



WELLESLEY LITTLE LEAGUE 2021 SAFETY PLAN

**Wellesley Youth Baseball & Softball
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The ASAP plan will be distributed to each member of the board of directors of Wellesley Little League. All relevant material will be sent to coaches.

WELLESLEY YOUTH BASEBALL & SOFTBALL EMERGENCY PHONE NUMBERS

Police & Fire Emergency	911
Wellesley Police	781-235-1212
Wellesley Fire	781-235-1300
WYBS President [Bennett Fisher/Sean Campbell]	781-385-9223
WYBS Safety Officer [Ann Williams]	781-366-7856
League Player Agent [Jim Carroll]	781-235-0742
Field Coordinator	781-366-7856

This list will be posted in the score booth at Reidy Field and at wellesleyybs.org

The most important help you can provide to a victim who is seriously injured is to call for professional medical help. Make the call quickly, preferably from a cell phone near the injured person. If this is not possible, send someone else to make the call from a nearby telephone. Be sure that you or another caller follows these steps:

1. **First dial 9-1-1.** If you are calling from a cell phone the call goes to the MA State Police. They will ask you what town the emergency is in. When you tell them, they will transfer you to the Wellesley Police Department
2. Give the dispatcher the necessary information. Answer any questions that he or she might ask.
Most dispatchers will ask:
 - The exact location or address of the emergency. Include the name of the city or town, nearby intersections, landmarks, etc. as well as the field name and location of the facility (if applicable). Our address is: See attached field locations.
 - The telephone number from which the call is being made.
 - The caller's name.
 - What happened – a baseball related accident, a bicycle accident, fire, fall, etc.
 - How many people are involved.
 - The condition of the injured person [unconscious, chest pains, severe bleeding, etc.]
 - What help is being given [first aid, CPR, etc]
3. Do not hang up until the dispatcher hangs up. The dispatcher may need to tell you how to best care for the victim.
4. Continue to care for the victim until professional help arrives.
5. Appoint someone to go to the street and look for the ambulance or fire engine and flag them down if necessary. This saves valuable time. Remember, every minute counts.

Once the injured party is in safe hands, notify the WYBS Safety Officer right away. It is also necessary to fill out an injury report on the WYBS website.

WELLESLEY YOUTH BASEBALL & SOFTBALL FIELD LOCATIONS

BROWN FIELD

Address: Coburn Road – between Woodlawn Avenue & Garden Road

City: Wellesley, MA

FISKE SCHOOL FIELD

Address: 45 Hastings Street

City: Wellesley, MA

HARDY SCHOOL FIELDS

Address: 293 Weston Road

City: Wellesley, MA

- Hardy I - Heading down Hardy Road from Weston Road, it is the field off to the left
- Hardy II - Heading down Hardy Road from Weston Road, it is the field in front of you & slightly to the right

HUNNEWELL FIELD II (MULTI-PURPOSE)

Address: 448 Washington Street

City: Wellesley, MA

- Lighted softball field near tennis courts on Rt. 16

KELLY FIELDS (BATES SCHOOL)

Address 116 Elmwood Road

City: Wellesley, MA

- Kelly I – nearest to the brook at the bottom of the parking lot
- Kelly II – first field you come to when entering parking lot
- Kelly III – back left as you face the fields from parking lot
- Kelly IV – back right as you face the field from parking lot

LEE FIELD

Address: 448 Washington Street

City: Wellesley, MA

- Softball field left of tennis courts on Rt. 16

OUELLET FIELD

Address: Cedar Street

City: Wellesley, MA

- East side of Cedar Street between Charles Street & Barton Road.

PHILLIPS FIELD

Address: Seaward Road

City: Wellesley, MA

REIDY FIELD

Address: 448 Washington Street

City: Wellesley, MA

- Closest to Whole Foods Market on Rt. 16

SCHOFIELD SCHOOL FIELD

Address: 27 Cedar Street

City: Wellesley, MA

- Field is back right of the parking lot

SPRAGUE 1 (Softball Field)

Address: Behind Sprague School – School Street

City: Wellesley, MA

- Softball field closest to Sprague School

SPRAGUE IV (Baseball Field)

Address: Calvin Road parking lot – field at bottom of hill – straight ahead.

City: Wellesley, MA

SPRAGUE V (Baseball Field)

Address: Calvin Road parking lot – field at bottom of hill – to right.

City: Wellesley, MA

UPHAM SCHOOL FIELDS

- Upham I: 35 Wynnewood Road, Wellesley, MA. Field is up the steps to right of school
- Upham II: Entrance is off the end of Dukes Road, Wellesley, MA. Field up hill to the left.

WHS/HUNNEWELL FIELD (CLOSEST TO TENNIS COURTS)

Address: 50 Rice Street

City: Wellesley, MA

- Behind tennis courts on Rt 16 OR off Rice Street aqueduct.

WHS/HUNNEWELL FIELD (CLOSEST TO FOOTBALL STADIUM)

Address: 50 Rice Street

City: Wellesley, MA

- Behind football stadium



This volunteer application should only be used if a league is manually entering information into JDP or an outside background check provider that meets the standards of Little League Regulations 1(c)9. **THIS FORM SHOULD NOT BE COMPLETED IF A LEAGUE IS UTILIZING THE JDP QUICKAPP. Visit LittleLeague.org/localBGcheck for more information.**

A COPY OF VALID GOVERNMENT ISSUED PHOTO IDENTIFICATION MUST BE ATTACHED TO COMPLETE THIS APPLICATION.

All red fields are required.

Name: _____ Date: _____
 Address: _____
 City: _____ State: _____ Zip: _____

Social Security # (mandatory) _____

Cell Phone: _____ Business Phone: _____
 Home Phone: _____ E-mail Address: _____
 Date of Birth: _____
 Occupation: _____
 Employer: _____
 Address: _____
 Special professional training, skills, hobbies: _____
 Community affiliations (Clubs, Service Organizations, etc.): _____
 Previous volunteer experience (including baseball/ softball and year): _____

- 1. Do you have children in the program? Yes No
 If yes, list full name and what level? _____
- 2. Special Certification (CPR, Medical, etc.)? If yes, list: _____ Yes No
 Driver's License#: _____ State: _____
- 3. Do you have a valid driver's license? Yes No
- 4. Have you ever been charged with, convicted of, plead no contest, or guilty to any crime(s) involving or against a minor, or of a sexual nature? Yes No
 If yes, describe each in full: _____
 (If volunteer answered yes to Question 4, the local league must contact the Little League Security Manager.)
- 5. Have you ever been convicted of or plead no contest or guilty to any crime(s)? Yes No
 If yes, describe each in full: _____
 (Answering yes to Question 5, does not automatically disqualify you as a volunteer.)
- 6. Do you have any criminal charges pending against you regarding any crime(s)? Yes No
 If yes, describe each in full: _____
 (Answering yes to Question 6, does not automatically disqualify you as a volunteer.)

7. Have you ever been refused participation in any other youth programs and/or listed on the SafeSport Centralized Disciplinary Database or USA Baseball Ineligible List? Yes No
 If yes, explain: _____
 (If volunteer answered yes to Question 7, the local league must contact the Little League Security Manager.)

In which of the following would you like to participate? (Check one or more.)

League Official Umpire Manager Concession Stand
 Coach Field Maintenance Scorekeeper Other _____

Please list three references, at least one of which has knowledge of your participation as a volunteer in a youth program:

Name/Phone _____

Applicant Signature _____ Date _____
 If Minor/Parent Signature _____ Date _____
 Applicant Name (please print or type) _____

NOTE: The local Little League and Little League Baseball, Incorporated will not discriminate against any person on the basis of race, creed, color, national origin, marital status, gender, sexual orientation or disability.

LOCAL LEAGUE USE ONLY:

Background check completed by league officer _____ on _____

System(s) used for background check (minimum of one must be checked):
Review the Little League Regulation 1(c)9 for all background check requirements

JDP (Includes review of the SafeSport Centralized Disciplinary and USA Baseball Ineligible List) *
 OR
 National Criminal Database check SafeSport Centralized Disciplinary Database and/or USA Baseball Ineligible List Sex Offender
 National Sex Offender Registry

* Please be advised that if you use JDP and there is a name match in the few states where only name match search can be performed you should notify volunteers that they will receive a letter or email directly from JDP in compliance with the Fair Credit Reporting Act containing information regarding all the criminal records associated with the name, which may not necessarily be the league volunteer.

Only attach to this application copies of background check reports that reveal convictions of this applicant.

VOLUNTEER FORMS - LITTLE LEAGUE VOLUNTEER APPLICATIONS

All coaches, assistant coaches, team managers, umpires, and volunteers who interact with the players in any capacity **MUST** fill out a Volunteer Form before they practice with their team. These forms are available on the Wellesley Little League website. There will be **NO** exceptions to this rule. A new form must be filled out each calendar year.

WELLESLEY LITTLE LEAGUE CODE OF CONDUCT

Wellesley Little League welcomes all eligible participants to become a part of its baseball and softball programs, but requires participants to acknowledge that appropriate behavior is an essential ingredient to the success of the program and the enjoyment of those involved. Accordingly, all those interested in participating in Wellesley Little League are required to review and abide by this Code of Conduct, as a condition to eligibility. Any individual who fails to abide by these requirements is subject to disciplinary action by Wellesley Little League, including suspension and a termination of participation, without refund of participation or other fees.

Baseball and softball are games that connect generations and one's childhood experiences often generate memories that last a lifetime. Many adults can recall vividly their experiences playing ball when they were in Little League, including their teams, coaches and teammates. Our goal is to ensure that the experiences of children participating in our programs continues that tradition and that the behavior of those involved in our leagues - at all levels - promotes good sportsmanship, responsibility and the best elements of team competition. Accordingly, in order to participate in Wellesley Little League, each player, coach, board member, league officer and any other volunteer is required to agree to comply with this Code of Conduct:

1. I will not force my child to sign-up to play but, once committed to a team, will use my best efforts to encourage and enable my child to participate fully in his or her team's practices and games and use his or her best efforts to practice, seek personal improvement in skills as a teammate and learn the game.
2. I will remember, and remind the children playing, that baseball and softball are very challenging games - where even the best professional players fail to get a hit more than 3 out of every 10 at bats - and that success is measured by effort and not the individual success of a player or the outcome of a game.
3. I understand and will remember that children participate in sports to have fun, build social relationships and become better players. (Studies have shown only 10% of children age 13 and under identify winning as a reason they play sports.) Accordingly, I will recognize and promote a league appropriate emphasis on competition and accentuate the benefits derived from competing as an individual and team over the importance of winning.
4. I understand and will remember that Little League is for the children who are playing, not the adults, and that less than 1% of children who play sports will receive a college sports scholarship, and far fewer play at any professional level.
5. I will be a positive role model for my child and other participants of all ages by encouraging good sportsmanship and positive support for all players, coaches, umpires and spectators at every game, practice and associated activities, and will ensure the same behavior from my guests and family members. I will talk first and predominantly about the positive things in each practice and game. I will emphasize improvement and success for each individual player, and avoid comparisons to the more or less skilled players.
6. I will not engage in any unsportsmanlike conduct with any umpire, coach, player, parent, or any other person, including, without limitation, booing or taunting, or verbally criticizing umpire calls, coaching decisions, plays in the field or game results, or using any profane or abusive language or gestures, and will ensure the same behavior from my guests and family members.
7. I will emphasize that mistakes, errors, bad calls and losses are part of any game (and life) and work with my child to (i) develop strategies to learn from those events, (ii) not dwell on them and (iii) develop a strategy for moving forward to the next play or situation.
8. I will neither engage in nor enable any behavior or practice that would endanger the health or well being of any of the participants or spectators at any game, practice or associated activity (including, without limitation, any inappropriate physical contact or verbal attacks), and will ensure the same behavior from my guests and family members.

9. I will ensure that my family promotes respect for all players, coaches, umpires, spectators, and administrators, regardless of race, color, gender, playing ability or any other category. I will not make or disseminate critical or derogatory remarks (including by email or other electronic media) that are designated to harm, or would have the likely effect of harming, another's reputation or standing in the community. I will therefore handle any issues or complaints that I may have in a constructive manner and in a private setting that is appropriate under the circumstances.
10. I will learn the rules of the game and the leagues in which we participate, and ensure that my player understands those rules and the importance of playing by the rules. I will neither promote nor engage in any activity designed to avoid or disregard the rules of the game or any league, or manipulate any process to obtain a result inconsistent with those rules, including any process for selecting teams.
11. I will abide by and respect the calls of the umpires on the field, and understand that our umpires are often children in middle and high school who are learning and may make mistakes. I will not challenge or demonstrate any objection to a judgment call made by an umpire during a game, and will ensure the same behavior from my guests and family members. I understand and agree that any challenge or argument with a judgement call may result in disciplinary action against me.
12. I will not question, object, challenge or confront any coach on the field during any game or practice (except to prevent injury), and will constructively engage in discussion with a coach at a mutually acceptable time and place away from the view and hearing from players, parents, and others. I will not criticize the judgement or abilities of any coach before my child or other children, as this may negatively influence my child's enthusiasm for participating.
13. I will not act like a "coach from the sideline" unless I am actually a coach of the team and will limit my comments to encouragement and support for the participants, and will ensure the same behavior from my guests and family members.
14. I will inform WLL and my child's coaches of any physical or emotional condition that may affect the safety of my child or other participants in the team's activities.
15. I will abide by the judgments of the administrators of the league (including player tryout and selection processes for competitive leagues and teams) and, if I disagree with any WLL policy or process, I commit to constructively engage in appropriate dialogue with the WLL to explore any issues I wish to discuss.
16. I will respect the public and private property on and around our playing fields and participate in ensuring that no damage to or theft of such property occurs, and that all fields are maintained in at least as good condition at the end of each game and practice as at the beginning, with all trash and other items properly disposed of or removed from the field.
17. I understand that WLL welcomes my participation, and will work with me in an effort to find a suitable position as a coach, team manager, board member or other open position if I volunteer. I understand that if I am selected to serve in any such capacity, I may be subject to additional rules and behavioral requirements that I will abide by when serving in such a position.
18. I understand that if I personally observe actions by others that are inconsistent with this Code of Conduct, I may report such actions by filing an Incident Report Form. I further understand that I may request my identity be kept confidential, and that WLL may request my involvement in order to conduct a review and take any action in response to such report.
19. I understand that the WLL Board of Directors may, from time to time, establish a committee and certain processes to review and take action in connection with any violation of this Code of Conduct (or other action inconsistent with intentions and spirit of this Code of Conduct or the interests of WLL participants), and I agree to comply with the existing process and conclusions resulting from such process. I understand that the WLL Board of Directors may from time to time publish guidelines for disciplinary action associated with violation of this Code of Conduct, but that any such guidelines are meant to be illustrative and not necessarily binding upon WLL.

20. I understand that the WLL Board of Directors may, from time to time, amend and otherwise modify this Code of Conduct and, upon publication to the WLL website, will be considered the applicable Code of Conduct.

21. I understand that this Code of Conduct is not intended to be an exhaustive recitation of policy for every possible situation, and that I will be expected to comply with the spirit and intent of this Code, in addition to the Code's specific requirements.

Adopted by WLL Board of Directors October 7, 2008

COACHES CLINICS 2021

WYBS will conduct coaching clinics for coaches of all levels:

All baseball coaches from the 2nd Grade league through the Senior baseball league will be required to attend one of the two coaching clinics that are scheduled for Sunday, April 25 @ 6pm in the Kelly Field parking lot.

Kindergarten and 1st Grade league coaches will be required to attend one of the two coaching clinics hosted by Joe Roberts, Terriers Sports. The first will be held on Saturday, April 24, 2021 @ 3pm at Kelly Field.

All softball coaches are required to attend the Positive Coaching Alliance (PCA) clinic held in April TBD – Weston, MA @ 6:30pm.

Softball coaches also attend clinics at Frozen Ropes, Natick, MA - TBD

**Some dates may need to be changed do to COVID-19

FIRST AID TRAINING

Little League International requires that at least one coach from every team attend a First Aid Training course. WYBS will be offering those courses online.

One coach from each team will need to go to this link:

http://www.onlinecprcertification.net/in/authenticate.php?type=3&org_id=224641

Taking this course and the test requires 30-40 min. The Safety Officer is automatically notified when each coach has passed the test.

Any questions or concerns should be directed to the WYBS Safety Officer.

Ann Williams

ann.wellesleyybs@gmail.com

WEEKLY SAFETY TIPS

Each week, WYBS posts safety tips on our Facebook page. Sometimes the tip will be related to player safety (ie arm health) or sometimes it is related to weather safety. We hope that these tips will come in handy for our coaches and players and will make everyone's baseball experience a safer one.

COACH'S PRE-GAME CHECKLIST

- Player's equipment in good working order
- Only approved bats available for use
- Emergency information for all your players?
- First Aid kits
- At least 2 ice packs
- Walk the field looking for safety issues
- Is the mound workable?
- Hole in front of the rubber too deep?
- Bases in good working order
- Look for holes, broken bottles, etc. in the field
- Players warming up pitchers need to wear a mask
- Player's fingers inside the fences, no climbing
- Coach's background check card/lanyard

EQUIPMENT: PRE-SEASON CHECK

Prior to the start of each season, ALL equipment used by our players or equipment that is kept at the fields is checked to make sure that it is safe and in proper working order. This includes batting helmets, catcher's gear, bases, pitching screens, etc. Our fencing and backstops are also inspected and if there is a problem, WYBS works with the Town DPW to have it repaired. New equipment will be purchased as needed.

FIRST AID KITS

Every team is given a First Aid Kit in their equipment bag at the beginning of the season along with extra ice packs. As the season progresses, and the kit needs to be refreshed with anything, please let us know and we can replace the kit. First Aid kits are also kept in the scorebooth at Reidy Field.

UMPIRES

Umpires Game Checklist

- Get balls
- Get paid
- Inspect field for safety (wet/dry, objects on it, obvious holes, moveable bases, holes in fences/backstop, open mower gates, etc.)
- Safety gear (coaches warning): “Everyone get their proper safety gear on today coach”
 - o Catchers: cups, helmet, mask neck guards snug to mask, chest protector snug to throat, catcher’s mitt (not First Baseman’s mitt), etc.
 - o Check for legal bats – in dugout when not in use as well as when players come to the plate.
 - o Helmets (all batter, runner, and non-adult base coaches). Check for cracks and or loose or missing internal padding.
 - o No jewelry. Can wear if it for religious reasons or medical, but must be out of sight such that it cannot get caught on anything.
 - o Location of base coaches and interaction with runners
 - o No on deck batters
 - o No bat weights or donuts
 - o No metal cleats/spikes (make sure shoes are tied)
 - o If chance of thunderstorms, you will be clearing field when you first hear thunder or see lightening...whichever comes first. Must stay off field for 30 minutes and reset that count down if you hear or see more.
- Ground rules: Include discussion regarding moveable bases; where following runners should go to avoid liability to be put out, define “dead ball” territory.
- Substitutions: ask Managers to handle on their own if any disputes, they need to engage umpires to break tie.
- Manager/Umpire communication: Any issues, Manager/coaches to call time. Manager to come ask. If time not asked, do NOT engage in conversation. Without proper time out called, ball is live and runners can move.
- MIAA taunting rules. Emphasize good sportsmanship
- No fingers in the dugout fence.
- No batboys/girls on field until active play comes to an end. Must wear helmet.
- No throwing bats or helmets (team warning). 2nd offense, eject as safety issue
- Ask coaches to show Background Check ID cards.
- If satisfied with both coaches, wish them good luck and ask them to hurry their teams up between innings as another game may be following.
- Good Luck

LIGHTNING: WHAT YOU NEED TO KNOW

Basic Tips

- No place outside is safe when thunderstorms are in the area!
- If you hear thunder, lightning is close enough to strike you.
- When you hear thunder, immediately move to safe shelter.
- Safe shelter is a substantial building or inside an enclosed, metal-topped vehicle.
- Stay in safe shelter at least 30 minutes after you hear the last clap of thunder.

Indoor Lightning Safety Tips

- Stay off corded phones, computers, and other electrical equipment that put out in direct contact with electricity.
- Avoid plumbing, including sinks, baths, and faucets.
- Stay away from windows and doors, and stay off porches.
- Do not lie on concrete floors and do not lean against concrete walls.

Last Resort Outdoor Risk Reduction Tips

- No place outside is safe when lightning is in the area, but if you are caught outside with no safe shelter anywhere nearby the following actions may reduce your risk: Neither the Reidy Dugouts nor the overhang outside the Bates school are safe places to stand under.
- Immediately get off elevated areas such as hills, mountain ridges or peaks.
- Never lie flat on the ground
- Never use a tree for shelter
- Never use a cliff or rocky overhang for shelter
- Immediately get out and away from ponds, lakes and other bodies of water
- Stay away from objects that conduct electricity (barbed wire fences, power lines, windmills, etc.)
- Under no circumstances should any of the above actions be taken if a building or an all-metal vehicle is nearby.

If someone is struck

- Victims do not carry an electrical charge and may need immediate medical attention.

Monitor the victim and begin CPR or AED if necessary.

- Call 911

WELLESLEY LITTLE LEAGUE INJURY REPORT

Located on the WYBS website homepage – left hand tabs on home page

When to fill out an injury report

1. When an injured player requires on field medical attention. Even if it is an ice pack.
2. When an injury requires a visit to a doctor.
3. When a player escapes a serious enough injury (as noted above) but the situation uncovers a safety hazard that should be addressed by the league.
4. If you have any question as to whether to fill out an injury report, then fill one out. It is better to err on the side of caution.

If a player is injured during a game or practice, it is the responsibility of the head coach of the player's team at that event to notify the league of the nature and severity of the injury. Please fill out the information below and submit to the Safety Commissioner of the Wellesley Little League. All injuries should be reported within 24 hours of the incident unless #4 below applies.

Samples of questions on report:

- Date of incident:
- Full name, email, phone number where you can be reached to review this report:
- Field/Location:
- Team/League:
- Coach's Name:
- Injured Person's Name:
- Injured Person was: Player – Coach – Parent/Spectator – Umpire – Other
- If injured person was the umpire, the home team head coach should fill out report

Severity of Injury:

1. Injured person was hit in the head while wearing a helmet or not. (Y or N)
2. Injured person had to leave the game (Y or N)
3. Injured person needed medical attention [State type: e.g. Ice pack, bandage, etc.]
If you chose #3 – please state the type of injury
4. Did injured person require a hospital visit (Y or N)
If yes, please indicate what hospital and notify safety officer as soon as possible.

Nature of injury: please note details as best as possible. Include what conditions were factors in the incident.

Confirmation email will be sent to:

BASIC SAFETY RULES

1. Volunteer Application Forms (CORI) are required for every adult that is in contact with the children – regardless of whether it is a practice or a game.
- 1A. **FOLLOW COVID GUIDELINES - They can be found on the homepage of the WYBS website <wellesleyybs.org>**
2. Make sure you have the following in your bag for each practice and game:
 1. Player emergency information
 2. Working cell phone
 3. Adequate first aid kit with ice packs (provided in equipment bags)
(If you need more ice packs, contact 781-366-7856)
3. Inspect the field before practices and games to remove any dangerous items such as: large rocks, glass, etc. Make sure bases, home plate and pitcher's rubber are not loose or dangerous. Report any hazards to the WYBS Field Coordinator 781-389-2929
4. Teach kids playing first base NOT to position their foot on top of the base when fielding a throw and trying to make an out. This will help to prevent having their ankles stepped on by a base runner.
5. Teach players to tag runner below the shoulder.
6. Make sure spectator, especially siblings, are kept at a safe distance from the field of play and away from the bench area. Dugouts are reserved for players, coaches and parents who are fulfilling a bench coach role.
7. Please be sure to remind all players and parents to be careful chasing stray and foul balls at fields that are close to street, so that they mind traffic and avoid running into the street.
8. WYBS policy is for there to be at least 2 adults at each practice and game. Please be sure to adhere to that policy.
9. All batter and base runners MUST wear helmets.
10. Sliding headfirst is not allowed except when diving back onto a base.
11. **INCLEMENT WEATHER:** Coaches are responsible for the well-being of their players, and may use their discretion in cancelling games if the conditions are unsafe or too unpleasant to play. Remember, kids like to play in the rain, and some of the most memorable games are the ones played where the conditions were not "ideal" for parents; bear in mind that the season is short and it is difficult to make-up games. Set up a system to contact all players' families (emails, texts, phone chains, etc.) and make sure everyone knows what to expect in advance. If you anticipate the need to cancel a game, make sure that you and the coach of the opposing team, have each other's contact info and coordinate well in advance so that you can avoid communication problems. If the coaches do not agree, the home team coach decides. If anyone spots lightning, play should be suspended and players should be advised to wait 30 minutes from the last time a thunder clap was heard before resuming play. Please make sure your team is safely inside buildings or cars during a storm, and not under a tree.
12. **Proper Batting Practice Procedures:**

In an effort to protect both coaches and players, the following procedures need to be followed during batting practice.

 - When running a batting practice use of the field should be limited to that activity only. Other drills should be conducted off the main field and out of harm's way. If another drill is to be conducted at the same time (e.g. practice flyballs in the outfield), a player or coach should be assigned to protect players participating in the drill who would not be watching the BP.
 - B. All players waiting to bat should be behind the screen in the bench area.
 - C. BP pitchers should always use a pitching screen. There will be 1 screen available at each field.
 - D. Double Barreled batting practice is the when 2 batters are being pitched too. They are lined up next to each other and getting alternating pitches. This is **NO LONGER ALLOWED** in WYBS. There should only be one batter taking batting practice at a time.
13. **Aluminum and Composite Bat Regulations**

All bats must have the "USA Baseball" imprinted on the bat. No other bats are allowed. For a list of all approved bats, contact the WYBS Safety Officer or visit littleleague.org.

WELLESLEY LITTLE LEAGUE ARM CARE SEMINAR

On January 21, 2010, Wellesley Youth Baseball & Softball Safety Officer Patrick Doyle, held a Seminar on Arm Care. This seminar was held in an effort to further educate parent, coaches, and players on how to prepare for throwing a baseball, especially for pitchers. In addition, it was to help those mentioned better understanding the care necessary to ensure better arm health and help prevent injuries. ***This seminar is as pertinent in 2020, as it was in 2010.***

The seminar was approximately 90 minutes in length. Because of the length, the video has been broken up into 5 segments.

WYBS_arm_safety_Part1

<http://www.youtube.com/watch?v=LtmBRK2G3OE>

WYBS_arm_safety_Part2

<http://www.youtube.com/watch?v=g7rzMM4cZOE>

WYBS_arm_safety_Part3

<http://www.youtube.com/watch?v=DaqSLKY3tEU>

WYBS_arm_safety_Part4

http://www.youtube.com/watch?v=aHJz_82cHjQ

WYBS_arm_safety_Part5

<http://www.youtube.com/watch?v=lc5C95LrFaO>

WELLESLEY YOUTH BASEBALL – MAJOR LEAGUE PITCHING RULES

Pitching Rules

Little League International adopted new pitching rules in 2010. The AL will follow these pitches thrown rules but with a few modifications. The modifications are to ensure that pitchers are not over-used, particularly early in the season when the weather is colder, and that coaches will try to develop more pitching. The following highlights some, but not all of the rules:

Players are subject to the following Local WYBS (slightly modified pitch count limits (note: LL of America uses 85 pitch limits):

- Until the games that are scheduled on May 10, 2021, we will use the following pitch limits.
Players who are league age 11 + 12 years: 65 pitches per day limit.
- For league age 10 year olds: 50 pitches per day limit.
- From May 10, 2021 until the end of the season (including playoffs):
- Players who are league age 11+12 years: 75 pitches per day limit.
- For league age 10 year olds: 65 pitches per day limit.

Pitchers are allowed to complete the batter they are working against but note that these additional pitches do count against rest rules.

The rule reads: If a pitcher reaches their maximum limit imposed by this rule while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs: (a) that batter reaches base; (b) that batter is put out. NOTE: A pitcher who delivers 41 or more pitches in a game, cannot play the position of catcher for the remainder of that day.

Rest Rules:

In addition, all pitchers league age 14 and under must adhere to the following rest requirements:

- If a player pitches 66 or more pitches in a day, four (4) calendar days of rest is required.
- If a player pitches 51-65 pitches in a day, three (3) calendar days of rest is required.
- If a player pitches 36-50 pitches in a day, two (2) calendar days of rest is required.
- If a player pitches 21-35 pitches in a day, one (1) calendar days of rest is required.
- If a player pitches 1-20 pitches in a day, zero (0) calendar days of rest is required.

Note: A pitcher who delivered 41 pitches or more in a game cannot play the position of catcher for the remainder of that day and that is LL Rule.

Catcher moving to Pitcher Rule: If a catcher has caught 4 innings, he is ineligible to move to pitcher. A single pitch caught in an inning counts as a full inning caught.

WELLESLEY YOUTH BASEBALL – MINOR LEAGUE – PITCHING RULES

Pitching Rules

Little League International has adopted new pitching rules in 2009, which limit pitchers by the number of pitches thrown, not by innings. All leagues must follow these new rules as modified by WYBS to enhance development of more players that can pitch and to reduce the chance a player is over-used.

Under the rules, players are subject to a maximum daily pitch count of 40 pitches.

In addition, all pitchers league age 16 and under must adhere to the following rest requirements:

- If a player pitches 36-40 pitches in a day, two (2) calendar days of rest must be observed.
- If a player pitches 21-35 pitches in a day, one (1) calendar day of rest must be observed.
- If a player pitches 1-20 pitches in a day, zero (0) calendar days of rest is required.

Little League requires the designation of a pitch count recorder to keep track of pitches thrown by each pitcher.

Pitching Eligibility: Only NL registered players and no 12 year olds are permitted to pitch in the NL. Note: It is important to develop pitching depth particularly for the playoffs.

Pitching Week: The first pitching week of the season starts on Monday and ends the following Saturday. Thereafter, the pitching week is Sunday through Saturday.

Curveballs:

Curveballs are NOT allowed in the NL for either the regular season or playoff games.

Strike Zone: We want our players to swing the bat. Walk-a-thons are boring for everyone involved, they don't teach the kids anything about baseball, and are quite easy to achieve if batter are not strongly encouraged to swing the bat. We have instructed our umpires to call the close pitches, a strike.

Pitching Rules Compliance (Regular Season & Playoffs): It is mandatory that opposing head coaches meet before each game to review their last game's pitchers, inning pitched and pitching eligibility for the upcoming game. If a potential pitching rule violation is apparent report it immediately, before it occurs at the game.

PITCHING RULES – SENIOR LEAGUE BASEBALL

- 1) Any player on a tournament team may pitch. Exception: Any player, who has played the position of catcher in four (4) or more innings in a game, is not eligible to pitch on that calendar day.
- 2) A tournament pitcher may not pitch in regular season or special games while the team is still participating in the tournament.
- 3) A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game.
- 4) The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position:
 - a) League Age: 16-18 (Big League) 105 pitches per day
 - b) League Age 14-16 (Senior League) 95 pitches per day
 - c) Exception: If a pitcher reaches the limit imposed above for his/her league age while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs:
 - i) That batter reaches base
 - ii) That batter is put out
 - iii) The third out is made to complete the half-inning
 - iv) NOTE: A pitcher who has delivered 41 or more pitches in a game, cannot play the position of catcher for the remainder of the day.
- 5) Pitchers who are league age 14-16, must adhere to the following rest requirements:
 - a) If a player pitches 76 or more pitches in a day, four (4) calendar days of rest must be observed.
 - b) If a player pitches 61-75 pitches in a day, three (3) calendar days of rest must be observed.
 - c) If a player pitches 46-60 pitches in a day, two (2) calendar days of rest must be observed.
 - d) If a player pitches 31-45 pitches in a day, one (1) calendar day of rest must be observed.
 - e) If a player pitches 1-30 pitches in a day, zero (0) calendar days of rest must be observed.
- 6) A player may be used as a pitcher in up to two games in a day (Exception: Senior League – If the player has pitched more than 31 or more pitches in that first game, that player may not pitch in the second game).
- 7) In a game suspended by darkness, weather, or other causes, and resumed the following calendar day, the pitcher of record at the time the game was halted may continue to the extent of his/her eligibility, provided he/she delivered 60 or less pitches, and subject to each of these condition:
 - a) If the pitcher delivered 30 or less pitches before the game was suspended, that pitchers pitch count will begin at zero for the continuation of the game.
 - b) If the pitcher delivered between 31-60 pitches before the game was suspended, that pitcher's pitch count will begin with the number of pitches delivered in that game
- 8) In a game (Game A) suspended by darkness, weather, or other causes and resumed more than one calendar day later, the provisions of (7) above shall apply, unless the pitcher of record pitched in another game or games after Game A was halted. In that event, eligibility to pitch in the continuation portion of Game A shall be determined by the number or pitches delivered in the game or games after Game A was halted.

SAFESPORT PROGRAMS FOR WELLESLEY YOUTH BASEBALL & SOFTBALL

The following constitute the policies of Wellesley Little League with regard to awareness and prevention of abuse within our organization.

- WYBS is committed to provide a safe environment and to prevent child abuse and sexual misconduct.
- Wellesley Little League will make every reasonable effort to ensure that every person involved in coaching/training a sport activity in our organization will abide by the Safesport guidelines.
- Wellesley Little League will make every reasonable effort to exclude any adult with a legally documented history of child abuse/molestation or any other conviction or record that would bring unnecessary risk to the health and safety of the participants of this organization. Therefore, every person applying for a position as a coach/trainer/manager must complete an Volunteer Application Form (VAF) every calendar year.
- WYBS will take appropriate action on all allegations of child abuse and/or sexual misconduct. All allegations will be reported immediately to the authorities for investigation and will cooperate fully with any such investigation.

The following represent the preventive measures of WYBS with regard to abuse:

- Physical, mental, and verbal abuse of any of the participants, coaches, managers, employees, and/or volunteers involved in our sponsored activities is NOT permitted.
- Inappropriate touching of any kind is forbidden.
- We agree to provide more than one adult working at our or overseeing every activity. If a child need special attention (one-on-one training or an individual meeting), it will be handled with the assistance or presence of another adult.
- Coaches/managers should not socialize with the participants outside of the sponsored activities of the organization
- Coaches/managers should ever ride alone with a child or participant in the car. Procedures will be established for coaches to follow in the event a participant is stranded at an activity.
- Parents are encouraged to attend sponsored activities.

WYBS will be instituting a Safesport Training Session for all WYBS Board members and coaches.
<https://uscenterforsafesport.org/training-and-education/training-and-education-services/>

CONCUSSION SAFETY

WYBS Players, Parents & Coaches,

As an organization, we are aware that one of our biggest concerns needs to be the safety of our participants. To that end, we have two related issues that we would like to address:

Concussions: The medical field has made strides over the past years in better understanding the causes, recognition and effects of concussions. We feel it is important to take that information and make sure everyone in our organization is aware of the different aspects of concussion issues. From prevention to recognition to immediate long term treatment. There are 3 articles attached that hopefully assist both parent and coaches in understanding how they can help prevent concussions, what to do if they thing one has occurred and then what the steps are after a concussion is diagnosed. Please understand this information is not meant to replace a diagnosis or treatment plan by a qualified medical professional. It is to give those of us not professionally trained enough information to recognize when to be concerned. Please take a few minutes to review the documents. It's well worth the time invested.

Pitcher Safety: It has been in the news too often lately, especially in professional baseball, of pitcher begin struck by batted balls. We have been observing the progress by Major League Baseball (MLB) and the solutions they are evaluating for the safety of their players. While Little League International (LLI) hasn't made any recommendations, or taken any official positions on head gear for pitchers, WYBS has decided that we would inform parents and coaches of the availability of protective devices for pitchers. WYBS is exploring these devices and formulating a plan for making these available in the future. As with LLI, we have no formal recommendation or mandate to use such devices, nor recommendations for the best choice if using protection. We will allow pitcher to wear head protection at any age level if they choose. Attached is a handout with some of the options that are available today for pitchers. The solutions are still evolving and as more equipment manufacturers and large organizations like MLB and LLI further their efforts. IF you have any concerns please educate yourselves on possible solutions.

We hope every player, parent coach has an enjoyable and safe season. If anyone has suggestions on how to improve safety within WYBS, they should contact the Safety Officer, Ann Williams, wellesleyybs@gmail.com.


Regards,

Wellesley Little League Board of Directors

Pitching Head Guard

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HEADS UP to Youth Sports: Online Training



Coaches and Parents: Changing the Culture of Concussion Starts With You!

By taking this free, online course and using what you learn, you will be well positioned to improve the culture of concussion. Your actions can help create a safe environment for young athletes so that they can stay healthy, active, and thrive - both on and off the playing field.

Once you complete the training and quiz, you can print out a certificate, making it easy to show your league or school you are ready for the season.

Launch the Course

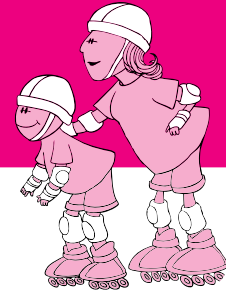


 [Launch the HEADS UP Course](#)

ONLINE CONCUSSION COURSE OFFERED BY THE CDC:
<https://www.cdc.gov/headsup/youthsports/training/index.html>

Protect the ones you love

SPORTS INJURIES



The Reality

We all want to keep our children safe and secure and help them live to their full potential. Knowing how to prevent injuries from sports and recreation activities, one of the leading causes of child injury, is a step toward this goal.

Taking part in sports and recreation activities is an important part of a healthy, physically active lifestyle for kids. But injuries can, and do, occur. More than half of the 7 million sports and recreation-related injuries that occur each year are sustained by youth between ages 5 and 24.

Thankfully, there are steps that parents can take to help make sure kids stay safe on the field, the court, or wherever they play or participate in sports and recreation activities.

Prevention Tips

Gear up. When children play active sports, make sure they use protective gear, such as helmets, wrist guards and knee and elbow pads—in addition to any other sports gear appropriate to their activity or player position. Further, during informal recreation activities children should also always wear helmets when recommended, especially during activities such as in-line skating and biking.

Use the right stuff. Be sure that sports protective equipment is maintained correctly and is in good condition—for example, without missing or broken buckles or compressed or worn padding. Poorly-fitting equipment may be uncomfortable and may not offer proper protection.

Practice makes perfect. Have children learn and practice skill sets relevant to their chosen activity. For example, appropriate tackling technique is important in preventing injuries in football and soccer. Correct biomechanics, or movement and alignment, also plays a role in preventing injuries during baseball, softball, and many other activities. Also, be sure to safely and slowly increase activities to improve physical fitness; being in good condition can protect participants from injury.

Pay attention to temperature. Allow time for child athletes to gradually adjust to hot or humid environments to prevent heat-related injuries or illness. Parents and coaches should pay close attention to make sure that players are hydrated and appropriately dressed.

Be a good model. Communicate positive messages about safety and serve as role models for safe behavior, including wearing a helmet and following the rules.

Please visit www.cdc.gov/safechild for podcasts, tip sheets, and other information on the leading causes of child injury and steps you can take to protect the children you love.



Child injuries are preventable



