

CAVE SPRING LITTLE LEAGUE

SAFETY PLAN

2025



Roanoke County, Virginia



Introduction / Mission

The goal of the Cave Spring Little League's safety program is to develop guidelines that increase safety for all activities, programs, and field/park facilities through written safety procedures, training, incident reporting, Board review, and enforcement of the safety plan.

A Safety Awareness Program (ASAP)

A program that promotes safety for all participants of the Cave Spring Little League and is coordinated by the Safety Officer.

CSLL Safety Mission Statement

Our mission at CSLL is to provide a clean and safe environment for the youth of our community to learn and enjoy the game of baseball.

Safety Officer

Year: 2025

Officer: Mike Nichols

Email: safety@cavespringlittleleague.com

Phone: 540-759-0923

Vision Statement of the Safety Officer

Provide a culture that promotes safety awareness for all Coaches, Players, and Volunteers and creates an environment that reduces injuries and needless accidents to players or volunteers.

Board Members – 2024-2025

Name	Title	Email
Al Sganga	President	president@cavespringlittleleague.com
Open	Vice President	vicepresident@cavespringlittleleague.com
Paula Wallace	Secretary	
Stephanie Pickelsimer	Treasurer	treasurer@cavespringlittleleague.com
Mike Nichols	Safety Officer	safety@cavespringlittleleague.com
Colby Howell	Player Agent	playeragent@cavespringlittleleague.com
Wayne Bright	Umpire-In-Chief	
Paula Wallace	Fund Raising/Sponsorship	sponsorship@cavespringlittleleague.com
Open	Marketing/Public Relations	president@cavespringlittleleague.com

Randy Horne	Building & Grounds	Sellersc4@gmail.com
Mike Nichols	Information Officer	admin@cavespringlittleleague.com
Jared Hoke / Donny Schroh	Coaching Coordinator	jared.hoke@prosperitylife.com / donschroh@gmail.com
Open	Scheduling Coordinator	
Andy Thompson	Equipment	Andy.thompson87@yahoo.com

Emergency Contact List / League

Name	Title	Phone
Mike Nichols	Safety Officer	540-759-0923
Al Sganga	President	540-682-3217

Emergency Contact List / Public Safety / Hospitals / Local Government

Emergency Contact	Phone
EMERGENCY	9-1-1
Fire/Ambulance (non-emergency)	(540) 777-8701
Roanoke County Fire Marshall	(540) 777-8701
Police (non-emergency)	(540) 562-3265
Lewis Gale Hospital	(540) 776-4000
Carilion Roanoke Memorial Hospital	(540) 981-7000
Roanoke County Parks & Recreation	(540) 387-6078

What Do I Report

An incident that causes any player, coach, manager, umpire, any volunteer, or any spectator to receive medical treatment and/or first aid must be reported. The term “*medical treatment*” and/or “*first aid*” should include even minor treatments in addition to 9-1-1 contacts.

When Do I Report

Within 48 hours of the incident

How Do I Report

1. Call the Safety Officer at the contact information listed above
2. File a report to: safety@cavespringlittleleague.com

What to Include in the Incident Report

1. Coach’s name, phone number, and email
2. Date, time, location of the incident (include specific field location/field number)
3. Detailed description of the incident
4. Full names of injured persons
5. Indicate if 9-1-1 was contacted or non-emergency numbers
6. Indicate if medical treatment and/or first aid was administered – include the type of treatment (if known).

Safety email is checked daily during the current baseball season.

Safety Program Guidance & Distribution

1. This safety plan will be publicly posted by CSLL at the concession stand bulletin boards and via our website at www.cavespringlittleleague.com.
2. This safety plan will be provided (via paper copy and/or email) to every manager or head coach of every team at every league level.
3. The safety plan will be reviewed and revised annually as applicable. The safety program will be submitted to the District Administrator for review annually.
4. League will complete the 2025 Annual Little League Facility survey.

Criminal History Checks

1. All volunteers, regardless of position, will be required to register online at www.cavespringlittleleague.com and agree to a voluntary background check, rules, and code of conduct expectations.
 - a. [*JD Palentine*](#) or a comparable provider will be used to perform all background checks on all volunteers to include: Managers, coaches, board members, and any other persons, volunteers, or hired workers, who provide regular service to the league and/or have repetitive access to or contact with players or teams must fill out an application form as well as provide a government-issued photo identification card for ID verification
 - b. The standard form utilized through www.cavespringlittleleague.com included with the Little League Volunteer Application for 2025.
 - c. Roanoke County Parks and Recreation will also do a secondary background check for the Manager and Coach for each team. Roanoke County will issue to all qualified managers and coaches an identification card (ID). The respective managers and coaches will be required to wear their identification card at all practices and games.
2. Any volunteer that refuses to sign up, or refuses a background check, will automatically be disqualified from volunteering for CSLL.
3. The CSLL President will submit League Player Registration Data or Player Roster Data, Coach, and Manager Data to the Little League Data Center. Weblink: <https://lldc.pointstreak.com/>

Coaches / Managers / Volunteers Responsibility

1. Adherence to the Safety Plan is required of all players, managers, coaches, umpires, volunteers, and spectators at all times.
2. At least one coaching representative per team (manager, coach, or assistant coach) within the CSLL at each league level must attend a first-aid training session, provided and approved by CSLL.
3. Coaches must attend at least one coach's clinic per season to be eligible to coach -- provided and approved by CSNLL.
4. All managers and coaches must complete the Concussion Awareness Program which is provided free of cost by the Centers for Disease Control (CDC). The course is internet-based and can be accessed at the following site: <https://www.cdc.gov/heads-up/training/youth-sports.html>

You will need to create an account and make sure you register for the Coaches version of the training, course 1089818. **Email your certificate to safety@cavespringlittleleague.com**

5. Report child abuse and neglect, including sexual abuse involving a minor, to the proper authorities immediately or within 24 hours. CSLL prohibits retaliation against “good faith” reports of child abuse and neglect. All managers and coaches must complete the [Little League Abuse Awareness Training Course](#)
Email your completed certificate to safety@cavespringlittleleague.com
6. All reports of any injuries, unsafe field condition, or if 9-1-1 is contacted, must be reported to the Safety Officer at safety@cavespringlittleleague.com
7. The **Home Team Manager** and **Home Plate Umpire** must inspect the general play areas of the field and dugouts for any safety issues before game time. Any concerns identified must be reported immediately to the Safety Officer.
8. During the regular season, it is the responsibility of the coaches of each team to inspect their equipment and immediately report any safety concerns to the Safety Officer.
9. All team equipment and bats must remain safely out of walkways and playing areas at all times.
10. All grounds improvement equipment will be monitored when in use and locked up when not in use (i.e. lawnmowers, tractors, weed cutters, heavy-duty cleaners/solvents, etc).
11. Only coaching staff, press box volunteers, umpires, and players are allowed in dugouts, warm-up cages, and playing areas (collectively referred to as playing areas). Any other volunteers or persons must have permission from the home plate umpire to enter playing areas (this includes professional and amateur photographers).
12. The umpires/coaches must observe and consider weather elements before and during all games. Excessive inclement weather conditions or lighting must be observed, and games ended accordingly based on these events. Little League rules regarding weather must be observed and honored at all times.
13. Only umpires are allowed to freely enter active playing field areas (the field excluding dugouts, press box, or other caged areas). All others must request permission from an umpire to enter an active playing field.

Player Safety

1. T-Ball (including Instructional) Helmet Safety

- a. Batters, pitchers, catchers, first base players, and base runners must wear National Operating Committee on Standards for Athletic Equipment (NOCSAE) approved batting helmets with face guards.
- b. Other players may wear helmets with or without face guards based on their skill level and abilities determined by their team manager.

2. Minor Coach Pitch Helmet Safety

- a. Batters, pitchers, catchers, and base runners must wear National Operating Committee on Standards for Athletic Equipment (NOCSAE) approved batting helmets with face guards.
- b. Other players may wear helmets with or without face guards based on their skill level and abilities determined by their team manager

3. Minor Player Pitch Helmet Safety

- a. All batters and base runners will wear National Operating Committee on Standards for Athletic Equipment (NOCSAE) approved batting helmets.
- b. Catchers will wear all required equipment (catcher's helmet with full mask, throat guard, full chest protector, shin guards, and protective supporter and cup) during practice and games.

4. Majors and Intermediate Helmet Safety

- a) All batters and base runners will wear National Operating Committee on Standards for Athletic Equipment (NOCSAE) approved batting helmets
 - b) Catchers will wear all required equipment (catcher's helmet with full mask, throat guard, full chest protector, shin guards, and protective supporter and cup) during practice and games.
5. All male players must wear a protective supporter and cup which will be the responsibility of the parent and/or guardian to ensure compliance.
 6. Batters must bat using Little League-approved bats appropriate for their league level in weight, size, and length. Bats must have the USA Baseball Mark.
 7. For Major League level and under, no on-deck batting is allowed. An on-deck batter is allowed in Intermediate, Juniors, and Seniors.
 8. Pitching or hitting warm-ups must only be conducted inside the allocated cages or designated areas beside warm-up cages. Spectators and other volunteers should never enter active warm-up cages or warm-up areas.
 9. Horseplay in any playing area or active playing field will not be tolerated.
 10. For Major League level and under, head-first sliding is prohibited, unless immediately returning to base.
 11. During practice and games, all players must remain alert to their surroundings and playing activity to avoid injury.

Preventive Safety Measures

1. Break-away bases will be used at all times on fields for CSLL.
2. Reduced impact balls will be used by CSLL for Instructional T-Ball and T-Ball.
3. Any player that requires glasses will be recommended to wear safety glasses or contacts.
4. Fencing, netting, and fence-top covers will be inspected annually.
5. All fields for CSLL will be assigned a first-aid kit. There will also be one at each of the concession stands. It will be available for all practices and games.
6. The Board Member in charge of uniforms and equipment will be required to review all equipment annually before assigning to teams.

7. Games and practices should never be held if the lighting on the field is inadequate.
8. Players may not wear any type of jewelry or body adornments around the neck, arms, or wrists at any time during practice or games.
9. CSLL will adhere to the rules and regulations adopted by Little League International to include equipment requirements and measures to ensure player safety.

Lightning Safety -- 30/30 Rule

When you see lightning, count the time until you hear thunder. If this time is 30 seconds or less, seek proper shelter. Wait 30 minutes or more after hearing the last thunder before leaving the shelter. If you cannot see the lightning, just hearing the thunder is a good backup rule.

All managers will be provided additional lightning safety handouts provided by the National Weather Service.

Safety Officer Responsibilities

1. The Safety Officer will be registered with Little League International and keep the league updated on any safety messages that are sent out by Little League International.
2. Annually, the Safety Officer will be responsible for validating and updating first aid kits. There will be a kit at each CSLL field and concession stand.
3. Safety tips, points, and reports for CSLL will be publicly posted at CSLL at the concession stand bulletin boards.
4. All emergency information and the Safety Officer's contact information will be publicly posted at CSLL at the concession stand bulletin board.

Concession Safety – CSLL will not be opening the concession stand in the 2025 due to lack of volunteers

1. Concession safety will be posted inside the concession stand.
2. All applicable Roanoke County Health Department rules and regulations will be observed and honored by CSLL for any concession stand operated on behalf of CSLL.
3. Proper handwashing with antibacterial soap will be required of every concession volunteer before food handling.
4. A first-aid kit will be kept inside each CSLL concession stand.
5. Volunteers must not handle money and food concurrently.
6. No volunteer under the age of 15 will be allowed to operate any type of heated equipment for cooking purposes. For 2025, No food will be cooked and served in the concession stands. Only prepackaged and sealed food/beverages will be sold.
7. The Director of Concessions will be required to inspect all cooking and cooling equipment before opening for the season.
8. The Director of Concessions will be responsible for completing, submitting, and obtaining approval from the Roanoke County Health Department to conduct seasonal concessions. N/A 2025 Season

Communication

ASAP Newsletter links and reminders will be sent to all coaches throughout the season by the Safety Officer. Additional safety tips and notices, along with emergency contact information, will be posted publicly on the CSLL Starkey Park Concession bulletin board.

COVID Guidelines and Safety Protocols for the 2025 Season

Every participant/guardian has agreed to the Roanoke County COVID-19 Waiver which states:

CORONAVIRUS / COVID-19 ASSUMPTION OF RISK

The novel coronavirus, COVID-19, has been declared a worldwide pandemic. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. The County of Roanoke has put in place preventative measures to reduce the spread of COVID-19; however, the County cannot guarantee that you or your child(ren) will not become infected with COVID-19.

By signing this Agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I or my child(ren) may be exposed to or infected by COVID-19 by attending events or activities sponsored by the County of Roanoke, including (the "Activities"), and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Roanoke County employees, volunteers, program participants, and their families.

I voluntarily agree to assume all of the foregoing risk and accept sole responsibility for any injury to myself or my child(ren) (including, but not limited to, personal injury, disability, and death), illness, damage, loss, or expense of any kind, that I or my child(ren) may experience or incur in connection with my or my child(ren)'s participation in the Activities. On my behalf, and on behalf of my child(ren), I hereby release, covenant not to sue, discharge, and hold harmless the County of Roanoke, its employees, agents, and representatives, of and from any claims, actions, damages, costs or expenses of any kind arising out of or relating to the Activities. I understand and agree that this release includes any claims based on the actions, omissions, or negligence of the County of Roanoke, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in the Activities. I agree that this waiver of liability shall be governed by and construed in accordance with the laws of the Commonwealth of Virginia, and that if any of the provisions hereof are found to be unenforceable, the remainder shall be enforced as fully as possible and the unenforceable provision(s) shall be deemed modified to the limited extent required to permit enforcement of the waiver of liability as a whole.

I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING IT, I MAY BE WAIVING CERTAIN CLAIMS ON BEHALF OF MYSELF AND/ OR MY MINOR CHILD(REN).

General Guidelines for Spectators, Coaches, Umpires and Players

- Wearing face masks are optional for everyone
- All players and coaches are to refrain from spitting at all times, including in dugout areas and on the playing field. Sunflower seeds, gum, etc., should not be allowed in dugouts or on the playing field.

If a player, coach, or another participant in any CSLL game or practice contracts COVID-19, the league President should be contacted immediately upon the results of a positive test.

From Roanoke County:

Please remember that some media outlets pop in on athletic events to film or take pictures as kids play/return to sports and everyone has a cell phone, so memories last forever (including on social media). Please follow the guidelines as we hold practices, participate in games, etc. If everyone follows the guidelines and additional measures set in place for the spring season, the season can be successful.