

Little League Alberta - District 8
CalSouth Little League
Safety Manual



Revision: 2

Issue Date: Feb 3, 2026

Issued for Use

Issued by:

A handwritten signature in black ink that reads "Brian Fawcett".

Brian Fawcett (President)

A handwritten signature in black ink that reads "Andrew Tompkins".

Andrew Tompkins (Safety Officer)

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Little League Alberta Safety Policy 2025



Little League Alberta is committed to maintaining a safe and enjoyable environment for all our players, volunteers, and families.

We actively promote a culture that prioritizes health and safety, minimizing the risk of injury to participants and preventing damage to property or equipment.

To fulfill this commitment, Little League Alberta will:

- Encourage active participation in safety initiatives that proactively identify and mitigate potential hazards or unsafe conditions.
- Provide comprehensive training and education for all volunteers and players, ensuring timely delivery by qualified individuals.
- Ensure full compliance with all applicable regulatory requirements, league rules, and internal policies and procedures.
- Conduct thorough and timely incident investigations and reporting, learning from incidents to prevent future occurrences.
- Uphold our CORE values of Safety, Ethics, and Teamwork, integrating these principles into every decision and action we take.

We commit to continually improving our safety processes through regular review and feedback. Success in fostering this environment depends upon the shared responsibility and accountability of Directors, Managers, Coaches, Volunteers, Parents, and Players.

Each member of the Little League Alberta community is responsible for contributing to a safe and positive experience for everyone involved.

Brian Hollett
Safety Director
Little League Alberta

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Purpose

The purpose of this Safety Manual is to create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of CalSouth Little League.

Commitment to Safety

Before the start of a new Little League season, each manager and coach will be directed to this Safety Manual which contains important safety and first aid information with which all volunteers should be familiar. All managers and coaches will be provided with a copy of this document

CalSouth Safety Requirements

- Requirement 1** Have an active Safety Officer on file with District 8 Little League.
- Requirement 2** Develop and distribute a copy of a league specific safety manual to all applicable managers, coaches & appropriate individuals.
- Requirement 3** Use the Little League official Volunteer Application Form for all applicable managers, coaches, and appropriate individuals
- Requirement 4** Provide and require fundamentals training, with at least one coach or manager from each team attending including any league developed HSE training.
- Requirement 5** Require coaches/umpires to walk fields for hazards before use.
- Requirement 6** Require regular inspection and replacement of equipment.
- Requirement 7** Implement prompt accident reporting and tracking procedures.
- Requirement 8** Require a first-aid kit at each game and practice.
- Requirement 9** ALWAYS enforce Little League rules including proper equipment.

The below pic was updated:

UPDATE TO CALSOUTH FOR THE 2026 SEASON:

CalSouth will no longer be using the OneBADGE program. All volunteers must complete a Police Check with Vulnerable Sector Search to obtain their clearances for volunteering with CalSouth this season. A voucher will be issued to complete the Police Check. No Exceptions to this policy will be permitted.



Definitions

To clarify the meaning of these guidelines, we are defining use of the terms essential to an understanding of a basic accident-prevention program in Little League Baseball.

They are as follows:

- ACCIDENT is a sudden, undesirable, and unplanned occurrence often resulting in bodily injury, disability and/or property damage.
- ACCIDENT CAUSE is an unsafe condition, situation or act that may result directly in or contribute to the occurrence of an accident.
- CORRECTIVE ACTION is the positive steps or measures taken to eliminate, or at least minimize, an accident cause.
- CASE is used in the general sense, such as: accident case, injury case, claim case or insurance case.
- HAZARD refers to a condition or a situation that could cause an accident.
- INJURY is the physical harm or damage often resulting from an accident.
- TYPE OF ACCIDENT is a phrase used to describe an unintentional, sudden incident that can be identified so effective counter measures may be taken.
 - Examples are: struck by, tripped, fell, collision with, caught between, etc.
- AN UNSAFE ACT refers to unintentional human failure or lack of skill that can lead to an accident. It is one of the two general accident causes, the other being an unsafe condition.
- AN UNSAFE CONDITION is an abnormal or faulty situation or condition which may cause an accident. Its presence, particularly when an unsafe act is committed, may result in an accident.



Role of Safety Officer

The Safety Officer is an individual who looks after the safety aspects of our League and is responsible for health and safety activities, ensuring the league and its participants are safe, developing and recommending safety measures, monitoring, anticipating, and controlling hazardous and unsafe conditions, initiating, and maintaining co-operation within an organization on health and safety matters.

Responsibilities

- Conduct an annual update and issuance of Safety Manual.
- Ensure that the Safety Manual has been reviewed by the district and contains all required signatures
- Support the District 8 safety program by facilitating all league mandated safety classes
- Ensure that all diamonds and fields have been inspected before and during playing season.
- Act immediately to resolve any safety violation once it has been brought to his/her attention.
- Make sure that all first aid kits are fully stocked and kept in the designated areas.
- Keep a log of all injury reports.
- Supply the Board of Directors, at season end, with a recap of all safety related incidents, including violence or harassment, and any corrective actions taken or recommended.
- Follow up on injury reports, if necessary, by getting all pertinent information needed from managers, players, and parents so insurance claims may be filled out in the correct fashion.
- Work with the Board of Directors to ensure that all safety concerns are resolved in a timely fashion.
- Provide a copy of this Safety Manual to the appropriate individuals including coaches and managers.
- Keep the District Safety Officer informed whenever an accident or incident occurs – this will help all leagues improve their safety program.
- Establish a reporting system so that injuries are reported in a timely manner.

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Emergency Contacts

Emergency Phone Numbers

Emergency Number	911
South Calgary Urgent Care	403-943-9300
President - Brian Fawcett	604-346-9594
Vice-President - Doug Race	587-576-3966
Safety Officer - Andrew Tompkins	403-968-9941

League Director Contact List

Officers		
President	Brian Fawcett	president@calsouth.ca
Vice President	Doug Race	vicepresident@calsouth.ca
Secretary	Karly Cussigh	secretary@calsouth.ca
Treasurer	Pam Earl	treasurer@calsouth.ca
Registrar	Kim Saxby	registrar@calsouth.ca
Player Agent	Ian Haberlack	playercoachdev@calsouth.ca
Safety Officer	Andrew Tompkins	safetyofficer@calsouth.ca
Casino Chair	Katy Doucette	playercoachdev@calsouth.ca
Directors and Coordinators		
Player/Coach Development	Katy Doucette	playercoachdev@calsouth.ca
Equipment Coordinator	Brianne Strong	equipment@calsouth.ca
Uniform Coordinator	Brianne Strong	equipment@calsouth.ca
Facilities/ Diamond Coordinator	Shawn Walker	diamonds@calsouth.ca
Umpire Coordinator	Jason Landon	umpire@calsouth.ca

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Evaluations Coordinator	Ian Haberlack	playercoachdev@calsouth.ca
Events Coordinator (Opening Day)	Kelly Pettigrew	events@calsouth.ca
Webmaster	Kim Saxby	webmaster@calsouth.ca
T-Ball Coordinator	Karly Cussigh	tball@calsouth.ca
Rookie Ball Coordinator	Cassandra Jones	rookieball@calsouth.ca
Minors Coordinator	Justin Harwood	minors@calsouth.ca
Majors Coordinator	Pam Earl	majors@calsouth.ca
Teenage Coordinator	Neil Tice	teen@calsouth.ca
Teenage Performance Coordinator	Neil Tice	teen@calsouth.ca
Social Media Coordinator	Kim Saxby	social@calsouth.ca
All Stars/ Travel Ball Coordinator	Josh Soles	vipers@calsouth.ca
Picture Day Coordinator	Cassandra Jones	rookieball@calsouth.ca



Emergency Response

First Response to Injuries

In the event of an accident, the manager or coach shall remain calm and tend to the injured person. All players should be directed to take a knee and/or return to their respective positions to avoid crowding and to allow for proper care of an injured player.

In the event of a MINOR injury:

Use the first aid kit as needed to apply ice packs or support bandages. When treating an injury remember: RICE...

Rest, Ice, Compression, Elevation.

If blood is present:

- Wear barrier gloves (latex gloves) whenever possible to protect yourself and the injured person.
- Clean wounds with soap and water or an antiseptic wipe.
- Apply light pressure to stop bleeding. Apply bandages to cover the wound.

If any part of the uniform is soiled with blood, the uniform must be replaced and thoroughly cleaned prior to continued use.

In the event of a MAJOR injury:

If you believe a player has sustained a major injury, you must seek professional medical attention immediately.

- ***If appropriate, call 911.***
- Stay with the injured person and provide comfort until medical attention arrives. Keep the person calm and as comfortable as possible.
- Avoid moving the player in any way unless they are in immediate danger.
- NOTE: When calling 911, be prepared to:
 - *Give your name, location, and a brief description of the emergency.*
 - *Listen carefully to the operator's requests or questions.*
 - *Delegate a person(s) to an appropriate location to meet and direct emergency personnel and vehicles to the injured person.*

Communicable Disease Procedures

- Bleeding must be stopped, the wound covered, and the uniform changed if there is blood on it before the athlete may continue
- Routinely use gloves to prevent any exposure when contact with blood or other body fluids is anticipated (provided in first-aid kit)
- Immediately wash hands with soap and water including any other skin surfaces if contaminated with blood
- Clean all blood contaminated surfaces and equipment
- Managers, volunteers with open wounds should refrain from all direct contact until the condition is resolved
- Follow accepted guidelines in the immediate control of bleeding and disposal when handling bloody dressings, mouth guards and other articles containing body fluids
- All players must use their own water bottles

Choosing a Medical Care Facility:

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If a player needs professional medical attention, the manager or coach will:

- Defer to the emergency personnel that are present and allow them to take over care and transport the injured person to the appropriate facility.
- Consult with the player's parents (if present) for physician or hospital information and ask if they wish to take their child to the facility of their choice.
- If no parent of the injured player is present, check the player's medical release information provided by the League and retained in the manager's binder.
 - This MEDICAL RELEASE INFORMATION for every player MUST be with the team at all Little League events.

This may include-

- Games, practices, pictures, team parties, etc.
- If there is a doctor, medical clinic or hospital listed, provide this information to emergency personnel.

Providing First Aid – Important Do's and Don'ts

DO...

- Reassure and aid children who are injured, frightened, or lost.
- Provide, or assist in obtaining, medical attention for those who require it.
- Know your limitations. It's okay to ask for help.
- Carry your first aid kit to all games and practices.
- Assist those who require medical attention – and when administering aid, Remember to
 - **LOOK** for signs of injury (blood, bruises, deformity of limbs, etc.).
 - **LISTEN** to the injured person describe what happened and what hurts. Before questioning, you may have to calm an anxious child.
 - Gently and carefully **FEEL** the injured area for signs of swelling or grating of broken bones.
 - Have your players' Medical Clearance Forms (registration form) with you at all games, practices and team functions.
 - Arrange to have a cellular phone available during ALL games and practices.
 - If the person requires their own medication and they or their guardian can administer it, assist as able.

DON'T...

- Administer any medications unless you are qualified too.
- Provide any food or beverage other than water.
- Hesitate in administering aid when needed.
- Be afraid to ask for help if you are not sure of the proper procedures (such as CPR).
- Transport injured individuals except in extreme emergencies.
- EVER leave an unattended child at a practice or game.
- Hesitate to report any suspected safety hazard to the Safety Officer immediately.



Remember!

Safety is Everyone's Responsibility!

For the best possible player experience, we ask everyone to step up and help deliver on the goal of providing a fun, safe, and positive environment for our children.

Creating this environment requires help and participation from board members, managers, coaches, players, parents, volunteers, and spectators.

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Code of Conduct

- **Speed Limit 5 mph** in roadways and parking lots while attending any Little League function. Watch for small children around parked cars.
- **No ALCOHOL** allowed on or around: fields or common areas during any Little League games, tournaments, or practices etc.
- **No SMOKING** or Tobacco products of any kind (including spit tobacco and vaping) allowed in any common areas where Little League Players are present.
- **No DRUG USE** including **Cannabis** allowed in any common areas where Little League Players are present
- **No Playing** in parking lots at any time.
- **No Playing** on and around lawn/maintenance equipment.
- **No Profanity allowed** in any parking lot, field, or common areas where Little League Players are present.
- **No Swinging Bats** or throwing baseballs at any time that is not part of a game or practice.
- **No throwing balls** against dugouts or against backstop.
- **No throwing rocks** and no climbing fences.
- Only a player on the field and at bat, may swing a bat (Ages 5 - 12). Or the "on Deck" batter (>12yrs of age).
- **Observe all posted signs.** Players and spectators should be always alert for foul balls and errant throws.

No Board Member, Manager, Coach, Player or Spectator shall:

- At any time lay a hand upon, push, shove, strike or threaten to strike an official.
- Be guilty of initiating personal verbal or physical abuse upon any official for any real or imaginary belief of a wrong decision or judgment.
- Be guilty of an objectionable demonstration of dissent at an official's decision by throwing of gloves, helmets, hats, bats, balls or any other forceful, unsportsmanlike action.
- Be guilty of using unnecessarily rough tactics in the play of a game against the body of an opposing player.
- Be guilty of a physical attack upon any board member, official manager, coach, player or spectator.
- Be guilty of the use of profane, obscene or vulgar language in any manner at any time.
- Appear on the field of play, stands or anywhere on the league complex while in an intoxicated state at any time. Intoxication will be defined as any alcohol odor or behavior issue.
- Smoke while on the playing field or in any dugout at any time (including cannabis). Smoking will only be permitted in designated areas, which will be at least 20 feet from dugouts.
- Speak disrespectfully to any manager, coach, official or representative of the league.
- Be guilty of tampering or manipulation of any league rosters, schedules, draft positions or selections, official score books, rankings, financial records or procedures.
- Challenge an umpire's authority. The umpires shall have the authority and discretion during a game to penalize the offender according to the infraction up to and including removal from the game.

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Expectations of Parents (In addition to above):

- Respect, be considerate of, and support the Managers and Coaches
- Remember that the Coaching staff are all volunteers and are committing a lot of their time!
- Commit to helping the players develop and have fun playing baseball.
- Remember that managers are at differing levels and will be developing their skills at varying degrees.
- Respect the umpires and refrain from negative remarks in response to umpiring decisions.
- Commit to having your kids at the diamonds on time.
- Address concerns through your Manager, Division Coordinator or Division VP/President.
- Share any safety concerns with the coach, i.e., unsafe playing environment/equipment.
- Take responsibility for the care and return of your child's jersey and any league equipment.
- Help your team and /or "our" league by volunteering your time.
- Support and encourage all players as they develop and compete.
- Respect the "fair play" philosophy (fair play = a relatively balanced play time for each player throughout the season).

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

During games, players must always remain in the dugout area in an orderly fashion. After each game, each team must clean up trash in dugout and around stands. All gates to the field must always remain closed. After players have entered or left the playing field, gates should be closed and secured.

Failure to comply with the above may result in expulsion from the Little League field or complex.

Although undesirable to take any disciplinary action, to maintain a safe and secure environment for our players and families, failure to comply with certain of the above guidelines could result in expulsion from the Little League field or complexes by the Umpire or Coaches. If the incident is of sufficient severity to require an individual or individuals to be expelled or removed from the field, the Coaches/Umpires are to report the incident directly and promptly to the Safety Officer for further handling at the board level.

General Safety Code

(In addition to those in current Little League Rule book)

- Have a set plan (amongst Manger & Coaches) for any injuries or emergencies for any games or practices.
- Managers, coaches, and umpires should have some awareness of First Aid.

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- First Aid kits are always available at all game and practice fields and located in every equipment bag provided to every team.
- Do not hold games or practices when weather or field conditions are poor. The District Administrator or delegate, Safety Officer (District or League) or Umpire in Chief/ head Umpire at the field will determine if a field is unplayable with discussion with Coaches.
- Prior to each game or practice, umpires and/or managers will walk the field to inspect for hazards.
- All players, managers, coaches, and spectators are to remain alert and watch for batted balls, foul balls or wild throws to avoid injury during games and practices.
- Managers and coaches will check and inspect all equipment regularly for damage and proper fit.
- Do not use damaged equipment; return any damaged equipment to the Equipment Coordinator for immediate repair or replacement.
- Batters must wear approved protective helmets when batting in games or practices.
- Catchers must wear full gear (a catcher's helmet, mask, throat protector, long model chest protector, shin guards and athletic supporter) during the game and when warming up pitchers between innings, in the bullpen or during practice.
- NEVER throw bats or helmets under ANY circumstance.
- Report all injuries within 48 hours to the Little League Safety Officer.
- ALL ADULTS ARE RESPONSIBLE FOR ENFORCING RULES AT ALL TIMES

Batting Cage Safety Rules

- No player shall have access to or enter the room that the machine is set up in without an adult present.
- Anyone entering the batting cage under any circumstance (picking up balls/batting) must always be wearing a batting helmet.
- The MAXIMUM ratio of coaches/parents to kids at any one time in or around the batting cages is 4 kids per coach/parent.
- It is recommended that:
 - A responsible adult/coach is to be the only one operating the batting machine
 - A second adult is to supervise players waiting to use the batting cage
 - Players/batters are to be instructed to always stay alert when the machine is set to pitch.

Any player/coach/parent who disobeys these rules may be subject to disciplinary action up to and including suspension from their League

Coach Requirements

Here are a list of requirements that need to be completed in order for someone to be a league volunteer (forms can be found at

<https://www.littleleaguedistrict8.com/littleleaguealbertadistrict8/Screening>):

- Completing Volunteer Application

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- Complete Background Check with Vulnerable Sector Search (VSS)
- Online Training Courses:
 - Abuse Awareness Training
 - Diamond Leader Training
- Concussion Training
- Certifying you have reviewed the following Policies/Manuals:
 - This Calsouth Safety Manual
 - Coaches Code of Conduct
 - Child Abuse Prevention

Volunteer Application

All volunteers must complete and submit this volunteer application form and return to your league.

[Application Form](#)

Background Check with VSS Details

Starting with the 2026 season, CalSouth is no longer using OneBADGE for background checks. All volunteers must complete a police background check with Vulnerable Sector Search (VSS).

- Each volunteer must provide a copy of a government issued ID card for ID verification (driver's license, passport).
- A police background check with a Vulnerable Sector Search must be completed for each volunteer
 - Volunteers may request a VSS through the Calgary Police Service. Volunteers residing outside of Calgary may contact the Safety Officer (email below) to obtain a letter for submission to their local RCMP detachment.
 - A code is available for free VSS (from the Safety Officer). For the RCMP the cost will be reimbursed.
 - The background check and VSS results must be sent to the CalSouth Safety Officer: safetyofficer@calsouth.ca

Online Training Courses

The Abuse Awareness Training and the Diamond Leader Training must be completed. These courses can be found here: <https://www.littleleague.org/university/training/>

Once members have completed the course, please send it to the Safety Officer for tracking: safetyofficer@calsouth.ca

Concussion Protocol

Concussion Protocol education is required for all Safety Officers, League Directors, Managers, and Coaches. It is optional for all other Officers in a League, District, or Region.

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Little League Canada is following the high standard set by Little League International and utilizing the Centre for Disease Control (CDC) comprehensive “Heads Up” education program.

All members mandated for Concussion training protocol shall complete the online NCCP course which can be found at:

<https://thelocker.coach.ca/onlinelearning#MHW-SP-E>

This is a required item and will be tracked by the Safety Officers. Send confirmation to: safetyofficer@calsouth.ca

More information can be found online at: <https://www.cdc.gov/headsup/index.html>

Policies and Manuals

Coaches Code of Conduct

Please review the WCABF Code of Conduct and sign and submit to the Safety Officer.

[Code of Conduct](#)

Child Abuse Prevention Policy

Please review the full WCABF Child Abuse Prevention Policy and then sign and submit the Acknowledgement Page

[Abuse Prevention Policy](#)

[Abuse Prevention Policy - Acknowledgement Page](#)

Injury Reporting

What to report:

Report any incident involving a player, manager, coach, umpire, volunteer, or spectator that leads to medical treatment and/or first aid to the Safety Officer. Generally, this is **anything that requires more than bandaids**.

This includes passive treatments such as the evaluation and diagnosis of the extent of the injury or periods of rest.

When to report:

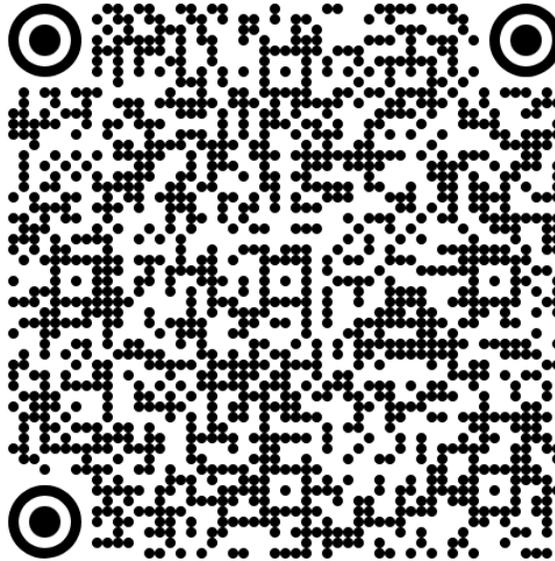
Report any such incident to the League Safety Officer within 24 hours of the occurrence. The Safety Officer will forward this information to the District Safety Officer.

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How to report:

An online incident reporting and tracking system has been developed for CalSouth; all injuries should be reported through this portal:



<https://docs.google.com/forms/d/e/1FAIpQLScf4MVZiILQfR0h1OBhrD-P03Knt0wb91q6B3YsAOvHtOzNow/viewform?usp=header>

It is up to the discretion of the parent of the injured player as to when the player will return unless specifically indicated by a physician.

Safety Officer's Responsibilities for Injury Reporting:

To follow up with the injured party (or their parent/guardian) within 72 hours (from receiving notification of the injury) to:

- Verify the information received.
- Obtain any other information deemed necessary.
- Check on the status of the injured party.

If an injury is considered major in nature, it is recommended the Safety Officer periodically follow up with the injured party to check on the status of their injury. Once the individual is participating in the league again, the Safety Officer shall consider the case "closed" and no further follow up is necessary.

Risk Assessment

Little League Alberta has provided a detailed Risk Assessment to understand and mitigate potential risks. The Risk Assessment document is located online here:

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<https://www.calsouth.ca/safety/>, and it is also printed in the Coaches manual, and should be reviewed by all coaches prior to the start of season.

Guidelines for Adult-Player Interactions

- Rule of Two: No adult should be alone with a child; a second adult must always be present within line of sight.
- Physical contact should only occur when necessary for instruction or first aid and must respect the child's comfort.
- All electronic communications must include a parent or another adult.

Mandatory Reporting Procedures

- Volunteers are required to report suspected abuse to the Safety Officer or local child protection services.
- Reports must include names, contact information, and details of the suspected abuse.
- Confidentiality and non-retaliation policies protect reporters.

Environmental and Other Factors

The call to suspend a game based on environmental or other factors will be made by the Safety Officer, Vice President, or President, in coordination and discussion with the age division coordinators for the games in play.

Weather Conditions

Lightning

Stop any game or practice at the first sound of thunder and permanently discontinue any game or practice at the first sign of any lightning. Stay away from metal fencing (including dugouts)! Also, avoid trees, poles, and other high objects. Do not hold a metal bat. Walk, don't run, to your car and wait for a decision on whether to continue the game or practice.

Heat

Anytime the temperature is above 32 degrees C, provide plenty of water, shade and rest periods during games and practices. Encourage players to drink small amounts frequently. If you observe any player exhibiting signs of heat related illness (cramps, fatigue, light-headedness, nausea, vomiting or headache), you must remove the player from the field immediately, place in shade and hydrate. If symptoms do not improve immediately, seek prompt medical aid.

Link to more information :

<https://www.albertahealthservices.ca//news/heat.aspx>

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Drinking Guidelines for Hot Day Activities

Before: Drink 8 oz. immediately before exercise

During: Drink at least 4 oz. every 20 minutes

After: Drink 16 oz. for every pound of weight lost

Dehydration signs: Fatigue, flushed skin, light-headed.

What to do: Stop exercising, get out of sun, drink

Severe signs: Muscle spasms, clumsiness, delirium

Cold

Games are not played if the temperature is 5 degrees Celsius or less. If in doubt re: whether the fields are in playable condition, verify with whomever manages the fields.

At the start of our season the weather can be cold. Make sure players have jackets or sweaters to wear to keep their arms warm when in the dugout and properly warm up prior to taking to the field.

Rain/Mud

Playing on wet or muddy fields creates an obvious safety hazard for players. The balls become wet and muddy; the pitchers and players cannot control them. Footing is slippery on infields, particularly on the pitching mound and around the bases. Pools of water develop in outfield areas, creating muddy, unstable footing. Further use in this condition causes ruts and holes that are hazardous and place players at much higher risk for injuries. If in doubt re: whether the fields are in playable condition, verify with Facilities Coordinator, that they are suitable for play, and if necessary, reschedule the game or practice.

Air Quality

To ensure everyone's well-being, we have implemented specific air quality guidelines that must be followed during games and practices. Please review the following:

Game Suspension

- Games will be immediately suspended if the Air Quality Health Index (AQHI) reaches 7 or higher.
- Host locations are responsible for monitoring AQHI levels and notifying umpires if the index reaches this threshold.

Game Cancellation or Postponement

If the AQHI is 7 or higher two hours before the scheduled start time, the game will be canceled or postponed prioritizing safety and comfort.

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Monitoring AQHI

Host locations must check the AQHI two hours before the game and notify all relevant parties if it is 7 or above.

Health Risk	Air Quality Health Index	Health Messages	
		At Risk Population	General Population
Low Risk	1 - 3	Enjoy your usual outdoor activities.	Ideal air quality for outdoor activities.
Moderate Risk	4 - 6	Consider reducing or rescheduling strenuous activities outdoors if you are experiencing symptoms.	No need to modify your usual outdoor activities unless you experience symptoms such as coughing and throat irritation.
High Risk	7 - 10	Reduce or reschedule strenuous activities outdoors. Children and the elderly should also take it easy.	Consider reducing or rescheduling strenuous activities outdoors if you experience symptoms such as coughing and throat irritation.
Very High Risk	10+	Avoid strenuous activities outdoors. Children and the elderly should also avoid outdoor physical exertion.	Reduce or reschedule strenuous activities outdoors, especially if you experience symptoms such as coughing and throat irritation.

Understanding AQHI and Health Risks

- The AQHI measures the impact of air quality on health. Note that AQHI updates may lag by over an hour.
- Monitor for symptoms such as irritated eyes, coughing, or difficulty breathing, even if the AQHI has not yet updated.
- An AQHI of 7 or higher indicates a "High Risk" of exposure to air pollutants.

Ongoing Monitoring

When the AQHI is between 4 and 6, continuous monitoring is required. Notify the umpire and League/Tournament Director if the index rises to 7 or above.

Adjusting Athletic Activity

During practice sessions, reduce the intensity and duration of activities, and provide rest periods if air quality is a concern.

Accessing AQHI Information

- Visit the Alberta AQHI website or use the AQHI Canada app for the most accurate and up-to-date information.

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- Air quality can vary within the greater Calgary area, so ensure you use the correct station index value within two hours of the scheduled start time.
https://weather.gc.ca/airquality/pages/multiple_stations/abaq-002_e.html

Other Considerations

Additional factors, such as forest fires, agricultural burning, and sudden wind changes, may also affect air quality.

Alberta-Specific AQHI Calculation

- Alberta's AQHI differs from the rest of Canada, including additional pollutants (e.g., sulfur dioxide, hydrogen sulfide, carbon monoxide) in its calculation.
- Alberta's AQHI is based on a 3-hour rolling average, making it more responsive to air quality changes. The Alberta AQHI website is the most reliable source for accurate values.

High-Risk Air Quality (AQHI 10 or Higher)

- An AQHI of 10+ is classified as "Very High Risk." Outdoor activities, including games and practices, must be rescheduled to protect all participants.
- Athletes are especially vulnerable due to the intensity and duration of exposure to outdoor air pollutants.

Important Resources

- Environment Canada Air Quality
- Alberta AQHI
- Air Health Services

Stay informed, stay safe, and enjoy Little League games responsibly in Calgary, Alberta, Canada!

Asthma & Respiratory Problems

Seek Emergency Care If a Child Experiences Any Of The Following:

- Child's wheezing or coughing does not improve after taking medicine (15-20 minutes for most asthma medications)
- Child's chest or neck is pulling in while struggling to breathe
- Child has trouble walking or talking
- Child stops playing and cannot start again
- Child's fingernails and/or lips turn blue or gray
- Skin between child's ribs sucks in when breathing

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Asthma is different for every person. If you are at all uncertain of what to do in case of a breathing emergency, do not hesitate to act!

Call 9-1-1 immediately, stay with the player and call the child's parent/guardian!

Bites and Stings

Bites or stings can be received from several different circumstances. Stings are usually caused by bees and other bugs. Bites can come from cats, dogs, spiders, ants or mosquitoes. All of these should be evaluated and treated when a player complains of a bite or sting. Many individuals are highly sensitive to stings that can cause them to develop breathing difficulties and very rapidly go into shock. This condition can be life threatening if not detected and treated as soon as possible. It is important that coaches and managers are aware of any members on their team that have reactions to stings and that the proper emergency equipment is always available.

Stings

If a player complains of a sting, the manager or coach should look for:

1. Swelling in the area
2. Signs of allergic reactions (if any condition exists, call 9-1-1)
 - Nausea
 - Severe swelling
 - Breathing difficulties, including coughing and wheezing
 - Bluish face, lips, fingernails
 - Signs of shock
 - Unconsciousness
3. The stinger or venom sac still in the skin

Treatment

Bee Stings

1. Remove the stinger or venom sac with tweezers or by gently scraping with the fingernail or a knife. Do not squeeze the stinger or venom sac.
2. Wash the area and apply a Band-Aid to cover the area.
3. For multiple stings, soak the area in cool water.
4. Check for allergic reactions (if any condition exists, call 9-1-1).

Ant Bites

1. Wash the area thoroughly with clean water.
2. Apply sting lotion or a paste made of baking soda and water.
3. Cover the bite with very cold water to avoid swelling.
4. Watch for any signs of an allergic reaction.

Animal Bites

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1. Control any bleeding that may occur.
2. Flush the area with cool clean water.
3. Cover the area with a sterile pad or clean cloth.
4. Contact parents and notify police.

Approvals

FOR DISTRICT USE ONLY

The District Administrator has reviewed this plan

Name: _____ Signature: _____ Date: _____

The District Safety Officer has reviewed this plan:

Name: _____ Signature: _____ Date: _____