



CONFEDERATION PARK LITTLE LEAGUE SAFETY MANUAL

*In Collaboration with EDMONTON LITTLE LEAGUE
DISTRICT 2*



Version: 2025_Ver.1
Date: April.5, 2025



Approved for Use: Approved
Issued by: Brian Ryu, Safety Officer
[Confederation Park Little League](#)

Table of Contents





Edmonton Little League – District 2 Safety Policy	4
Purpose	5
Commitment to Safety	5
Confederation Park Little League Safety Manual Requirements	5
Little League Pledge	5
Safety Officer Role	6
Safety Officer Responsibilities	6
Emergency Procedures	6
Emergency Contact Information	6
First Response to Inquiries	7
In the Event of a MINOR Injury	7
In the Event of a MAJOR Injury	7
Play it Safe	7
Defining Terms	7
Communicable Disease Procedures	8
Choosing a Medical Care Facility	9
League Executive and Director Contact List	9
Providing First Aid – Important Do’s and Don’ts	9
DO’s...	9
DON’TS...	10
Code of Conduct	10
Board Member, Manager, Coach, Player and Spectator	11
Expectations of Parents	11
General Safety Code	12
Batting Cage Safety Rules	13
Injury Reporting	13
What to Report	13
When to Report	13



How to Report	13
Safety Officer's Responsibilities for Injury Reporting	14
Background Check Procedures	14
Concussion Protocol	14
Little League Canada Protocol:	15
Online Resources	15
Abuse Awareness for Adults	15
Weather Conditions	15
Lightning	15
Heat	15
Cold	16
Rain/Mud	16
Air Quality	16
Asthma & Respiratory Problems	16
Bites and Stings	17
Stings	17
Treatment	17
Addendum 1 – District 2 Safety Manual – Air Quality	18
Appendices	20
Appendix 1 – Injury Report	20
Appendix 2 – Volunteer Application	20
Appendix 3 – Coaches Code of Conduct	20
Appendix 4 – Sport Parent Code of Conduct	20
Appendix 5 – HEADS UP to Youth Sports	20
Appendix 6 – Abuse Awareness for Adults	20
Appendix 7 – Lightning Safety	20



Edmonton Little League – District 2 Safety Policy



Edmonton Little League – District 2 SAFETY POLICY

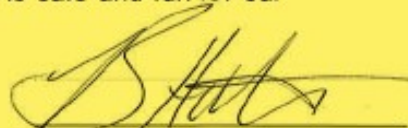
Edmonton Little League – District 2 is committed to maintaining a safe and fun environment.

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

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

- **Involvement** in a safety program that proactively identifies and corrects unsafe conditions and at-risk behaviours;
- Comprehensive **training and education**, delivered by qualified personnel on a timely basis;
- **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 Edmonton Little League District 2

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.



Brian Hollett – Safety Director
Edmonton Little League – District 2



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 2 – Confederation Park 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 managers and coaches will be provided with a copy of the Confederation Park Little League SAFETY MANUAL

Confederation Park Little League Safety Manual Requirements

Requirement 1	Have an active Safety Officer on file with District 2 Little League.
Requirement 2	Develop and 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
Requirement 4	Provide and require fundamentals training, with at least one coach or manager from each team attending including any league developed HSE 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.
Requirement 9	ALWAYS enforce Little League rules including proper equipment.

Little League Pledge

I trust in my God,

*I love my country
And will respect its laws,*

*I will play fair
And strive to win,*

But win or lose,

I will always do my best!



Safety Officer Role

A District 2 safety officer is an individual who looks after the safety aspects of our district. He or she is responsible for health and safety activities, ensuring the league and its participants are safe, developing and recommending safety measures, monitoring, anticipating, and controlling hazardous and unsafe conditions, initiating, and maintaining co-operation within an organization on health and safety matters.

Safety Officer Responsibilities

- Conduct an annual update and issuance of Safety Plan.
- Ensure that the Safety Manual has been reviewed by the district and contains all required signatures.
- Support the District 2 safety program by facilitating all league 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.
- 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 correct fashion.
- Work with the Board of Directors to ensure that all safety concerns are resolved in a timely fashion.
- Provide a copy of this Safety Manual to the appropriate individuals including coaches and managers.
- Keep the District Safety Officer informed whenever an accident or incident occurs – this will help all leagues improve their safety program.
- When required, provide the District Safety Officer a copy of Confederation Park Little League – *Injury Report* ([Appendix 1](#)). These reports can be sent via any means: at District Administrator League President meeting, email, fax etc.

Emergency Procedures

Emergency Contact Information

Emergency Contact Information	
Emergency Number	911
Edmonton Fire Department	911
Edmonton Police Service	911
President – Sam Mosen	Non-emergency (780)423-4567 smosen@telus.net
Vice President – Kelly Jones	vicepresident@confedbaseball.org
Safety Officer – Brian Ryu	safetyofficer@confedbaseball.org
Registrar/Player Agent – Jocelyn Edey	registrar@confedbaseball.org



First Response to Inquiries

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.

In the Event of a MINOR Injury

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.

In the Event of a MAJOR Injury

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

- **If appropriate, call 911.**
- 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.
- **TYPE OF ACCIDENT** is a phrase used to describe an unintentional, sudden incident that can be identified so effective counter measures 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 information 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 may include-
 - Games, practices, pictures, team parties, etc.
 - If there is a doctor, medical clinic or hospital listed, provide this information to emergency personnel.

League Executive and Director Contact List

Position	Name	Email
President	Sam Mosen	smosen@telus.net
Vice President	Kelly Jones	vicepresident@confedbaseball.org
Treasurer	Kirsten Scobie	treasurer@confedbaseball.org
Secretary	Jennifer Schillinger	secretary@confedbaseball.org
Safety Officer	Brian Ryu	safetyofficer@confedbaseball.org
Registrar/Player Agent	Jocelyn Edey	registrar@confedbaseball.org
Umpire in Chief	Leonard Teetaert	e_teetaert@hotmail.com
Challengers Director	Jaime MacKenzie	challengers@confedbaseball.org
Juniors/Seniors Director	Kirsten Scobie	treasurer@confedbaseball.org
Majors Directors	Alexandra Carnegie	majorsdirector@confedbaseball.org
Minors Director	Kobi Adams	minorsdirector@confedbaseball.org
Rookie Director	Sanja Johnson	rookiedirector@confedbaseball.org
T-Ball Director	Tam Fiddler	tballdirector@confedbaseball.org

Providing First Aid – Important Do’s and Don’ts

DO’s...

- Reassure and aid children who are 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.
 - Gently and carefully **FEEL** the injured area for signs of swelling or grating of broken bones.
- Have your players’ Medical Clearance Forms (registration form) 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'TS...

- Administer any medications unless you are qualified too.
- 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.
- EVER 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.



- 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 always alert for foul balls and errant throws.

Board Member, Manager, Coach, Player and Spectator

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, which will be at least 20 feet from dugouts.
- Speak disrespectfully 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

Expectations of Parents (In addition to above) include:

- 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 Confederation Park Little League Code of Conduct. Depending on the seriousness or frequency, the board may assess additional disciplinary action as per league bylaws up to and including expulsion from the league.

During game, players must always remain in the dugout area in an orderly fashion. After each game, each team must clean up trash in dugout and around stands.

All gates to the field must always remain closed. After players have entered or left the playing field, gates should be closed and secured.

Failure to comply with the above may result in expulsion from the Little League field or complex.

Although undesirable to take any disciplinary action, to maintain a safe and secure environment for our players and families, failure to comply with certain of the above guidelines could result in expulsion from the Little League field or complexes.

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 always available at all game and practice fields 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**

Any player/coach/parent who disobeys these rules may be subject to disciplinary action up to and including suspension from their League.

Batting Cage Safety Rules

- No player shall have access to or enter the room that the machine is set up in without an adult present.
- Anyone entering the batting cage under any circumstance (picking up balls/batting) must always be wearing a batting helmet.
- The **MAXIMUM** ratio of coaches/parents to kids at any one time in or around the batting cages is 4 kids per coach/parent.

It is recommended that:

- 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 cage.
- 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 aids.** 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 District Safety Officer.

How to Report

Person reporting the incident must complete the Confederation Park Little League Injury Tracking Report ([Appendix 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 and return a "Little League Volunteer Application" form. ([Appendix 2](#))
- Each volunteer must provide a copy of a government issued ID card for ID verification (driver's license, passport).
- The League or District Safety Officer will collect completed forms.
- The League will then conduct background checks on each individual with the Police department to confirm that each volunteer does not have a dangerous background and return results to League President.
- 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

Mandatory Education for all Safety Officers, League Division Directors, Managers & Coaches.

Suggested Education: for all other officers in a League, District or Region.

Little League Canada is following the high standard set by Little League International and utilizing the Centre for Disease Control (CDC) comprehensive "Heads Up" education Program.

Little League Canada Protocol:

All members mandated for Concussion training protocol shall complete the online training found at www.Littleleague.ca under the Safety tab, or <https://www.cdc.gov/HeadsUp/>



Once the course is completed you shall send a copy of your certificate of completion to one or all of the following:

- Safety Officer (for your League &/or District)
- Player Registrar

Online Resources

- CDC Heads Up Online Program
<https://www.cdc.gov/headsup/index.html>
- Resources for concussion management are located in the appendices of this document. Or visit
<https://www.cdc.gov/HeadsUp/>

You may also choose to complete the free NCCP course which can be found at: <https://coach.ca/nccp-making-head-way-sport>

Abuse Awareness for Adults

This course is required to be completed annually and provides coaches and volunteers with the information needed to create a positive and safe environment for all athletes, coaches, parents, umpires, and spectators. Misconduct and abuse of all types including emotional, physical, and sexual misconduct, can occur in many different settings, and unfortunately, baseball is not immune to this issue. However, by being informed about the different types of misconduct and warning signs of abuse, knowing when and how to report incidents, and being aware of policies that are in place, we can work to make our sport safe for all constituents of the game.

Please refer to [Appendix 6](#) for link to the course.

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 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.

Link to Guidelines: <https://blogs.cdc.gov/niosh-science-blog/2017/06/05/heat-index/>

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

Please refer to [Addendum 1 – District 2 Safety Manual – Air Quality](#)

Asthma & Respiratory Problems

Seek emergency care if a child experience 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).
- Child's chest or neck is pulling in while struggling to breathe.
- Child has trouble walking or talking.
- Child stops playing and cannot start again.
- Child's fingernails and/or lips turn blue or gray.
- Skin between child's ribs sucks in when breathing.

Asthma is different for every person. If you are at all uncertain of what to do in case of a breathing emergency, do not hesitate to act! **Call 9-1-1 immediately, stay with the player and call the child's parent/guardian!**

Bites and Stings



Bites or stings can be received from several different circumstances. 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 always available.

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
3. The stinger or venom sac still in the skin

Treatment

Bee Stings:

1. Remove the stinger or venom sac with tweezers or by gently scraping with the fingernail or a knife. Do not squeeze the stinger or venom sac.
2. Wash the area and apply a Band-Aid to cover the area.
3. For multiple stings, soak area in cool water.
4. Check for allergic reactions (if any condition exists, call 9-1-1).

Ant Bite:

1. Wash area thoroughly with clean water.
2. Apply sting lotion or a paste made of baking soda and water.
3. Cover the bite with very cold water to avoid swelling.
4. Watch for any signs of an allergic reaction.

Animal Bite:

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.
4. Contact parents and notify police.

Addendum 1 – District 2 Safety Manual – Air Quality



Attention Little League D2 teams in Edmonton, Alberta, Canada!

We prioritize the health and safety of our players and participants. Therefore, we have specific guidelines regarding air quality that must be followed during our games. Please take note of the following information:

AIR QUALITY

Game Suspension: If the Air Quality Health Index (AQHI) reaches 7 or higher, play will be immediately suspended. It is the responsibility of the host locations to monitor the AQHI levels and inform the umpires when the index reaches 7 or higher to suspend the game.

Game Cancellation/Postponement: If the Air Quality Health Index (AQHI) reaches 7 or above two hours prior to the scheduled game start me, the game will be canceled or postponed. This decision is made to ensure the safety and comfort of all involved.

AHQI Monitoring: It is essential to monitor the AQHI levels leading up to the game. Host locations are responsible for checking the AQHI two hours before the scheduled start me and notifying the appropriate pares if the index is 7 or above.

AQHI and Health Risks: The AQHI is a recognized measurement of air quality's impact on human health. Please note that the AQHI is not updated in real-me and may have a lag me of over one hour. If the air quality changes during athletic activity, pay attention to common symptoms such as irritated eyes, coughing, and difficulty breathing in addition to the reported AQHI index. An AQHI index of 7 or higher indicates a "high risk" from air pollutants.

Ongoing Monitoring: If the AQHI index falls between 4 and 6, continuous monitoring of the AQHI should be initiated. The umpire and League/Tournament Director should be notified if the index reaches 7 or higher.

Adjusting Athletic Activity: During practice sessions, if air quality is a concern, adjust the athletic activity by reducing intensity, duration, and providing rest periods.

AQHI Information: To obtain the most up to date AQHI information, please visit: <http://environment.alberta.ca/apps/aqhi/aqhi.aspx> or use the AQHI Canada app to access specific stations. Please be aware that air quality can vary within the greater Edmonton area, even though stations like Edmonton and St. Albert are close to each other. Please ensure to use the correct index value within two hour of the scheduled start me for the game or activity.

Other Considerations: Apart from the AQHI, be mindful of weather and other conditions that may affect air quality. These conditions include forest fires in the vicinity, local burning of agricultural stubble, and sudden changes in wind direction and strength.

Alberta AQHI Calculation: The AQHI calculation in Alberta differs from the rest of Canada. Alberta's AQHI includes additional pollutants such as sulphur dioxide, hydrogen sulphide, total reduced sulphur, and carbon monoxide. Also, the Alberta AQHI is calculated on a 3-hour rolling average, making it more



responsive to changes in air quality. Therefore, the Alberta AQHI website is the best source for index values.

Sensory Perception and AQHI: People often rely on their senses to evaluate air quality. However, the most harmful pollutants to human health, such as ground-level ozone, are difficult to see or smell. The AQHI provides a more accurate assessment.

High Risk (10+): An AQHI index value of 10 or above is considered "Very High," and health messages advise rescheduling all outdoor activities, strenuous or not. Athletes fall into the "at-risk" population due to the intensity and duration of their exposure to outdoor air quality.

Stay informed, stay safe, and enjoy your Little League games in Edmonton, Alberta, Canada!



Appendices

Appendix 1 – Confederation Park Little League Injury Report

<https://forms.gle/setihcbZfuvL6NJXA>

Appendix 2 – Volunteer Application

<https://littleleague.ca/wp-content/uploads/2023/04/LITTLE-LEAGUE-CANADA-VOLUNTEER-APPLICATION.pdf>

Appendix 3 – Coaches Code of Conduct

<https://confederationparklittleleaguebaseball.teamsnapsites.com/wp-content/uploads/sites/681/2023/12/CodeOfConductCoach.pdf>

Appendix 4 – Sport Parent Code of Conduct

<https://www.littleleague.org/downloads/parent-code-conduct/>

Appendix 5 – HEADS UP to Youth Sports

<https://www.cdc.gov/headsup/youthsports/index.html>

Appendix 6 – Abuse Awareness for Adults

<https://usabdevelops.com/>

Appendix 7 – Lightning Safety

<https://dt5602vnjxv0c.cloudfront.net/portals/3643/docs/lightning%20english.pdf>