



**BASEBALL AND SOFTBALL**  
(Intramural – Non-Travel)

**COACHES' GUIDELINES**



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## TEAM NAME SELECTION

For purposes of the schedule, the head coach's last name is the team name. Otherwise teams are free to choose nicknames.



## 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, while at the same time making sure that they have a fun and positive experience.

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.



## **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. Only the head coach is allowed to interact with the umpire.
- 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 and take responsibility for your actions.
- Respect the umpires, the other team, and its coaches.
- Avoid arguments with the umpire or your coach.
- Always ask your coach questions if you do not understand what to do or if you need help. You must tell your coach if you are hurt or sick.
- 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 are 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.

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.

## COMMUNICATION

The chain of communication is simple. *Coach ⇔ Baseball Director*

Coaches should direct their questions to the Baseball Director, who can be reached by email at [info@78bys.org](mailto:info@78bys.org). If you have lost that information or want to contact someone else in the organization, go to the website ([www.78youthsports.org](http://www.78youthsports.org)) and select the *Contact Us* link at the bottom of any 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.

Required Communication to the Baseball 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](http://www.78youthsports.org)) to find rules, schedules, updates and other information.

## ROSTER REQUIREMENTS

All coaches for all age groups must immediately inform their division director of any dropouts or no shows as there maybe players on the wait list to be placed. No coach is allowed to place a child on their team unless they have been allocated to their team at the draft or by email from the division director. Players not registered are not allowed to play. Coaches who violate this rule place themselves at risk should the player become injured.

All coaches for teams 8-year old and older must submit the jersey numbers of their players once the uniforms are distributed.

## 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 our telephone hotline. For Pee Wee, Rookies, Lions and Pony games (5-8 year olds), call our hotline: 877 407-7878. 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](http://www.78youthsports.org)) or the PPBA website ([www.ppba.info](http://www.ppba.info)). When in doubt or if there is no message on the hotline, the rule is to come to the field with your team.

## OPENING DAY PARADE POSITIONS

### TEAM LINEUP ON 1<sup>st</sup> STREET BETWEEN 7<sup>th</sup> and 8<sup>th</sup> AVENUES

Divisions will line up with the Younger Divisions Closest to 7<sup>th</sup> Avenue.

Assemble no later than

9:30 am Saturday, April 13, 2019. Teams must be in uniform.

<b>DIVISION</b>	<b>FROM HOUSE #S</b>
<b>Pee Wees</b>	<b>460-464</b>
<b>Rookies</b>	<b>466-470</b>
<b>Lions</b>	<b>472-476</b>
<b>Pony Majors</b>	<b>478-482</b>
<b>Cubs</b>	<b>484-490</b>
<b>Mustangs &amp; Colts</b>	<b>492-494</b>
<b>Bantam</b>	<b>496-498</b>
<b>Super Bantam, Grasshoppers &amp; Freshmen</b>	<b>500-502</b>
<b>Bulldog Teams</b>	<b>504</b>



## 78 YOUTH SPORTS 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](http://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](http://www.ppba.org).**

Compliance with Association and 78 Youth Sports 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. You must provide us with your team's jersey numbers as soon as they are distributed to the team.
2. The roster must be confirmed by your division director and submitted to the PPBA.
3. Any rosters changes after the roster is submitted must be approved by our organization and the PPBA.
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 super-sub on their roster. (A super-sub 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**

The head coach 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.

### **Super-subs** (“a player in a lower division who plays on a higher division team”)

1. Super-subs are permitted to play during regular season games (not all-star or playoff games), although it is not practiced by our organization. A super-sub cannot be listed with more than one older division team. A super-sub must be specifically identified as such on the roster. Approval to use a super-sub must be obtained from your Division Director.
2. A super-sub 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.

### **Overage 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 (PD in the column next to the player's name).
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 super-subs, 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 head coach 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 Baseball 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 Baseball 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. Forfeits only count if a division is using win/loss records for seeding in the season-ending tournament. For most divisions, seeding is random. In those cases, forfeits are only meaningful because if a certain number occur by a team, that team is excluded from the season-ending tournament. How seeding for the division will be determined will be announced at the beginning of each season. If seeding is based on the regular season win/loss record, a forfeit should be communicated to the Baseball 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 Baseball Director can take such action as is appropriate to prevent further forfeitures, including removal of the coach and reconstitution of the team.
4. Regardless of whether a game is forfeit, the teams should divide up their players and play a game – the umpire is required to remain and umpire.

### **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.

### **Tournaments**

1. Berths are determined by a random drawing within each division (or where there are tiers, then within each tier) or by win/loss records.
2. Depending on the availability of fields and dates, the 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. Sometimes the older divisions play a double elimination tournament.

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

## COACHING SUGGESTIONS

### *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. 1<sup>st</sup> Base coach – to coach 1<sup>st</sup> 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 3<sup>rd</sup> 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.

We will also be posting coaching tips and drills to our website.



## SAFETY TIPS

## **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.

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!**

## ON FIELD MEDICAL HELP

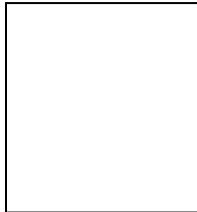
If you need medical assistance **during a game or practice**, do the following:

### 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

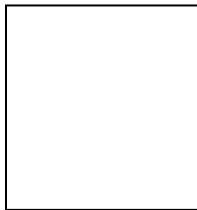
## CPR



### **A – AIRWAY**

•Place victim flat on his/her back on a hard surface.

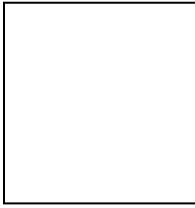
- Shake victim at the shoulders and shout "are you okay?"
- If no response, call emergency medical system -**911** then,
- **Head-tilt/chin-lift** - open victims' airway by tilting their head back with one hand while lifting up their chin with your other hand.



### **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**

