



## USA Softball of Southern California – Santee League Safety Guidelines

Youth sports is an important part of a healthy, active lifestyle for kids. Young athletes learn many valuable skills such as the importance of teamwork, dedication, and developing a competitive attitude. Unfortunately, with any type of competitive sports, injuries can, and do, occur. According to the [C.D.C.](#), during 2001-2009, an estimated 2.7 million children aged ≤19 years were treated annually in emergency departments (EDs) for sports and recreation-related injuries. Approximately 6.5%, or 173,285, of these injuries, were traumatic brain injuries (TBIs), including concussion. USASSC Santee considers player safety of the utmost importance. The following guidelines will help managers understand the new rules & regulations put in place by USA Softball and will help our league stay compliant.

### **Types of Emergencies**

While the majority of player injuries will need nothing more than some ice, or a small bandage, it is important for team managers, coaches, and other league members to be able to recognize a potential medical or traumatic emergency, *and* to be able to follow established guidelines to facilitate the best possible outcome. Managers should be prepared to encounter emergencies such as heat exhaustion, bee stings, allergic reactions, extremity fractures and concussion / head injuries.

While heat exhaustion can be prevented through hydration and rest, other emergencies such as an allergic reaction to a bee sting, or a fracture will require emergency care and should be taken care of immediately. If the player's parents or guardians are not available to take the player for a medical evaluation, then 911 should be called. Our snack bar contains basic first aid supplies that can be used for minor injuries, but it is recommended that managers also have a small first aid kit with them during practice for times when the snack bar is closed.

### **Concussion Injuries**

On January 1, 2017, assembly Bill 2007 set forth the following regulations for athletes participating in youth sports organizations:

- Remove an athlete who may have a concussion during a practice or game, and to be removed from the activity for the remainder of the day.
- Any athlete removed for this reason must receive a written clearance note from a medical doctor trained in the management of concussion before returning to practice, and after completion of the Return to Learn and Return to Play Protocols.
- Before an athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the league by the parent/guardian.
- Provide all coaches and administrators with training on concussions, and document completion and understanding of this training.

### **Heads Up Training**

Managers and coaches must be Heads Up certified prior to the start of the season. Each team is required to have at least two heads up certifications. The Heads Up course can be found by visiting [www.headsup.cdc.gov](http://www.headsup.cdc.gov). Certifications must be sent via email to the league safety coordinator via email at [safetysanteeasa@gmail.com](mailto:safetysanteeasa@gmail.com).

- **Concussion Information Sheet**

This 3-page form contains information on Assembly bill Number 2007, the protocol for removing a player from the field, signs and symptoms of a concussion, as well as the steps required for an RTP, or return to play. This form must be signed by both the player, as well as their parent, or legal guardian and turned in to the league at the beginning of the season.

- **Parents and Athlete Concussion Policy Statement Sheet**

This single page form is signed by both the player and the parent, or legal guardian, at the beginning of the season. This form should be kept with the manager during the season.

- **Graded Concussion Symptom Checklist**

If requested, this form can be given to the parents to use at the beginning of the season in order to determine a player's baseline neurological function in case of an injury that occurs later in the season.

- **Acute Concussion Notification Form for Parents/Guardians**

This form is to be filled out as soon as possible once a player is removed from play due to the possibility of a head injury / concussion. Managers should keep this form with them during games and practice.

- **Concussion & Return to Play (RTP) Protocol**

California State Law AB 2117 states that in order to return to play, a player cannot return sooner than 7 days after evaluation by a physician (MD/DO) who has made the diagnosis of concussion, and ONLY after completing a Graduated Return to Play Protocol. This form must be signed by the treating physician and turned into the league prior to returning to play.

### **Incident Report for USA Softball**

It is important to have written incident reports on file regarding USA Softball injuries, property damage or other incidents that may result in a claim against your team or the league. Many such claims allege negligence, and written reports prepared immediately after an incident occurs are invaluable in defending these types of claims. These forms can be found on the league website.

### **Background Checks**

Background checks are required to be completed prior to the start of the season. Background checks are required for managers, coaches, league officials, team parents, and scorekeepers (if positioned in the dugout). Any adult who has not completed their background check prior to the start of the season will not be permitted on the field during games, or practice. Each team is allotted 4 background applications. Each additional application will be \$25 made payable to USA Softball-Santee. It's important to fill out the applications fully. Not giving a full middle name could cause a delay in the process.

### **Safesport Training**

Managers and board-members must be Safesport trained and certified through the US center for Safesport. Each Team is required to have two Safesport certifications. The U.S. Center for SafeSport is an independent nonprofit committed to ending all forms of abuse in sport. This includes bullying, harassment, hazing, physical abuse, emotional abuse, and sexual misconduct and abuse. The Center is the first and only national organization of its kind. More info can be found at <https://uscenterforsafesport.org/>

Please send PFD copies of completion to [safetysanteeasa@gmail.com](mailto:safetysanteeasa@gmail.com)

Managers, it is recommended to have the blank forms with you at your first team meeting. This is a good time to go over the information and collect signatures from parents.

- Completed Background check form and a copy of your current driver's license
- Safesport certification
- CDC Heads Up certification
- Concussion Information Sheet signature page

Thank you for volunteering your time and effort to help create another great season for our players! Your hard work makes our league better for each and every player.

*"All that kids really need is a little help, a little hope, and someone that believes in them". – Magic Johnson*