

# Coaches and Managers Skills and Safety Training

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## Introduction

- What we will review :
  - Coaching skills and techniques
  - Safety and basic first aid concepts
  - Dealing with emergencies
- Little League goals and expectations for coaches and managers

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## Agenda

- Introduction
- Umpiring Perspective
- Coaching and Teaching Techniques
- Break
- Field/Equipment Inspections
- Safety and Basic First Aid Awareness
- Q & A

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## Overview

- Managing or coaching requires more than just “knowing the game”
- A successful coach or manager can put the pieces together to give the child life lessons they’ll always use



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## ASAP-A Safety Awareness Program



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## Concepts of Coaching

- Coaching vs. Lecturing
- Talking to the team
- Talking to a player
- Organization
  - Practice
  - Games
- Discipline

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## Coaching vs. Lecturing

- Being the Coach/Manager
  - Providing direction
  - Talking to the Team
  - Talking to a player
- Positive reinforcement vs. negative reinforcement
- Organization
  - Practice
  - Games
- Discipline

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## Parent Code of Conduct

- “Little League Parent”
  - The Umpire is biased
  - My kid is better than your kid
  - I know more than the coach
  - Rattling the other team
  - Win at any cost

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## Field Inspection

- Safety First
- Be Alert
- Check the Field for Hazards Before the game or practice
- Players must wear the proper equipment
- The equipment must be in good shape
- Maintain control
- Maintain discipline
- Be organized
- Remember why we are here
- Have FUN!!

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## Find the Hazard



- The outfield is a source of everything from animal (gopher) holes to bored kid holes. Don't let these become an ankle breaker!

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## Field Inspections-Hazards



- Holes can appear anywhere in the field. The hole, even a shallow hole can result in an injury just because of the uneven surface.

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## Field Inspection



- Lack of dirt on the infield creates lips on the edge of the infield and outfield that can cause bad hops and lead to some serious injuries.

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## Field Inspection



- Field does not only include the actual field itself but also any thing else on or near the field such as scoreboards, fences, dugouts and gates

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## Where is the Hazard?



- In this case the scoreboard is close to the right field fence. The light frames are an obvious hazard, especially a player trying to make a catch over the fence.

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## Field Hazards



- Fencing can create one of the biggest risks on the field and must receive prompt attention to avert injuries such as cuts, scrapes, twisted knees or ankles or worse!

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## Field Hazards



- This small post appears to have been used to help tie the fence down, however it is a potential injury source.



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## Field Hazards

- This sign attached to the backstop is too low and with the sharp rusted edges could cause a serious laceration to a player going after a ball.



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## Field Hazards

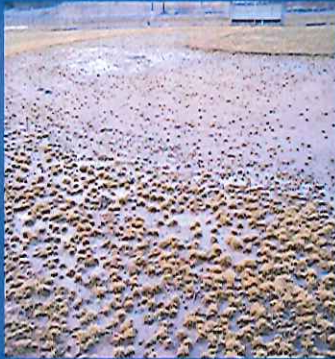
- Bat racks are a good idea because they keep bats stored neatly and keep them from becoming a tripping hazard but they don't belong inside a playing area that could be run into.



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## Field Hazards



- Overgrown infields and base paths can create a real terror for infielders. Be sure stray clumps of grass are removed, just like rocks or any debris that could cause a “bad hop”.

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## Field Hazards

- Despite our best efforts occasionally the field is made more hazardous by night visitors who leave behind broken glass, crumpled cans and garbage. Field inspections will catch this before it hurts someone.

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## Field Hazards

- Sometimes the best intentions of making something more safe can become a hazard if it's not monitored and corrected.



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## Field Hazards



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## Summary-Field Inspections

- Pre game and pre practice inspection of the field is essential to avoid potentially serious injuries
- Have the entire coaching staff and the players participate in the field inspection
- Document findings and submit for repair if not critical. If critical safety situation is discovered delaying the game may be the only solution but is better than risking serious injury.
- Make the inspection “part of the routine”

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## Find the Problem



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## Find the Problem



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## Find the Problem



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## Find the Problem



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## Find the Problem



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## Coaches and Managers Responsibilities

- Ensure all safety rules are followed.
- Monitor the players the entire time they are in your care.
- Do not allow actions and behaviors that violate the rules that could get them or someone else hurt.
- You are not there as their “buddy” but you are there as the adult leader-maintain control at all times!

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- 10 Minute Break

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## Accident Prevention and Basic First Aid Awareness or Emergencies

- How as a coach you can help or hurt the situation?

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## Basic First Aid

- Not a substitute for a regular 1<sup>st</sup> Aid certification course
- First Aid classes and CPR classes are offered by the American National Red Cross and would give the best preparation for a medical emergency
- Today's review will cover general 1<sup>st</sup> aid concepts and practices.

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## Avoid the Injury to Begin with

- Stretch, Stretch, Stretch
  - Although children are usually very loose and limber coaches should begin with stretching both the upper and lower body to reduce the chance of injury.
    - “Catch stretching to Long Toss”
    - Stretching legs and hip muscles followed by some running

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## Why Bats Don't Get Swung in the Dugout!

- In the dugout or on deck circle-control the bats!
- Avoid injuries like this player hit by a bat in the dugout



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## First Aid-When to Call for Help

- This list is not all inclusive but sites examples of situations that warrant immediate medical attention:
  - Chest or abdominal pain or pressure
  - Difficulty breathing or shortness of breath
  - Puncture wounds
  - Spinal cord injuries, head injuries or brain injuries
  - Major burns
  - Poisoning
  - Bleeding that doesn't stop

## First Aid-When to Call for Help

- Problems with movement or sensation following an injury or fall
- Animal, snake or human bite that breaks the skin
- Broken bones
- Severe pain anywhere
- Severe allergic reactions
- Severe or persistent vomiting
- Sudden dizziness, weakness or change in vision
- Unequal pupil size, loss of consciousness or blindness

## Stings and Bites

- Bee Stings
- Tick Bites
  - Anaphylactic Shock
- Animal Bites
  - Rabies
  - Tetanus
  - Infection

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## Choking

- Formerly called the Heimlich Manuver
- Abdominal thrusts
  - Can be done on individuals of all sizes and ages
  - Can be done with conscious and unconscious individuals

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## Cardiopulmonary Resuscitation(CPR)

- Although rare - heart stoppage can occur in children as a result of a direct blow to the chest or an undetected defect.
  - CPR requires both chest compressions and artificial respirations.
  - This is only done if there is no pulse and

## Burns

- Classified by Degree
  - 1<sup>st</sup> Degree-Generally superficial such as a sunburn. Skin sensation is intact. Skin will usually appear red and may have some swelling
  - 2<sup>nd</sup> Degree-More serious and may require medical attention. The skin may show red and have blistering. The pain level is more intense.

## Burns (continued)

- Third Degree- This is the most severe. This is a deep burn that may appear white, deep red or black. There is often no feeling or sensation. This is a true medical emergency and requires immediate professional medical attention.
- General Treatment
  - Remove constricting clothing and jewelry
  - Do not use oil or butter on a burn
  - Douse with cool water-Not ice
  - Burns around the face may require immediate professional attention

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## Dental Injuries

- Facial trauma often results in dental injuries
  - Chipped or broken teeth can occasionally be salvaged at a dentist's office. Save the tooth or chip in a moist towel and send to the dentist with the injured person.
  - Care must be exercised because broken teeth can result in choking problems

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## Nosebleeds

- Common at any age
  - Pinch the nose using a clean tissue or cloth
  - Use moderate pressure and maintain pressure for approximately 10 minutes or until the bleeding stops
  - Keep sitting up
  - Ice may be used with a cloth

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## Heat Injuries

- Heat Cramps-The least serious of the heat injuries. A result of dehydration and can be corrected by administering fluids and stopping the activity that uses the affected muscles
- Heat Exhaustion-The person is still capable of cooling themselves by sweating however the person will appear red skinned with profuse sweating and often muscle cramps. Activity should cease and get out of the sun. Administer fluids and cool the person off as soon as possible

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## Heat Injuries

- Heat Stroke-This is the most serious of the heat related injuries. In this case the person has lost the ability to cool themselves. They will appear bright red, dry skin and hot to the touch. They may be unconscious, have a rapid pulse and/or a seizure.
- Do not give this person something to drink. Remove excess clothing and apply water to the skin. Professional medical treatment is essential with this condition.

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## Additional Safety Concerns

- Storage Shed Safety
  - Chemicals such as weed killers, fertilizer and gasoline must be marked clearly and stored in proper containers and kept in a well ventilated area.
  - Children must not be permitted in storage sheds that contain hazardous materials

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## Additional Safety Concerns

- Power Equipment

- Use of powered equipment such as mowers, lawn tractors, and string trimmers should be restricted to authorized individuals at least 16 years old.
- Shields, deflectors and any safety equipment must be installed and working.
- Children must not be permitted to be on the field when powered equipment is cutting.
- Children should not be permitted to ride on tractors or in trailers pulled by tractors.

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## Concession Stand Safety

- Food handled by concession stand workers have certain regulations that must be followed.
  - Wash hands after using the restroom
  - Deli tissue, spatulas, tongs or single use gloves are needed to handle food
  - Anyone who has salmonella, shingles e coli or hepatitis may not work in a concession stand

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## Concession Stand Safety

- Cooking and preparation surfaces must be clean and sanitized
- Refrigerators must be kept at 40° or lower
- Freezers must be maintained at Zero
- Cooking temperatures must reach 160° for beef, sausage or eggs
- Cooking temperatures must reach 180° for chicken