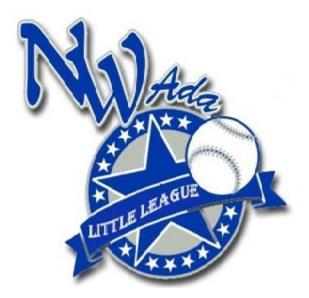
Western Region Northwest Ada Little League



"Where Safety comes First" 2024 Safety Plan

West Region

League ID #: 4120214

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North West Ada Little League Safety Program

Safety Mission Statement

North West Ada Little League is a non-profit organization run by volunteers whose mission is to provide an opportunity for our community's children to learn the game of baseball in a safe and friendly environment.

2024 Board of Directors

Requirement 1:

Kequirement 1.			
POSITION	NAME	PHONE #	E-MAIL
President	Mike Chilton	208-850-4746	mjchilton@msn.com
VP Softball	Harrison Dougal	208-995-5879	harrison.dougal@gmail.com
BB Player Agent	Mike Burrup	208-406-3092	burrmich@hotmail.com
Safety Officer	Erin Viker	805-868-7231	erinviker@gmail.com
Treasurer	Jennifer Carter	217-714-1823	love2hikeidaho@gmail.com
UIC	Sal Varela	208-949-1083	sal_varela@hotmail.com
Equipment Director/Information			
Officer	Jeff Carter	208-867-0924	catchtrout@gmail.com
Field Director	Zak Viker	805-868-7229	fields@nwall.org

Distribution of Safety Manual

Requirement 2:

Each team will receive a paper copy of this safety manual. Managers and or Team Safety Officers should have a copy of the safety manual at all league functions.

EMERGENCY PHONE NUMBERS

Requirement 3:

Police Emergencies	911
Non-threat Emergency	311
Fire	911
Non-Emergency	208-888-6678
Ambulance Dispatch	911
County Health District	208-375-5211
Animal Control	208-343-3166
Park Marshal	

NEIGHBORING HOSPITALS

Add hospitals and quick cares for your area

NAME: St. Luke's Meridian Medical Center ADDRESS: 520 S Eagle Rd Meridian ID 83642 PHONE NUMBER: (208) 706-5000 Requirement 3: COVID-19 Guidelines NEW FOR 2021

As your local league considers returning to play, keep these resources in mind:

Review CDC Recommendations. <u>View</u>	→ Follow State Government/Health Guidelines. <u>View</u>	Check with Local Government/Health Officials.
h	f all checked above, move on to the criteria belo	w.
	Follow CDC Guidelines for Parks/Rec Facilities. <u>View</u>	
	Answer questions with the COVID-19 FAQs. <u>View</u>]
	Prepare league communication plan using FAQs and Resources at LittleLeague.org/Coronavirus	
	Review Little League's Best Practices to Resume Play Guidelines and distribute to volunteers and families. <u>View</u>	
	When all boxes are checked - Play Ball!	<i>S</i>
More	information and resources are availabl	e at

STAY SAFE ON AND OFF THE FIELD







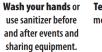


equipment and gear



Cover your coughs and sneezes with a tissue or your elbow.



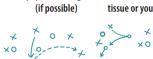


Tell a coach or staff member if you don't feel well.

cdc.gov/coronavirus







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Background Checks & Abuse Awareness Training

Requirement 4:

Little League International has established criteria for each chartered league's performance of an investigation into the background of all individuals who volunteer in any capacity. Each volunteer will be required to complete a volunteer application from and provide a copy of their government issued photo identification. The minimum requirement for these background investigations is verification that volunteers are not registered sex offenders. To provide additional protection to the children we will submit a list of all volunteers to JDP. A background investigation that will list any convictions nationwide will be completed. Upon clearance of individual background investigations all volunteers will be notified by The Board of Directors. Background Checks Regulation 1 (8) Annual October 1 to September 30

Little Leagu Do not use forms from p		eer Applicc			
This volunteer application should only be used if a league is manually entering or an outside background check provider that meets the standards of Little Lea THIS FORM SHOULD NOT BE COMPLETED IF A LEAGUE IS UTILIZING THE JDP Q LittleLeague.org/LocalBGcheck for more information.	gue Regulations 1(c)9. UICKAPP. Visit	ineligible list? If yes, explain:			sted on any youth organization Yes No
A COPY OF VALID GOVERNMENT ISSUED PHOTO IDENTIFICATION MUST BE AT COMPLETE THIS APPLICATION.	TACHED TO	In which of the following w	ould you like to participate	(Check one or more)	•
All RED fields are required.		-			
	Date	League Official Coach	Umpire Field Maintenance	Manager Scorekeeper	Concession Stand Other
Address		Please list three references, a youth program:			
City State Zip		Name/Phone			
Social Security # (mandatory)					
Cell Phone Business Phone					
Home Phone: E-mail Address:					
Date of Birth					ASE ATTACH A COPY OF THAT STATE'S BSITE: LittleLeague.org/BoStateLaws
Occupation		AS A CONDITION OF VOLUM	NTEERING, I give permission fo	or the Little League organiza	tion to conduct background check(s) on
Employer					eview of sex offender registries (some of may not be me), child abuse and criminal
Aarress		background. I hereby release ar officers, employees and volunte	id agree to hold harmless from li ers thereof, or any other person	ability the local Little League, or organization that may pre	iving no inappropriate information on my Little League Baseball, Incorporated, the ovide such information. I also understand unteer position. If appointed, I understand
Community affiliations (Clubs, Service Organizations, etc.):		that, prior to the expiration of my of Little League policies or princ	r term, I am subject to suspensio	n by the President and remo	val by the Board of Directors for violation
Previous volunteer experience (including baseball/softball and year):		Applicant Signature			Date
1. Do you have children in the program?	Yes No				Date
I. Do you have children in the program? If yes, list full name and what level?		Applicant Name (please pri	int or type)		
2. Special Certification (CPR, Medical, etc.)? If yes, list:		NOTE: The local Little League a creed, color, national origin, ma			against any person on the basis of race,
3. Do you have a valid driver's license? Driver's license#: State	Yes No			GUE USE ONLY:	
 Have you ever been charged with, convicted of, plead no contest, or guilty to any crime minor, or of a sexual nature? 		System(s) used for bac	npleted by league officer kground check (minimum of	one must be checked):	on
If yes, describe each in full:		JDP (Includes rev	ue Regulation 1(c)(9) for a riew of the US. Center of Sa onal Ineligible/Suspended	feSport's Centralized Dis	quirements scplinary Database and Little
5. Have you ever been convicted of or plead no contest or guilty to any crime(s)? If yes, describe each in full: (Answering yes to Question 5, does not automatically disqualify you as a volunteer.)		National Crimina	al Database check	ÓR	
6. Do you have any criminal charges pending against you regarding any crime(s)? If yes, describe each in full:	Yes No	*Please be advised that if yo you should notify volunteers containing information regar	w use JDP and there is a name mat that they will receive a letter or e rding all the criminal records associ	ch in the few states where only	name match searches can be performed liance with the Fair Credit Reporting Act y not necessarily be the league volunteer.
(Answering yes to Question 6, does not automatically disqualify you as a volunteer.)		Only attach to this appl		d check reports that revea	I convictions of this application.

Last Updated: 10/25/2



l trust in God I love my country And will respect its laws I will play fair And strive to win But win or lose I will always do my best

Little League[®] "Basic" Volunteer Application – 2024 Do not use forms from past years. Use extra paper to complete if a tional space is required.



This volunteer application can be used <u>as a reference</u> for leagues utilizing the JDP Quick App or for leagues that are using an outside background check provider that meets the standards of Little League Regulation 1(c)9. Visit <u>Little.eague.org/localBC+heck</u> for more information. Special professional training, skills, hobbies: Special Certifications (CPR, Medical, etc.): All RED fields are required. Name_____ Special Affiliations (Clubs, Services Organizations, etc.) : Middle Name or Initial Lost Address _____ Zip City State Previous volunteer experience (including baseball/softball and years (s)): Home Phone: Cell Phone Work Phone: E-mail Address: FYOU LIVE IN A STATE THAT REQUIRES A SEPARATE BACKGROUND CHECK BY LAW, PLEASE ATTACH A COPY OF THAT STATE' ACKGROUND CHECK, FOR MORE INFORMATION ON STATE LAWS, VISIT OUR WEBSITE: LittleLengue.org/BaStateLaws Driver's License#: ____ 1. Have you ever been charged with, convicted of, plead no contest, or guilty to any crime(s) involving or ago Manage Scorekeep a minor, or of a sexual nature? Concession Stand If yes, describe each in full:_ _ Yes 🗌 No Other (If volunteer answered yes to Question 1, the local league must contact Little League Inte mal 1 2. Have you ever been convicted of or plead no contest or guilty to any crime(s)? Yes No If yes, describe each in full: (Answering yes to Question 2, does not automatically disqualify you as a volunteer.) Yes No 3. Do you have any criminal charges pending against you regarding any crime(s)? (Answering yes to Question 3, does not automatically disqualify you as a volunteer.) 4. Have you ever been refused participation in any other youth programs and/or listed on any ye Applicant Name (please print or type) _____ Yes No ineligible list? If yes, explain: Date (If volunteer answered yes to Question 4, the local league must contact Little League Security International.) Applicant Signature
 S. In which of the following
 participate? (Check one
 Coach

 would you like to
 or more.)
 Umpire
 LOCAL LEAGUE USE ONLY: Background check completed by league officer League Official Field Maintenance vstem(s) used for background check (minimum of one must be checked) Review the Little League Regulation 1(c)(9) for all background check requirements Review the Little League Regulation 1(4)(9) or an acception of the little league International Ineligible/Suspended Little
 League International Ineligible/Suspended Little
 OR A COPY OF VALID GOVERNMENT ISSUED PHOTO IDENTIFICATION MUST BE <u>ATTACHED</u> TO COMPLETE THIS APPLICATION (NOT NECESSARY IF VOLUNTEER IS RETURNING). National Griminal Database check
 US. Center of SafeSports Centralized Discplinary
 Database and Little League International
 Ineligible/Suspended Litt

Please be advised bat f you use DP and fere is a name match in the watas where any name and huse test can be advised. Please provide updated information below if there are any changes from previous years or requesting a new position. Occupation: Employer: Inly attach to this application copies of background check reports that reveal convictions of Proof of completion of Abuse Awareness Training for Adults provided to league

Volunteer Background Checks & Safety

all and Softball has always strived to create a safe and healthy environment for all Little Leaguers and their families.

In 2018, the "Protecting Young Victims from Sexual Abuse and SafeSport Authorization Act of 2017" became Federal law. The mission of the U.S. Center for Safesport is to make the athlete well-being the centerpiece of our nation's sports culture. All athletes deserve to participate in sports free from bullying, hazing, sexual misconduct, or any form of emotional or physical abuse. Edu awareness are the most critical components to creating safe and respectful sporting nments, free of abuse and harassment. There are certain requirements from the SafeSport Act that Little League International and all local little league programs must adhere to. To learn about SafeSport and how it impacts your league, visit LittleLeague.org/SafeSport.

As a condition of service to any Little League program, the fallowing groups of individuals must submit a Little League Volunteer Application and complete an annual background screening prior to involvement in the league in any fashion:

Board Members

 Managers and Coaches Umpires

· Any other volunteer or hired worker who provide regular service to the league and/or have repetitive access to, or contact with, players or teams

Any individual with a conviction, guilty plea, no contest plea, or admission of guilty to a crime against or involving a minor may not participate in the Little League program.

age, leagues can estimate the number of background checks that should be completed by multiplying the total number of teams in the league by six. To assist in completing this requirement, Little League provides 125 free searches through an agreement with J.D. Palantine (JDP). Additio are available for a nominal cost.



Little League Interna ional has contracted with JDP Background Screening to provide local leagues and districts with a special web site that allows members to instantly search a criminal records database of more than 450 million criminal records. This site provides searches of available criminal records from various repository sources and statelevel sex offender registries. The fee for the first 125 searches per chartered league and district is free to the local league and district as the cost for these searches is being provided by Little League International. Any or searches above 125 will cost the league or district a minimal fee.

VOLUNTEER BACKGROUND CHECKS & SAFETY



Little League International requires all leagues in the United States to conduct background checks that utilize JDP Background Screening, or another provider that is comparable to JDP in accessing background check records for sex offender registry data and criminal records. Leagues must include a review of the U.S. Center for SafeSpart's Centralized Disciplinary Database and Little League Internation Ineligible List as part of the background check process (JDP includes this additional review as a part of the standard background check.) The JDP National Criminal File database that contains more than 450 million records, including criminal and sex offender registry records covering 50 states and the District of Columbia, and meets the current regulation requirement. Leagues are not required to use the JDP website, but may also use alternate resources. Ho r the alte or exceed the services provided by JDP.



Address:

Requirement 4 Abuse Awareness Training:

Beginning with the 2024 Little League regular season, <u>Abuse Awareness Training</u> will be a mandatory part of the annual Little League Volunteer Application and background check. This requirement will also be incorporated into the ASAP program. During the ASAP Submission process in the Little League Data Center, leagues will be asked to provide information about how they are implementing and tracking this requirement in their local league program.

- 1. All volunteers in your league are required to complete Abuse Awareness.
- 2. *Please provide the number of volunteers in your league that completed the training.* Our league will require 100% of our volunteers to complete the training.
- 3. Please share how your league monitored compliance. Volunteers must provide a copy of the USA Baseball Certificate of Completion for the league's file prior to being an approved volunteer. <u>https://usabdevelops.com/</u> Completion date and Expiration date, along with the Completion Code will be provided on the certificate. Visit LittleLeague.org/SafeSport for information on how to access the USA Baseball's BASE Abuse Awareness Training and for more information on this Federal law. Abuse Awareness for Adults course can be found at https://usabdevelops.com/page/3532/courses
- 4. The following training methods have been used:
 - SafeSport
 - USA Baseball Abuse Awareness Training

Safe Sports Act

- "Protecting Young Victims from Sexual Abuse and SafeSport Authorization Act of 2017" became federal law in 2018
- The goal of SafeSport is to protect children from abusive situations by engaging more people in the reporting and education processes
- A volunteer now can be held legally responsible if they have firsthand knowledge and fail to report any type of Child Abuse to the correct parties
- SafeSport covers all types of Child Abuse both physical and psychological
- SafeSport prompted USA Baseball to create Pure Baseball



USA Baseball Pure Baseball Initiative

- Little League International and all local little league programs must adhere to the following requirements from the SafeSport Act:
- Reporting of Abuse involving a minor to the proper authorities
- All volunteers of a local league are now mandated reporters and could face criminal charges if the league chooses to ignore, or not report to the proper authorities, any witnessed act of child abuse, including sexual abuse, within 24 hours.
- Local leagues must be aware of the proper procedures to report any type of abuse in their state. Please reference <u>www.LittleLeague.org/ChildAbuse</u>
- Leagues must adopt a policy that prohibits retaliation for "good faith" reports of child abuse.
- Leagues must adopt a policy that limits one-one contact with minors.

https://www.littleleague.org/player-safety/child-protection-program/safesport-resources-parents/

https://www.usabdevelops.com/ItemDetail?iProductCode=OCAAA&Category=ONLINE&Webs iteKey=f50aacb2-a59e-4e43-8f67-29f48a308a9e



League Training Dates and Times

Requirement 5:DateLocationTimeCoach Fundamental Training:Ongoing – No Specific dates scheduled at this time

DO NOT PUT TBA! YOU MUST PUT THE DATE/LOCATION

Requirement 6:DateLocationTimeSafety Manual & First-Aid Training:Not Scheduled at this timeTimeRequirement 2: Each team will receive a paper copy of this safety manual. Managers and orTeam Safety Officers should have a copy of the safety manual at all league functions.

Field Inspections and Storage Procedures

Requirement 7: BERORE THE SEASON STARTS

- ✓ Familiarize yourself with the safety materials.
- ✓ Appoint a Safety Parent for your team. They need to be at all the games and have a cellular phone. It can be an Assistant Coach.

PRIOR TO EACH GAME

- ✓ Complete a field safety checklist. Report any problems to your commissioner. Or to the League Safety Officer.
- ✓ Check the team equipment for any problems. Report any equipment problems to the Equipment Manager.
- ✓ Check the contents in your team's first aid kit. Contact the League Safety Officer for any items that need to be replaced.

STORAGE SHED

The following applies to the entire storage shed used by the League and applies to anyone who has been issued a key to use those sheds.

- ✓ All individuals are aware of their responsibility for the orderly and safe storage of rakes, shovels, and bases.
- ✓ Before you use any equipment located in the shed (lights, scoreboards, etc.) please read the written operating procedures for that equipment.
- ✓ All chemicals or organic materials stored in the sheds shall be properly marked and labeled as to its contents.
- ✓ Any witnessed "loose" chemicals or organic materials within these sheds should be cleaned up and disposed of as soon as possible to prevent accidental poisoning.

PRE-GAME FIELD INSPECTION CHECK LIST MANAGERS NAME:

FIELD:

DATE:	1	1	Time:	1	I
Field Condition	Yes	No	Catchers Equipment	Yes	No
Backstop Intact			Hockey Catchers Helmet		
Home Plate Intact			Dangling Throat Guard		
Bases Secure			Helmets		
Pitcher's Mound Safe			Catcher's Mitt		
Batter Box Lined/Level			Chest Protector		
Infield Fence Repair			Shin guards		
Outfield Fence Repair			Dugouts	Yes	No
Foul Lines Marked			Fencing Needs Repair		
Infield Need Repairs			Bench Needs Repair		
Outfield Need Repairs			Trash Cans		
Warning Track			Clean Up Is Needed		
Coaches' boxes Lined					
Free Of Foreign Objects			Spectator Area	Yes	No
Grass Surface Even			Bleachers Need Repair		
			Protective Screens Ok		
Player Equipment	Yes	No	Bleachers Clean		
Batting Helmets			Parking Area Safe		
Jewelry Removed			Safety Equipment	Yes	No
Shoes/Bats Inspected			First-aid Kit Each Team		
Face Mask (Minor/Mjrs)			Medical Release Forms		
Proper Cleats			Ice Pack/Ice		
Athletic Cups (boys)			Safety Manual		
Full Uniform			Injury Report Forms		
Bats Meet Standards			Drinking Water		

REPORT ANY PROBLEMS TO YOUR COMMISSINER OR SAFETY OFFICER. Turn this form into the concession stand or to your division Rep.

Requirement 8:

Annual Little League Facility Survey will be submitted in the Data Center.

Concession Stand Guidelines

Requirement 9:

Every worker must be instructed on these guidelines before they can work.

Wash your hands regularly:

- Use soap and warm water.
- Rub your hands vigorously as you wash them.
- Wash all surfaces including the backs of hands wrists, between fingers and under fingernails.
- Rinse hands well.
- Dry hands well.
- Dry hands with paper towels.
- Turn off water using paper towel, instead of your bare hands.

Wash your hands in this fashion before you begin work and especially after performing any of these activities:

- After touching bare human body parts other than clean hands and clean exposed portions of arms.
- After using restrooms.
- After caring for or handling animals.
- After coughing, sneezing, using a handkerchief or disposable tissue.
- After touching soiled surfaces.
- After drinking, using tobacco, or eating.
- During food preparation.
- When switching from raw to ready to eat foods.
- After engaging in activities that contaminate hands.

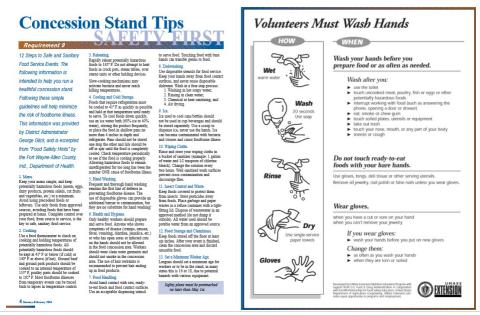
Basic Rules:

- 1. Menu... smaller is better. No salads cut up fruit or vegetables, no food prepared at home.
- 2. Cook food thoroughly. Use a meat thermometer. Keep hotdogs and burgers at 41 degrees when cold and cook to 155 degrees or above when hot.
- 3. Rapidly reheat foods to 165 degrees. Slow cooking devices may activate bacteria and never reach killing temperatures.
- 4. All foods that require refrigeration must be cooled to 41 degrees F. as quickly as possible and held there until ready to use. To cool foods quickly, use the ice water bath (60% ice and 40% water), stirring the product frequently, or place their food in shallow pans no more than 4 inches in depth and refrigerate. Pans should not be stored one a top of the other and lids should be off or afar until the food is completely cooled. Check the temperature periodically to see if the food is cooling properly. DO NOT LEAVE FOOD OUT AT ALL!!

- 5. FREQUENT AND THOROUGH HANDWASHING IS REQUIRED.
- 6. Only healthy people should prepare and serve food. Anyone with any symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, cough etc.) or who has open sores or infected cuts on the hands should not be allowed in the food concession area. Workers' clothes should be clean, and they should not smoke in the concession area. Hair restraints are recommended.
- 7. Food handling: Avoid hand contact with raw food, ready-to-eat foods, and food contact surfaces. Use a utensil and/or glove.
- 8. Use disposable utensils for food service. Keep your hands away from food contact surfaces and never reuse disposable dishware. Ideally utensils should be washed in a four-step method: (1) Hot soapy water, (2) Rinsing in clean water, (3) Chemical or heat sanitizing, (4) Air drying.
- 9. Ice that is used to cool cans/bottles should not be used in cup beverages. And should be stored separately. Use scoop to dispense ice, never use hands.
- 10. Wiping cloths should be rinsed and stored in a bucket sanitizer. (1-gallon water and ½ tsp. chlorine bleach. Change the solution every 2 hours.
- 11. Insect control and waste. Keep food covered to protect it from insects. Store pesticides away from food. Place garbage and paper waste in a refuse container with a lid that fits tightly. Dispose of all water in the restrooms, do not pour outside. All water that is used should be potable from an approved source.
- 12. Keep food stored off the floor at least 6 inches. After your event is finished, clean the concession area and discard any unusable food. Do not save food for reheating.

THE TOP SIX CAUSES FOR ILLNESS

- 1. Inadequate cooling and cold holding.
- 2. Preparing food too far in advance of service.
- 3. Poor personal hygiene and infected personnel.
- 4. Inadequate reheating.
- 5. Inadequate hot holding.
- 6. Contaminated raw foods and ingredients.



Inspection of Equipment

Requirement 10:

- This Little League requires regular inspection of playing equipment.
- Unsafe equipment should not be given in team equipment bags.
- Manager's Coaches and Umpires are required to inspect equipment prior to each use.
- Bad equipment will be logged and will be removed and destroyed.

Accident Reporting Procedure

Requirement 11:

<u>What to Report</u>: An incident that causes a Payer, Manager, Coach or Umpire to receive medical treatment or first aid must be reported to The Safety Officer.

<u>When to Report</u>: All such incidents described above must be reported to The Safety Officer within 24 to 48 hours of the incident.

<u>The Safety Officer is</u>	NAME: Erin Viker
	Cell Number: 805-868-7231
	Home Number: 805-868-7231
	Email: <u>erinviker@gmail.com</u>

How to Make a Report: Reporting incidents can come in a variety of forms. Most typically they are telephone conversations. At a minimum, the following information is needed.

- 1. The name and address of the injured person.
- 2. The date, time, and location of the incident.
- 3. A completely detailed description of the incident as possible.
- 4. The preliminary estimation of the extent of the injury.
- 5. The name and phone number of the person making the report.
- 6. Names and phone numbers of any witnesses.

In your safety packet you will find the injury report forms. If your Safety Parent is there, he/she can assist you in getting the front of the form filled out. Then a call is to be made to The Safety Officer reporting the incident within 48 hours. Little League insurance is a supplemental insurance to the insured's own insurance. There is a small deductible.

How to Replace the Injury Report Forms: The forms can be replaced by The Safety Officer or downloaded from <u>www.leagueleague.org</u> found under forms and publications.

FIRST AID KITS

Requirement 12:

Each team is provided with a league issued first aid kit. Each kit includes the following.

- (10) Adhesive sterile bandage
- (2) Extra-large adhesive sterile bandage
- (2) Non-adherent pads 2 x 3
- (2) Gauze pad 12-ply 3 x 3 sterile
- (1) Adhesive tape
- (2) Instant cold compress 4 x 4
- (3) Triple antibiotic ointment
- (3) Antiseptic towelette
- 1/8 oz. Burn Cream
- (3) Sting relief wipes
- (1) Tweezers

Communicable Disease Procedures

- 1. Bleeding must be stopped, the open wound covered, and the uniform changed if there is blood on it before the athlete may continue.
- 2. Routinely use gloves to prevent mucous membrane exposure when contact with blood or other body fluids is anticipated (Provided in the first aid kit).
- 3. Immediately wash hands and other skin surfaces if contaminated with blood.
- 4. Clan all blood contaminated surfaces and equipment.
- 5. Managers, Coaches, and Volunteers with open wounds should refrain from all direct contact until the condition is resolved.
- 6. Follow accepted guidelines in the immediate control of bleeding and disposal when handling bloody dressings, mouth guards and other articles containing body fluids.

Enforcement of Little League Rules

Requirement 13:

- All volunteers must have a volunteer application filled out and on file with the League. Our league will provide annual background checks.
- No laminated bat shall be used... (rule 1.10)
- The traditional batting donut is not permissible... (rule 1.10)
- A pitcher shall not wear any items on his/her hands, wrists or arms which may be a distraction to the batter. White long sleeve shirts are not permitted... (rule 1.11)
- Pitcher shall not wear sweat bands on his/her wrists... (rule 1.15)
- Players must not wear jewelry... (rule 1.11)
- Catcher must wear a catcher's mitt... (rule 1.12)

- All batters must wear protective batting helmets, all helmets must bear the NOCAE stamp, No painting, or stickers on helmets... (rule 1.16)
- All male players must wear athletic supporters. Male catchers must wear the metal, fiber, or plastic type protective cup.
- A catcher's helmet must have the dangling type of throat protector and catcher's helmet during infield/outfield practice, pitcher warm-up and games.
- Skull caps are not permitted... (rule 1.17)
- Each team is allowed three coaches in the dugout...
- Coaches are encouraged to discourage "horseplay"
- No on deck batters are allowed in the Majors and below... (rule 1.08)



Lighting and Weather

Consider the following facts:

- The average lightning stroke is 6-8 miles long.
- The average thunderstorm is 6-10 miles wide and travels about 25 miles an hour.
- On average, thunder can only be heard over 3-4 miles, depending on humidity, terrain, and other factors. This means that by the time you hear the thunder, you are already in the risk area for lighting strikes.

<u>Rule of Thumb:</u> The ultimate truth about lighting is that it is unpredictable and cannot be prevented. Therefore, a manager or coach who feels threatened should contact the head umpire and recommend stopping play and clearing the field. In our league the umpire makes the decision as to whether play is stopped. Once play is stopped, take the kids to safety until play resumes or the game is called.

<u>Where to Go?</u> No place is safe from lightning threat, but some places are safer than others. Constructed buildings are usually the safest. Most people will find shelter in a fully enclosed metal vehicle with the windows rolled up. If you are stranded in an open area, put your feet together, crouch down and put your hands over your ears to prevent eardrum damage.

<u>Where not to go?</u> Avoid high places and open fields, isolated trees, unprotected gazebos, rain or picnic shelters, dugouts, flagpoles, light poles, bleachers, metal fences and water.

First Aid for a Lightning Victim:

- Call 911 immediately.
- Typically, the lightning victim has similar symptoms as that of someone having a heart attack. Consider: will moving cause more injury. If the victim is in a high-risk area, determine if movement is necessary. Lightning does strike twice in the same place. If you are not at risk, and moving is a viable option, you should move the victim.
- If the victim is not breathing, start mouth to mouth resuscitation. If it is decided to move the victim, give a few quick breaths prior to moving the victim.
- Determine if the victim has a pulse. If no pulse is detected, start cardiac compressions as well.

NOTE: CPR should only be administered by a person knowledgeable and trained in the technique.

Remember: Safety is everyone's job. Prevention is the key to reducing accidents to a minimum. Report all hazardous conditions to the Safety Officer or another Board Member immediately. Do not play on an unsafe field or with unsafe equipment. Check the teams' equipment prior to each use.

Hydration

Managers are required to bring water to each practice and game. Players are encouraged to bring bottled water or sports drinks.

Tips to Prevent Heat Illness:

- Know that once you are thirsty you are already dehydrated.
- Drink before you become thirsty.
- Drink plenty of liquids like water, or sports drinks every 15 minutes.
- Water seems to be the preferred beverage. Water has many critical functions in the body that are important for performance. They include carrying oxygen and nutrients to exercising muscles.
- Do not drink beverages with caffeine before practice or games. Caffeine can increase the rate of dehydration.
- Do not exercise vigorously during the hottest time of the day.
- Practice in the morning and during the latter part of the evening.
- Wear light color loose cloths.
- Use sunscreen to prevent sunburn.
- If you begin to feel faint or dizzy stop your activity and cool off by sitting in the shade, air-conditioned car or using a wet rag to cool you off.

How is it treated?

Emergency medical treatment is necessary. If you think someone has heatstroke, call 911 or a doctor immediately. In the meantime, give first aid as follows:

- Move the person to a shady area.
- Cover the person with a wet sheet and keep the sheet wet for cooling from evaporation.
- Fan the person with paper or an electric fan (preferably not cold air).
- Sponge down the body, especially the head, with cool water.
- Continue giving first aid until the body feels cool to the touch.
- If the person is conscious, let them sip water, fruit juice, or a soft drink.



Submitting Player, Manager and Coach Data

Requirement 14:

Player, Manager, and Coach information will be submitted through the Little League Data Center at <u>www.littleleague.org</u>

DEADLINES: March 22, 2024, for early submission deadline April 5, 2024, for league deadline

Requirement 15:

We will answer the survey questions in the Little League Data Center.

Concussions

All 50 states have laws specific to the management of concussions and head injuries. Some states require not just leagues but DA's, ADAs, and umpires to undergo annual training.

- Some states may affect only school-based activities, but many also address any group using school facilities or grounds for athletic purposes.
- Little League has developed a concussion overview page for each state that will be like the Child Abuse page.
- The CDC (Centers for Disease Control and Prevention) website is a great tool for leagues to encourage their managers/coaches, parents, and players to review concussion information www.cdc.gov/concussion/HeadsUp/youth.html Concussions
- DA's and local league volunteers must also be aware of their state's respective laws, especially during any Special Games events or International Tournament games being hosted by the district.
- Failure to adhere to these laws could expose the district and/or host to unwanted liability and penalties Some states require that the participant and a parent/guardian must sign and acknowledge that they understand the risks of concussions before they can participate
- The majority of states also require immediate removal from competition if a person has sustained a concussion and that they cannot return until being released in writing by a medical professional.

CONCUSSION Information	CONCUSSION	Concussions affect each child and teen diffi teens with a concussion feel better within a couple of we months or longer. Talk with your children's or teens' healt symptoms do not go away or if they get worse after they	eks, some will have symptoms for h care provider if their concussion	
or teens' games and practices to learn how to spot a conc do if a concussion occurs.		What Are Some More Serious Danger Signs to Look Out For?	What Should I Do If My Child or Teen Has a Possible Concussion?	
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chances of the most sectous types of brain or hand injury. However, there is no "concussion proof" helmer. Se, even with a helmer, it is important for children and seens to avoid hits to the head.	Conflution, or concentration or memory problems. Just not "failing right," or "failing down."	Discuss the risks of concussion and other serious brain inju Detach the section below and keep the information sheet to use them from concussion or other sectors brain injury.	iny with your child or teen and have each person sign below. It your children's or teens' games and practices to help protect	
Talk with your children and teens about co symptoms to you and their coach right away. Some children that if they report a concussion they will lose their position at 3 better to miss one gome than the whole season.	and teens think concussions aren't serious or worry on the team or look weak. Be sure to remind them that	I learned about concussion and tailed with my parent or coal brain liquy. Almeet Asame Pirred:		
To learn more, go to www.cdc.gov/HEAD	DSUP	Parent or Legal Guardian Name Printed: Parent or Legal Guardian Signature:	Date	

YOUR Little League Concussion Prevention, Treatment and Management Policy

The Legislature enacted a law which requires youth sports organizations to adopt a policy concerning the prevention and treatment of injuries to the head which may occur during a youth's participation in competitive sports, including, without limitation, a concussion of the brain.

A concussion is a brain injury that results from a bump, blow or jolt to the head or body which causes the brain to move rapidly in the skull and which disrupts normal brain function. The Centers for Disease Control and Prevention of the United States Department of Health and Human Services estimates that as many as 3.8 million concussions occur each year in the United States which are related to participation in sports and other recreational activities. Athletes who continue to participate in an athletic activity while suffering from a concussion or suffering from the symptoms of an injury to the head are at greater risk for catastrophic injury to the brain or even death. Ensuring that a Little League player who sustains or is suspected of sustaining a concussion or other injury to the head receives appropriate medical care before returning to baseball activity will significantly reduce the child's risk of sustaining greater injury in the future.

THEREFORE, **YOUR Little League** hereby adopts the following policy for purposes of prevention, treatment, and management of injuries to the head that may occur during a player's participation in the Little League program, including, without limitation, a concussion of the brain:

1. Prior to a team's first practice each season, every manager, coach, and adult assistant shall: a) Familiarize themselves with the CDC publication "Heads Up – Concussion in Youth Sports – A Fact Sheet for Coaches". This publication will be provided to all such individuals by the League Safety Officer or other Board members; and,

b) Complete the CDC on-line training course at:

https://www.train.org/cdctrain/course/1089818/

A copy of the Certificate of Completion for each of the above individuals shall be submitted to the League Safety Officer.

2. If a Little League player sustains, or is suspected of sustaining, an injury to the head while participating in any Little League game or even the player must:

a. Be immediately removed from the game or event; and

b. May only return to Little League activity if the parent or legal guardian of the player provides a signed statement from a provider of health care indicating that the youth is medically cleared for Little League participation and the date on which the player may return to participation.

3. The Little League player and his or her parent or legal guardian must sign the statement below acknowledging that they have read and understand the terms and conditions of the policy and agree to be bound by the policy.

YOUR Little League Concussion Prevention, Management and Treatment Policy Player and Parental Acknowledgement

We, the undersigned, acknowledge that we have been provided with a copy of the YOUR Little League Concussion Prevention, Management and Treatment Policy, and that we have read and understand the policy, or it has been read to us and we understand the same. We hereby agree to follow all procedures set forth in said Policy at all times during which our son or daughter participates in Little League activities and events.

Dated: ______

Player

Dated:

Parent/Legal Guardian

Parent/Legal Guardian

Accident Notification Form Page 1 (Parent/Guardian Statement)

AIG Accident & Health (U.S.)	ACCIDENŤ NOTIFIC INSTRUCTI	ONS	Send Completed Form To: Little League, International 539 US Route 15 Hwy, PO Box 3485 Williamsport PA 17701-0485 Accident Claim Contact Numbers: Phone: 570-327-1674
Headquarters within 2 dental treatment must 2. Itemized bills including documentation related furnished later than 12 3. When other insurance each charge directly to 4. Policy provides benefit Exclusion provisions o 5. <i>Limited</i> deferred med provided to the league	0 days after the accident. A pho be rendered within 30 days of t a description of service, date of a to claim for benefits are to be p months from the date the med is present, parents or claimant a Little League Headquarters, er to for eligible medical expenses of the plan. icalidental benefits may be avail president, or contact Little League	tocopy of this form should be made he Little League accident. service, procedure and diagnosis or rovided within 90 days after the ac- ical expense was incurred, must forward copies of the Explana ven if the charges do not exceed the incurred within 52 weeks of the acc	· ·
League Name Name of Injured Person/ Name of Parent/Guardian		SN PART 1 Date of Birth (N	League I.D.
		()	()
per injury. "Other insurance employer for employees a	e programs" include family's pe	rsional insurance, student insurance ECK the appropriate boxes below. rance through: Employer Plan	nsurance programs subject to a \$50 deductible a through a school or insurance through an If YES, follow instruction 3 above. DYes DNo School Plan DYes DNo DYes DNo Dental Plan DYes DNo
Date of Accident	Time of Accident	Type of Injury	
Describe exactly how acc	ident happened, including play	ng position at the time of accident	
Check all applicable resp BASEBALL SOFTBALL CHALLENGER TAD (2ND SEASON)	CHALLENGER (4.18) T-BALL (4-7) MINOR (6-12) LITTLE LEAGUE (9-12) INTERMIEMAT (10/70) (13-13) JUNIOR (12-14)	MANAGER, COACH VOLUNTEER UMPIRE PLAYER AGENT OFFICIAL SCOREKEEPER SAFETY OFFICER	TRYOUTS DISPECIAL EVENT PRACTICE (NOT GAMES) SCHEDULED GAME SI TRAVEL TO (Submit a copy of TRAVEL FROM your approval from TOURNAMENT Incorporated) OTHER (Describe)
			owledge and belief the information contained is

Date Claimant/Parent/Guardian Signature (In a two parent household, both parents must sign this form.)
Date Claimant/Parent/Guardian Signature

as effective and valid as the original.

For Residents of California:

Any person who knowingly presents a false or fraudulent claim for the payment of a loss is guilty of a crime and may be subject to fines and confinement in state prison.

For Residents of New York:

Any person who knowingly and with the intent to defined any insurance company or other person files an application for insurance or statement of claim containing any materially false information, or conceals for the purpose of material, information concerning any fact material thereto, commits a fraudulent insurance act, which is a crime, and shall also be subject to a civil penalty not to exceed five thousand dollars and the stated value of the claim for each such violation.

For Residents of Pennsylvania:

Any person who knowingly and with intent to defraud any insurance company or other person files an application for insurance or statement of claim containing any materially false information or conceats for the purpose of misleading, information concerning any fact material thereto commits a fraudulent insurance act, which is a crime and subjects such person to criminal and civil penalties.

For Residents of All Other States:

Any parson who knowingly presents a false or fraudulent claim for payment of a loss or benefit or knowingly presents false information in an application for insurance is guilty of a crime and may be subject to fines and confinement in prison.

	PART 2 - LEAGUE STATEMENT (Other than Parel	nt or Claimant)
Name of League	I Name of Injured Person/Claimant	League I.D. Number
	,	
Name of League Official		Position in League
Address of League Official		Telephone Numbers (Inc. Area Codes) Residence: () Business: () Fax: ()

09111	ON WHEN INJURED			ABBASION		01	ABDOMEN		09E	BATTED BALL
1 02	2ND		02	BITES		62	ANKI F	- D	62	BATTING
1 03	SRD	6	63	CONCUSSION	- H	03	ARM	- H	03	CATCHING
04	BATTER		64	CONTUSION	n	64	BACK	n	64	COLUDING
05	BENCH	D	05	DENTAL	- n	05	CHEST	- H	05	COLLIDING WITH FENC
08	BULLPEN		06	DISLOCATION		66	EAR		08	FALLING
07	CATCHER		07	DISMEMBERMENT		07	ELBOW		07	HIT BY BAT
08	COACH		08	EPIPHYSES		08	EYE		08	HORSEPLAY
09	COACHING BOX		09	FATALITY		09	FACE		09	PITCHED BALL
10	DUGOUT		10	FRACTURE		10	FATALITY		10	RUNNING
1 11	MANAGER		11	HEMATOMA		11	FOOT		11	SHARP OBJECT
1 12	ON DECK		12	HEMORRHAGE		12	HAND		12	SLIDING
13	OUTFIELD		13	LACERATION		13	HEAD		-13	TAGGING
14	PITCHER		-14	PUNCTURE		-14	HIP		-14	THROWING
15	RUNNER		15	RUPTURE		15	KNEE		15	THROWN BALL
16	SCOREKEEPER		16	SPRAIN		16	LEG		16	OTHER
17	SHORTSTOP TO(EROM GAME		17	SUNSTROKE	8	17	LIPS		17	UNKNOWN
1 10	LIMPIRE	- H		UNKNOWN	1	10	NECK			
1 20	Barting and a second		19	DARALYSIS/		20	NOSE			
1 20	OTHER		20	PARALYSIS/ PARAPI ECIC	8	20	SHOULDER			
21	WARMING UP			Present Element	ň	22	SIDE			
1 100	marchines or					23	TEETH			
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						27	FINGER			
an in	ur league use betting hei	mate a		Rehed face ments?		ÆS.	ENO.	-		
						27	FINGER			

best of my knowledge.
Date
League Official Signature