion:**

A completed Concussion Return-to-Play Certification Form (Attachment 7) signed by a medical professional and parent/guardian indicating the injured person has completed a supervised return to play program and is cleared to return to play

## **Weather Conditions**

### **Lightning**

Stop any game or practice at the first sound of thunder and permanently discontinue any game or practice at the first sign of any lightning. Stay away from metal fencing (including dugouts)! Also, avoid trees, poles and other high objects. Do not hold a metal bat. Walk, don't run, to your car and wait for a decision on whether or not to continue the game or practice.

### **Heat**

Anytime the temperature is *above 32 degrees C*, provide plenty of water, shade and rest periods during games and practices. Encourage players to drink small amounts frequently. If you observe any player exhibiting signs of heat related illness (cramps, fatigue, light-headedness, nausea, vomiting or headache), you must remove the player from the field immediately, place in shade and hydrate. If symptoms do not improve immediately, seek prompt medical aid.

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### Drinking Guidelines for Hot Day Activities

**Before:** Drink 8 oz. immediately before exercise

**During:** Drink at least 4 oz. every 20 minutes

**After:** Drink 16 oz. for every pound of weight lost

**Dehydration signs:** Fatigue, flushed skin, light-headed.

**What to do:** Stop exercising, get out of sun, drink

**Severe signs:** Muscle spasms, clumsiness, delirium

### Cold

Games are not played if the temperature is *5 degrees Celsius or less*.

If in doubt re: whether the fields are in playable condition, verify with whomever manages the fields.

At the start of our season the weather can be cold. Make sure players have jackets or sweaters to wear to keep their arms warm when in the dugout and properly warm up prior to taking to the field.

### Rain/Mud

Playing on wet or muddy fields creates an obvious safety hazard for players. The balls become wet and muddy; the pitchers and players cannot control them. Footing is slippery on infields, particularly on the pitching mound and around the bases. Pools of water develop in outfield areas, creating muddy, unstable footing. Further use in this condition causes ruts and holes that are hazardous and place players at much higher risk for injuries. If in doubt re: whether the fields are in playable condition, verify with whomever manages the fields, that they are suitable for play, and if necessary, reschedule the game or practice.

### Air Quality

The screenshot shows the top navigation bar of the Government of Canada website. It includes the Canadian flag, the text 'Government of Canada' and 'Gouvernement du Canada', a search bar with 'Search Canada.ca' and a magnifying glass icon, and a 'Français' link. Below the navigation bar is a 'MENU' dropdown button. The breadcrumb trail reads: Home > Environment and natural resources > Weather, climate and hazards > Air quality > Air Quality Health Index.

### Understanding Air Quality Health Index messages

The **AQHI** uses a scale to show the health risk associated with the air pollution we breathe.

The following table provides the health messages for 'at risk' individuals and the general public for each of the **AQHI** Health Risk Categories.

Health Risk	Air Quality Health Index	Health Messages	
		At Risk Population*	General Population
Low	1 - 3	Enjoy your usual outdoor activities.	Ideal air quality for outdoor activities.
Moderate	4 - 6	Consider <b>reducing</b> or rescheduling strenuous activities outdoors if you are experiencing symptoms.	<b>No need to modify</b> your usual outdoor activities unless you experience symptoms such as coughing and throat irritation.
High	7 - 10	<b>Reduce</b> or reschedule strenuous activities outdoors. Children and the elderly should also take it easy.	<b>Consider reducing</b> or rescheduling strenuous activities outdoors if you experience symptoms such as coughing and throat irritation.
Very High	Above 10	<b>Avoid</b> strenuous activities outdoors. Children and the elderly should also avoid outdoor physical exertion.	<b>Reduce</b> or reschedule strenuous activities outdoors, especially if you experience symptoms such as coughing and throat irritation.

\* People with heart or breathing problems are at greater risk. Follow your doctor's usual advice about exercising and managing your condition.

<https://open.alberta.ca/interact/aqhi-canada>

## Asthma & Respiratory Problems

Seek Emergency Care If A Child Experiences Any Of The Following:

### **Asthma Emergency Signs**

- Child’s wheezing or coughing does not improve after taking medicine (15-20 minutes for most asthma medications)

**Asthma is different for every person.**

If uncertain and a parent or caregiver is not available, Take the youth to the ER or if you are not comfortable with that call 911

**Call 9-1-1 immediately, stay with the child, and Contact the child’s parent/guardian!**

## **Bites and Stings**

- Stings are usually caused by bees and other bugs.
- Bites can come from cats, dogs, spiders, ants or mosquitoes.
- All of these should be evaluated and treated when a player complains of a bite or sting.
- Many individuals are highly sensitive to stings that can cause them to develop breathing difficulties and very rapidly go into shock. This condition can be life threatening if not detected and treated as soon as possible.
- It is important that coaches and managers are aware of any members on their team that have reactions to stings and that the *proper emergency equipment is available at all times*.

### **First Aid**

#### **Stings**

If a player complains of a sting, the manager or coach should look for:

1. Swelling in the area
2. Signs of allergic reactions (if any condition exists, call 9-1-1)

- Nausea
- Severe swelling
- Breathing difficulties, including coughing and wheezing
- Bluish face, lips, fingernails
- Signs of shock
- Unconsciousness

#### **Suggested Treatment**

##### **Bee Stings**

1. Wash the area and apply a Band-Aid to cover the area.
2. For multiple stings, soak area in cool water.
3. Check for allergic reactions (if any condition exists, call 9-1-1).

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## Ant Bites

1. Wash area thoroughly with clean water.
2. Cover the bite with very cold water to avoid swelling.
3. Watch for any signs of an allergic reaction.

## Animal Bites

1. Control any bleeding that may occur.
2. Flush the area with cool clean water.
3. Cover the area with a sterile pad or clean cloth.

***For Administration Official Use Only***

The president/ District Administrator has reviewed & approved this plan

Name: Amanda Williamson      Signature: Feb 13, 2022      Date: *A. Williamson*

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The Safety Officer has reviewed this Plan.

Name: Connor Godin      Signature: Feb 13, 2023      Date: \_\_\_\_\_

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This plan is a living document & should be reviewed annually & updated as required