

78th PRECINCT YOUTH COUNCIL



BASEBALL AND SOFTBALL (Intramural – Non-Travel)

COACHES' GUIDELINES



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Established by the Baseball Committee, January, 2003.

TEAM NAME SELECTION

Team names must be selected at the drafts. Concepts will be offered by your Division Director. If you don't select a name, the head coaches name will be used to identify the team on the schedules. If later you choose a team name, you must tell the umpire the coaches' name because he/she will be receiving the name used on the schedule.



OUR GOALS

- Play fairly by the rules of the game and the league.
- Make our coaches better teachers, strategists, and positive motivators by understanding what to do and how to teach it. Only the use of positive reinforcement is considered appropriate.
- Improve our players' athletic skills, their knowledge of the game, their physical condition, their ability to control their emotions, their positive feelings of self worth, and their understanding of sportsmanship and what it is to play by the rules.
- Make the experience for our players fun while at the same time teach them the skills and strategies of the game and how to be respectful teammates and respectful opponents. Fun in the context of team play and competition is making plays and getting hits.
- Improve the quality of our players' experiences by having them participate in our instructional programs.

Please remember that your players are children and are primarily motivated by the desire to have fun. You should structure your teaching and coaching with that in mind. You are an important role model to your players. Please assume it responsibly.

To that end, we ask that each coach sign and submit the *COACH'S PLEDGE*, which is attached as the last page of these guidelines.



BASIC STANDARDS OF CONDUCT COACHES' STANDARDS OF CONDUCT

- Promote honesty, fairness, teamwork, sportsmanship, and responsibility.
- Treat your players with dignity and respect regardless of their athletic ability.
- Use positive motivation and reinforcement, and encourage positive thinking by using positive talk. Do not let your players get down on themselves.
- Encourage your players to try their best and to practice at home. Reward effort more than ability.
- Set performance goals that are divorced from all won/loss records or individual statistics. Base them on the fundamentals of the game and the abilities of your players.
- Give your players a chance to play different positions and show that they have improved.
- Learn the rules of your division and the game, all standards of conduct, and the fundamental skills. Explain them to your players and require that they respect the rules and standards of conduct.
- Do not permit attacks of any kind by your coaches, players, or fans on the umpire, the other coaches, or the other players. Maintain the privacy of information about your players.
- Do not challenge judgment calls by the umpire. It is proper to challenge the interpretation of a rule, but only if you know the rule and you are prepared to show the rule to the umpire. If you challenge a call, proceed in a courteous non-confrontational manner.
- Require your male players to wear supporters and we encourage you to require them also to wear protective cups.
- Do not to play any player who is overage, unregistered, or injured. Do not put a player in harm's way.
- Report all forfeits and any incident that may violate any rule or standard of conduct or reflect adversely on the organization.
- Not remove a player from your team without the consent of the Commissioner
- Try your best to keep your ego out of coaching, and try to make the experience fun.

PLAYERS' STANDARDS OF CONDUCT

- Support, respect, and cooperate with your teammates and coaches.
- Be honest, fair, and do the right the thing.
- Think before you act, take responsibility for your actions, and keep your promises.
- Try your best.
- Respect the umpires, the other team, and its coaches.
- Never argue with the umpire or your coach.
- Always ask your coach questions if you do not understand what to do or if you need help. Tell your coach if you are hurt.
- Pay attention to your coach and be courteous to your fellow players and coaches; do not interrupt them while they speak.
- Be on time for practices and games with all your equipment & in full uniform for games.
- Be alert on the field and never turn your back to the ball unless you making a play.
- Fighting and bad language are not allowed, if you have a problem tell your coach.
- Cheering during a game should be for encouraging your teammates only – not against the other team.
- Practice at home whenever you can, it is the only way to improve and have more fun.
- Attend instructional sessions provided by the coach and our organization.

Please read this to all your players. Also direct your players and their parents to your division' s home page on our website for a sample printout that embodies these Players' standards and other important material for both the players and parents. It is located under the link entitled *Coaches' Info and Material*.

COMMUNICATION

The chain of communication is simple. *Coach ↔ Division Director*

Coaches should direct their questions to their Division Director, who can be reached by email or by phone (both of which are located on the Team sheet which is distributed at the draft). If you have lost that information or want to contact someone else in the organization, go the website (www.78youthsports.org) and select the *About Us/Contact Us* link. The entire list of the organization's contacts is posted on that web page. EACH COACH MUST APPOINT AN EMAIL CONTACT PERSON FROM THEIR TEAM WHO WILL BE RESPONSIBLE FOR RECEIVING AND SENDING EMAILS FROM AND TO OUR ORGANIZATION. THAT IS OUR PRIMARY MODE OF CONTACT.

If the Division Director does not satisfy your concern, feel free to contact the Vice President of Baseball at vpbaseball@78youthsports.org.

Required Communication to the Division Director within two days of the incident:

- Incidents on the field that violate our Standards of Conduct or any other applicable rule, including reports relating to roster and overage issues;
- Forfeits – whether your team caused the forfeit or was the recipient of one;
- Incidents involving fans or parents whose behavior warrants action or received a warning from the umpire;
- The ejection of any player, coach, parent, or fan; and
- Injuries of a serious nature, particularly if it caused the player to miss the balance of the game.

Go to our website (www.78youthsports.org) to find rules, schedules, contact information, tips, on field injury procedures, announcements, and updates.

FIELD MAINTENANCE

Each team playing at 9 am on Saturday in Prospect Park must supply at least 2 adults to assist in the preparation of the fields for that day's games by 8 am at Field 5 (4 adults by 7:30am it rained the day before or early that morning). This applies only to Prospect Park fields. Equipment will supplied by the organization. Teenagers and capable children are welcome to assist and can use this work for community service credit.

MAKEUP GAMES

Generally games are not made up unless an entire weekend is rained out and the PPBA reserves a later weekend for that purpose. That will be apparent on the schedule or a notice about how makeups will be handled will be posted listed on our website.

CANCELLATIONS

All game cancellation information should be posted as a message on a telephone answering service. For Pee Wee, Lions and Pony games, call our hotline: 718 483-7184. For all PPBA games (girls softball, Cubs, Bantam, Super Bantam, Grasshopper & Freshmen, call the PPBA hotline: (888) 473-6864. For information check our website (www.78youthsports.org) or the PPBA website (www.ppba.info). When in doubt, the rule is to come to the field with your team.

OPENING DAY PARADE POSITIONS

TEAM LOCATIONS ON PRESIDENT STREET

NORTH SIDE OF PRESIDENT ST.

DIVISION	HOUSE #S
Mustang	823-825
Broncos	827-829
Colts	831
Cubs	833-853
Grasshoppers	855-863

SOUTH SIDE OF PRESIDENT ST.

DIVISION	HOUSE #S
Pee Wees	820-826
Lions	828-838
Pony Majors	840-850
Bantam & Super Bantam	852-868

78th PYC RULES FOR PEE WEE, LIONS, AND PONY MAJOR DIVISIONS

Forfeits

1. If a team forfeits, the coach is required to inform the Division Director immediately. Games should be played even if a team does not have the minimum required number of players.
2. Forfeits should be avoided at all costs. Apparent inclement weather is no excuse. The rule is that the game is on and the team must be told to go to the field unless the coach has received a phone call or email to the contrary or the message from the answering service specifically cancels the game. Otherwise, go to the field even if it is drizzling.
3. If a team forfeits more than one game, the Division Director can take such action as is appropriate to prevent further forfeitures, including removal of the coach and reconstitution of the team.

For all other division-specific rules, consult the organization's printed rules which are also located on the website: www.78youthsports.org



PROSPECT PARK BASEBALL ASSOCIATION (PPBA OR ASSOCIATION) RULES FOR CUBS, BANTAM, GRASSHOPPER BASEBALL DIVISIONS AND ALL GIRLS' SOFTBALL DIVISIONS – Found on our website and at www.ppba.org.

Compliance with Association and 78th PYC Rules – Cubs, Bantam, Super Bantam, Grasshopper. Freshmen, and all Girls' Softball Divisions Only

Rosters

1. A roster must contain the following information: Each player's full name, shirt number, age as of the next immediate April 30, and date of birth. You must have a copy of your roster with you at every game. You will be provided with a roster of every team in your division/tier after the second game.
2. The roster must be submitted to the PPBA before opening day. Your roster must therefore be confirmed to your division director one week before the beginning of the season.
3. Any rosters changes after the roster is submitted must be approved by our organization and the Association.
4. A team can carry up to 18 but no less than 12 players on their roster. A team can carry no more than 2 supersubs on their roster. (A supersub is a player in a lower division who plays on a higher division team.) Both

regular and supersub players may only play on one team per division, and cannot play on more than two teams, nor can they play in older division All-Star games or playoffs.

Lineup Cards

Immediately before the start of each game, lineup cards must be exchanged between the teams. The lineup cards must include each player's first and last name, their shirt number, and the order in which they will bat. A second lineup card should be given to the umpire. Lineup card forms are located in the back of your scorebook. Make sure your opponent does the same.

Rules Card & Home Plate Meeting with Umpire

Coaches should have a home plate rules meeting with the opposing coach and umpire. If the PPBA provides a rules summary card it should be brought to every game and used at the home plate meeting.

Supersubs (“a player in a lower division who plays on a higher division team”)

1. Supersubs are permitted to play during regular season games (not all-star or playoff games), although it is not practiced by our organization. A supersub cannot be listed with more than one older division team. A supersub must be specifically identified as such on the roster. Approval to use a supersub must be obtained from your Division Director.
2. A supersub cannot be counted when determining if a team has enough players to avoid a forfeit. They can then play in the game even though it was a forfeit.

Over-age Players

1. All players must be the appropriate age in accordance with the rules. They cannot be older than the division's upper age limit on or before April 30 of the current year, unless specifically allowed by the PPBA – which must be indicated on the roster provided to you.
2. A player that has misrepresented his or her age will be removed from the team and any games in which that player participated will be ruled a loss.
3. A coach who knowingly permitted an overage player to participate will be called to a hearing before the organization and/or the Association and will be subject to suspension or removal and must pay the applicable fine.

Challenges (To supersubs, improper rosters, overage players, etc.)

1. All challenges must be made known to the officiating umpire(s) during the game in the presence of the other manager(s) only. The game should continue under the conditions set up by the umpire. If a coach denies that a player is over aged, the game will continue with that player and the challenge will be determined thereafter. If a player is not on a roster, that player cannot continue to play in the game and the game will be forfeited.

by that team; however, the game shall continue to be played. Be sure that the umpire notes the formal protest on his or her scorecard.

2. All challenges must be communicated immediately to the Division Director in writing because challenges are handled between the organizations. Email is acceptable; verbal reports are not.
3. The coach should prepare all relevant information and provide it directly to the Division Director, and the coach must be prepared to appear to support the claim before either the organization and/or the Association.
4. The penalty for committing violations can include the payment of fine of \$50 (against the offending party or the party who brings the charge unsuccessfully) or expulsion of the team. We will not permit a coach to jeopardize the completion of a team's season.

Forfeits

1. If a game is won or lost as a result of a forfeit, the coach is required to inform the Division Director immediately.
2. Forfeits should be avoided at all costs. Apparent inclement weather is no excuse. The rule is that the game is on and the team must be told to go to the field unless the coach has received a phone call or email to the contrary or the website posts a specific message canceling the game. Unless you have been told otherwise, go to the field even if it is drizzling.
3. If an organization team forfeits more than one game, the Division Director can take such action as is appropriate to prevent further forfeitures, including removal of the coach and reconstitution of the team.

Ejections

1. A coach that is ejected from a game by the umpire is automatically suspended for the next game. If the conduct is particularly unacceptable, the suspension may be increased at the discretion of the PPBA board.
2. Our organization shall also review the conduct and, depending on its severity, may increase the suspension or require the removal of the coach for the balance of the season.

Playoffs

1. Playoff berths may be determined by a random drawing within each division (or where there are tiers, then within each tier) or by win/loss records. In 2008 it will be determined by a random drawing.
2. Depending on the availability of fields and dates, the playoff and championship format will either be: 1/ a single elimination or 2/ if there is insufficient time or fields, a one-game positional playoff for all teams.

For all other division-specific rules, consult the organization's printed rules which are also located on the website: <http://www.78youthsports.org/rules.htm>.

COACHING SUGGESTIONS

From time to time, we will suggest different coaching techniques and resources. We provide, among other things, instructional sessions, a coaches' instructional DVD, and tips and resources found on our website.

Instructional Sessions: We plan to have different kinds of sessions: Some for the coaches and parents, others for the players. We will inform you in advance by email of the sessions and what will be covered.

DVD: It is a 2 hour 2001 presentation of John Ottavino, a former board member and long-time coach. It covers all the basics for the youngest players, advanced hitting, pitching, and base running. We provide one copy free to each coach and permit the coach to make one copy and allow any parent of a player to make one copy. There is a complete written outline of this same DVD presentation located on our website in the *Instructional Tips* area.

Website: In addition to the DVD outline, other references in the form of books and website addresses are provided in the same *Instructional Tips* area. Periodically we will be adding new coaching tips and suggestions on the site, so check back frequently.

Specific suggestions

1. Captains:

We suggest that captains be appointed and that their appointment cover one week's practices and the game that falls that weekend. Being a captain gives the player added motivation to pay attention and experience with responsibility.

Captains' jobs can include the following:

At practices: Run exercises and drills, help organize the players for drills, etc.

At games: Run pre-game warm up exercises and drills; exchange the lineup cards; help the team by watching if the other team backs up throws and how the umpire is calling strikes; lead in cheers; try to figure out the other team's signs and batting strategies (are they taking the first strike, looking to walk); in the field, tell the other fielders the outs and where the next play should go; etc.

However, the organization will permit assigning captains ONLY if every player is a captain (two should be appointed for each practice/game sequence) and, if every one has been a captain and there are games remaining (i.e. playoffs), the most important criteria to be used should be sportsmanship and leadership, NOT ability.

2. **Game Time Assistance – Enlisting the Parents**

1. Prior to the game, have some of your parents check the field for debris, rocks, and holes.
2. Assign one parent to keep the scorebook, manage the lineup cards, make sure that the opposing team is batting in order and using only players on the lineup card, keep track of the innings all pitchers have worked, and, for tactical purposes, keep the coach informed of where both teams are in their lineups.
3. Offensive Coaches:
 - a. Bench coach – setup and maintain dugout, first aid equipment, bats, catcher’s equipment, help the catcher on with the equipment, and get the on-deck batters ready and wearing a helmet without a hat under it.
 - b. 1st Base coach – to coach 1st base and warm up the pitcher if the catcher is not ready and make sure infielders and outfielders have warm up balls.
 - c. Head Coach – to coach 3rd base and give the signs.
4. Defensive Coaches
 - a. The head coach positions the fielders and keeps them aware of the situation – the outs and where to make the next play.
 - b. For the younger divisions, divide the coaching noted in (a) between two coaches, having one instruct the infielders and the other instruct the outfielders.
 - c. For the older divisions, use a coach to give fielding position instructions to the catcher and pitcher after a ball is hit, including reminding the catcher to remove his or her mask.

From time to time we will be posting other suggestions on our website under the link on your division home page entitled *Coaches’ Info and Material*.



SAFETY TIPS

[Dehydration - The Facts](#)
[Team and Personal Safety](#)
[Lighting Strikes Quickly](#)
[Umpires Emphasize Safety](#)
[Athletic Injuries](#)
[The National Youth Sports Foundation](#)
[CPR](#)

DEHYDRATION - THE FACTS

Dehydration can occur in as little as 30 minutes during rigorous exercise and will hamper performance, especially in the heat.

The American College of Sports Medicine encourages frequent drinking before, during, and after training or competition to prevent dehydration and heat stress.

Rehydrate, Don't Dehydrate.

Know the warning signs of dehydration: dizziness and light-headedness; muscle cramps; nausea and headache; dehydration can cause a dangerous increase in body temperature leading to heat exhaustion and heat stroke.

To Go Stronger, Last Longer...

Pick the perfect athletic fuel. Carbohydrates are the most efficient source of energy for any kind of physical activity. They are your body's primary fuel for exercise and they require less oxygen to burn than either protein or fat. Yet they are the most scarce energy source in your body. Your body's store of carbs is limited. As this supply is depleted through exercise, it leads to fatigue and a loss of competitive intensity.

If enough carbohydrates are not ingested to replace that which is burned each day, the carbohydrate "fuel tank" will be running on empty during workouts and competition. Performance will suffer.

Respect the Heat.

If you exercise when it's hot outside, you run the risk of becoming dehydrated and collapsing from heat exhaustion. But it's not heat alone that puts you at risk. Humidity also plays a critical role. If temperature and humidity readings indicate a heat warning or heat alert do yourself a favor--wait for the heat wave to pass, or find yourself an air-conditioned gym or workout area.

But when it's necessary to exercise or compete during hot and humid weather, take frequent breaks and always drink before, during, and after exercise. Be sure to check the color of your urine to see if fluid intake is adequate. A clear light-colored urine indicates that you are well-hydrated.

Stay Cooled and Fueled.

Don't wait to become thirsty! You may already be dehydrated. Always drink plenty of fluids to prevent heat illness. Water is a great beverage, especially when nothing else is available. But sometimes water alone is often not enough and you need more.

Properly formulated sports drinks like Gatorade® give you the water you need plus other benefits: carbohydrates (14g per 8oz.), and electrolytes (sodium and potassium) to enhance performance and speed rehydration. By consuming a sports drink like Gatorade® you'll increase the performance benefits over those of water. A 6% carbohydrate solution such as Gatorade® rapidly provides fluids and energy to working muscles.

Research has shown that loading up on carbohydrates at mealtime, "carbo-loading," can help an athlete optimize performance. The carbohydrates provided in sports drinks are simply not enough.

TEAM AND PERSONAL SAFETY

To provide the safest environment for our players, the following rules must be followed:

1. Players need to drink fluids during practice and games. Perspiration is produced from sweat glands in the skin to cool down the body. These fluids must be replaced to maintain the body's stability. Catchers and pitchers may need to be wetted down based on individual needs.
2. On-deck batters shall prepare themselves in or near the on-deck circle, typically located on the side of the dugout by 1st or 3rd base. On-deck batters are the only players permitted at the on-deck circle and, other than the batter, are the only ones permitted to swing a bat.
3. Bats are not to be thrown by any player, especially those who are called out on strikes by an umpire. See your division's rules for the possible sanctions, which can include ejection from the game.
4. Protective equipment must be worn. Helmets are to be worn while at bat and on base. We recommend that cups be worn by all male members of a team. No male member of the Team can play catcher without wearing a protective cup.
5. Batters should be aware of their proximity to the opposing team's catcher. Do not take practice swings while the catcher is retrieving a passed or loose ball.

LIGHTNING STRIKES QUICKLY

Thunderstorm can come up quickly. Get the players under cover in a building when lightening is in the area. It is not safe to go under trees.

UMPIRES EMPHASIZE SAFETY

The umpires may seem fanatical in their strict enforcement of certain rules, but their objective is maintaining a safe environment for the players. These enforced rules include:

- Not allowing players to throw bats or helmets.
- Not allowing ANY jewelry to be worn (except medical alerts tags).
- Not allowing players to leave their dugouts without permission during a game.
- Insisting that catchers and anyone warming up a pitcher be properly equipped.
- Insisting that all offensive players on the field wear helmets during an inning.
- Not allowing batting practice prior to a game.
- Not allowing fake tags on or toward runners.
- Maintaining proper decorum by all participants including fans.

ATHLETIC INJURIES

ON FIELD DECISIONS FOR ATHLETIC INJURIES

In General:

Most injuries would be treated no differently whether they happen to a 10-year-old shortstop or to an adult. In evaluating injuries to young athletes, you must remember you are dealing with children. The young player may not be able to easily describe just how he was hurt or how badly he/she is hurt. If they really want to keep playing and think you may take them out of the game to treat an injury, they might not even want to tell you where or how badly it hurts. Therefore, your careful observation and good instincts are very important. **IT IS IMPORTANT THAT COACHES AND PARENTS BE RESPONSIVE TO COMPLAINTS OF INJURY FROM ATHLETES OF ALL AGES. THEY SHOULD BE AWARE THAT ANY ATHLETE WHO IS NOT PLAYING UP TO SKILL LEVEL MAY BE SUFFERING FROM A SIGNIFICANT INJURY.** Be sure that the player's mom and dad are informed of every injury, how it happened, what you did to assist the player, and your recommendation for further actions by the parents. However, while you may rightly feel that not every bruise and sprain should be seen by a physician, the final decision on this must rest squarely on the parent or guardian.

Qualification to Administer First Aid:

Few coaches have any training in first aid techniques and it is impractical to have someone completely experienced in first-aid on duty at all times. However, every effort should be made to determine if any of the team parents or other individuals associated with the team have been trained in basic first aid techniques and to attempt to have them present at all team events.

Coaches are encouraged to avail themselves of basic first aid training that is available through public agencies. Ideally the training should be from an accredited agency such as the American Red Cross. The alternative is to get training by a medical doctor or registered nurse who is familiar with athletic injuries. Minimum training should include handling of extreme emergencies such as use of mouth-to-mouth resuscitation and external cardiac massage. Until such training is received, coaches should limit themselves to performing only minimum, prudent first aid needed to sustain life. This includes immobilizing the injured area, applying ice and immediately summoning help.

IF YOU ARE NOT QUALIFIED TO DEAL WITH THE SITUATION, DON'T! CALL 911 AND HAVE THE UMPIRE CONTACT THE HEAD UMPIRE, THEN SUPPLY THEM WITH AS MUCH INFORMATION AS POSSIBLE. IF THE PARENT IS THERE, HIS/HER DIRECTIONS SHOULD BE FOLLOWED.

Dealing with Injury Situations on the Field: (See specific procedures noted in the "On Field Medical Help" section below)

Act quickly and shrewdly, assuming every injury is serious until proven otherwise. Keep the person lying down and still. Don't be in a hurry to get them on their feet or off the field. Never move them until you are certain doing so will not further aggravate the injury.

Find the injury and do your best to immobilize it. Reassure the athlete and keep him/her calm. Your first impulse will be to help, but before you do-get a good idea of the problem.

1. Did you see the injury occur? If so, you will have a pretty good idea of what happened. Also look at the injured area to see any signs of swelling, deformity or bruising.

2. Let the players tell you what it feels like. Ask:

- * How did it happen?
- * Where is the pain?
- * Can you move it by yourself?
- * Can you sit up, stand, walk?

3. Pinpoint the exact area of pain by applying gentle pressure. Compare injured and non-injured part. Once the area is localized, begin ice treatment immediately. Ice, compression (ace bandage, etc.) and elevation of the injured if possible can reduce pain and swelling. Move player off the field only when you are confident it is safe to do so.

*** In case of head or neck injuries, unconsciousness, or eye injury, treat it as a serious injury until you are assured otherwise by medical personnel.

ALWAYS HAVE ICE COLD PACK AVAILABLE FOR INJURIES

Evaluation of injuries:

Injuries can be classified in three categories: MILD, MODERATE, or SEVERE

Classification and treatment depend upon symptoms and signs. The best way to determine the symptoms and signs is by looking and listening, then by carefully feeling and moving the injured area. While we cannot list every symptom and sign of injury, you can generally rely on the following general statements:

1. If the player is disabled, their injury may be serious. By disabled, we mean the player cannot use that part of the body as it should be used. If an athlete twists an ankle

but has only a slight limp, the injury could be mild or moderate. If he or she falls and cannot get up at all, the injury is probably severe.

2. The larger and more immediate the swelling, the more serious the injury because swelling on the outside means bleeding on the inside.
3. A noticeable deformity means a serious injury.
4. Consider all unconsciousness or eye injuries as serious.

DO's and DON'Ts

- * Never give aspirin to cover symptoms of minor injuries
- * Ice an injury for at least 48 hours to allow healing
- * Don't attempt to "work off " an injury. Greater problems can arise from this.
- * When in doubt, it is better to see a physician now than wait until greater damage is done.

Injury Recuperation

After an injury, do not return an athlete to participation until they are truly ready. It is recommended that for minor injuries, the coach get a note from the parent releasing the child for participation again. For more serious injuries or in situations where the player has a physical condition, which brings doubt about his/her fitness for play, insist on a medical release from a competent medical authority. Once the medical waiver is obtained, a wise coach will administer functional tests to determine the exact status of the athlete.

You can make lots of mistakes in lots of areas as a youth coach and still be very successful; but safety is not one of those areas. Even one mistake can have disastrous repercussions.

THINK SAFETY EVERY MINUTE YOU ARE WITH YOUR PLAYERS. SAFETY IS ONE OF YOUR MOST IMPORTANT JOBS!

For more information about sports safety go the

THE NATIONAL YOUTH SPORTS SAFETY FOUNDATION at <http://www.nyssf.org/>.

The National Youth Sports Safety Foundation, Inc. (NYSSF) is a national non-profit, educational organization dedicated to reducing the number and severity of injuries youth sustain in sports and fitness activities. The Foundation is the only organization in the country solely dedicated to this objective

ON FIELD MEDICAL HELP

If you need medical assistance **during a game or practice**, do the following:

AT PROSPECT PARK:

1. Borrow a cell phone and call 911 - be sure to tell them you are at the baseball fields and to go in the 9th St entrance. Do not say Grand Army Plaza, that will confuse the EMS drivers, many do not know where the fields are -- give specific directions and tell the operator to do so as well.
2. Then, if in Prospect Park, have someone run to the umpire's station between the two large fields (2 & 3) to seek their help. They are usually certified in CPR.
3. Then ask people to try to find a doctor somewhere on the fields.
4. Keep the player still, be extra cautious.
5. Do not let minor symptoms fool you, unless clearly ok, sit the player out and observe him or her. If a parent is present, have the parent take control of the decision-making.

AT ANY OTHER FIELD (DEWEY/SUNSET PARK FIELD, VAN VOORHEES FIELD, ETC): Call 911

CPR



A – AIRWAY

- Place victim flat on his/her back on a hard surface.
- Shake victim at the shoulders and shout "are you okay?"
- If no response, call emergency medical system -**911** then,
- **Head-tilt/chin-lift** - open victims' airway by tilting their head back with one hand while lifting up their chin with your other hand.



B - BREATHING

- Position your cheek close to victims' nose and mouth, look toward victims' chest, and
- **Look, listen, and feel** for breathing (5-10 seconds)
- If not breathing, pinch victim's nose closed and give **2 full breaths** into victim's mouth (use microshield).
- If breaths won't go in, reposition head and try again to give breaths. If still blocked, perform abdominal thrusts (Heimlich maneuver)



C - CIRCULATION

- Check for carotid pulse by feeling for 5-10 seconds at side of victims' neck.
- If there is a pulse but victim is not breathing, give **Rescue breathing** at rate of **1 breath every 5 seconds** Or **12 breaths per minute**
- If there is no pulse, begin chest compressions as follows:
- Place heel of one hand on lower part of victim's sternum. With your other hand directly on top of first hand, Depress sternum 1.5 to 2 inches.
- Perform **15 compressions** to every **2 breaths**. (rate: 80-100 per minute)
- check for return of pulse every minute.

CONTINUE UNINTERRUPTED UNTIL ADVANCED LIFE SUPPORT IS AVAILABLE

78th PRECINCT YOUTH COUNCIL

COACH'S PLEDGE

[Coach's Copy]

I pledge to use my best efforts to:

- Apply positive motivation;
- Have at least one practice per week;
- Attend instructional sessions;
- Make attendance of the players to instructional sessions a team requirement;
- Give all the players in the Pee Wee, Lions, Pony Major, and Mustang divisions a chance to play all positions and during each game rotate the players so that they each play in both the infield and the outfield;
- Give all the players in the upper divisions a fair chance to try out for any position they wish;
- Not to play any player who is overage or unregistered;
- Not to play any player who has been hurt or suffers from an illness or injury, unless it is not serious and is approved by the player's parent;
- Not to otherwise put a player in harm's way;
- Maintain the privacy of all players' personal information, including home and email addresses and phone numbers;
- Obtain consent from a player's parent before offering a player's name for posting on the organization's website;
- Report any incident that may violate any rule or standard of conduct or reflect adversely on the organization;
- Assist the organization in having the parents and spectators follow the rules of conduct of our organization and the PPBA;
- Report the forfeiture of a game by my team or an opposing team; and
- Participate in the team picture taking program provided by the organization.

I further acknowledge that I will return all equipment provided by the organization. If I receive a DVD containing baseball instructional information for coaches presented by John Ottavino, I agree that (1) all copyright and any other intellectual property rights relating to that videotape are owned by the organization and/or John Ottavino, (2) I have permission to make one copy for myself and one copy for any parent of a player on my team who is registered with the organization, and (3) I have no right to sell or give for free this copyrighted material in any form to anyone else or any business entity without the express written consent of the organization. I shall inform any such parent that that parent has no right to make further copies and I agree not provide the copy to that parent unless than parent agrees to such condition.

I will attend the required Positive Coaching seminar provided by the organization.

I understand that the organization will check relevant sex offender registries to determine if I am listed thereon.

Print Name

Division: _____

Signature

Date: _____

**78th PRECINCT YOUTH COUNCIL
COACH'S PLEDGE**

[Organization's Copy-Tear Off and Sign]

I pledge to use my best efforts to:

- Apply positive motivation;
- Have at least one practice per week;
- Attend instructional sessions;
- Make attendance of the players to instructional sessions a team requirement;
- Give all the players in the Pee Wee, Lions, Pony Major, and Mustang divisions a chance to play all positions and during each game rotate the players so that they each play in both the infield and the outfield;
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