

# **Newport Mesa Girls Softball**

## **Safety Plan**



**2016 Edition**



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## ORGANIZATION

### *MISSION STATEMENT*

The Newport-Mesa Girls Softball league (“NMGS”) is a non-profit volunteer children sports organization that is dedicated to teaching softball fundamentals and life skills through good sportsmanship, positive coaching and building self-confidence. It is our goal to not only teach the basics of softball but most importantly how to play the sport in a fun, healthy and safe environment. We hope that all of the players involved will enjoy their experience and will continue to participate for many years to come.



*KEY OFFICIALS / SAFETY OFFICERS*

For the 2015-2016 Season, our Safety Officer is:

**PHIL ROJAS**

714-856-1912

[philrojas@sbcglobal.net](mailto:philrojas@sbcglobal.net)

Your Team Safety Representative is:

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

NOTES:

General guidelines for Managers, Coaches, Parents and Players, to help provide a safe playing environment for our children.

### ***GENERAL SAFETY***

- Call 911 immediately for any serious injuries and refer to the Emergency Plan in this guide.
- It is recommended that a manager or coach have a mobile phone at every practice and game.
- Do not leave the injured person unattended.
- Always have players warm up prior to practices and games.
- Provide water breaks and encourage players to drink appropriate fluids before, during and after playing.
- Throwing areas should be organized in outfields and away from spectators and other teams.
- Maintain a well-stocked first-aid kit. A first aid kit is required at all practices and games.
- All accidents/incidents where first aid is required must be reported to the NMGS Safety Officer within 24 hours.
- Blows to the head should be monitored carefully for possible concussions.
- If a child receives a head injury, the manager or coach should observe for signs of nausea and/or disorientation.
- Medical release and medical information forms for each player will be with the head coach at all practices and games. If the head coach is not in attendance an assistant coach must have the forms at the field.
- During practice and games, all players should be alert and watching the batter on each pitch.
- Do not allow players to swing bats in the vicinity of other players or spectators.
- During warm-up drills players should be spaced so that no one is endangered by wild throws or missed catches.
- At no time should “horse play” be permitted on the playing field.
- Players should not wear watches, rings, pins or other metallic items.

## ***BACKGROUND CHECKS***

NMGS requires all of its coaches to become “ACE” certified (Achieve, Certify, Educate).

ASA/USA Softball has retained the services of Protect Youth Sports, through its VERITY - Screening Solutions platform, to provide timely background check screenings through its online membership system. Background checks conducted by ASA/USA Softball are for the sole purpose of determining eligibility for ASA/USA Softball sanctioned events and are not used for employment screening. Other local organizing bodies may conduct their own background screening and interviews to determine member eligibility in their programs.

ASA annually conducts more than 70,000 criminal background checks of its participants. Members who are background checked include coaches, umpires, scorekeepers, staff and other volunteers.

**All coaches who wish to certify through the ACE Coaching Certification program must pass the ASA’s background check in order to take the certification exam.**

ASA/USA Softball is the sanctioning body of NMGS.



## TRAINING

### *REQUIRED TRAINING FOR COACHES*

#### **HEADS UP to Youth Sports:** Online Training

Contrary to popular belief, you don't have to lose consciousness to have sustained a concussion. Ninety percent of concussions involve no loss of consciousness or only a brief disruption of mental alertness. You don't even have to hit your head — a whiplash injury can cause one. The Institute of Medicine and the National Research Council of the National Academy of Sciences reported, among girls, soccer is associated with the highest risk — 6.7 concussions per 10,000 athletic exposures, according to the academy study. Although many focus on the hazards of heading the ball a new study of soccer players found that contact with another player was by far the most frequent cause of concussions among female and male players.



With there being risks associated in softball, such as a ball to the head, or a collision with another player, NMGS now requires our coaches to become educated on the signs and symptoms of concussions.

This course helps coaches to:

- Understand a concussion and the potential consequences of this injury,
- Recognize concussion signs and symptoms and how to respond,
- Learn about steps for returning to activity (play and school) after a concussion, and
- Focus on prevention and preparedness to help keep athletes safe season-to-season.

*REQUIRED TRAINING FOR COACHES (CONTINUED)***CPR / First Aid**

It is required that all Head Coaches, be certified in CPR and First Aid. NMGS will also pay to have one other parent-volunteer from the team (Assistant Coach, Safety Representative, Team Parent) to be certified as well. This way, we can ensure that in the event of an injury or life-threatening emergency, we are prepared to respond.



## *PROPER WARM-UPS*

### **Take a Run**

Before a player can do anything, their legs need to be loose and warmed up. Have a jog to get their blood pumping — at least 200 meters (equivalent to half of a lap around a track) to break a sweat.

### **Stretch It Out**

After the jog, you need to stretch. An optimal stretching routine is calisthenics — dynamic stretching done in rhythm. What that means is that the players stretch as they move.

Take the quadriceps stretch, for example. Rather than standing on one leg and holding the opposite heel in order to stretch the quads, step forward and do lunges for about 20 yards. After each lunge forward, bring your back leg forward and stretch up towards the sky on your toes to stretch your calves. Alternating on each lunge, you should also be twisting your torso from the left to the right. This type of stretching is best, especially for the lower body, because it gets more muscle groups primed for competition.

Static stretching can be done at the end of the dynamic warm-up as a means for every player to stretch the individual muscles that need extra attention.

## *PROPER WARM-UPS (CONTINUED)*

### **Start Swinging**

Coaches, perhaps the most important skill to warm up is hitting. However, the warm-up should focus on quality, not quantity. One of the best ways to have the most efficient hitting warm-up is to create a hitting circuit. Below are a few ideas of what to include in your circuit:

- A bunting station: No need for a coach here. Simply drop down a bucket of balls and a plate. Have two players partner up; one bunts while the other pitches.
- Tee work: Set up a hitting net, a tee, and a bucket of balls, and let each player practice their swing and the pitches she needs to work on (outside, inside, high, low). This is another station where players can feed each other balls.
- Soft toss: Finally, incorporate timing into the swing motion. With coaches or players throwing whiffle balls or softballs, there should only be two or three batters at once. The rest of the team should be in the open field shagging balls.

The key to a good warm-up is to be efficient and practical.

### *Hot Tip: Pitchers & Catchers Hit First*

The catchers — both starters and substitutes — need to be the first players to hit, because they need to be ready to warm up the pitchers without sacrificing their own warm-ups.

## *PROPER WARM-UPS (CONTINUED)*

### **Start Throwing**

As everyone is finishing up their rounds of hitting, the team should start warming up their arms. First, have the team complete the one-knee drills for their wrist snaps and release points. Then, have them stand up and start throwing. They need to remember that this isn't a race. They should be saving their energy for the game, not firing throws to their partner. To ensure that their arms are adequately warmed up, have them move further and further apart to really stretch their arms out.

The outfielders should warm up together and progress even further away from each other than the infielders. Eventually, they should be throwing long toss from the fence to the foul line. However, make sure they do not over-throw. When at the fence, their throws should have an arc — they are warming up their arms, not trying to throw out a runner at the plate.

### **Take Some Grounders**

The next focus of attention is the defensive warm-up, namely, infield and outfield. Because the positions are so different, it's best to split up the team into infield and outfield groups to get the most focused workout.

### **Infield**

If you cannot have a full team warm-up, split the infield into two groups: Corners and middle infield. The pitcher should be with the corners and the catcher can catch the incoming throws for the coach. This drill can usually be done anywhere on the dirt.

## *PROPER WARM-UPS (CONTINUED)*

Line up the two groups so the corners are closer than the middles. Then, hit grounders (two at a time) to each person, switching from a corner to a middle infield.

### **Outfield**

The coach should alternate between hitting grounders and pop-ups. To end the drill, hit each player a pop-up, and have them throw it all the way in (past the cut-off), and then follow the throw. Then, toss them a ball to dive for (Use this with more advanced players to avoid injury).

### **Are You Fired Up?**

During warm-ups, the team should be vocal. At the end of the warm-up, when every player is taking her last grounder, the rest of the team needs to be even louder to get each other fired up to play. Have the outfielders and infielders huddle up to go over their specific game plans before coming together as a team. Make sure everyone keeps their legs warm, as well. The quality of your warm-up will dictate your performance on the field.

Once the first pitch is thrown, the best prepared team will undoubtedly make a statement.

Read more at: <http://softball.isport.com/softball-guides/how-to-warm-up-a-softball-team>

## FACILITIES & EQUIPMENT

### *FIELD INSPECTIONS*

Home Coaches will be required to walk/ inspect the fields prior to practices and Games. Umpires will also be required to walk the fields for hazards before each game.

### *CONCESSIONS / SNACK BAR*

All concessions food is handled and stored, and equipment is cleaned, inspected and maintained in adherence of the CA Department of Health. More information can be found at the snack bar.

## PLAYER EQUIPMENT

### RIF Softballs

NMGS uses this NOCSAE Level 1 approved RIF softball at the 10U and under divisions. RIF (Reduced Injury Factor) training balls are designed to reduce the severity of ball impact injuries.

6U & 8U – 10”

10U – 11”



## PLAYER EQUIPMENT (CONTINUED)

### Pitcher Masks

NMGS require pitchers at all levels to wear pitching masks. Failure to wear a protective mask while pitching will result in removal from the game until proper equipment is attained.

### Fielder Masks

NMGS does not require fielders to wear protective masks; however, we strongly recommend that players at first base and third base use protective masks, as they regularly find themselves playing closest to the batter and having the least amount of reaction time to the batted ball.



# SITE EMERGENCY ACTION PLAN

## Overview

Emergency situations may arise anytime during athletic events. Expedient action must be taken in order to provide the best possible care to the sport participant in emergency and/or life threatening conditions. The development and implementation of an emergency plan will help ensure that the best care will be provided.

The development of an emergency action plan cannot be complete without the formation of an emergency team. The emergency team may consist of a number of trained volunteers including coaches, safety representatives, assistant coaches, team parents and players. Roles of these individuals within the emergency team may vary depending on various factors such as the number of members of the team, or the preference of the Head Coach. There are three basic roles within the emergency team.

- 1.** The first and most important role is immediate care of the athlete. Acute care (immediate care) should be provided by the most qualified individual on the scene.
- 2.** Calling for Emergency Medical Services (EMS) may be necessary in situations where emergency transportation is not already present at the sporting event. This should be done as soon as the situation is deemed an emergency or a life-threatening event. Time is the most critical factor under emergency conditions. Placing a phone call to the EMS may be done by anyone on the team. However, the person chosen for this duty should be someone who is calm under pressure and who communicates well over the telephone. This person should also be familiar with the location and address of the sporting event/venue.

**3.** Directing EMS to the scene is the third role. One member of the team should be responsible for meeting emergency medical personnel as they arrive at the site of the emergency. Depending on the ease of access, this person should have keys to any locked gates or doors that may slow the arrival of the medical personnel. A coach, team parent or board member may be appropriate for this role.

### **Emergency Communication**

Call 9-1-1

#### *Providing Information*

- Name, address, telephone number of caller
- Nature of emergency, whether medical or non-medical
- Number of athletes injured
- Condition of athletes (breathing, not breathing, pulse, no pulse, bleeding, conscious, unconscious)
- First Aid treatment initiated by first responder (blood control, rescue breathing, CPR, etc.)
- Other information requested by dispatcher

Communication is the key to quick emergency response. Coaches, parents and emergency medical personnel must work together to provide the best emergency response capability and should have contact information such as telephone tree established as part of pre-planning for emergency situations. The communications system should be checked prior to each practice or competition to ensure proper working order. A back-up communication plan should be in effect should there be failure of the primary communication system. The most common method of communication is a public telephone. However, a cellular phone is preferred if available.

## Venue Directions with Map – Bonita Creek Park

We are located at the intersection of University Drive and La Vida, between Jamboree Road and the 73-toll road.



Access to either field is best through the parking lot at the end of La Salle. Take La Vida to La Salle and make a left.

Other Key Phone Numbers:

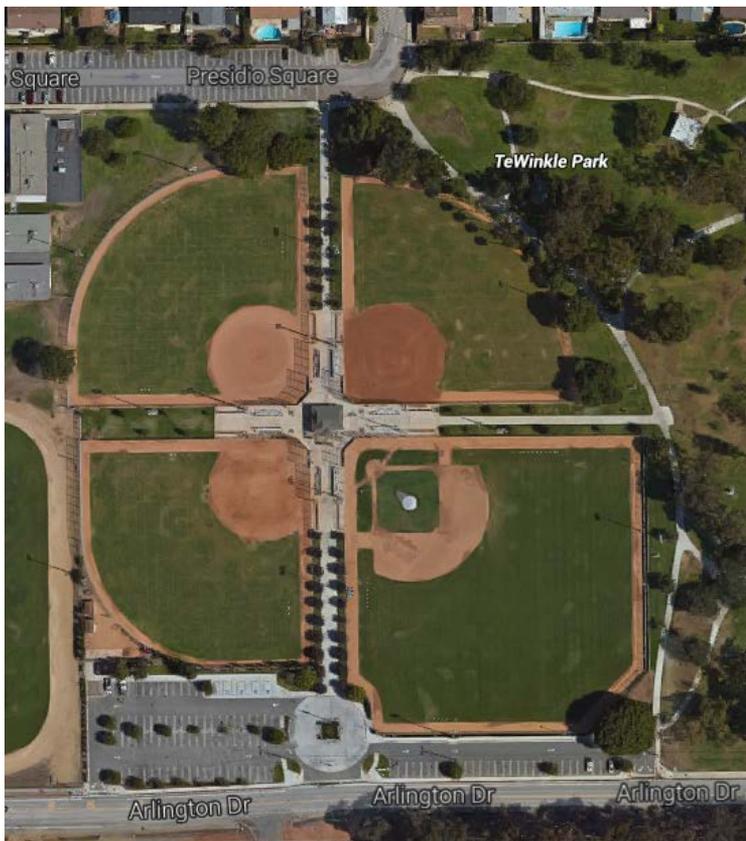
Newport Beach Police: 949-644-3681

Newport Beach Fire: 949-644-3104

Newport Beach Park Patrol: 949-795-2381

## Venue Directions with Map – TeWinkle Park

We are on Arlington Road, behind the Orange County Fair Grounds, between Newport Blvd & Fairview Road.



Access to all fields is best from the parking lot off of Arlington.

Other Key Phone Numbers:

Costa Mesa Police: 714-754-5280

Costa Mesa Fire: 714-754-5106

Costa Mesa Code  
Enforcement/Park Ranger: 714-754-5623