

## **BOW LITTLE LEAGUE SAFETY CODE:**

The Board of Directors of Bow Little League has mandated the following Safety Code. All managers and coaches have read and agreed to follow the safety code. Parents and their players should also read and familiarize themselves with the code. Never hesitate to report any present or potential safety hazard to the Bow Little League Safety Officer, Rod Sigua 491-1755 or the Bow Little League President Blaine Flores, 228-0387. THIS CODE IS AS FOLLOWS:

- Responsibility for safety procedures should be that of an adult member of the local league.
- At least one manager from each team should attend training in first-aid at least once every three years or have current documentation of similar qualified first-aid training. Each Manager shall be assigned a First-Aid Kit and MUST bring them to all practices and games.
- Managers will make arrangements to have a cellular phone available for all games or practices. Managers will never leave an unattended child at a practice or game.
- Coaches and/or umpires discretion should be used for practices and games when weather or field conditions are questionable, particularly when lightning or thunder is present. Play area should be inspected frequently for holes, damage, glass and other foreign objects. Dugouts and bat racks should be positioned behind screens.
- Only players, managers, coaches, and umpires are permitted on the playing field during play.
- Responsibility for keeping bats and loose equipment off the field of the play should be that of a regular assigned adult volunteer for this purpose. Procedure for retrieving foul balls (batted out of the playing area) will be to have them returned into a labeled container (bucket), located behind the back stops, on all fields.
- During practice and games, all players should be alert and watching the batter on each pitch. At no time should “horse play” be permitted on the playing field in dug-outs or on the benches.
- Once warm-up begins, coaches will be on the lookout to direct any late player to go around the fencing and come onto the playing area through the outfield. Players and spectators should be alert at all times for foul balls and errant throws.
- All pre-game warm-ups should be performed within the confines of the playing field and not within areas that are frequented by, and thus endangering spectators, (i.e., playing catch, pepper, swinging bats etc.)
- Equipment should be inspected regularly and ensure proper fit. Batters must wear approved protective helmets during practice, and during games. All male players should wear protective cups at practices and games. Shoes with metal spikes or cleats are **not** permitted. Shoes with molded cleats are permissible.
- Catchers MUST wear catcher's helmet, mask, throat protector, shin guards and long model chest protector for males and long or short chest protector for females. Male catchers MUST wear a protective cup at all times. Catchers must wear catcher's helmet and mask with a throat protector in warming up pitchers. This applies between innings and in the bull pen practice. Catchers must wear a catcher's mitt (not a first baseman's mitt or fielder's glove of any shape, size or weight not consistent with protecting the hand for this specific purpose).
- Except when a runner is returning to a base, head first slides are not permitted. (12 years old and under.) During sliding practice, bases should not be strapped down and should be located away from the base anchoring system.
- Parents of players who wear glasses should be encouraged to provide “safety glasses”. Players must not wear watches, rings, pins, metallic jewelry or other metallic items on their person.
- “On DECK” batters are not permitted. All players must remain behind fence until their turn at bat (during practices or games) No swinging bats or throwing baseballs at any time within the walkways and common areas of the complex. No throwing rocks. No climbing fences. No swinging on dugout roofs. No running allowed in the bleachers. At least one adult should coach bases.
- Managers will only use official Little League balls supplied by Bow Little League. Once a ball has been discolored or torn, it will be discarded.
- No child under age 16 is permitted in the concession stand unless **working** with direct supervision of an adult also working in the concession stand. No child working in the concession stand is to participate in the preparation, cooking or heating of foods in

any way, and may not work in near proximity to grill , stove or coffee pots. Young and/or unattended *children (age 9 or under)* may not be in the concession stand at any time.

- No alcohol or drugs allowed on the premises. No medication will be taken at the facility unless administered directly by the child's parent. This includes any analgesics such as "Tylenol" "Motrin" or any Aspirins.

- For those players potentially requiring the use of prescribed medical devices such as "epi-pens" and or inhalers, it is the sole responsibility of the parents that the child carry these items with them at all practices and games and are responsible for any use of such devices.

- To help protect against insect borne diseases, parents are strongly advised to provide insect/mosquito repellent for their child and encourage them to wear long sleeve shirts and pants to practices and games whenever feasible. Parents are also encouraged to provide sunscreen for their child's use just prior to and/or during any practices or games. *Bow Little League can not provide sunscreen or bug-spray for players due to potential individual disapproval of, or possible allergic reaction to, various brand ingredients.*

- Parents are strongly encouraged to provide for and remind their child to arrive at all practices and games with water bottles. Players are encouraged to drink plenty of "fluids" to hydrate themselves PRIOR to practices and games, particularly when outside temperatures or humidity is high, as this is one of the best ways to prevent heat exhaustion.

- Managers will routinely remind players to take water breaks during practices or games. Managers will make arrangements to bring a large water jug to provide any additional drinking water on days where heat exhaustion is a high risk (temperatures reaching near or above 85 degrees and/or when humidity is high).

- No smoking within twenty feet of the dugouts and concession stands. No food is allowed in the dugouts.

**BOW LITTLE LEAGUE CODE OF CONDUCT: 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. They shall at no time be guilty of heaping personal verbal or physical abuse upon any official for any 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 un-sportsmanlike action. They shall never speak disrespectfully to any manager, coach, official or representative of the league.

- 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, or 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 Bow Little League fields while in an intoxicated state at any time. Intoxicated will be defined as an odor or behavior issue.

- Be guilty of gambling upon any play or outcome of any game with anyone at any time.

- Smoke while in the stands or on the playing field or in dugout at any time. Smoking will only be permitted in designated areas, which will be 20 feet from any spectator stands or dugout.

- Be guilty of discussing publicly with spectators in a derogatory or abusive manner any play, decision or a personal opinion on any players during the game.

- Be guilty of tampering or manipulation of any league rosters, schedules, draft positions or selections, official score books, rankings, financial records or procedures.

- Shall 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.

**The Board of Directors will review all infractions of the Bow 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.**