

# **WEST SIDE LITTLE LEAGUE (WSLL) SAFETY CODE - 2018**

## **GENERAL RULES**

1. All Players age 12 and younger must be accompanied to games, practices, clinics, tryouts and any other WSLL sponsored activities by a parent or other designated adult. This person should stay with the player during the entirety of the activity or arrange for another parent or adult to stay, unless it has been cleared by the coach. Two adults must be at every practice, be it another coach, parent, or responsible caregiver and at least one of them must have a cell phone. No coach is allowed to run a practice without another adult present.
2. Every player must provide his/her coach with a Medical Release Form on the first game or practice of the season. These forms are available on the WSLL website, [www.WestSideBaseball.org](http://www.WestSideBaseball.org) and must be completed by the player's parent or guardian. Coaches must have these forms at every game and practice.
3. WSLL complies with Little League Official Regulations regarding "Little League Volunteer Application" and Background checks and will use a Little League Authorized Site to carry out these mandatory background checks.
4. NO DOGS are allowed on the ball-fields, even if leashed. Leashed dogs must be held by an adult outside the fenced area of the fields and should not be tied to the fence.
5. Coaches and/or umpires must take their teams off the field whenever there is lightning or dangerous wind conditions.
6. Players must not wear watches, rings, pins, jewelry or other metallic items.
7. Metal spikes or cleats are NOT allowed.

## **EQUIPMENT**

1. All batting helmets, catcher's gear, baseballs and softballs are Little League approved.
2. All equipment is checked for defects by WSLL equipment manager and at least one Board Member during the pre-season (January through March) and broken and/or unsafe equipment is safely discarded in opaque black garbage bags so as not to be picked up from garbage and re-used.
3. Coaches are instructed to check equipment before every game and practice and to report broken and/or defective equipment for immediate replacement.
4. ALL male players in the 9's, Middles, Majors, Juniors and Senior Hardball Divisions MUST wear a protective cup and athletic supporter to all games and practices. It is the parents and player's responsibility to adhere to this rule, otherwise player will not be allowed to participate.
5. All male Catchers MUST wear protective cups at games and practices. Protective cups and athletic supporters are provided in the equipment bags and on field equipment boxes for Baseball 7's & 8's and are to be worn by the catcher on top of his uniform.
6. A face mask is provided in every equipment bag for use by coaches and volunteer umpires.
7. Metal spikes or cleats are NOT allowed.

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## **Batters**

1. Batters must wear Little League approved NOCSAE protective helmets during batting practices and games. Batting/catcher's helmets shall not be painted unless approved by the manufacturer.
2. Batters in Hardball 9's can wear batting helmets with attached face masks which may be exchanged for plain batting helmets AFTER they reach 1<sup>st</sup> base.
3. Little League regulations prohibit on-deck batters. NO ON-DECK CIRCLE for players ages 12 and younger.
4. Players are not to handle a bat, even while in the dugout, until it is his/her time at bat.
5. New for 2018—All bats are in compliance with new Little League rules regarding bats and the list of approved bats and significance of the USA BAT designation. Rule 1.10 – Baseball :The bat must be a baseball bat which meets the USA Baseball Bat standard (USABat) as adopted by Little League.
6. New for 2018-- The West Side Little League website—and an e-mail blast sent to all registered families directs parents to a link providing information and lists of Little League approved bats.

## **Catchers**

1. All Catchers must wear a catcher's helmet (with face mask and throat guard), long model chest- protector, shin guards and protective cup with athletic supporter in games and practices.
2. All Catchers must wear a catcher's helmet (with face mask and throat guard) whenever they warm up pitchers –before games, between innings, in the bullpen and at any and all practices.
3. All Male Catchers must wear protective cups and athletic supporters either on top of the uniform or underneath it.
4. Managers and Coaches are NOT to warm up pitchers. Catchers should warm up Pitchers.

## **Balls**

1. The WSLL uses Reduced impact or Safe/Soft balls for T-Ball 5's & 6's, Hardball 7's, 8's and 9's, Challengers and for Softball Minors and for all indoor clinics and practices.

## **Bases and Base runners**

1. Head-first slides are not permitted, except when a runner is returning to a base.
2. Anchored bases are not allowed on ANY WSLL field.
3. Breakaway bases are installed on the Majors field at 103<sup>rd</sup> & Riverside North.
4. Base runners are not to remove their helmets at any time while on the field.
5. Players serving as 1<sup>st</sup> or 3<sup>rd</sup> base coaches must wear batting helmets.

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## **Field Safety**

1. All managers, coaches, umpires and parents designated by the coach are REQUIRED to walk the fields before games to pick up stones, pieces of glass and other obstacles and to identify and fix or fill any hazardous areas they find such as holes or ruts.
2. Garbage cans MUST be removed from the field of play before any player enters the field.
3. Bicycles are NOT to be chained to the inside of fences that define the field of play.
4. Spectators are NOT allowed on the playing field. No one is allowed to sit or stand on the field of play, including the dugouts which are to be occupied only by players and coaches. Siblings are NOT allowed in the dugouts.  
Field prep supplies are to be removed from the field before game start and put in a safe area away from players and spectators (preferably back in the storage room).
5. Protective fence coverings are in place on the 72<sup>nd</sup> and 103<sup>rd</sup> & Riverside North field. Please report any problem with these coverings to a Coach or League official.
6. WARNING – At 72<sup>nd</sup> & Riverside – Before, during and after every 8's and 9's game and practices a parent or other adult MUST be assigned as a Crossing Guard between the field and the painted rocks just south of the field. Children (particularly younger siblings of players) are in danger of being struck by bicycles when crossing this bike- path .
7. During games and practices, all persons not directly involved in the game or practice (batter, base runners, players in the field, umpires, coaches) should remain at least three (3) feet behind an imaginary line that extends from the end of the backstop and runs parallel to the foul line.
8. Only players, coaches, and umpires are permitted on the playing field during play and practice sessions.
9. Plaster casts or those made of other hard substances may not be worn during games or practices

## **First Aid and Training**

1. All coaches, managers, division heads, volunteer umpires and WSLL Board members will attend a yearly First Aid Lecture.
2. An approved First Aid Kit is provided in each equipment bag along with two extra ice packs, and in On-Field Storage Boxes
3. Division Heads for teams that play in Central Park, Morningside Park and DeWitt Clinton fields will be given extra ice packs to distribute to coaches and teams as needed.
4. Every game and practice will have a Coach or Umpire present who has passed the CDC approved On-Line Concussion course. Parents are encouraged to take this course as well. On-Line and Paper registration includes a question about past history of concussions and Division Heads and Coaches are informed of players on their teams who have suffered a concussion in the past.
5. Coaches are instructed to bring copies of the Concussion Protocol to every game and practice including the Fact Sheet for Parents.
6. As of 2017 – Every game and practice will have a portable defibrillator (AED) and a Coach or Umpire present who has been certified in CPR training and AED usage at a Red-Cross Approved Training Class. This certification will be renewed every two years.

## **WSLL Concussion Policy**

Every coach or everyone hoping to coach must successfully complete the Center for Disease Control and Prevention's ("CDC") short online course on concussions, which can be accessed at [www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports), and provide proof of course completion to their Division Heads before the team's first practice.

WSLL will follow the protocols established by the NY State Department of Health, which requires that a coach who suspects that an athlete has a concussion or exhibits signs or symptoms of a concussion must:

1. Immediately remove the athlete from play;
2. Notify the athlete's parent or guardian about the known or possible concussion as soon as possible;
3. Not judge the seriousness of the injury, but rather ensure that the athlete is evaluated by a health-care professional; and
4. Only permit the athlete to return to play once the athlete is symptom-free for at least 24 hours and evaluated and cleared by a licensed physician.

In addition to completion of the CDC's online course, before the start of each season, coaches are required to review and bring to every practice and game copies of: (i) "Fact Sheets for Coaches and Sports Officials," downloadable at [www.health.ny.gov/publications/3279.pdf](http://www.health.ny.gov/publications/3279.pdf) and (ii) "Coach's Clipboard," downloadable at [www.health.ny.gov/publications/3277.pdf](http://www.health.ny.gov/publications/3277.pdf). Coaches are also encouraged to distribute to parent or caregiver of an athlete who exhibits signs and symptoms of a concussion a copy of "Fact Sheet for Parents and Caregivers," which can be downloaded at [www.health.ny.gov/publications/3278.pdf](http://www.health.ny.gov/publications/3278.pdf). Copies of these documents can also be obtained from the WSLL website or from the coaches' Division Heads.

Parents are highly recommended to take the CDC's online course and to download the "Fact Sheet for Parents and Caregivers."

## **WEST SIDE LITTLE LEAGUE - EMERGENCY PHONE NUMBERS**

CALL **911** FOR MEDICAL EMERGENCIES & CRIMINAL ACTS

### **FOR PERMIT ENFORCEMENT & LESSER ISSUES in Riverside Park Only**

#### **CALL RIVERSIDE PARK PEP PATROL #'s**

- a. PEP Central Communications 646-613-1200 (try them first—then)
- b. Maintenance and Operations Office 212-496-2006

### **POLICE PRECINCT TELEPHONE #'s organized by Ballfields**

1. MORNINGSIDE PARK
  - a. New York City Police Department – NYPD 26th Precinct  
520 W 126th St · (212) 678-1311
  
  - b. New York City Police Department – NYPD 28th Precinct  
2271-89 Frederick Douglass Blvd · (212) 678-161
  
2. 103<sup>rd</sup> & Riverside Fields
  - a. New York City Police Department – NYPD 24th Precinct  
151 W 100th St · (212) 678-1811
  
3. 77<sup>th</sup> & 72<sup>nd</sup> & Riverside Fields
  - a. New York City Police Department 20th Precinct  
120 W 82nd St, New York, NY 10024  
(212) 580-6411
  
4. Central Park North Meadow
  - a. New York City Police Department  
3.7 (9) · Civil Police  
86th and Transverse Rd  
(212) 570-4820
  
  - b. New York City Police Department 24 Precinct  
.03 (25) · Police Department  
151 W 100th St  
(212) 678-1811
  
5. DeWitt Clinton Fields (Fall Ball Only)  
New York City Police Department  
306 W 54th St, New York, NY 10019  
(212) 767-8400