

FOREST GLADE BASEBALL LEAGUE

SAFETY FIRST

1. Coaches: Included in the storage bin at each diamond is a First Aid Kit. If you use the last of a supply from the kit, replacements may be obtained from the equipment manager or the concession stand.
2. Please carry ice with you to every game to help reduce injury. There will also be disposable ice bags in the First Aid Kit and at the concession stand if additional ice is required.
3. If you feel an injury is serious, please do not hesitate to call for an ambulance for assistance. The League will support your action for serious injuries. In the event of a serious hit to the head with a bat or ball, or a serious fall affecting the head area, **DO NOT MOVE THE PLAYER**, until there is absolute certainty no chance of injury to the player's neck or spine exists.
4. Lightning storms can arise quickly and pose a danger to players and spectators. **Games will be suspended when there is lightning with the presence of thunder.** Wait in cars or under shelter, (not in dug outs) for 15 minutes. **If lightning with thunder** does not stop, leave the area quickly and make sure all your players leave also. Please remain with players until all parents have picked them up. **Note: If lightning is seen in the distance without any thunder, play may continue.**
5. If darkness poses a threat to visibility for the players and there is a chance someone can be hurt, the umpires are instructed to call the game. Please back up our umpires in these situations.
6. It is strongly recommended that all players wear pelvic protection and mouth guards. It is recommended that all players wear their own helmet to bat or wear a hat under their helmet.
7. Players are not allowed to wear jewellery (with the exception of medical alert bracelets/necklaces).