

Fruita Little League

Safety Program

2025



Last prepared by Kevin Gromann, President, with 2025 league officials

FLL, District #__1__ ID #04060108.

Fruita Little League (FLL) Safety Plan

In 1995 a safety awareness program was introduced by Little League Baseball Inc. This safety manual is offered as a tool to place important information for parents, managers and coaches. It is the position of FLL to provide a quality program in the safest possible manner to the children who are interested in participating in little league baseball and softball. The members of FLL encourage safe play and practices for all children of all age groups from the tryouts to the completion of tournament play.

At the beginning of each new season, the Board of Directors will assign tasks to all of its members to include a Safety Officer. The Safety Officer is primarily responsible for ensuring and monitoring the safe environment and practices to reduce hazardous conditions and accidents. FLL will make sure to update Little League International's Data Center with the Safety Officer's information.

It will be the Safety Officer's responsibility to update the Safety Plan and complete the Little League Facility Survey, along with the Qualified Safety Plan Registration form. Upon completion of the Safety Plan, the Safety Officer will submit it to Little League International and send a copy to the District office for their records. The Safety Officer will routinely check to make sure all Little League safety rules are being followed and the proper equipment is being used.

Part 1 – PRESEASON

- A. The Safety Officer will evaluate the current safety plan and recommend any changes for Board approval. The Safety Officer will provide a final, and approved copy to the District Administrator and to the Web Master to post on the League's web page. A copy of the Safety Plan will be made available to all Managers at the Manager's Meeting.
- B. The Safety Officer will inspect and evaluate the proposed playing fields and provide a report to the District Administrator and to the board of Directors for FLL of any unsafe or hazardous conditions.
- C. A copy of any reports or paperwork will be given to the League Secretary to keep with all league correspondence. The League Secretary will submit player roster data and coach/manager data to the Little League Data Center, once the registration deadline has passed.
- D. The Equipment Manager will inspect and evaluate the condition of the equipment prior to distribution and determine what, if any equipment is in need of repair or replacement. This includes but is not limited to:
 - 1) Batting Helmets
 - 2) Shin guards
 - 3) Catcher's Mask
 - 4) Bases

- E. The Safety Officer will oversee the assembling of a first aid kit to be available at each field and to be distributed to each coach with equipment handout. Suggested items includes but is not limited to:
 - 1) Ace wraps
 - 2) Band-aids
 - 3) Salve for scrapes
 - 4) Disposable gloves
 - 5) A list of emergency numbers taped to the top
 - 6) Coaches are encouraged to carry ice and a plastic bag to all games.
- F. The League will collect a medical release from all players upon registration. The medical release will be given to the coaches along with their rosters at the beginning of the season. The coaches will be instructed that the medical release forms must be with the coach at all times either digitally or physically when his/her team is assembled.
- G. A new volunteer application and background check must be completed every year. Information will remain confidential. The volunteer application is on-line at our website (www.fruitalittleleague.com). No one will be allowed to coach, manage, or work with kids in any capacity without a completed volunteer application. A designated board member will run all the volunteer applications through JDP, the Little League background database.
- H. There will be a mandatory Manager's meeting for all managers on March 24th, 6:00 pm, Little Salt Wash Park, Fruita, CO. It will be at this meeting that the parent code of conduct, important dates, rules by divisions, 2025 updates and other important details will be discussed. It will also be at this meeting that an EMT will go over basic first-aid training. The EMT will demonstrate and go over with the Managers what to do in given scenarios. Each manager will be given a flyer with important tips for first-aid to be kept with them at all practices and games. It will be at this meeting, where fundamentals for hitting, sliding, fielding, pitching, etc. will be discussed. A copy of the Safety Plan will be distributed at this meeting and will be available in the sheds at the fields.
- I. The concession stand will be handled by a third party who will handle all food preparation and sales. The 3rd party is responsible for all licensing, permits, clean-up, food prep and must meet all safety requirements set by Mesa County and the City of Fruita.

PART 2 – SEASON

- A. When a coach picks up his/her equipment from the Equipment Manager, he/she will inspect each item and determine if it is serviceable. Once the coach takes the equipment bag, it is the coaches' responsibility to notify the Equipment Manager of any items that require replacement or maintenance. Coaches and umpires inspect

equipment before each use by players. Any equipment removed from play due to condition will be made unusable and disposed of.

- B. It will be the responsibility of the Board of Directors to determine if conditions warrant cancellation of games. Once a game begins it is the responsibility of the Board Member on duty to call or suspend play due to weather or darkness. The Board Member on duty will be responsible for using the lightning meter.
- C. The Board Member on duty is responsible for checking the fields prior to the start of any game. If any conditions are such that they cannot be fixed then the Safety Officer should be notified. Coaches and Umpires shall also inspect the fields prior to each game to make sure there are no hazards.
- D. It is a Little League rule and the position of FLL Board of Directors, that while warming up a pitcher, catcher's gear must be worn for the entire time of the game and practices. The players are also expected to wear batting helmets at all times while on the field of play except when playing field positions. This includes the time when a player is coaching a base.
- E. When a batter hits a foul ball out of play, the spectators or one of the players will retrieve the foul ball and return it to either one of the coaches who will return the ball to the umpires during a stoppage in play.
- F. In the event of an injury:
 - 1) Coach will evaluate the injury and determine what if emergency care is needed.
 - 2) If a parent/family member is unavailable and it is determined that the player needs further medical attention, it is the position of the Board of Directors to err on the side of caution.
 - 3) If the parent/family member of the player is available and present, other than basic first aid, medical care shall be deferred to the parent.
 - 4) If the field has a phone, then call 911 for an emergency. If the field does not have a phone, then coaches and parents are encouraged to bring cellular phones in case of an emergency.
 - 5) The coach will report to the League Safety officer within 24 hours of the accident/injury. The coach will fill out an accident report form that has been approved by the Board of Directors. The report must be filled out and turned into the League Safety Officer within 48 hours.
 - 6) The Safety Officer will track the incident and determine if the accident could be prevented in the future, if a field condition caused the accident, etc. the Safety Officer will report to the Board of Directors at each board meeting if any accidents have occurred.
 - 7) The Safety Officer will follow up the accident with the parents and fill out the insurance form, explaining the insurance benefits and the procedures involved

for filing a claim. Little League insurance is supplemental to the parent's insurance policy.

G. Emergency Numbers – these numbers will be posted at the fields, inside the shed.

- 1) League President
 - i. Kevin Gromann – 717-542-7122
- 2) League Vice President, Umpire in Chief
 - i. Scott Jones– 303-949-7992
- 3) League Safety Officer
 - i. Victoria Espinoza – 970-234-2038
- 4) Field Maintenance Supervisor
 - i. Sean Lopez – 970-858-0360 x6509 (City of Fruita)
- 5) Police / Fire Department
 - i. 911 or non-emergency-970-242-6707

6) Other Board Members

i. Josh Brady	Treasurer	970-270-3385
ii. Tabatha Kissner	Secretary	970-208-3804
iii. Kelby Morgan	At Large	970-270-7284
iv. Victoria Espinoza	At Large	970-216-7402
v. Breanna Kruger	Public Outreach	970-270-3666
vi. Scott Jones	At Large	303-949-7992
vii. Nikki Rennewanz-Reeves	At Large	970-640-4079
viii. David Pearce	At Large	928-606-2743
ix. Clayton Dowdell	At Large	970-618-7983
x. Skyler Duffey	At Large	970-433-1607
xi. Stephen Lawrence	At Large	650-906-7268

H. Lightning Procedures and Evacuation

- 1) The Board Member on duty is responsible for monitoring the lightning activity on their given shift. A lightning monitoring device will be used.
- 2) Standard warnings during lightning possibilities
 - i. Stay away from metal fencing, including dugouts
 - ii. Do not hold a metal bat
 - iii. Walk, don't run to a car and wait for a decision on whether or not to continue the game or practice.
- 3) Pre-game/warm up rules apply for continuation of play.

I. Common Illness in Colorado

- 1) There are three degrees of heat illness: heat cramps, heat exhaustion, and heat stroke.

i. Heat Cramps

1. Salt is depleted from the body during excessive sweating.
Remove the person from the heat, rub muscles or have the person “walk off the cramp”. If the person is nauseated or faint, have them drink 1 to 2 glasses of a Gatorade type drink.
Encourage rest for at least 12 hours so the body can obtain its salt balance.

ii. Heat Exhaustion

1. Lying down from excessive loss of salt and water. Dehydrated or diminished thirst drive.
2. The athlete may suddenly faint or collapse, or may begin with a headache, fatigue, dizziness and nausea.
3. Remove the person from heat to a cool place; remove as much clothing as possible, lie then on their back with their legs elevated and sponge the person with cold water. Do not give the person anything by mouth and call an ambulance immediately.

iii. Heat Stroke

1. The least common but most serious heat illness. The body has lost its heat regulating mechanisms.
2. The body temperature rises rapidly. The skin is very hot and dry. The person becomes disoriented, confused, delirious, or lapses into a coma.
3. Call an ambulance immediately. Remove the person from the heat: cool the person down as rapidly as possible by removing clothing, immerse in cold water or spray with a water hose.