

LEO-GRABILL

BASEBALL



Leo-Grabill Baseball League

ASAP Plan 2024

Grabill, IN



ASAP Plan, Page 1

1. League Safety Officer: Trevor Aeschliman
2. Leo-Grabill Baseball League will distribute a paper copy of this safety manual to all managers, coaches, league volunteers.
 - a. Safety manual to include summary, facility survey
3. Emergency Phone Numbers
 - a. 911
 - b. Allen County Police Department 260-449-7535
 - c. League President: Nick Creager 219-617-8898
 - d. League Safety Officer: Trevor Aeschliman 260-579-2241
 - e. League Treasurer: Chris Forrest 260-418-4411
 - f. Tball/Coach Pitch agent: Eric Loudon 260-438-3815
 - g. Prep player agent: Nick Creager 219-617-8898
 - h. Minor player agent: Andrew Walsh 260-417-7584
 - i. Major player agent: Brady Gerig 260-234-1054
 - j. Sting Lead: Josh Harris 260-341-5105

This list will be posted in the concession and dugout areas.



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4. The Leo-Grabill Baseball League will use the Official Baseball League Volunteer Application form to screen ALL of our volunteers. Background checks will be performed via JDP for access to sex offender registry and other criminal records.

5. First Aid Training: District - March 26, 2023 at Grabill sports complex April 22, 2023

At least one manager and/or coach from each team must attend the training. Every manager and/or coach will attend this training at least once every 2 years. Training is held at Leo-Grabill Baseball League and conducted by Trevor Aeschliman and Nick Creager. Training includes information on identifying concussions and safety plans. Also what is expected of each coach.

6. Managers/coaches/Umpires are required to walk and inspect the fields prior to practice and games. Umpires are also required to walk the fields for hazards before each game. Minor issues to be resolved immediately by coaches. Major issues must be reported to a league officer.

7. In addition, all fields, fencing, buildings, and the concession stand are inspected annually to ensure proper usability.

8. Leo-Grabill Baseball League Concession Stand Safety

- a. Menu shall be posted & approved by the Safety Officer and the League President. Our safety procedures will be posted in several places in the concession stand.



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- b. Written safety procedures, the concession manager must be trained in safe food handling/prep procedures. Concession Stand Safety Tips are posted in the concession stand. A copy of the tips are included in this filing.
9. The League Safety Officer will inspect all equipment in the pre-season. Managers/coaches will inspect equipment prior to each game. Umpires will be required to inspect equipment prior to each game. All unsafe equipment will be disabled and thrown away. Safe replacements to be purchased annually, or on an as needed basis.
10. Implement Prompt Accident Reporting:
 - a. The Leo-Grabill Baseball League will use the approved incident tracking form from Trevor Aeschliman and will provide completed accident forms to the Safety Officer within 24-48 hours of the incident.
 - b. Near miss events will be tracked. Review of near miss events will be performed by a Safety Officer and appropriate actions taken to avoid future injuries.
11. Each team will be issued and is required to have at all times an approved First Aid Kit. Also, there are first aid kits in the concession stand. There is also an AED in the equipment room for any heart related emergencies and unresponsive person's. Please Contact 911 and the Safety Officer immediately!!
12. Leo-Grabill Baseball League will require ALL TEAMS to enforce ALL Baseball League Rules at all times. Including, but not limited to, proper equipment for catchers, no on deck batters, coaches will not warm-up pitchers, minimum of one Board Member at the park at all times, and all fields and equipment inspected every game.
13. Any best practices or safety initiatives at Leo-Grabill Baseball League will be reported to Trevor w Aeschliman in an effort to better the ASAP Safety Plan and the Baseball League experience.
14. USA Baseball Abuse Awareness training Video.
15. Covid Protocol. As the year has changed our area has been relaxed in covid requirements. As such the numbers are down and masks are Optional. If COVID happens to rise we will Initiate our Covid action plan and social distancing protocols as recommended by the Allen County Department of Health.

16. Lightning Alerts. Lightning awareness should be increased with the first flash of lightning or the first clap of thunder no matter how far away. The existence of blue sky and the absence of rain are not protection from lightning. Lightning can, and does strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike. Safety Officer and Leo Grabill Baseball Officials and all coaches will have the Weatherbug app or similar software app installed on their smartphones. This will be used to help prevent the possibility of serious injury or death that can result from a lightning strike. This app can help us prepare for potential dangers before it is too late. Our goal is to minimize the risk that our children and volunteers are exposed to. The following policy dealing with electrical storms will be enforced.

A- The WeatherBug app or similar software will be monitored by an approved league official.

B- When a lightning strike has been registered in 3 to 8 mile range; the umpire will be notified to clear the field immediately. Players will seek shelter in the nearest concessions stand, or in their parent's vehicle.

C- If strikes continue in this range (or closer) within 15 minutes, all players and parents will take shelter in their vehicles or suitable cover (a structure, no trees), until an all clear signal is given.

D- If there should be no additional strikes in the 3-8 mile range (or closer) for a period 15 minutes, the chief umpire shall allow the game to resume.

E- Leo Grabill encourages all coaches, umpires and board members to download the free WeatherBug App available at Google Play and iTunes.

F- While there are no guarantees that we can make our league totally safe, we are implementing policies that will reduce our chances for accidents and injuries. Leo Grabill Baseball League has taken a very "Safety Oriented" stance in recent years. Let's all work together and keep safety a priority in this league. Safety is everyone's business.

17. Heat & cancellation of games. Make sure to be aware of the weather. The temperature danger zone is 90 degrees Fahrenheit or humidity above 95% humidity. If this reaches this 100 degrees heat index. The safety officer & President will decide if the game or practice will be canceled for the day.

A- make sure all players, coaches and umpires drink plenty of fluids. No pop or candy should be given to the players while the weather is at extreme levels. During game play it is recommended to drink 4 oz. Every 20 minutes. Make sure every player is getting plenty of rest in a cool area. Please know the types of symptoms of heat illness.

B- Notify the safety officer of any emergency or situation and fill out an incident report. These are located in the conference room. Remember the children are the number one concern. This is everyone's job.

18. Asthma attacks

A- know the symptoms of an asthma attack or a difficult breathing problem.

B- severe wheezing when breathing both in and out. Coughing with asthma that won't stop very rapid breathing chest pain or pressure tightened neck and chest muscles. Also blue lips and fingernails.

C- have the person or player sit rather than lay down. Ask the person or player if they have medication and also ask if their parents are at the park as well.

D- notify the safety officer immediately. If this situation can't be controlled contact 911.

19. Bee Stings

Treatment and severity. Most bee stings are mild to moderate and can be self treated by removing the stinger, washing the area with soap and water and applying cold compress or ice. Ice packs are located in the conference room.

If there is a person or player that has a serious illness or reaction to bee stings contact 911 / safety officer must be called as well.

A- ask the player or person if they have medication for bee stings

. Epi pen may be administered by the safety officer only!! Absolutely no treatment shall be given without the safety officer approval. Unless the patient parent is present or guardian. If the player or person is treated by the safety officer, recommended transport to the closest hospital for treatment and evaluation. The safety officer will determine whether or not to transport.

Concession Stand Tips

SAFETY FIRST

Requirement 9

12 Steps to Safe and Sanitary Food Service Events: The following information is intended to help you run a healthful concession stand. Following these simple guidelines will help minimize the risk of foodborne illness. This information was provided by District Administrator George Gluck, and is excerpted from "Food Safety Hints" by the Fort Wayne-Allen County, Ind., Department of Health.

1. Menu.

Keep your menu simple, and keep potentially hazardous foods (meats, eggs, dairy products, protein salads, cut fruits and vegetables, etc.) to a minimum. Avoid using precooked foods or leftovers. Use only foods from approved sources, avoiding foods that have been prepared at home. Complete control over your food, from source to service, is the key to safe, sanitary food service.

2. Cooking.

Use a food thermometer to check on cooking and holding temperatures of potentially hazardous foods. All potentially hazardous foods should be kept at 41° F or below (if cold) or 140° F or above (if hot). Ground beef and ground pork products should be cooked to an internal temperature of 155° F, poultry parts should be cooked to 165° F. Most foodborne illnesses from temporary events can be traced back to lapses in temperature control.

3. Reheating.

Rapidly reheat potentially hazardous foods to 165° F. Do not attempt to heat foods in crock pots, steam tables, over stereo units or other holding devices.

Slow-cooking mechanisms may activate bacteria and never reach killing temperatures.

4. Cooling and Cold Storage.

Foods that require refrigeration must be cooled to 41° F as quickly as possible and held at that temperature until ready to serve. To cool foods down quickly, use an ice water bath (60% ice to 40% water), stirring the product frequently, or place the food in shallow pans no more than 4 inches in depth and refrigerate. Pans should not be stored one atop the other and lids should be off or ajar until the food is completely cooled. Check temperature periodically to see if the food is cooling properly. Allowing hazardous foods to remain unrefrigerated for too long has been the number ONE cause of foodborne illness.

5. Hand Washing.

Frequent and thorough hand washing remains the first line of defense in preventing foodborne disease. The use of disposable gloves can provide an additional barrier to contamination, but they are no substitute for hand washing!

6. Health and Hygiene.

Only healthy workers should prepare and serve food. Anyone who shows symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, jaundice, etc.) or who has open sores or infected cuts on the hands should not be allowed in the food concession area. Workers should wear clean outer garments and should not smoke in the concession area. The use of hair restraints is recommended to prevent hair ending up in food products.

7. Food Handling.

Avoid hand contact with raw, ready-to-eat foods and food contact surfaces. Use an acceptable dispensing utensil

to serve food. Touching food with bare hands can transfer germs to food.

8. Dishwashing.

Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never reuse disposable dishware. Wash in a four-step process:

1. Washing in hot soapy water;
2. Rinsing in clean water;
3. Chemical or heat sanitizing; and
4. Air drying.

9. Ice.

Ice used to cool cans/bottles should not be used in cup beverages and should be stored separately. Use a scoop to dispense ice; never use the hands. Ice can become contaminated with bacteria and viruses and cause foodborne illness.

10. Wiping Cloths.

Rinse and store your wiping cloths in a bucket of sanitizer (example: 1 gallon of water and 1/2 teaspoon of chlorine bleach). Change the solution every two hours. Well sanitized work surfaces prevent cross-contamination and discourage flies.

11. Insect Control and Waste.

Keep foods covered to protect them from insects. Store pesticides away from foods. Place garbage and paper wastes in a refuse container with a tight-fitting lid. Dispose of wastewater in an approved method (do not dump it outside). All water used should be potable water from an approved source.

12. Food Storage and Cleanliness.

Keep foods stored off the floor at least six inches. After your event is finished, clean the concession area and discard unusable food.

13. Set a Minimum Worker Age.

Leagues should set a minimum age for workers or to be in the stand; in many states this is 16 or 18, due to potential hazards with various equipment.

Safety plans must be postmarked no later than May 1st.

Volunteers Must Wash Hands

HOW



WHEN

Wash your hands before you prepare food or as often as needed.

Wash after you:

- ▶ use the toilet
- ▶ touch uncooked meat, poultry, fish or eggs or other potentially hazardous foods
- ▶ interrupt working with food (such as answering the phone, opening a door or drawer)
- ▶ eat, smoke or chew gum
- ▶ touch soiled plates, utensils or equipment
- ▶ take out trash
- ▶ touch your nose, mouth, or any part of your body
- ▶ sneeze or cough

Do not touch ready-to-eat foods with your bare hands.

Use gloves, tongs, deli tissue or other serving utensils.
Remove all jewelry, nail polish or false nails unless you wear gloves.

Wear gloves.

when you have a cut or sore on your hand
when you can't remove your jewelry

If you wear gloves:

- ▶ wash your hands before you put on new gloves

Change them:

- ▶ as often as you wash your hands
- ▶ when they are torn or soiled

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SIGNS OF CONCUSSION

Make your safety a priority



1 HEADACHE

You might feel a pain in your head that is throbbing or shooting pain. Seek immediate attention if you start feeling increased pressure.



2 FEEL DIZZY, SLUGGISH, OR FOGGY

You might feel "off" overall or a slowness when thinking, answering questions, or talking.



3 ARE BOTHERED BY LIGHT OR NOISE

Sensitivity to the environment may be an indication of a concussion. Seizures or blank stares may be a warning sign after concussion.



4 VOMIT OR FEEL SICK TO YOUR STOMACH

Feeling like you may be sick to your stomach, nausea, or throwing up is common soon after an injury to the head.



5 HAVE DOUBLE OR BLURRY VISION

Things appearing blurry is a sign of concussion. If one pupil, or the center of the eye, is larger than the other, seek immediate medical attention.

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
 - Hot, red, dry, or damp skin
 - Fast, strong pulse
 - Headache
 - Dizziness
 - Nausea
 - Confusion
 - Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
 - Move the person to a cooler place
 - Help lower the person's temperature with cool cloths or a cool bath
 - Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
 - Cold, pale, and clammy skin
 - Fast, weak pulse
 - Nausea or vomiting
 - Muscle cramps
 - Tiredness or weakness
 - Dizziness
 - Headache
 - Fainting (passing out)
- Move to a cool place
 - Loosen your clothes
 - Put cool, wet cloths on your body or take a cool bath
 - Sip water
- Get medical help right away if:**
- You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
 - Muscle pain or spasms
- Stop physical activity and move to a cool place
 - Drink water or a sports drink
 - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

SUNBURN

- Painful, red, and warm skin
 - Blisters on the skin
- Stay out of the sun until your sunburn heals
 - Put cool cloths on sunburned areas or take a cool bath
 - Put moisturizing lotion on sunburned areas
 - Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
 - Keep the rash dry
 - Use powder (like baby powder) to soothe the rash



Category, Color & Range	What does this mean?	Precautions to take
Good 0-50	Air quality is good.	None: Everyone enjoy outdoor activities.
Moderate 51-100	Air quality is a concern for people who are extra sensitive to air pollution.	People extra sensitive to air pollution: Plan strenuous outdoor activities when air quality is better.
Unhealthy for Sensitive Groups 101-150	Air quality is unhealthy for many people including active adults, people with lung disease (including asthma), older adults and children.	Sensitive groups: Cut back or reschedule strenuous outdoor activities.
Unhealthy 151-200	Air quality is unhealthy for everyone, especially people with heart or lung disease.	Everyone: Avoid strenuous outdoor activities.
Very Unhealthy 201-300	Air quality is unhealthy for everyone, especially people with heart or lung disease.	Everyone: Avoid physical outdoor activities.
Hazardous 301-500	Air quality is hazardous for everyone.	Everyone: Avoid all outdoor activities.

Leo-Grabill Baseball Air Quality Cancellation Policy

If air quality is above 200 then all baseball activities are canceled for that day. Anything below this, parents are to use their own judgment for the wellbeing of their child.