

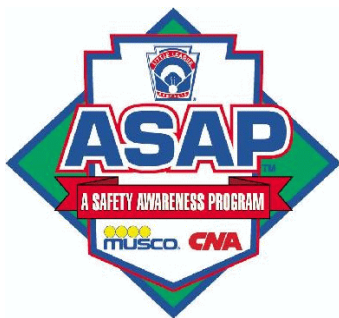
Southwest Forsyth Little League

3801 Dillon Industrial Drive.
Clemmons, NC 27012

(336) 766-0970

ASAP Safety Plan

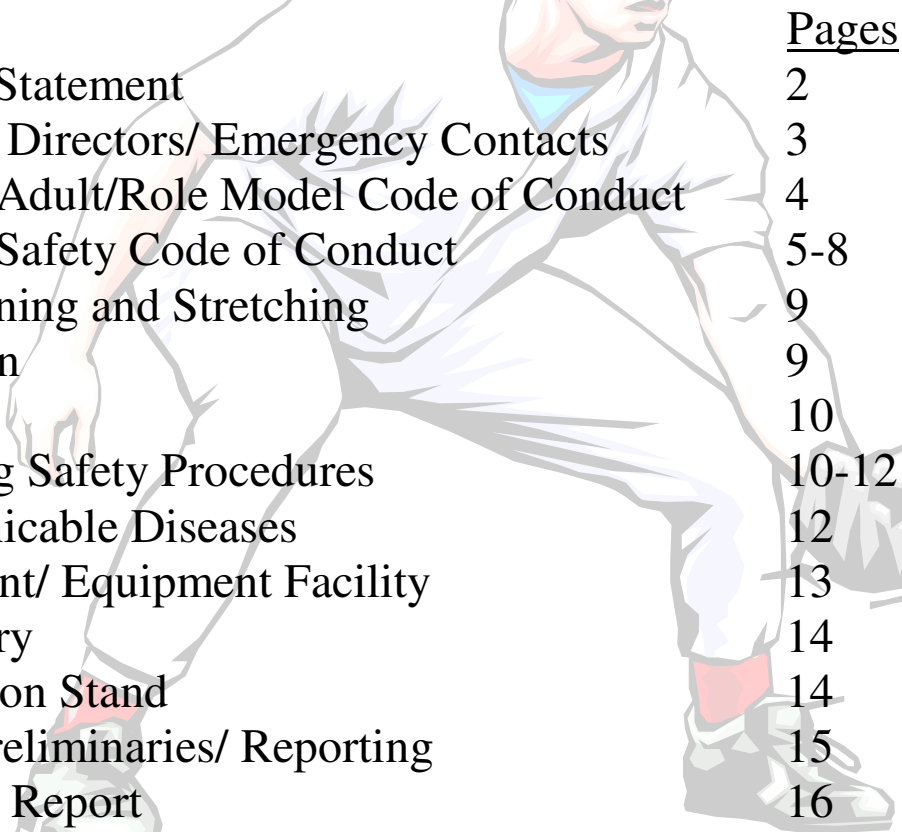
2010



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Welcome 2010 Managers, Coaches and Parents,

The attached is Southwest Forsyth Little League's Safety Plan (ASAP) for the upcoming 2010 baseball season. This plan was developed to ensure that the Southwest Forsyth County Little League District has the opportunities to play and learn the game of baseball and softball in a safe setting. This plan has been updated and approved by the 2010 Southwest Forsyth Little League Board of Directors. By submitting this approved plan to Little League Incorporated, SWFLL is entitled to numerous incentives to make our program run more efficiently.

This annual report will be revised and updated each year for the safety of everyone involved with Southwest Forsyth Little League. This plan discusses specific guidelines and criteria that insure the safe operation of Little League Baseball and Softball at the Southwest Forsyth Complex.

Reading and acknowledging this plan is critical and **mandatory** for all managers. This plan will also need to be shared with coaches, parents, umpires, concession stand committee and staff. It will also be posted on our league web site. This plan will help Southwest Forsyth Little League maintain the highest possible standard of safety attainable.

Your feedback and suggestions are an important part of this effort. If anyone feels they can contribute by suggesting or recommending ways to improve the safety of SWFLL, please feel free to contact me at (336) 766-5656 or by e-mail at eweiss@wsfcs.k12.nc.us or any Board Member. We look forward to a safe and exciting Little League season.

Safety Officer's Name: Ed Weiss
Mailing Address: 4475 Gatlin Knoll Lanes
Clemmons, NC 27012
H: (336) 766-5656 C: (336) 345-7979

Ed Weiss

Ed Weiss

Vice President- Baseball Operations

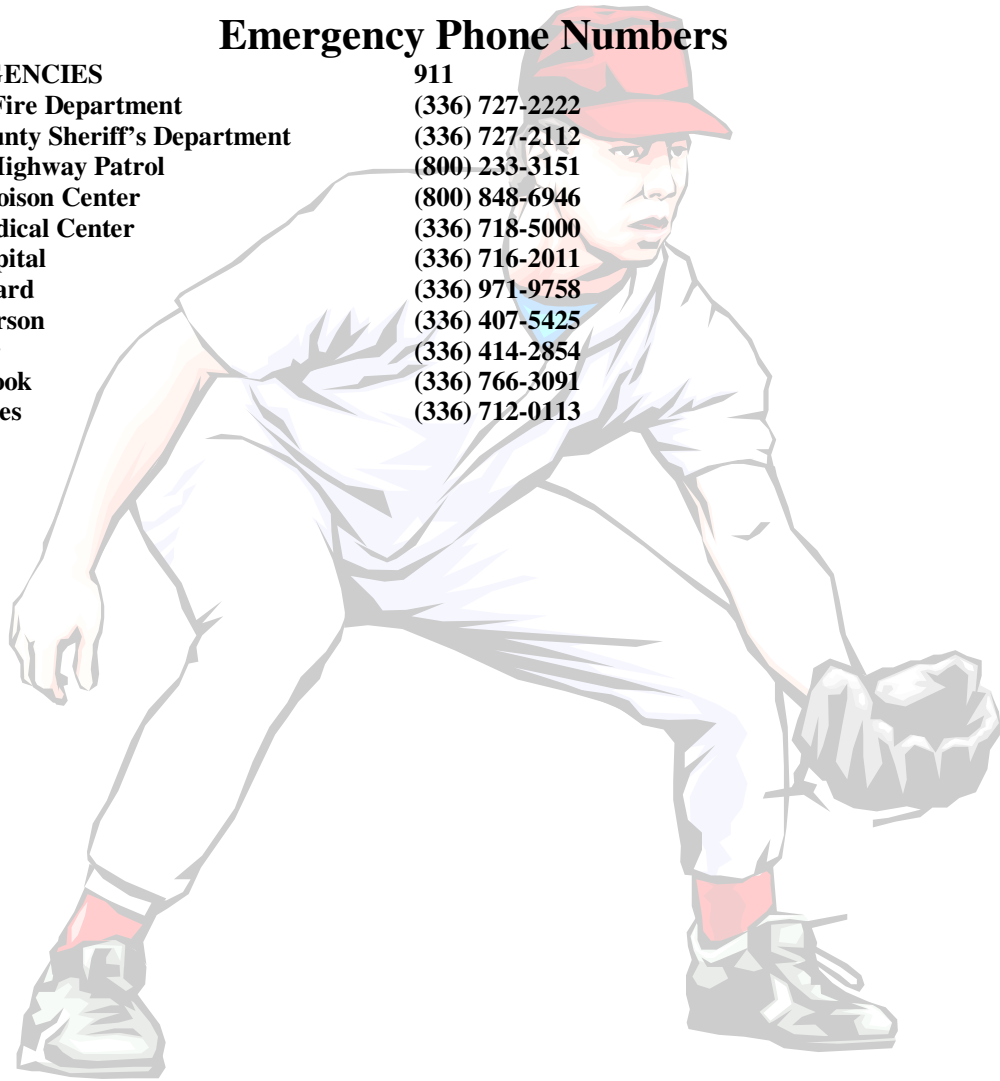
SWFL Board of Directors 2010

President	Barry	Leonard	778-9305	971-9758	bleonard7@triad.rr.com
1st VP/Administration	Jim	Hutcherson	940-6757	407-5425	jhutcherson@bahnson.com
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3rd VP/Softball Operations	Leslie	Monteith	766-2005	406-3504	lesliemonteith@yahoo.com
VP/League Operations	Ed	Weiss	766-5656	345-7979	eweiss@wsfcs.k12.nc.us
Treasurer	Warren	Bates	712-0113	926-8904	warrenbat@aol.com
Player Agent	Ray	Turley	766-9670	577-2659	swplayeragent@aol.com, drlmturley@aol.com
Secretary	Cole	Parsons	712-9474	354-6014	cole.parsons@ymail.com
Chief Umpire Baseball	Chap	Berrier	766-7535	407-4310	chapberrier@yahoo.com, chap.berrier@piedmontaviad.com
Chief Umpire Softball	Mike	Bendig	778-0732	404-3260	mbendig@triad.rr.com
Head Team Parent	Julie	Raines	778-2446	577-3157	raines05gang@bellsouth.net
Member at Large	Robin	Willard	712-0016	971-2542	rwillard@wsfcs.k12.nc.us
Equipment Manager	Jim	Sharp	712-1079	407-2167	jimsharp@triad.rr.com
Asst Equipment Baseball	Shane	Bentley	765-8006	972-0846	sbent21@yahoo.com
Asst Equipment Softball	Rebecca	Timberlake	778-1308	749-3217	rtimberlake@triad.rr.com
Ads/Signs/Sponsors	Alison	Bialobok	945-7868	682-4948	areidy-bialobok@triad.rr.com
Head of Grounds/Maint.	Ray	Sutcliffe	768-2153	403-2580	rsutcliffe@triad.rr.com
Asst. Head Grounds Maint.	Dave	Perry	712-1422	575-4288	djnjen@triad.rr.com
Asst. VP Baseball	Donald	Moore	766-0768	391-0036	donald.moore@hanesbrands.com
Asst. VP Softball	Tony	Williamson	766-9476	416-9539	williat2@RJRT.com
Division Director - Softball	Dave	Perry	712-1422	575-4288	djnjen@triad.rr.com
Division Director - Softball	Keith	Cartwright	712-9790	577-8203	keith.cartwright@sabre.com
Division Director - Softball	Jeff	Silver	712-9888	215-4549	jeffrey.silver@ncfbins.com
Division Director (AAAA)	Mike	Edwards	768-1701	462-4781	mypoeddie@yahoo.com
Division Director (Jr/Snr)	Wade	Brence	945-9781	813-7132	wbrence1@triad.rr.com
Division Director (AAA)	Nicole	Berry	712-1095	293-3277	berry55378@bellsouth.net
Division Director (A)	Tate	Rice	923-5411	399-2906	tate@tatericehomes.com

Division Director (AA)	Sarah	McCollum	712-9793	692-0348	smccollum1@triad.rr.com
Division Director (Majors)	Charles	Claus	778-0647	671-3590	claus.charles@yahoo.com
Division Director (T-Ball)	Sherwin	Wooten	766-8822	462-6995	topcut7@yahoo.com

Emergency Phone Numbers

All EMERGENCIES	911
Clemmons Fire Department	(336) 727-2222
Forsyth County Sheriff's Department	(336) 727-2112
N.C. State Highway Patrol	(800) 233-3151
Carolin's Poison Center	(800) 848-6946
Forsyth Medical Center	(336) 718-5000
Baptist Hospital	(336) 716-2011
Barry Leonard	(336) 971-9758
Jim Hutcherson	(336) 407-5425
Lew Saphar	(336) 414-2854
Fred Holbrook	(336) 766-3091
Warren Bates	(336) 712-0113



SWFLL Adult/ Role Model CODE OF CONDUCT

The 2010 Southwest Forsyth Little League Board of Directors has mandated the following code of conduct. This code of conduct must be followed at all times. The code of conduct requires that each manager and coach sign an agreement, acknowledging that he or she understands and agrees to fully comply.

No board member, manager, coach, player, official or spectator shall at any time:

- 1. Touch, push, shove, strike, or otherwise threaten (physically or verbally) any other individual.**
- 2. Exhibit unsportsmanlike conduct including the throwing of gloves, helmets, hats, bats, balls, or any other object.**
- 3. Use or cause the use of unnecessarily rough tactics in the play of a game against opposing players.**
- 4. Use profane, obscene or vulgar language.**
- 5. Exhibit physical contact of a sexual or affectionate nature.**
- 6. Appear anywhere in the facility while in an intoxicated state.**
- 7. Gamble on any play or game.**
- 8. Use tobacco (any form) within the SWFLL Complex. Smoking will be permitted only off complex grounds or in the parking lots.**
- 9. Speak disrespectfully to any other manager, coach, player, official, spectator or board member.**
- 10. Tamper or manipulate any league documents including, but not limited to, player rosters, game and tournament schedules, all-star affidavits, and scorebooks.**
- 11. Challenge any umpire's authority.**

This conduct shall be maintained on any field or in any facility in which the team represents Southwest Forsyth Little League including all-star and championship play.

The Board of Directors will review all infractions of the Conduct Code. Depending on the seriousness or frequency of the infraction, the board may assess additional disciplinary action up to and including expulsion from the league.

SWFLL Safety Code of Conduct

ASAP - What is it? In 1995, ASAP (A Safety Awareness Program) was introduced with the goal of re-emphasizing the position of Safety Officer “to create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League Baseball”. This manual is offered as a tool to place some important information at managers’ and coaches’ finger tips.

Some Important Do's and Don't's

Do ...

- ◆ 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.
- ◆ Carry your first-aid kit to all games and practices
- ◆ Keep your “Prevention and Emergency Management of Little League Baseball and Softball Injuries” booklet with your first-aid kit.
- ◆ Assist those who require medical attention - and when administering aid, remember to
- ◆ **LOOK** for signs of injury (*Blood, Black-and-blue deformity of joint etc.*).
- ◆ **LISTEN** to the injured describe what happened and what hurts if conscious. Before questioning, you may have to calm and soothe an excited child.
- ◆ **FEEL** gently and carefully the injured area for signs of swelling, or grating of broken bone.
- ◆ Have your players’ Medical Clearance Forms with you at all games and practices.
- ◆ Make arrangements to have a cellular phone available when your game or practice is at a facility that does not have any public phones.

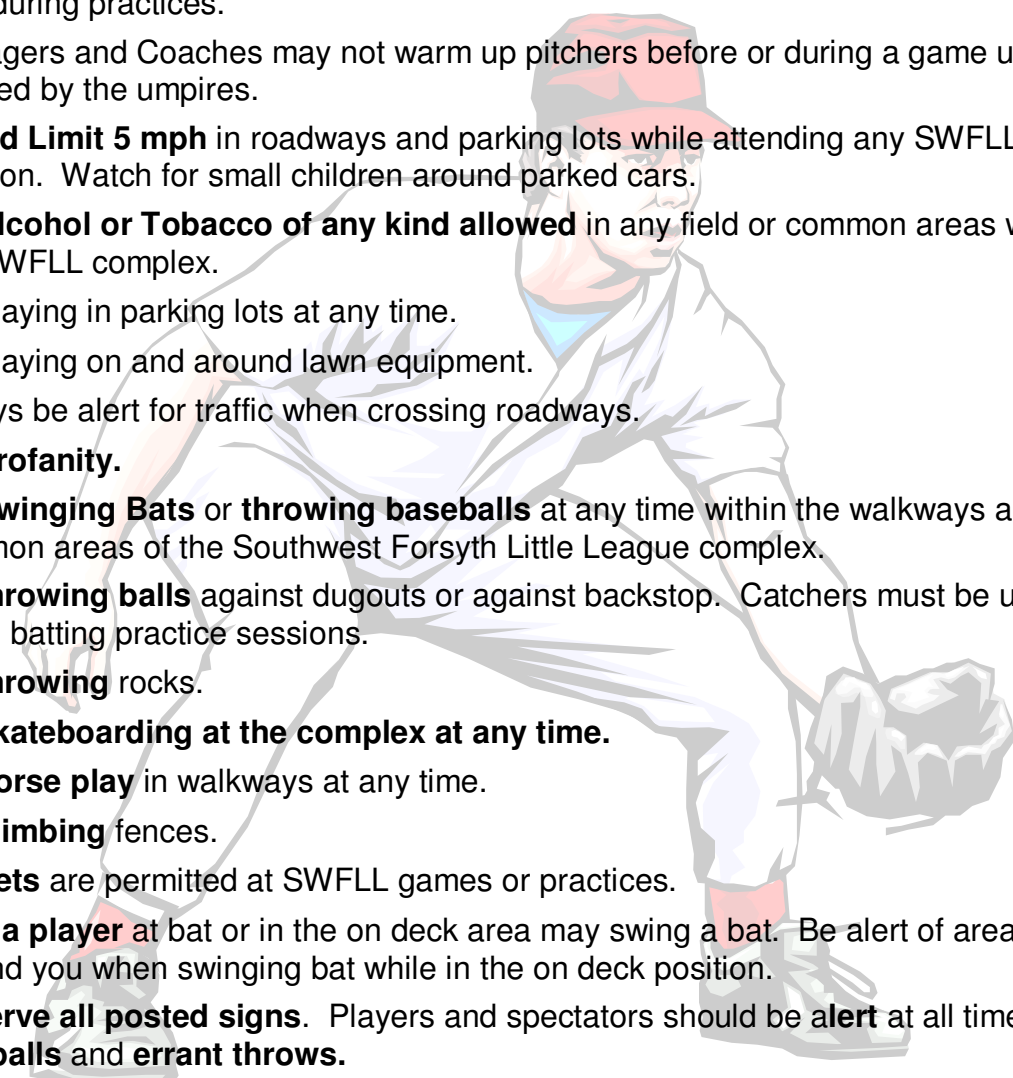
Don't...

- ◆ Administer any medications
- ◆ Provide any food or beverages (other than water)
- ◆ Hesitate in giving aid when needed
- ◆ Be afraid to ask for help if you’re not sure of the proper procedures (i.e., CPR, etc.)
- ◆ Transport injured individuals except in extreme emergencies
- ◆ Leave an unattended child at a practice or game
- ◆ Hesitate to report any present or potential safety hazard to the Director of Safety immediately.

SAFETY CODE

Dedicated to Injury Prevention

- Arrangements should be made in advance of all games and practices for emergency medical services.
- First-aid kits have been placed in each scoreboard, public address facility at each field and are located at the concession stand.
- No games or practices should be held when weather or field conditions are not good, Responsibility for Safety procedures should be that of an adult member of SWFLL...particularly when lighting is inadequate. Always check the SWFFLL web site for field closings etc.
- Grounds should be inspected frequently for holes, damage, stones, glass and other foreign objects. Any problems need to be reported to the safety officer.
- All team equipment should be stored within the team dugout, and not within the area defined by the umpires as "in play".
- Only players, managers, coaches, and umpires are permitted on the playing field or in the dugout during games and practice sessions.
- Responsibility for keeping bats and loose equipment off the field of play should be that of a player assigned for this purpose or the team's manager and coaches.
- Procedure should be established for retrieving foul balls batted out of playing area.
- During practice and games, all players should be alert and watching the batter on each pitch.
- During warm-up drills players should be spaced so that no one is endangered by wild throws or missed catches.
- 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 endanger spectators (i.e., playing catch, pepper, swinging bats, etc.).
- Equipment should be inspected regularly for the condition of the equipment as well as for proper fit.
- Batters must wear Little League approved protective helmets during batting practice and games.
- Catcher must wear catcher's helmet, mask, throat guard, long model chest protector, shin guards and protective cup with athletic supporter at all times (males) for all practices and games. **NO EXCEPTIONS.** Managers should encourage all male players to wear protective cups and supporters for practices and games.
- Except when runner is returning to a base, headfirst slides are only permitted in the junior and senior divisions.
- During sliding practice, bases should not be strapped down or anchored.

- 
- At no time should “horse play” be permitted on the playing field.
 - Parents of players who wear glasses should be encouraged to provide “safety glasses.”
 - Player must not wear watches, rings, pins or metallic items during games and practices.
 - The Catcher must wear catcher’s helmet and mask with a throat guard in warming up pitchers. This applies between innings and in the bullpen during a game and also during practices.
 - Managers and Coaches may not warm up pitchers before or during a game unless allowed by the umpires.
 - **Speed Limit 5 mph** in roadways and parking lots while attending any SWFLL function. Watch for small children around parked cars.
 - **No Alcohol or Tobacco of any kind allowed** in any field or common areas within the SWFLL complex.
 - No Playing in parking lots at any time.
 - No Playing on and around lawn equipment.
 - Always be alert for traffic when crossing roadways.
 - **No Profanity.**
 - **No Swinging Bats or throwing baseballs** at any time within the walkways and common areas of the Southwest Forsyth Little League complex.
 - **No throwing balls** against dugouts or against backstop. Catchers must be used for all batting practice sessions.
 - **No throwing** rocks.
 - **No skateboarding at the complex at any time.**
 - **No horse play** in walkways at any time.
 - **No climbing** fences.
 - **No pets** are permitted at SWFLL games or practices.
 - **Only a player** at bat or in the on deck area may swing a bat. Be alert of area around you when swinging bat while in the on deck position.
 - **Observe all posted signs.** Players and spectators should be **alert** at all times for **foul balls** and **errant throws.**
 - **During game,** players must remain in the dugout area in an orderly fashion at all times.
 - **After each game, each team must clean up trash** in dugout and around stands.
 - **All gates to the field must remain closed** at all times. After players have entered or left the playing field, gates should be closed and secured.
 - **No children under the age of 14** are to be permitted to work in the Concession Stand Area.

Failure to comply with the above may result in removal from the SWFL field or complex

See a need to add to the safety code? Contact:
Ed Weiss, VP of Baseball Operations at 766-5656
or eweiss@wsfcs.k12.nc.us

CONDITIONING AND STRETCHING

Conditioning is a very important part in the prevention of accidents. Studies have shown that stretching and contracting of muscles before an athletic event improves general control of movements, coordination and alertness. Conditioning and stretching also help develop the strength and stamina needed for the average player to compete with minimum accident exposure.

The purpose for conditioning and stretching is to improve the flexibility of various muscle groups and to prevent the tearing of the muscle due to overexertion. Never force a muscle group during stretching but rather in a gradual manner to encourage looseness and flexibility.

Areas to stretch before an athletic event: neck, back, arms, thighs, legs, and calves.

Hold the stretch for at least 10 seconds.
Don't bounce while stretching

Calisthenics should also be an important part of pregame warm up. This is another way to stretch the muscle group as well as increasing the heart rate.

HYDRATION

In the summer months we usually think of dehydration. It does not matter if it is January or July, children must be encouraged to drink fluids even when they do not feel thirsty. As coaches, we must remember that when children become physically active, their muscles generate heat thereby increasing their body temperature. As these temperatures rise, the cooling mechanism – sweat – kicks in. When sweat evaporates, the body is cooled. If these fluids are not replaced, children can become overheated.

Managers and coaches should schedule water breaks every 30 minutes during practices on hot days, and should encourage fluid intake between every inning. Water is an excellent fluid, however, sports drinks and fruit juices can encourage children to drink more during events. When offering sports drinks and fruit juices, be careful of the carbohydrate level. These drinks should contain between 6 and 8 percent carbohydrates that is (15 to 18 grams per cup). If the concentrations are higher, then the sports drink or juice should be diluted with water on a 1 to 1 ratio. If drinks are high in carbohydrates, they may cause stomach cramps, nausea and diarrhea when the child becomes active. Caffeine contained in tea, coffee, and colas should also be avoided because it can dehydrate the body further.

WEATHER

These are the steps to take to determine to delay or stop practice or play.

Rain: if it begins to rain the manager or coach should evaluate the strength and direction of the storm and evaluate the playing field as it becomes more saturated with water. If the playing conditions become unsafe, stop the practice. In a game situation, consult with the other coach and umpire to formulate a decision.

Lighting: If you can HEAR, SEE, OR FEEL A THUNDERSTORM, SUSPEND ALL GAMES AND PRACTICES IMMEDIATELY. Stay away from metal objects. Don't hold metal bats. Have players walk, not run, to their parent's or designated driver's car and await a decision on whether to continue play.

Lightning Facts and Safety Procedures

Consider the following facts:

- ✓ The average lightning stroke is 6 - 8 miles long.
- ✓ The average thunderstorm is 6 -10 miles wide and travels at a rate of 25 miles per hour.
- ✓ Once the leading edge of a thunderstorm approaches to within 10 miles, you are at immediate risk due to the possibility of lightning strokes coming from the storm's overhanging anvil cloud (for example, the lightning that injured 13 people during a concert at RFK last summer occurred while it was sunny and dry).
- ✓ On the average, thunder can only be heard over a distance of 3 - 4 miles, depending on humidity, terrain, and other factors. This means that by the time you hear the thunder, you are already in the risk area for lightning strikes.

Rule of Thumb

The ultimate truth about lightning is that it is unpredictable and cannot be prevented. Therefore, a manager, coach, or umpire who feels threatened by an approaching storm should stop play and get the kids to safety- regardless of whether or not the lightning detector has been used and has gone off or if the “flash-bang” proximity measure applies. When in doubt, the following rule of thumb should be applied:

WHEN YOU HEAR IT - CLEAR IT

WHEN YOU SEE IT - FLEE IT

Lightning Facts and Safety Procedures Continued

Where to Go?

No place is absolutely safe from the lightning threat, but some places are safer than others. Large shelters (substantially constructed buildings) are the safest! For the majority of participants, the best area for them to seek shelter is in a fully enclosed metal vehicle with the windows rolled up. If you are stranded in an open area and cannot get to shelter in a car, put your feet together, crouch down, and put your hands over your ears (to try and prevent eardrum damage).

Where NOT to Go!!

Avoid high places and open fields, isolated trees, unprotected gazebos, rain or picnic shelters, dugouts, flagpoles, light poles, bleachers (metal or wood), metal fences, and water.

First Aid to a Lightning Victim

Typically, the lightning victim exhibits similar symptoms as that of someone suffering from a heart attack. In addition to calling 911, the rescuer should consider the following:

- ✓ The first tenet of emergency care is “make no more casualties”. If the victim is in a high-risk area (open field, isolated tree, etc.) the rescuer should determine if movement from that area is necessary - lightning can and does strike the same place twice. If the rescuer is at risk, and movement of the victim is a viable option, it should be done.
- ✓ If the victim is not breathing, start mouth-to-mouth resuscitation. If it is decided to move the victim, give a few quick breaths prior to moving them.
- ✓ Determine if the victim has a pulse. If no pulse is detected, start cardiac compressions as well.

Note: CPR should only be administered by a person knowledgeable and trained in the technique.

Communicable Disease Procedures

- 1. Bleeding must be stopped, the open wound covered, and the uniform changed if there is blood on it before the athlete may continue.**
- 2. Routinely use gloves to prevent mucous membrane exposure when contact with blood or other body fluids are anticipated (provided in first-aid kit).**
- 3. Immediately wash hands and other skin surface if contaminated with blood.**
- 4. Clean all blood contaminated surfaces and equipment.**
- 5. Managers, coaches, and volunteers with open wounds should refrain from all direct contact until the condition is resolved.**
- 6. Follow accepted guidelines in the immediate control of bleeding and disposal when handling bloody dressings, mouth guards and other articles containing body fluids.**

EQUIPMENT

The equipment manager shall inspect all equipment before the start of first practice or game. The equipment once distributed by the equipment manager to the various managers or coaches becomes the responsibility of that manager or coach. They should inspect the equipment before each game and practice. If damage is discovered, the damaged equipment is to be taken out of service and equipment manager notified. Damaged equipment is to be either fixed or destroyed to prevent future use. Many kids bring their own equipment. The manager or coach should make sure that that equipment meets all the requirements outlined in the safety manual.

EQUIPMENT FACILITY

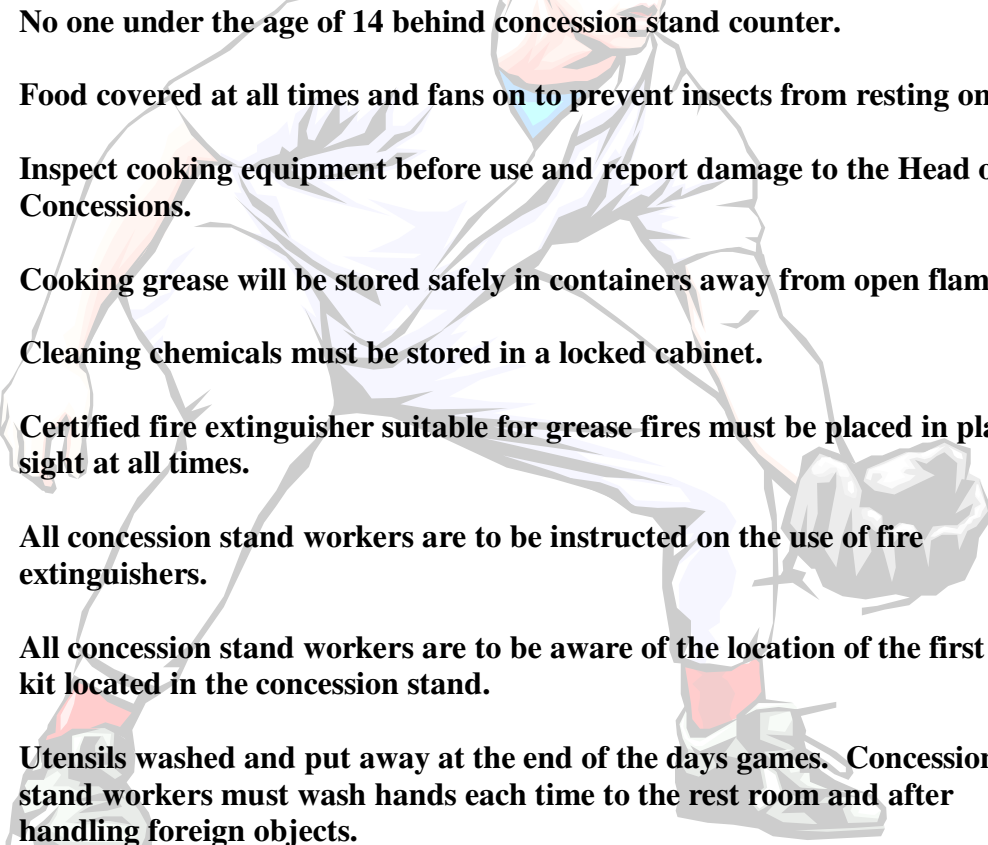
- 1. The SWFLL President shall issue keys to the equipment facility.**
- 2. Keys shall be returned to the SWFLL President once someone ceases to have responsibilities for the equipment shed.**
- 3. Equipment facility shall be locked at all times.**
- 4. All individuals with keys to the equipment facility shall be aware of the responsibility for the orderly and safe storage of heavy equipment and hazardous materials.**
- 5. All chemicals located in the equipment facility shall be labeled and stored in its original container if available.**
- 6. Any loose chemicals within the equipment facility shall be cleaned and disposed of to prevent accidental poisoning.**
- 7. Dispose of outdated products as recommended by the manufacturer.**
- 8. Use chemicals only in well-ventilated areas.**
- 9. Wear proper protective clothing when handling toxic substances.**

MACHINERY

Tractors, mowers, gators, golf carts and other heavy machinery will:

- 1. Be operated by appointed staff only.**
- 2. Never operated under the influence of alcohol or drugs.**
- 3. Not to be operated by person under the age of 16.**
- 4. Never operated in a careless and reckless manner.**
- 5. Never be operated or ridden in a precarious or dangerous way.**

CONCESSION STAND SAFETY

- 1. No one under the age of 14 behind concession stand counter.**
 - 2. Food covered at all times and fans on to prevent insects from resting on food.**
 - 3. Inspect cooking equipment before use and report damage to the Head of Concessions.**
 - 4. Cooking grease will be stored safely in containers away from open flames.**
 - 5. Cleaning chemicals must be stored in a locked cabinet.**
 - 6. Certified fire extinguisher suitable for grease fires must be placed in plain sight at all times.**
 - 7. All concession stand workers are to be instructed on the use of fire extinguishers.**
 - 8. All concession stand workers are to be aware of the location of the first aid kit located in the concession stand.**
 - 9. Utensils washed and put away at the end of the days games. Concession stand workers must wash hands each time to the rest room and after handling foreign objects.**
- 

SAFETY PRELIMINARIES

All managers, and/or coaches and/or umpires are required to walk the entire field to identify any safety hazards and ensure that the field is safe prior to use for games or practices. Any hazards should be eliminated prior to start of play and reported to the safety officer within 24 hours.

REPORTING ACCIDENTS

All accidents and injuries shall be reported to the league safety officer within 24 hours. After notification the safety officer will notify the SWFLL President in which all information will be recorded and the proper forms completed and mailed to the insurance representative. If the safety officer is unavailable, the SWFLL President is to be notified of the accident or injury. If the SWFLL President or safety officer cannot be located on the facility grounds, any board member can be notified of the accident or injury (see list of phone numbers located on page (2) in this Safety Plan manual.

ACCIDENT REPORTING PROCEDURES

What to report - An incident that causes any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid must be reported to the VP for Baseball Operations/ Safety Officer. This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury or periods of rest.

When to report - All such incidents described above must be reported to the Vice President for Baseball Operations *within 48 hours* of the incident. The Vice President for Baseball Operations/ Safety Officer for 2010 is Ed Weiss, and he can be reached at the following:

Home Phone: (336) 766-5656
Work Phone: (336) 727-2378
Cell Phone: (336) 345-7979
Email: eweiss@wsfcs.k12.nc.us

Southwest Forsyth Little League		REPORT ON SERIOUS INJURY	
Person's/Player's Name:		PERSONAL DATA OF INJURED PERSON: <input type="checkbox"/> Player <input type="checkbox"/> Other Person Sex: Age:	
Parents' Name(if applicable):		Work Telephone:	
Street Address:		Home Telephone:	
City:	State:	ZIP:	E-mail (if known):
DESCRIPTION OF HOW INJURY OCCURRED:			
Field or practice facility:		Date:	Time:
Name of witness:		Telephone:	
Name of witness:		Telephone:	
Describe how injury occurred:			
DESCRIPTION OF TYPE AND SEVERITY OF INJURY:			
Part of body injured		<input type="checkbox"/> Foot	<input type="checkbox"/> Head
<input type="checkbox"/> Arm	<input type="checkbox"/> Leg	<input type="checkbox"/> Neck	<input type="checkbox"/> Shoulder
<input type="checkbox"/> Finger/Hand	<input type="checkbox"/> Ankle	<input type="checkbox"/> Other:	
<input type="checkbox"/> Internal	<input type="checkbox"/> Knee		
Type: <input type="checkbox"/> Bruise and swelling		<input type="checkbox"/> Muscle pull or sprain	<input type="checkbox"/> Bleeding from cut or abrasion
<input type="checkbox"/> Suspected internal injury		<input type="checkbox"/> Broken or fractured bone	<input type="checkbox"/> Other:
Severity: <input type="checkbox"/> Mild		<input type="checkbox"/> Medium	<input type="checkbox"/> Severe
Describe Injury:			
ACTION TAKEN			
Was parent contacted?		Date:	Time:
<input type="checkbox"/> Yes <input type="checkbox"/> No			By:
Was First Aid administered? <input type="checkbox"/> Yes <input type="checkbox"/> No.			By:
Describe action taken:			
Person taken to: <input type="checkbox"/> EMR <input type="checkbox"/> Forsyth Hospital		<input type="checkbox"/> Baptist Hospital	<input type="checkbox"/> Physician
Does student/person have insurance:		Name of Company:	
Date of Report:		Safety Officer:	

VOLUNTEER /MANAGER / COACHING APPLICATION

Name:

Address:

City, St. Zip:

E-mail Address:

Home Phone:

Work Phone:

Years of Coaching Experience:

Ever Coached at SWFLL before? If so what division?

Do you have children playing at Southwest? Name of team?

If so what division?

Comments:

LIST THE DIVISION(S) YOU ARE INTERESTED IN

MANAGING	COACHING
A. <input style="width: 150px;" type="text" value="Choose"/>	A. <input style="width: 150px;" type="text" value="Choose"/>
B. <input style="width: 150px;" type="text" value="Choose"/>	B. <input style="width: 150px;" type="text" value="Choose"/>
C. <input style="width: 150px;" type="text" value="Choose"/>	C. <input style="width: 150px;" type="text" value="Choose"/>

I have read and understand the duties of being a manager/coach at SWFLL. I understand that SWFLL is committed to the teaching of fundamental good sportsmanship to all the players. I also understand that my conduct on the field will effect my future as a manager/coach at SWFLL. I am willing to attend all coaching and umpire clinics and full fill all responsibilities asked of me by SWFLL and will do so to the best of my ability.

Remember! Safety is everyone's job! Prevention is the key to reducing accidents to a minimum. Report all hazardous conditions to the Director of Safety or another Board of Director immediately. Don't play on a field that is not safe or with unsafe playing equipment. Be sure your players are fully equipped at all times, especially catchers and batters. And, check your team's equipment often. When in doubt, check it out!

