

2020

League Safety Officer Manual

League Name HALF HOLLOW HILLS

2 3 2 3 4 14

League # _____

SECTION

1

HALF HOLLOW HILLS
LITTLE LEAGUE

SAFETY PLAN
MANUAL

LEAGUE ID NUMBERS : 232-34-14

TABLE OF CONTENTS

1. U.S.A. Regional Map with Headquarters & Regional Phone Numbers	1 Page
2. District Map Indicating District 34 Boundaries	1 Page
3. Half Hollow Hills Local Field Map	1 Page
4. Our Safety Program - Required Safety Check List	4 Pages
5. Qualified Safety Program Registration Form	4 Pages
6. Little League National Facility Survey	5 pages
7. List of H.H.H.L.L. Board of Directors, Executive Committee, Division Commissioners And Division Safety Coordinators	4 Pages
8. Volunteer Form & Personal Safety Check Applications	1 Page
9. List of Permitted Practica Fields	1 Page
10. Code of Conduct Forms for Members, Managers, Players & Parents	10 Pages
11. Managers Information & League Playing Schedule	1 Page
12. Special Events Schedule	1 Page
13. Safety Tips	10 Pages
14. Preventing Injury - When & How to Treat an Injury	5 Pages
15. Weather Safety Facts and Lighting Safety Facts	3 Pages
16. Concession Stand Safety Tips & Guide Lines - Operating Check List	6 Pages
17. Sample Safety Sign's	9 Pages
18. Accident Reporting Procedures and Medical Forms	3 Pages
19. First Aid Tip's for Managers and Coaches	2 Pages
20. Managers and Coaches Clinic Outline	5 Pages

TABLE OF CONTENTS CONTINUED

21. Hills East Baseball Players Clinic & Players Test Questions	18 Pages
22. Umpire Training Clinics with Question and Answer Test	14 Pages
23. Field Equipment & Storage Shed Procedures	1 Page
24. Playing Field Lighting Specifications	14 Pages
25. Proof of Age Requirements & Original with Copy of Birth Certificate	2 Pages
26. Private or Corporate Team or Facility Sponsors	2 Pages
27. News Letter and Up Dates	8 Pages
28. Play It Safe by " Little League Baseball " Guide Lines	19 Pages
29. A Little Common Sense About Safety by " Little League Baseball "	10 Pages
30. Insurance Costs and Changes for 2010	6 Pages

[HISTORY](#)[PLAYERS](#)[PARENTS](#)[COACHES](#)[UMPIRES](#)[Custom Search](#)[LEAGUE OFFICERS](#)[DISTRICT OFFICERS](#)[MEDIA](#)[WORLD SERIES](#)

> [Little League Online](#) > [Learn More](#) > [About Our Organization](#) > [Contact Us](#)

CONTACT US

Like 159

Tweet

Share

203

Print

[Click Here for Career Opportunities](#)

All inquiries regarding local league and district activities should be directed to the appropriate regional center. To ensure a more prompt and complete response, please include your name, along with the local league name, city, and state (or province). In most cases, anonymous inquiries will not be answered.

For issues such as *tryouts, draft, constitution, elections, board of directors, tournament, or any other local league or district issue*, contact the appropriate regional headquarters below for the state or country in which you live.

- Inquiries regarding all-stars (the Little League International Tournament of Little League) must be directed to the appropriate Regional Office noted in the section below.
- Inquiries regarding the draft at the local league level must be directed to the appropriate Regional Office noted in the section below.
- Inquiries regarding elections at the local league or district level must be directed to the appropriate Regional Office noted in the section below.
- Inquiries regarding eligibility of players, managers or coaches must be directed to the appropriate Regional Office noted in the section below.
- Inquiries regarding fund-raising by the local league must be directed to the appropriate Regional Office noted in the section below.

Main Administrative Office

Little League International Baseball and Softball

539 US Route 15 Hwy, P.O. Box 3485, Williamsport, PA 17701-0485

Phone: (570) 326-1921 / Fax: (570) 326-1074

U.S. Regional Headquarters Offices

Eastern Region Headquarters (Serves these states: CT, DE, DC, MA, ME, MD, NH, NJ, NY, PA, RI, VT)

Eastern Region Director: *Corey M. Wright* (cwright@LittleLeague.org)

Assistant Eastern Region Director: *Amry Shelby* (ashelby@LittleLeague.org)

Senior Advisor, Eastern Region: *Don Soucy* (dsoucy@LittleLeague.org)

Little League Eastern Region Headquarters, P.O. Box 2926, Bristol, CT 06011-2926

Phone: (860) 585-4730 / Fax: (860) 585-4734

E-mail: eastregion@LittleLeague.org

Complex name: A. Bartlett Giamatti Little League Leadership Training Center

Partners & Offers



SECTION

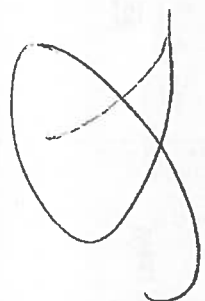
2

View League Boundary Map

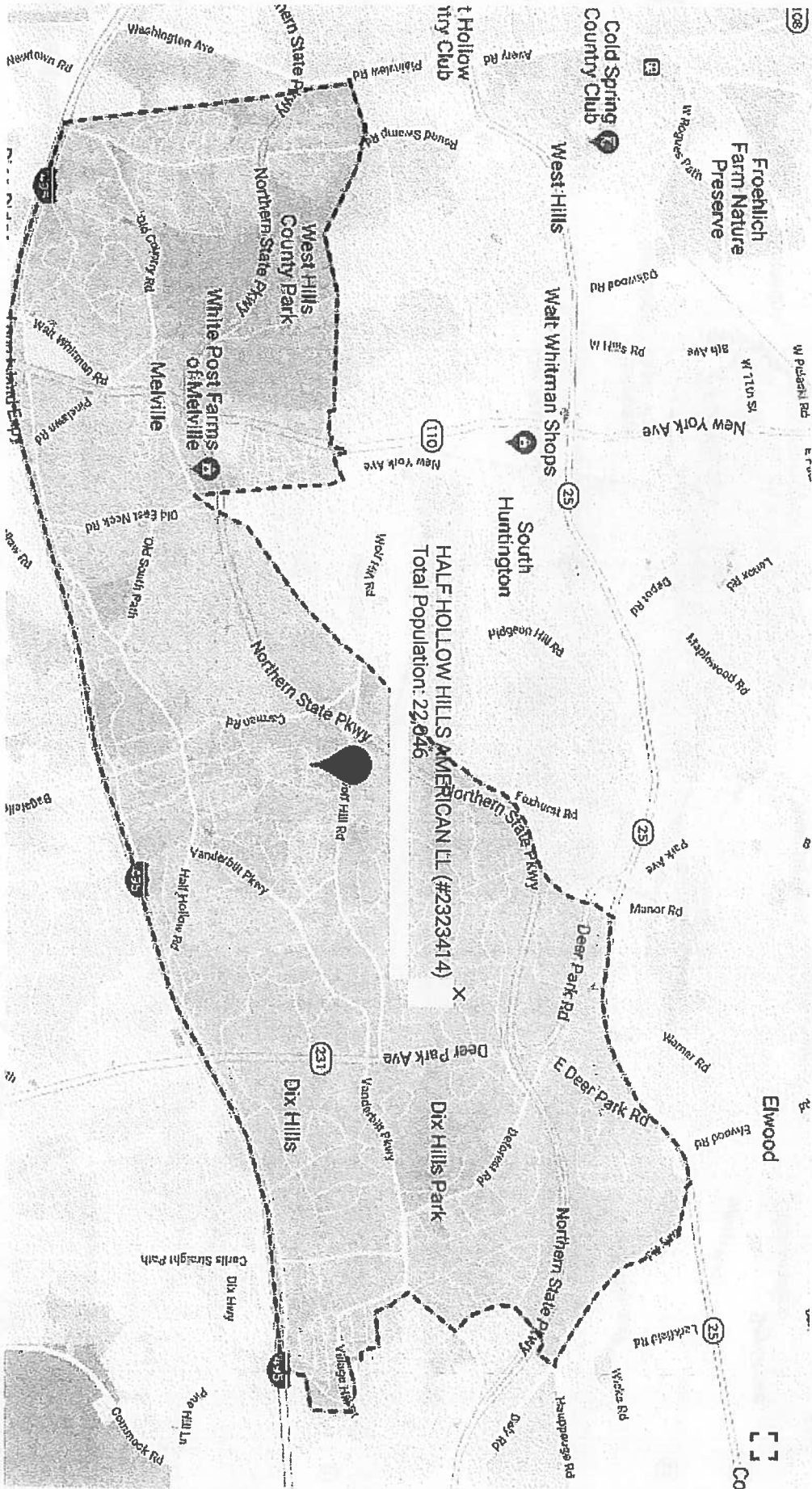
Select Boundary Map Type:

☒ Baseball ☐ Softball ☐ Challenger Division

☐ Show All Leagues in District



44444
034 PREVIOUS
034 ANNOUNCEMENT



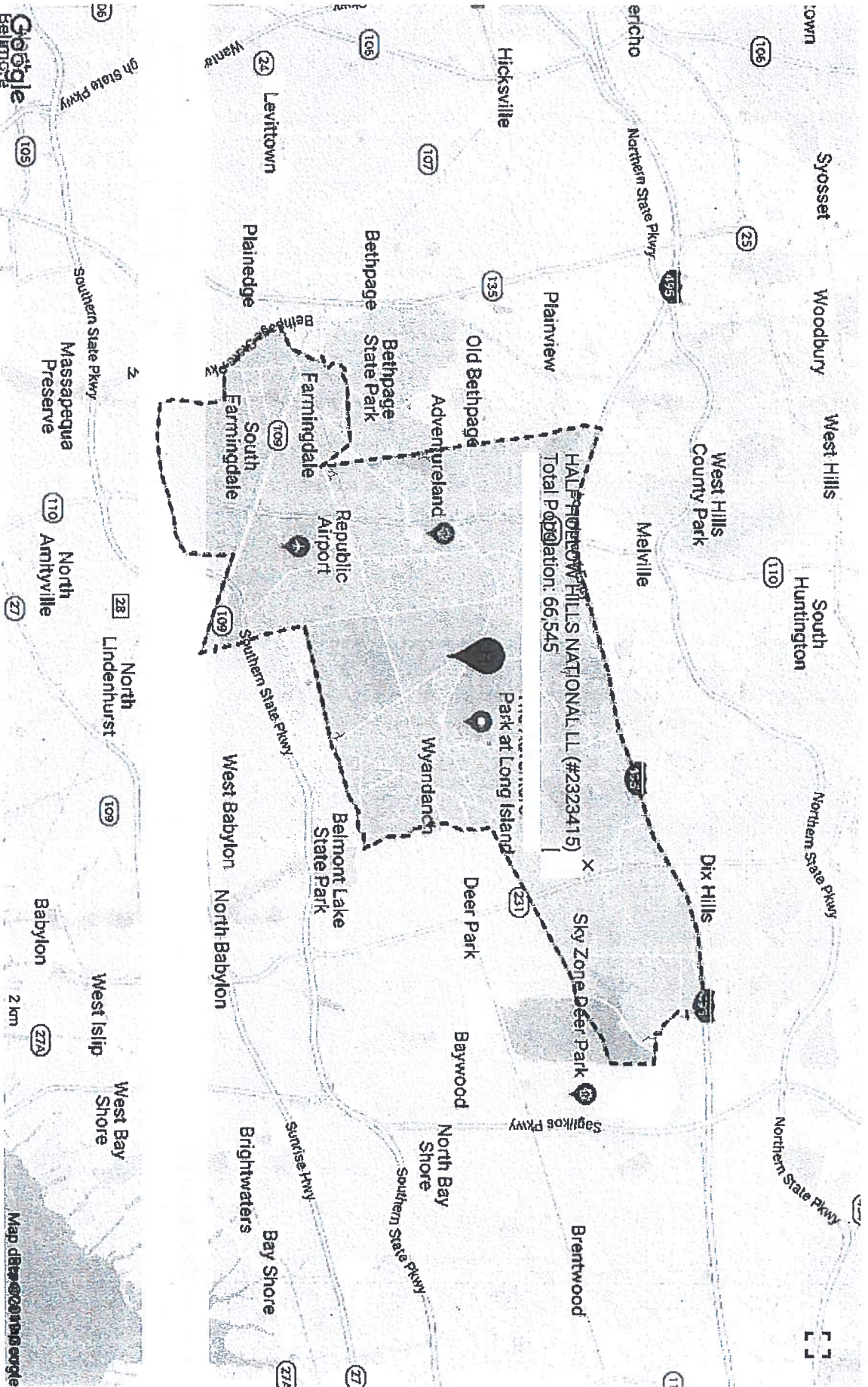
View League Boundary Map

Select Boundary Map Type:

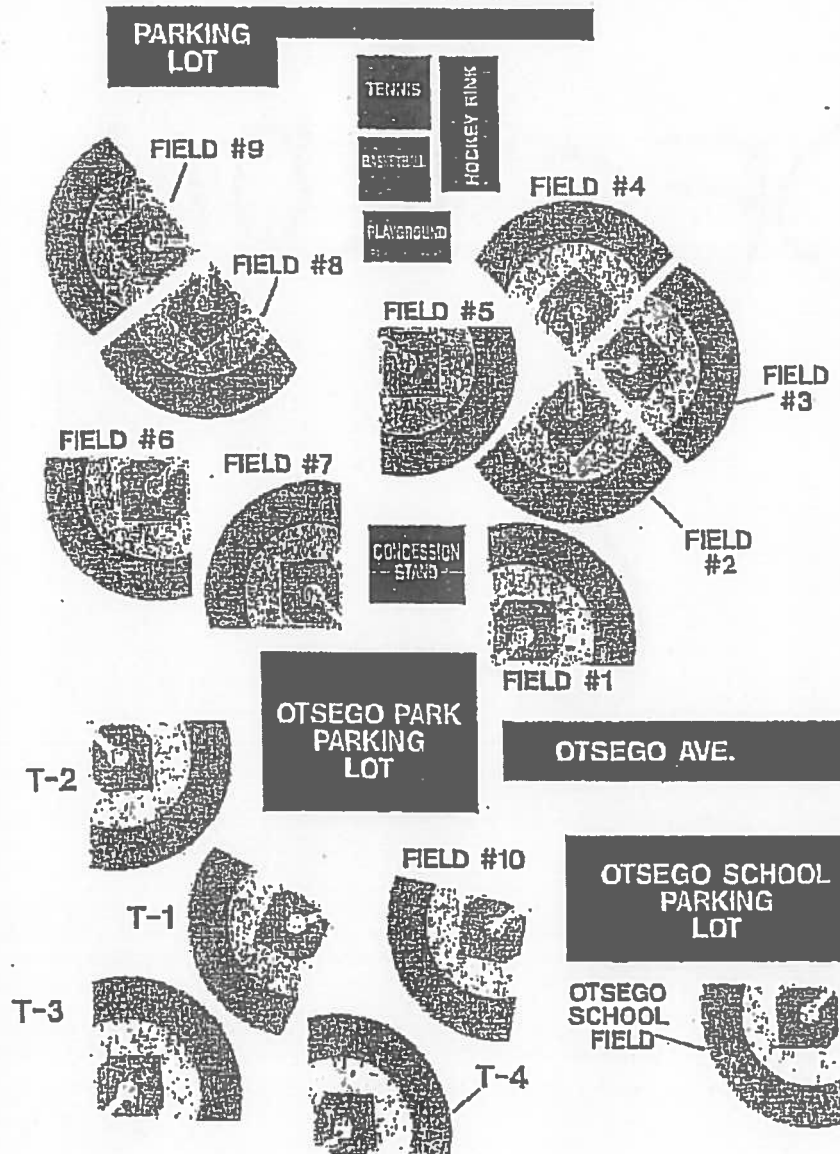
☒ Baseball ☐ Softball ☐ Challenger Division

☐ Show All Leagues in District

Handwritten: PRESIDENT
034 HILL
034 ADMINISTRATION



OTSEGO PARK FIELD MAP



SECTION

6

"LIST OF"

THE

BOARD OF DIRECTORS

"LIST OF"

BOARD OF DIRECTORS

EXECUTIVE COMMITTEE

DIVISION COMMISSIONERS

DIVISION SAFETY DIRECTORS

HALF HOLLOW HILLS LITTLE LEAGUE BOARD OF DIRECTORS

Steven Muraco – President/Safety Officer

27 Jagger Court Melville NY 11747

Tel. No. 631.699.0100 – Work

Tel. No. 631.501.4977 - Home

Cell No. 631.445.6531

Fax No. 631.699.0101

Email: Muraco@mvsmailers.com

Jim Madden – Fall Baseball Director

3 Mehan Lane Dix Hills NY 11746

Tel. No. 631.957.5600 – Work

Tel. No. 631.254.8061 – Home

Joseph Genzardi – VP

301 Everard Street

Dix Hills, NY 11746

Tel. No. 631.254.0484

Joseph Varrone – Facilities Director

331 Marlin Street

Dix Hills, NY 11746

Tel. No. 631.254.6154

**Anthony Leotta – Special Project Co-
ordinator**

9 Corwin Court

Dix Hills, NY 11746

Tel. No. 631.499.7706

Brennen Forster – Coach/Player Development

Cell No. 646-244-9181

SECTION

7

Senior

HALF HOLLOW HILLS

VOLUNTEER FORM
AND PERSONAL
SAFETY CHECK
APPLICATION FORM

Little League® "Basic" Volunteer Application - 2020

Do not use forms from past years. Use extra paper to complete if additional space is required.

This volunteer application can be used as a reference for leagues utilizing the JDP Quick App or for leagues that are using an outside background check provider that meet the standards of Little League Regulation 1(c)9. Visit LittleLeague.org/localBGcheck for more information.

All fields are required.

Name _____ First _____ Middle Name or Initial _____ Last _____

Address _____

City _____ State _____ Zip _____

Home Phone: _____ Cell Phone _____

Work Phone: _____ E-mail Address: _____

Driver's License#: _____

1. Have you ever been charged with, convicted of, plead no contest, or guilty to any crime(s) involving or against a minor, or of a sexual nature?
 If yes, describe each in full: _____ Yes ☐ No ☐

(If volunteer answered yes to Question 1, the local league must contact the Little League International Security Manager.)

2. Have you ever been convicted of or plead no contest or guilty to any crime(s)
 If yes, describe each in full: _____ Yes ☐ No ☐
 (Answering yes to question 2, does not automatically disqualify you as a volunteer.)

3. Do you have any criminal charges pending against you regarding any crime(s)?
 If yes, describe each in full: _____ Yes ☐ No ☐
 (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? Yes ☐ No ☐
 If yes, explain: _____

5. In which of the following would you like to participate? (Check one or more.)
 ☐ League Official ☐ Field Maintenance ☐ Concession Stand
 ☐ Coach ☐ Manager ☐ Other _____
 ☐ Umpire ☐ Scorekeeper _____

LOCAL LEAGUE USE ONLY:

Background check completed by league officer _____ on _____
 (System(s) used for background check (minimum of one must be checked): Regulation (K)(9) Monitoring all checks include criminal records and sex offender registry records

*JDP ☐ Sex Offender Registry Data and National Criminal Records ☐
 check, as mandated in the current season's official regulations

*Please be advised that if you use JDP and there is a name match in the few states where only name match searches can be performed you should notify volunteers that they will receive a letter or email directly from JDP in compliance with the Fair Credit Reporting Act containing information regarding all the criminal records associated with the name, which may not necessarily be the league volunteer.

Only attach to this application copies of background check reports that reveal convictions of this application.

A COPY OF VALID GOVERNMENT ISSUED PHOTO IDENTIFICATION MUST BE ATTACHED TO COMPLETE THIS APPLICATION (NOT NECESSARY IF VOLUNTEER IS RETURNING).

Please provide updated information below if there are any changes from previous years or requesting a new position.

Occupation: _____

Employer: _____

Address: _____

Special professional training, skills, hobbies: _____

Special Certifications (CPR, Medical, etc.): _____

Special Affiliations (Clubs, Services Organizations, etc.): _____

Previous volunteer experience (including baseball/softball and years (s)): _____

IF YOU LIVE IN A STATE THAT REQUIRES A SEPARATE BACKGROUND CHECK BY LAW, PLEASE ATTACH A COPY OF THAT STATE'S BACKGROUND CHECK. FOR MORE INFORMATION ON STATE LAWS, VISIT OUR WEBSITE: LittleLeague.org/BGStateLaws

AS A CONDITION OF VOLUNTEERING, I give permission for the Little League organization to conduct background check(s) on me now and as long as I continue to be active with the organization, which may include a review of sex offender registries (some of which contain name only searches which may result in a report being generated that may or may not be me), child abuse and criminal history records. I understand that, if appointed, my position is conditional upon the league receiving no inappropriate information on my background. I hereby release and agree to hold harmless from liability the local Little League, Little League Baseball, Incorporated, the officers, employees and volunteers thereof, or any other person or organization that may provide such information. I also understand that, regardless of previous appointments, Little League is not obligated to appoint me to a volunteer position. If appointed, I understand that, prior to the expiration of my term, I am subject to suspension by the President and removal by the Board of Directors for violation of Little League policies or principles.

Applicant Name (please print or type) _____

Applicant Signature _____ Date _____

If Minor/Parent Signature _____ Date _____

NOTE: The local Little League and Little League Baseball, Incorporated will not discriminate against any person on the basis of race, creed, color, national origin, marital status, gender, sexual orientation or disability.



Little League® Volunteer Application - 2020

Do not use forms from past years. Use extra paper to complete if additional space is required.

This volunteer application should only be used if a league is manually entering information into JDP or an outside background check provider that meet the standards of Little League Regulations 1(c)9. THIS FORM SHOULD NOT BE COMPLETED IF A LEAGUE IS UTILIZING THE JDP QUICKAPP. Visit LittleLeague.org/localBGcheck for more information.

A COPY OF VALID GOVERNMENT ISSUED PHOTO IDENTIFICATION MUST BE ATTACHED TO COMPLETE THIS APPLICATION.

Name _____ Date _____
Address _____ First _____ Middle Name or Initial _____ Last _____
City _____ State _____ Zip _____
Social Security # (mandatory) _____
Cell Phone _____ Business Phone _____
Home Phone: _____ E-mail Address: _____
Date of Birth _____
Occupation _____
Employer _____
Address _____
Special professional training, skills, hobbies: _____

Community affiliations (Clubs, Service Organizations, etc.): _____

Previous volunteer experience (including baseball/softball and year): _____

1. Do you have children in the program? _____ Yes ☐ No ☐
If yes, list full name and what level? _____
2. Special Certification (CPR, Medical, etc.)? Yes ☐ No ☐ If yes, list: _____
3. Do you have a valid driver's license? _____ Yes ☐ No ☐
Driver's License#: _____ State _____
4. Have you ever been charged with, convicted of, plead no contest, or guilty to any crime(s) involving or against a minor, or of a sexual nature? _____ Yes ☐ No ☐
If yes, describe each in full: _____
(If volunteer answered yes to Question 4, the local league must contact the Little League International Security Manager.)
5. 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 5, does not automatically disqualify you as a volunteer.)
6. Do you have any criminal charges pending against you regarding any crime(s)? _____ Yes ☐ No ☐
If yes, describe each in full: _____
(Answering yes to question 6, does not automatically disqualify you as a volunteer.)
7. Have you ever been refused participation in any other youth programs? _____ Yes ☐ No ☐
If yes, explain: _____

In which of the following would you like to participate? (Check one or more.)

- ☐ League Official ☐ Umpire ☐ Manager ☐ Concession Stand
☐ Coach ☐ Field Maintenance ☐ Scorekeeper ☐ Other _____

Please list three references, at least one of which has knowledge of your participation as a volunteer in a youth program:

Name/Phone _____

IF YOU LIVE IN A STATE THAT REQUIRES A SEPARATE BACKGROUND CHECK BY LAW, PLEASE ATTACH A COPY OF THAT STATE'S BACKGROUND CHECK. FOR MORE INFORMATION ON STATE LAWS, VISIT OUR WEBSITE: LittleLeague.org/BackStateLaws

AS A CONDITION OF VOLUNTEERING, I give permission for the Little League organization to conduct background check(s) on me now and as long as I continue to be active with the organization, which may include a review of sex offender registries (some of which contain name only searches which may result in a report being generated that may or may not be me), child abuse and criminal history records. I understand that, if appointed, my position is conditional upon the league receiving no inappropriate information on my background. I hereby release and agree to hold harmless from liability the local Little League, Little League Baseball, Incorporated, the officers, employees and volunteers thereof, or any other person or organization that may provide such information. I also understand that, regardless of previous appointments, Little League is not obligated to appoint me to a volunteer position. If appointed, I understand that, prior to the expiration of my term, I am subject to suspension by the President and removal by the Board of Directors for violation of Little League policies or principles.

Applicant Signature _____ Date _____

If Minor/Parent Signature _____ Date _____

Applicant Name (please print or type) _____

NOTE: The local Little League and Little League Baseball, Incorporated will not discriminate against any person on the basis of race, creed, color, national origin, marital status, gender, sexual orientation or disability.

LOCAL LEAGUE USE ONLY:

Background check completed by league officer _____ on _____

System(s) used for background check (minimum of one must be checked):

Regulation 1(c)9 Mandates all checks include criminal records and sex offender registry records

* JDP ☐ Sex Offender Registry Data and National Criminal ☐
Records check, as mandated in the current seasons' official regulations

* Please be advised that if you use JDP and there is a name match in the few states where only name match searches can be performed you should notify volunteers that they will receive a letter or email directly from JDP in compliance with the Fair Credit Reporting Act containing information regarding all the criminal records associated with the name, which may not necessarily be the league volunteer.

Only attach to this application copies of background check reports that reveal convictions of this application.

SECTION

8

HALF HOLLOW HILLS LITTLE LEAGUE

PRACTICE FIELDS

- Vanderbilt - Monday - Friday 4PM to Dark - Saturday & Sunday 9AM to Dark.
- High School East - Varsity Softball Field Only - Monday - Thursday 5PM to Dark - Saturday Noon to Dark - No Use Of Varsity Baseball Field
- Otsego School Field - Sunday 9AM to Dark.
- Otsego Park - Sunday 9AM to Dark.
- Paumanok - Monday - Friday 4PM to Dark - Saturday & Sunday 9AM to Dark.
- Sunquam - Monday - Friday 4PM to Dark - Saturday & Sunday 9AM to Dark.
- West Hollow - (Skinned Game Field) Softball "B" Field - Monday - Friday 5PM to Dark - Saturday Noon to Dark.

- Signal Hill - JV Softball ("D" Field) - Monday - Friday - 5:30PM to Dark - Saturday Before 6/14/07 - 12 Noon - Dark - Saturday After 6/15/07 - 9AM - Dark - Sunday - 1PM to Dark.
- Forest Park - Monday - Friday 4PM to Dark - Saturday & Sunday 9AM to Dark.
- High School West - Skinned JV Baseball Practice Field - Monday - Friday 5PM to Dark - Saturday Noon to Dark - Sunday 2PM to Dark.



HISTORY OF THE SAFETY OFFICER

The position of safety officer was created by Little League Baseball® in the 1960s, but in many leagues it never achieved its potential. Often, the safety officer was the person responsible for filling out insurance forms. In 1995, ASAP was introduced with the goal of re-emphasizing the position of safety officer. Resources have been devoted to helping safety officers prevent injuries, rather than simply reacting to them.

THE MISSION

ASAP was created from the “grassroots” of Little League. A focus group of Little League volunteers shaped the safety officer’s mission:

“To create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League Baseball and Softball.”

A NETWORK OF IDEAS

As a safety officer, you’ve got thousands of partners in leagues across the country. You’ll receive ASAP News every month. Each issue of the newsletter contains safety ideas that may make your league “safer for the kids.” The toll-free ASAP hotline and an ASAP E-Mail address allow safety officers to easily exchange their safety ideas and questions.

TOOLS FOR A SAFER LEAGUE

This material was developed with the help of veteran safety officers. On the website you’ll find:

- Guidelines for creating a qualified safety program
- “A Little Common Sense About Safety” — More than 1,000 ideas from fellow safety officers
- “Play It Safe” — A timeless guide to safer league operations
- A facility survey to help you assess your facilities and target needs

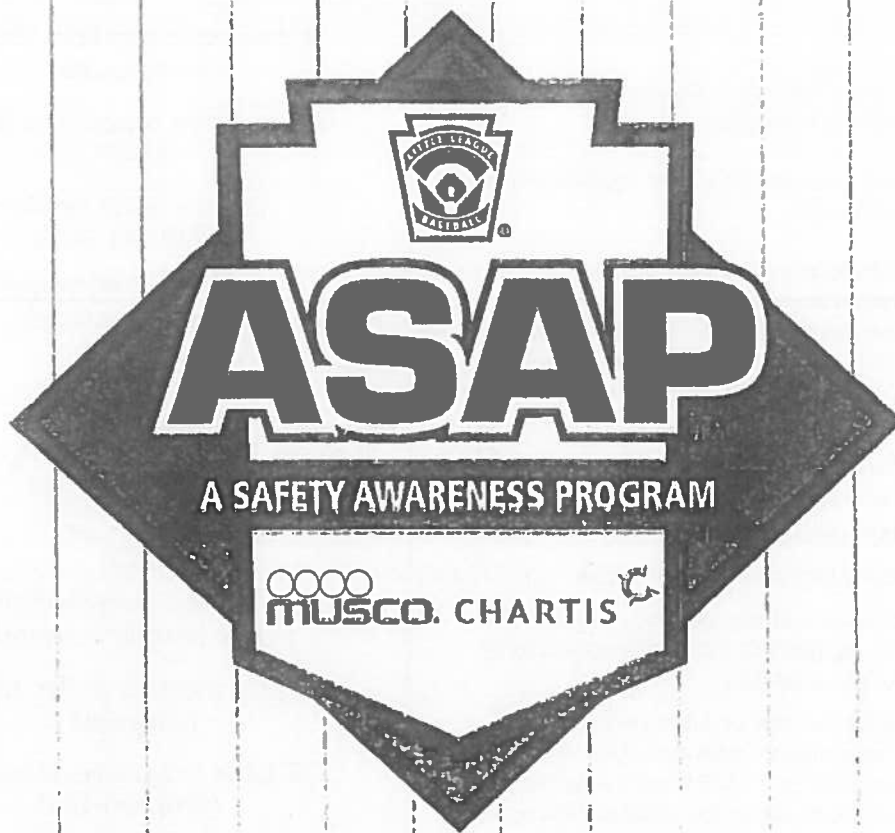
THE BENEFITS OF ASAP

Knowing that you have made your league “safer for the kids” is the primary benefit of ASAP. But there are secondary rewards when you use these materials to create a qualified safety program.

The ASAP Awards recognize outstanding safety programs with prizes including a Musco Little League Lighting System. And leagues who use AIG Insurance Companies receive a 15 percent credit on their accident insurance premium when they register their program with Little League International.

THE FUTURE

Your efforts will collectively raise safety awareness among participants of Little League Baseball. Safety will become a habit, and activities will become “safer for the kids.” Your safety program will survive transitions in leadership, and your league will gain control over injury and liability concerns. As a dedicated safety officer, you really can impact the lives of future generations.



Resources

Resources and Support Materials

Little League Resources

PUBLICATIONS:

Operating Manual—A guide to sound administration of the Little League program in the local community.

Official rule books—All divisions. Contains official regulations/rules as well as valuable safety information



ASAP News—A monthly newsletter directed to safety officers gives you a forum for exchanging ideas and learning about safety issues on how to “make it safer for the kids.”

Available on-line at: http://www.littleleague.org/learn/newsletters/ASAP_Newsletter.htm

ASAP Hotline: (800) 811-7443,

Email address: asap@musco.com

Little League web site: <http://www.littleleague.org> — which has publications for league officials, parents, safety officers and more for successfully running your local league.

E-News — Sign up any league member on Little League’s web site for all the latest safety information, rules and other updates. Receive email notification of the latest ASAP News availability, Little League press releases and World Series updates. Sign up on Little League’s website at: <http://www.littleleague.org/enews>.

PROGRAMS:

- ASAP — A Safety Awareness Program
- Common Sense ideas may be found on Little League’s website at <http://www.littleleague.org/learn/forms>

Local Resources

- League Volunteers
- District Administrators/District Safety Officers — Ideas from other leagues in your area
- Police Departments — Traffic safety education/drug awareness/resistance education (D.A.R.E.)
- Fire Departments — First aid training/emergency preparation
- Businesses — Address specific concerns: Bike shop talks about bicycle safety; sporting goods about safety equipment
- High School and Professional Coaches — Fundamentals training/player and coach education

Who to Call

If you have a safety idea to contribute . . .

If you have questions about ASAP . . .

Call the ASAP Hotline:
(800) 811-7443

Or send us an e-mail:
asap@musco.com



If you have questions about Little League insurance . . .

If you want to order safety materials . . .

Call Little League Headquarters:
(570) 326-1921

Important Phone Numbers

Little League International:
Jim Ferguson, Assistant Director of Risk Management, Safety (570) 326-1921 x2212

Regional Center:
(800) 585-4730

District Administrator:
(631) 664-4845

District Safety Officer:
(631) 864-6701

League President:
(631) 445-6531

Police Department:
() 911- - - - -

Fire Department:
() 911- - - - -



**Health, Safety and Injury Prevention
Are the Keystone of Little League.®**



Produced by Little League International Communications Division

Table of Contents

Executive Summary

Hits and Runs ... Bumps and Bruises: Health, Safety and Injury Prevention are the Keystone of Little League - Points of Interest.

Health and Safety Development Chronology

Timeline of Little League International's health and safety initiatives.

No Pain, No Gain: Youthful Exuberance, Risk and Reward

Millions of children have grown up playing Little League, and parents supported their participation, but at what risk?

As Little League Grew the Game Got Safer

There exists a delicate balance between the competitive nature of Little League Baseball and Softball, safety, and achieving a healthy playing environment.

Ahead of the Game: Research Trumps Emotions

Little League has consciously chosen to inform and educate rather than be placed in a reactionary posture.

Adapt and Overcome: Rules, Regulations Are Sign of the Times

Since 1939, Little League has adjusted and adapted its rules and regulations to stay current, while continuing to keep the game relevant and making it safer for its participants.

By the Numbers: Health, Safety Prompt Proactive Response

Non-wood Bats and Pitch Counts - Supported by studies and research, the two topics that currently have the highest profile, and generate the greatest debate, in Little League.

Mantle of Leadership: Experts Help Make Little League Safer

Several medical professionals have provided opinions and data to support the decisions made by Little League Baseball and Softball regarding the rules and regulations that contribute to a safer and healthier program.

Play It Safe: Little League Is What You Make It

Little League has no higher responsibility or priority than the safety of the children and volunteers in its program.

###

Hits and Runs ... Bumps and Bruises:

Health, Safety and Injury Prevention

Are the Keystone of Little League

Executive Summary

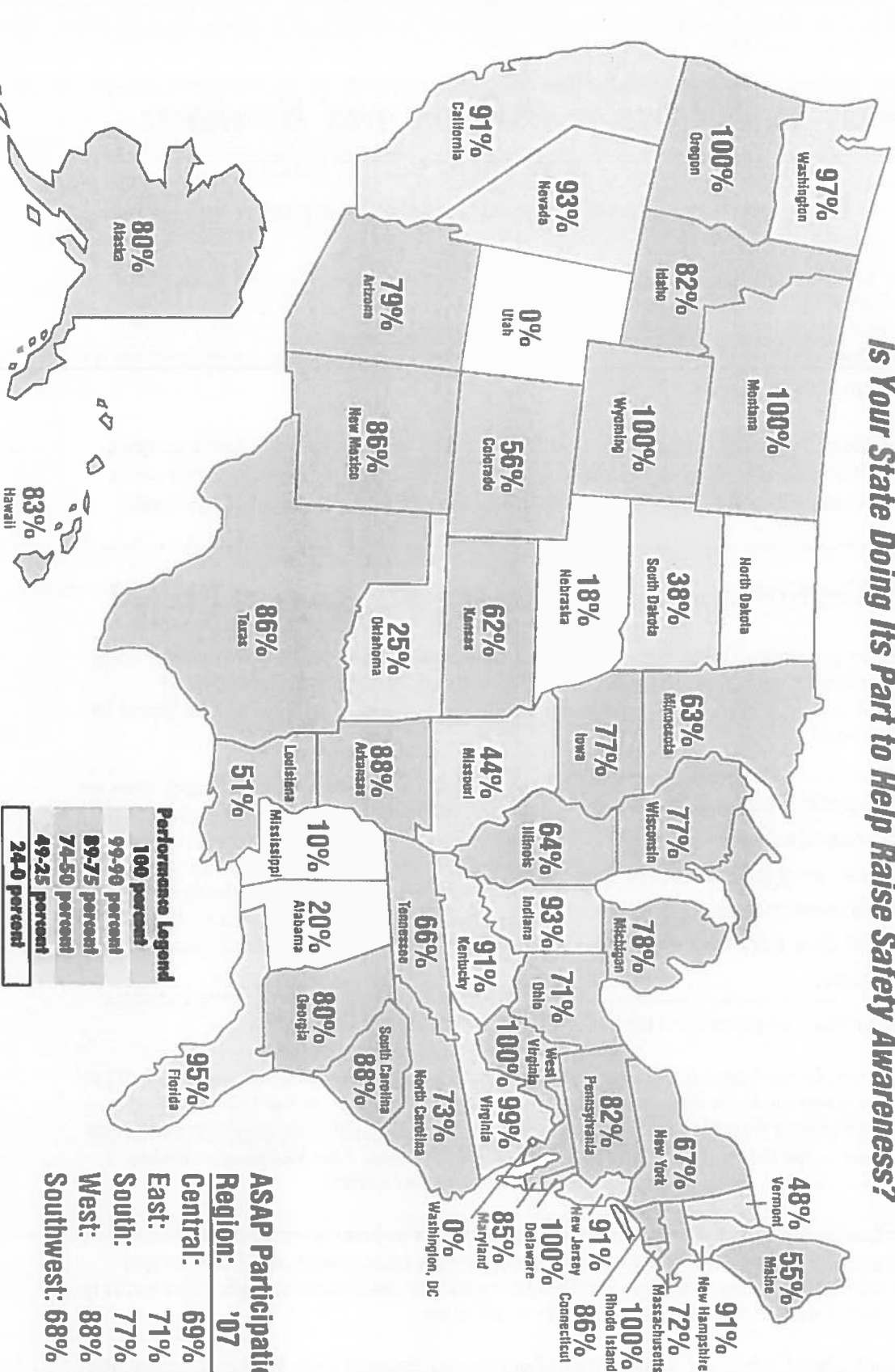
An advocate for opportunity and proprietor of the largest youth sports organization in the world, Little League Baseball and Softball has chronicled its program's development and innovation in the areas of participant health and safety.

- As Little League's popularity grew, it became apparent to Little League Baseball, Incorporated, that Little League could be made safer by imposing certain rules and regulations and making specific adjustments to better the game without sacrificing the integrity of the game.
- Lessons about safety were learned as the program developed. Decisions such as the suggested size of the field, the distance between the bases, and how far a pitcher must throw from the mound and home plate, were made in an attempt to miniaturize Major League Baseball.
- From the invention of the batting helmet by Dr. Creighton J. Hale, who later became the second President and Chief Executive Officer of Little League Baseball and Softball, to the recent landmark alteration of Little League rules – the pitch count – Little League has strived to be a safety-oriented community-based program, in which any parent would feel comfortable enrolling their child.
- By 1961, use of Dr. Hale's newly-patented batting helmet became mandatory in Little League.
- Annually, less than three-tenths of one percent of the Little League players injured, need medical attention. Through the 1990s and so far this decade there has not been a single play-related death in a Little League practice or game, even though more than 18 million games and nearly 40 million practices have been held.
- Little League's position on implementing new rules for improved safety has remained constant for decades. Rules are revised when practical to reduce injuries, while not effecting or changing the competitive nature of the game.
- Notable examples of playing equipment and rules aimed directly at lessening injuries include the helmet being worn by batters, base runners and players serving as base coaches, rubber spikes in place of metal cleats, athletic supporters to protect the groin area, and more recently, decisions to eliminate the headfirst slide, and the on-deck circle.
- To date, face guards on batting helmets, shin and forearm protection for batters, helmets on infielders, and the use of softer balls in younger age divisions are not mandated.
- In recent years, some local leagues have inserted a requirement that calls for pitchers to wear an apparatus to protect their rib cage from sudden blunt force trauma that could cause the heart to suffer arrhythmia or stop beating. Little League's A Safety Awareness Plan (ASAP) recommends, but does not mandate, that local leagues have an Automatic External Defibrillator (AED) available at their game facilities in the event such an injury occurs.
- Originated in 1995, ASAP pools the best safety ideas from local affiliated leagues and districts from throughout the world.
- It is recommended that leagues annually submit a safety plan to Little League International for its league and facility.
- Little League International's insurance department, has worked to keep insurance premiums at reasonable levels. ASAP has been so successful that injuries continue to decline overall and accident insurance costs have not increased since 1994.

- On-field safety improvements in the last 20 years are evident with the innovation and evolution of the playing equipment. Along with batting helmets and rubber spikes, aluminum and composite bats have nearly replaced wood bats, bases that disengage their anchors are required, softball players use yellow optic balls that are easier to see and catchers of today wear a full helmet with a dangling guard off of their mask to protect the back of the head and throat, respectively.
- Little League has embraced advancements in online media to improve its education resources. Through the Little League Coach Resource Center, coaches and managers register free of charge and can review the latest training techniques which lends itself to a safer overall program.
- Little League is the first and only youth-based sports organization to require national criminal background checks for all of its volunteers with repetitive access to children.
- In 2007, Little League required that all persons wishing to volunteer in Little League submit to a national criminal background check and a check of the national sex offender registry. To date, several states have made this information available and Little League has worked to ease the process by making the first 80 background checks for each of its 6,500 U.S. leagues free of charge. Subsequent checks cost only \$1 through an agreement with Choice Point.
- Other campaigns also have contributed to Little League's safety record. The Little League Anti Spit Tobacco Program (NSTEP); The Little League Drug and Alcohol Awareness program; and the Little League Traffic Safety Initiative are all positive examples.
- The "*I Won't Cheat*" program, unveiled in 2008, is an initiative to educate young players on the dangers of performance-enhancing drugs, as well as the importance being a responsible student. It was created by former National League Most Valuable Player Dale Murphy, who is a member of the Peter J. McGovern Hall of Excellence.
- More than 15 years ago, Little League International reached an agreement with the major non-wood bat companies that set a standard for the performance of non-wood bats - Bat Performance Factor (BPF). The BPF essentially measures how fast a baseball exits the bat when hit. To quantify the BPF, a standard wood bat has a BPF of 1.00. A very good wooden bat's BPF is 1.15.
- Non-wood bats approved for use in Little League have the same 1.15 BPF, and as of 2009, that designation is required to be shown on the barrels of all Little League-approved non-wood bats.
- Before Little League and the bat makers settled on the BPF in the early 1990s, the number of reported injuries to pitchers hit by batted balls had increased to nearly 150 per year. Since that time, those types of injuries have steadily decreased to the current level of 25-35 per year.
- In 2002, the U.S. Consumer Product Safety Commission reviewed this issue thoroughly and resolved that there was inconclusive data to support such a ban of non-wood bats from use in high school and youth baseball.
- Since injury statistics have been tracked (beginning in the 1960s), there have been eight fatalities in Little League Baseball from batted balls. Six of those resulted from balls hit by wood bats and two from balls hit by non-wood bats. Those two fatalities occurred in 1971 and 1973, prior to the 1993 implementation of today's youth bat standards.
- During the last five years of the 1990s, 21 of the 190 "Tommy John" surgeries performed at American Sports Medicine Institute (ASMI) were on high school-age pitchers or younger. However, during the first five years of this decade, 124 of our 627 "Tommy John" surgeries were high school-age pitchers or younger.
- In 2004 and 2005, Little League researched the feasibility of replacing its innings-pitched regulation to determine the eligibility of a pitcher. Little League International's Board of Directors voted in Aug. 2006, in favor of the pitch count.
- 2007 was the first season for the pitch count in Little League Baseball.

###

2008 US National ASAP Participation: 80% **2007 US National ASAP Participation: 75%** *Is Your State Doing Its Part to Help Raise Safety Awareness?*



Hits and Runs ...Bumps and Bruises: **Health, Safety and Injury Prevention** **Are the Keystone of Little League**

If perception is reality, then Little League is a childhood institution that brings families, communities and countries together using bats, balls and gloves. The true reality is that Little League, for all its achievements and accomplishments, is still about children playing a game, which means fun is the goal and unfortunately, injuries do happen from time to time.

From the idea envisioned by Little League founder Carl Stotz, to today's Little League, with its 7,500 leagues, nearly 2.7 million players and more than one million volunteers, the focus remains the opportunity for children to safely learn about life through sport.

No Pain, No Gain: Youthful Exuberance, Risk and Reward

Whether on a playground, in the backyard, or on a Little League diamond, kids have found ways to feed their imaginations through sport. Nearly 70 years ago, Mr. Stotz recognized the intuitiveness that drives children to imitate and explore new things, with no immediate regard for the consequences.

To the point, any number of catastrophic injuries can occur on any given play, yet parents and players alike applaud the hit, the catch, the throw.

As we grow and mature into adulthood, often we look back on the foolish feats that were part of our younger days. For many reasons, the millions of children who have grown up playing Little League, and the parents who supported their participation, may look back on those days fondly, but how many considered the risks?

To the point, any number of injuries can occur on any given play, yet parents and players alike applaud the hit, the catch, the throw.

Rarely, if ever, do you hear mom or dad say, "You're not going to play baseball ... you might get hurt." At its inception, Little League meant playing like a Big Leaguer. In the 1930's, children playing Little League wanted to be Babe Ruth or Ty Cobb. In the 1940's young players emulated Ted Williams or Joe DiMaggio. In the 50s, it was Jackie Robinson, Stan Musial, and Mickey Mantle, and on it goes. Getting hurt was not a care, let alone a concern.

As Little League's popularity grew, and more neighborhoods and communities started their own Little Leagues, it became apparent to Little League Baseball, Incorporated, that Little League could be made safer by imposing certain rules and regulations and making specific adjustments to better the game without sacrificing the integrity of the game.

Even though Little League was founded with Major League Baseball circa 1938 as its model, the game played by grown men of the day did not resemble the game that children were playing in their neighborhoods.

Lessons about safety were learned as the program developed. Decisions such as the suggested size of the field, the distance between the bases, and how far a pitcher must throw from the mound and home plate, were made in an attempt to miniaturize the Major League game.

Ranging from subtle adjustments to substantial innovations, the additions, deletions and alterations to the Little League rulebook are an annual reminder that Little League is constantly reviewing, refining and reinventing its game to make it fair and relevant for all who chose to affiliate and participate.

Ranging from subtle adjustments to substantial innovations, the additions, deletions and alterations to the Little League rulebook are an annual reminder that Little League is constantly reviewing and refining its game to make it fair and relevant for all who chose to affiliate and participate.

Over the decades, Little League has cut a divergent path away from Major League Baseball. The Little League game is distinctive and proudly touted as a leader in youth sports safety because it has not been afraid to self-evaluate and encourage outside opinions and critiques in its never-ending attempts to make the Little League experience positive on and off the playing field.

Little League International understands that injuries are part of the game, but let it be known that the governing body for the largest youth sports organization in the world sees even one injury as too many to dismiss as acceptable.

From the invention of the batting helmet by Dr. Creighton J. Hale, who later became the second President and Chief Executive Officer of Little League Baseball and Softball, to the recent landmark alteration of Little League rules – the pitch count – Little League has strived to be a safety-oriented community-based program, in which any parent would feel comfortable enrolling their child.

As Little League Grew the Game Got Safer

In 1939, Mr. Stotz and fellow Williamsporters, George and Bert Bebble, gathered 30 boys from their neighborhood and put together three teams. The first Little League season was played and a movement was born.

Did those boys have sore arms, aching feet and some bumps and bruises? The likely answer is yes. Did Mr. Stotz and others try to improve the safety of the game for the next season? Again, the answer is definitely, yes.

In fact, injuries did occur, yet Little League continued to put down roots in communities throughout North America.

By 1961, use of Dr. Hale's newly-patented batting helmet became mandatory in Little League. Other safety innovations also were integrated into Little League, but with less fanfare.

There exists a delicate balance between the competitive nature of baseball and softball, safety, and achieving a healthy playing environment. Annually, less than three-tenths of one percent of the Little League players injured need medical attention. Through the 1990s and so far this decade there has not been a single play-related death in a Little League practice or game, even though more than 18 million games and nearly 40 million practices have been held.

The perpetual question is: How much safety is practical and adequate, while not being intrusive to the integrity of the game?

Little League's position on implementing new rules for improved safety has remained constant for decades. Rules are revised when practical to reduce injuries, while not effecting or changing the competitive nature of the game.

Notable examples of playing equipment and rules aimed directly at lessening injuries include the helmet being worn by batters, base runners and players serving as base coaches, rubber spikes in place of metal cleats, athletic supporters to protect the groin area, and more recently, decisions to eliminate the headfirst slide, the on-deck circle, and require leagues to install bases that disengage their anchors.

The use of some playing equipment is optional. To date, face guards on batting helmets, shin and forearm protection for batters, helmets on infielders, and the use of softer balls in younger age divisions are not mandated.

In recent years, some local leagues have inserted a requirement that calls for pitchers to wear an apparatus to protect their rib cage from sudden blunt force trauma that could cause the heart to suffer arrhythmia or stop beating. Little League's A Safety Awareness Plan (ASAP) recommends, but does not mandate, that local leagues have an Automatic External Defibrillator (AED) available at their game facilities in the event such an injury occurs.

Annually, less than three-tenths of one percent of the Little League players injured require medical attention. Through the 1990s and so far this decade there has not been a single play-related death in a Little League practice or game, even though more than 18 million games and nearly 40 million practices have been held.

Ahead of the Game: Research Trumps Emotions

There are a variety of instances in Little League's safety evaluation process where injuries have been suffered which could have prompted a knee-jerk reaction. Succinctly aware of the human element, the organization's rules committee has been quite careful not to over-react to an emotional situation.

Rules are revised when practical to reduce injuries, while not effecting or changing the competitive nature of the game.

Little League has consciously chosen to inform and educate rather than panic and be placed in a reactionary posture. To that end, Little League's

ASAP Initiative was developed with the impetus to reduce injuries as its prime objective.

Originated in 1995, ASAP pools the best safety ideas from local affiliated leagues and districts from throughout the world. A monthly electronic newsletter is produced in conjunction with Musco Sports Lighting, one of Little League's corporate sponsors.

Along with the newsletter, it is recommended that leagues annually submit a safety plan to Little League International for its league and facility. The best plans also are shared with chartered Little Leagues and those leagues with stellar safety records are honored in Williamsport, Pa., during the Little League Baseball World Series.

Extending the ASAP plan concept to the local level, most leagues today have a safety officer, who is responsible for supplying medical kits to each team manager in all divisions chartered, along with providing advice and instruction on the best methods for dealing with an assortment of common safety and health-related issues. This individual is a member of the local league's board of directors and must sign off on the league's safety plan along with the league president as a prerequisite to receiving Little League's insurance coverage.

The scope of information provided through the ASAP program is not limited to on-the-field activities. Throughout the year, articles and materials are distributed that highlight the risks of lightning strikes, poor facility conditions, child and adult dehydration, overexposure to the sun and skin protection, among others.

Little League International's insurance department, has worked diligently to keep insurance premiums at reasonable levels, which is why the persistent message to local leagues has been no injury is unimportant. ASAP has been so successful that injuries continue to decline overall and accident insurance costs have not increased since 1994.

On the field, safety improvements in the last 20 years are evident with the innovation and evolution of the playing equipment. Along with batting helmets and rubber spikes, aluminum and composite bats have nearly replaced wood bats, bases that disengage their anchors are required, softball players use yellow optic balls that are easier to see and catchers of today wear a full helmet with a dangling guard off of their mask to protect the back of the head and throat, respectively.

Little League also has embraced advancements in online media to improve its education resources. Through the Little League Coach Resource Center, coaches and managers register free of charge and can review the latest training techniques which lends itself to a safer overall program.

Little League has consciously chosen to inform and educate rather than panic and be placed in a reactionary posture. To that end, Little League's ASAP (A Safety Awareness Plan) Initiative was developed with the impetus to reduce injuries as its prime objective.

Adapt and Overcome: Rules, Regulations Are Sign of the Times

So much has changed about the Little League game, including the players and volunteers. Little League has been accused from time to time of over-regulating the game to curtail trends, but to the contrary, the organization has had to adjust and adapt to stay current.

In Little League's early years, a player 11 or 12 years old was typically less than 5-feet, 10 inches tall and weighed approximately 100 pounds.

Over the last several years, some players that have come to the Little League World Series have broken that mold, but in general Little League, like baseball, remains universally popular because players of any size can find a niche and be successful.

More than 15 years ago, Little League International reached an agreement with the major non-wood bat companies that set a standard for the performance of their bats. Establishing the Bat Performance Factor (BPF) was a major step forward in providing for a safer playing environment.

One section of the population that has driven the need for more safety and accountability is the adult volunteers joining Little League. With the reach and exposure that Little League has through television, coupled with the integration of technology into mainstream society (i.e. - e-mail and the internet), the pervasiveness of pedophiles and child predators is a genuine concern.

Little League is the first and only youth-based sports organization to require national criminal background checks for all of its volunteers with repetitive access to children. Consistent with its will to lead and innovate, Little League took the

initiative to act when local leagues individually did not have the will, or means to step up to such a level. The decision to make background checks mandatory was initially seen by some as an invasion of privacy, and at the very least an additional burden on local volunteers, but since the requirement has been in place, it has proven effective as a deterrent and appreciated policing tool.

In 2007, Little League continued to challenge U.S. state governments to utilize the technology available by requiring that all persons wishing to volunteer in Little League submit to a national criminal background check and a check of the national sex offender registry. To date, several states have made this information available and Little League has worked to ease the process by making the first 80 background checks for each of its 6,500 U.S. leagues free of charge. Subsequent checks cost only \$1 through an agreement with Choice Point.

The "I Won't Cheat" program, unveiled this year, is an initiative to educate young players on the dangers of performance-enhancing drugs. It was created by former National League Most Valuable Player Dale Murphy, who is a member of the Peter J. McGovern Hall of Excellence.

Other campaigns also have contributed to Little League's safety record. The Little League Anti Spit Tobacco Program (NSTEP); The Little League Drug and Alcohol Awareness program; and the Little League Traffic Safety Initiative are all positive examples, and each have paid dividends in educating children on how to exercise better judgment and follow safer practices in their lives.

Since the end of the 20th Century, the issue of performance enhancement has been front and center in the sports world. The four major professional sports have instituted varying degrees of

accountability and enforcement regarding the use and distribution of these drugs. Again, noting its position in the minds of parents and young athletes, Little League too has taken steps to educate Little Leaguers and their parents about the dangers of using such harmful substances.

The “*I Won’t Cheat!*” program, unveiled this year, is an initiative to educate young players on the dangers of performance-enhancing drugs. It was created by former National League Most Valuable Player Dale Murphy, who is a member of the Peter J. McGovern Hall of Excellence.

Mr. Murphy unveiled the program at the 2008 Little League Baseball World Series.

By the Numbers: Health, Safety Prompt Proactive Response

The two topics that currently have the highest profile and generate the greatest debate in Little League circles remain on the field – bats and pitch counts.

Aluminum bats were introduced into Little League in the early 1970s and immediately “purists” railed against the bats, but quickly local leagues gained an appreciation for the cost effectiveness (several seasons of use) versus wood (an average of one season) and the generosity these bats provided to younger children looking for success at the plate.

Since injury statistics have been tracked (beginning in the 1960s), there have been eight fatalities in Little League Baseball from batted balls. Six of those resulted from balls hit by wood bats and two from balls hit by non-wood bats. Those two fatalities occurred in 1971 and 1973, prior to the 1993 implementation of today's youth bat standards.

As sporting goods manufacturers latched on to the marketability of metal bats, companies sprang up that made these bats their exclusive product.

Better performance was the motivation, but competition among the major non-wood bat manufacturers was the byproduct. What was considered a bat was evolving and Little League recognized that the wide assortment and availability was creating a need for oversight and standardization.

More than 15 years ago, Little League International reached an agreement with the major non-wood bat companies that set a standard for the performance of non-wood bats. Establishing the Bat Performance Factor (BPF) was a major step forward in providing for a safer playing environment.

The BPF essentially measures how fast a baseball exits the bat when hit. To quantify the BPF, a standard wood bat has a BPF of 1.00. A very good wooden bat's BPF is 1.15.

Non-wood bats approved for use in Little League have the same 1.15 BPF, and as of 2009, that designation is required to be shown on the barrels of all Little League-approved non-wood bats.

Of all the “hot button” topics the swirl around children's safety, the use of non-wood bats is the most perplexing. Before Little League and the bat makers settled on the BPF in the early 1990s, the number

of reported injuries to pitchers hit by batted balls had increased to nearly 150 per year. Since that time, those types of injuries have steadily decreased to the current level of 25-35 per year.

Considering the number of swings taken, and balls hit, in more than a million Little League games played per year, to have so few injuries is remarkable.

A common misconception is that lighter bats always translate into a baseball being hit harder. This is not the case, because there is a point at which a lighter bat (even though it is swung at a higher speed) does not exert the same force on the pitched ball as a heavier bat does. A simpler way to understand this is to consider a small hammer used to pound a nail: Although the small hammer may be swung with much greater speed, a heavier hammer (swung at a lower speed) will drive the nail with fewer blows because it has more inertia at the point of impact. This is why the non-wood bat manufacturers have agreed to the current standard – so that the non-wood bats perform at a level close to wooden bats, even though Little Leaguers may be able to swing them faster.

In 2002, the U.S. Consumer Product Safety Commission reviewed this issue thoroughly and resolved that there was inconclusive data to support such a ban of non-wood bats from use in high school and youth baseball.

Since injury statistics have been tracked (beginning in the 1960s), there have been eight fatalities in Little League Baseball from batted balls. Six of those resulted from balls hit by wood bats and two from balls hit by non-wood bats. Those two fatalities occurred in 1971 and 1973, prior to the 1993 implementation of today's youth bat standards.

Little League has always permitted the use of wooden bats in all divisions of play.

Mantle of Leadership: Experts Help Make Little League Safer

Before a batter becomes a hitter, the pitcher must throw the ball. The pitcher is the most vulnerable player on the field, so he has an infinitely higher risk of injury.

Still, dodging batted balls is one of the lesser safety concerns faced by pitchers. More so, it's the adult managers and coaches that pose a greater risk factor.

Years ago, if a pitcher complained about a sore arm, the common thinking was he had to pitch more to build up arm strength. What has become evident over the last five years is the alarming number of arm injuries suffered by children as young as eight or nine could have been prevented by them simply not throwing so much.

Pitchers, who often pitched past the point of fatigue, were 36 more times likely to end up on the surgery table.

In a letter co-written by Dr. James Andrews, Medical Director for the American Sports Medicine Institute (ASMI), and Dr. Glenn Fleisig, ASMI Research Director, the discussion of pitcher safety and long-term health was brought to the forefront.

Dr. Andrews and Dr. Fleisig, two of the foremost experts on pitching-related arm injuries, stated ...

During the last five years of the 1990s, 21 of the 190 "Tommy John" surgeries performed at ASMI were on high school-age pitchers or younger. However, during the first five years of this decade, 124 of our 627 "Tommy John" surgeries were high school-age pitchers or younger.

To research the reasons for the drastic increase, ASMI entered into a series of independent studies, involving hundreds of pitchers, high school-age and younger. The results were tragic and undeniable.

During the last five years of the 1990s, 21 of the 190 "Tommy John" surgeries performed at ASMI were on high school-age pitchers or younger. However, during the first five years of this decade, 124 of our 627 "Tommy John" surgeries were high school-age pitchers or younger.

According to Dr. Andrews and Dr. Fleisig ...

Pitchers, who often pitched past the point of fatigue, were 36 more times likely to end up on the surgery table.

Little League Baseball has been a leader in recognizing the rise in injuries and has taken dramatic steps to make baseball safe for young players. Some issues – showcases and participation on independent travel teams – are beyond Little League's control, but Little League has embraced the pitch count research and has boldly altered its rules. We applaud Little League for their continued effort to ensure that their game is safe.

To the point, Little League can only regulate what goes on in its program. It has no jurisdiction over other youth baseball programs, but its hope continues to be that other leagues will follow Little League and institute rules that will protect children from unknowingly doing serious damage to their bodies.

In 2004 and 2005, Little League reached out to its leagues and researched the feasibility of replacing its innings-pitched regulation to determine the eligibility of a pitcher. The idea of replacing a rule which had been part of the program since it was founded was not done hastily or without great scrutiny.

When all the opinions were heard, and the pros and cons considered, Little League International's Board of Directors voted in Aug. 2006, in favor of the pitch count.

After two full seasons of games played with the pitch count, the results have been positive. Among the many byproducts of this rule change are more children now have the opportunity to pitch, and managers and coaches are gaining a broader education and understanding of the risk factors associated with overuse. The underlying outcome has been, on average, Little League pitchers are safer, healthier and properly rested for when they take the mound again.

Play It Safe: Little League Is What You Make It

Little League Baseball and Softball is international and hometown all at the same time.

What Little League means to the individual player or volunteer is dependant on what is put into it, so regardless if a person has Little League in their blood, or hardly breaks a sweat in their

support, remembering that we are always teaching and learning is what has made the program thrive and survive.

In fact, over the past seven decades, innovations in the name of safety have become commonplace in Little League. The modern batting helmet, the catcher's helmet, the modern chest protector and many other safety-related aspects of baseball and softball began with Little League's active participation in their development.

There is no higher responsibility or priority than the safety of children. Little League is unwavering in this belief. Rules and regulations define that position, but it is the human element, the people, who have to assume the accountability to make this never-ending mission successful.

Stephen D. Keener, President and Chief Executive Officer of Little League Baseball and Softball, is the first Little League graduate to lead the Little League program.

Everyday he is touting the benefits of Little League, because he has lived them.

In an excerpt from written testimony provided to the Pennsylvania House of Representatives Children and Youth Committee on Sept. 27, 2007, Mr. Keener said:

... Our volunteers know that safety has been, and always will be, the hallmark of Little League Baseball and Softball. They know that if there is an issue of safety, Little League would again take the lead in finding a way to reduce injuries.

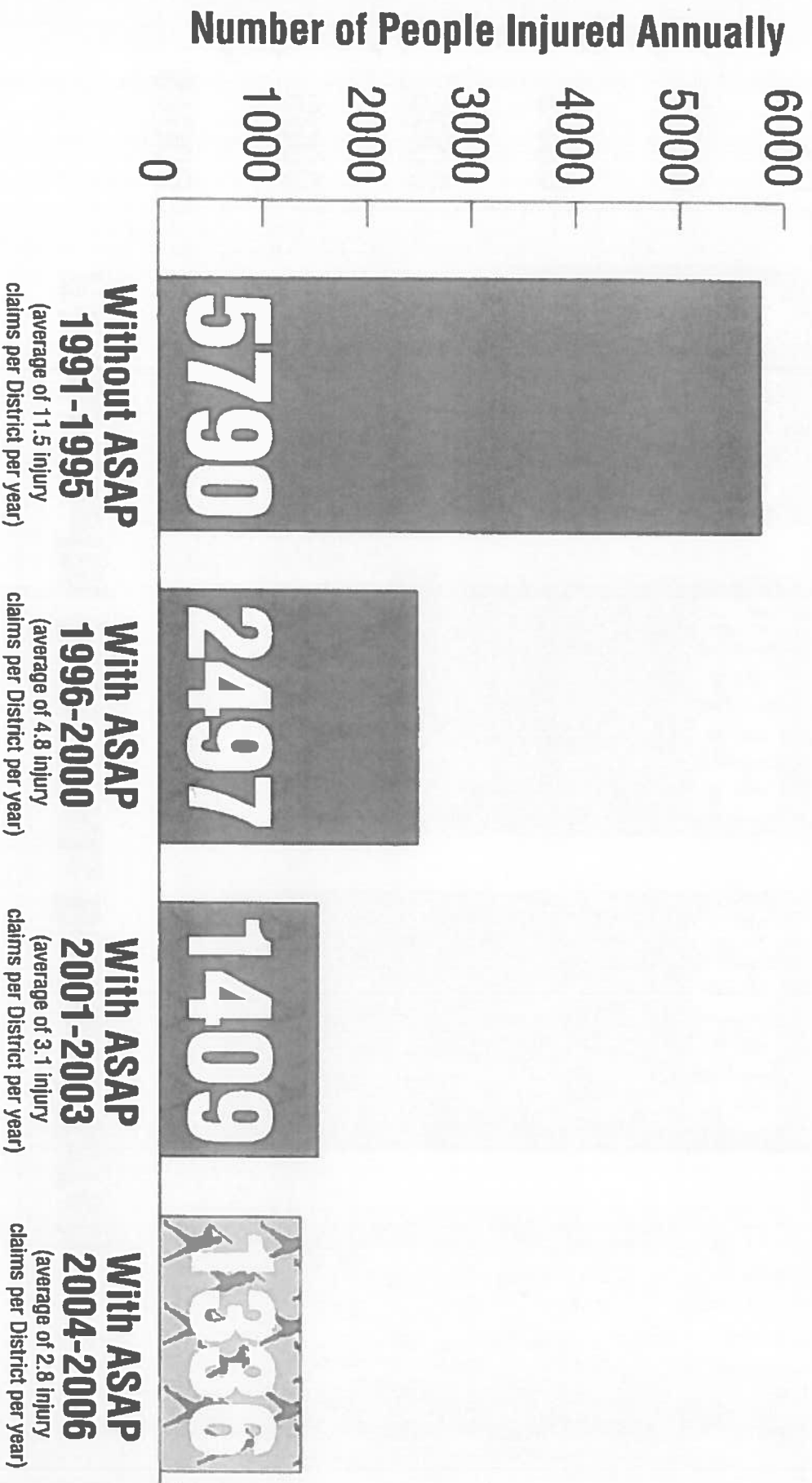
In fact, over the past seven decades, innovations in the name of safety have become commonplace in Little League. The modern batting helmet, the catcher's helmet, the modern chest protector and many other safety-related aspects of baseball and softball began with Little League's active participation in their development.

Our injury statistics prove that Little League's attention to safety is second to none. Less than one percent of Little Leaguers are injured in any given year, yet we remain relentless in our efforts to make the game safer, while keeping it relevant and appealing to today's children.

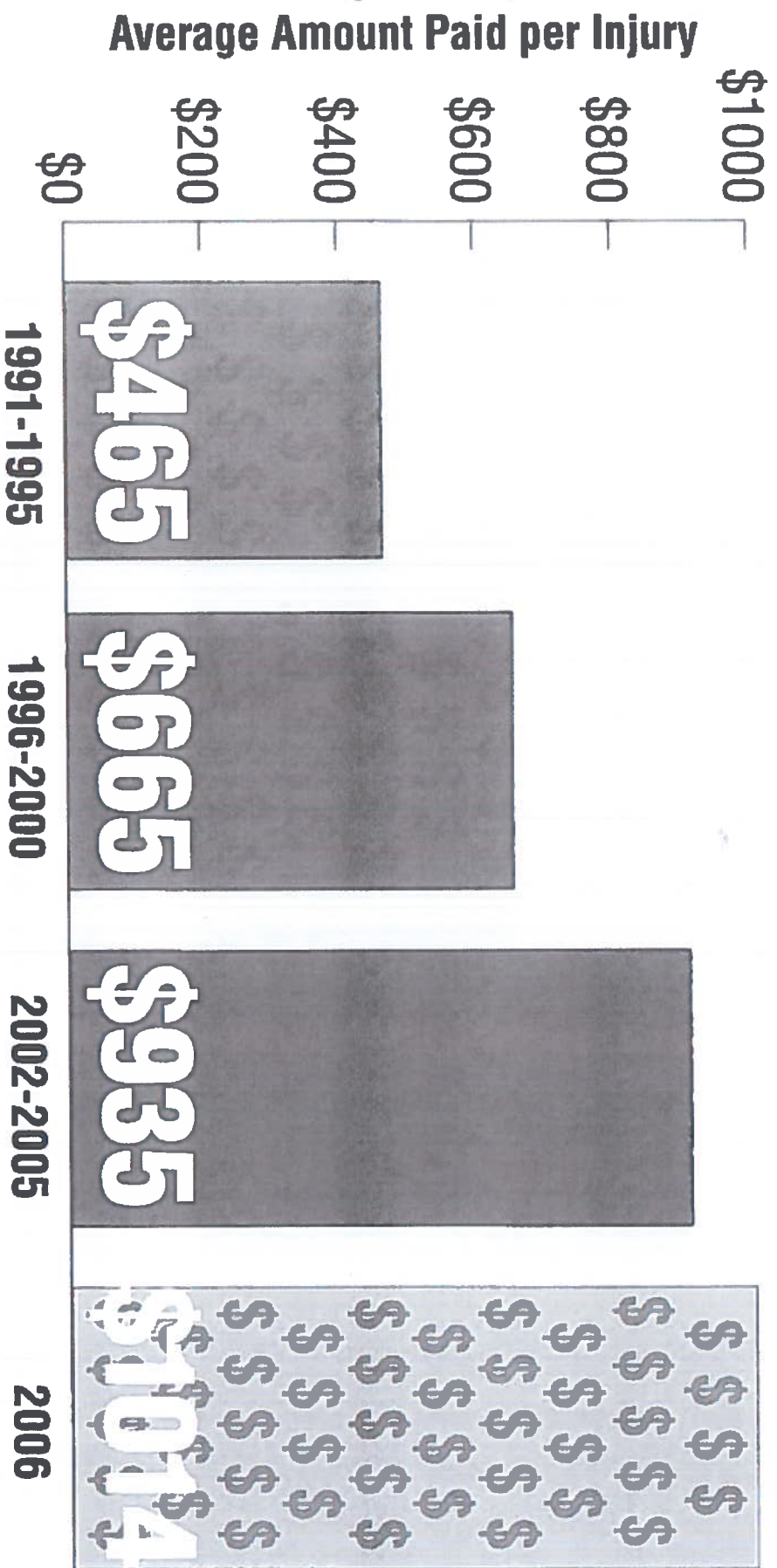
Safety can be viewed in many ways. From Little League's perspective, we would like to be able to prevent ALL injuries in our program.

###

Safety Awareness Aids Reduction of Injuries



Rising Health Care Costs Demand Safety



Little League® Baseball and Softball Board of Directors

Dennis Lewin, Chairman, Wellington, Florida

Dr. James Andrews, Birmingham, Alabama

Dr. Darrell Burnett, Laguna Niguel, California

Paul H. Flanagan, Sophia, West Virginia

Robert Fleming, Las Vegas, Nevada

Dr. Davie Jane Gilmour, Williamsport, Pennsylvania

Giuseppe Guilizzoni, Novara, Italy

Dr. Creighton J. Hale, Williamsport, Pennsylvania

Tim Hughes, Williamsport, Pennsylvania

Sally John, Charlotte, North Carolina

Stephen D. Keener, Williamsport, Pennsylvania

Kenji Kimura, Tokyo, Japan

Dr. Luke LaPorta, Liverpool, New York

Jon D. Litner, Villanova, Pennsylvania

Douglas MacKenzie, Sydney, Nova Scotia, Canada

Ferris Maness, Fresno, Texas

Jonathan Mariner, New York, New York

Mike Mussina, Montoursville, Pennsylvania

Ana F. Piñeros de Pelaez, Barranquilla, Colombia

John P. Roll, Greenville, Kentucky

David E. Ruotolo, West Haven, Connecticut

W. Dwight Raiford, New York, New York

Hugh E. Tanner, Houston, Texas

Bud Vanderberg, Kalamazoo, Michigan

HALF HOLLOW LITTLE LEAGUE

Code of Conduct

Speed Limit 5 mph in roadways and parking lots while attending any Half Hollow Hills Little League function. Watch for small children around parked cars.

NO Alcohol allowed in any parking lot, field, or common areas within a Half Hollow Hills Little League Complex.

HOLD CHILDRENS HANDS when crossing roadways and parking lot. Always be Alert for traffic

NO Playing in parking lots at any time.

NO Profanity please

NO Swinging Bats or *Throwing baseballs* at any time within the walkways and common area of a Half Hollow Hills Little League Complex.

NO throwing rocks

NO horse play in walkways at any time

NO climbing fences

NO pets are permitted at a Half Hollow Hills Little League game or practice.

Observe all posted signs. Players and spectators should be *Alert* at all times for *Foul Balls* and *Errant Throws*.

During game, players must remain in the dugout area in an *Orderly* fashion at all times.

After each game, each team must *clean up trash* in dugout and around stands.

All gates to the field must remain *closed* at all times. After players have entered or left the playing field, gates should be closed and secured.

Managers and Coaches must walk the playing fields and surrounding areas and *remove* all debris i.e. rocks, broken glass, and any items that would present an *unsafe playing condition*.

Parents and Spectators are urged to bring to the attention of the Safety Director any conditions on or around the playing fields that may present an *unsafe environment*.

Failure to comply with the above may result in expulsion from the Half Hollow Little League Complex.

Safety Code

- Responsibility for Safety Procedures should be that of all adult members of District 34 Little League
- All leagues are responsible for alerting Emergency Medical Services of season schedule and all special games and/or practices
- Managers are responsible for carrying "District Suggested First Aid Kits" (noted on page _3_)
- League Safety Directors are responsible for having 2 "District Suggested First Aid Kits" (noted on page _3_)
- No games or practices should be held when weather or field conditions are not safe, particularly when lighting is inadequate
- Playing areas should be inspected frequently for holes, damage, stones, glass and other foreign objects
- All team equipment should be stored within the team dugout, or behind screens (dependent on field structure) and not within the area designated by the umpires as "in play"
- Only players, managers, coaches and umpires are permitted on the playing field or in the dugout during games and practice sessions
- Responsibility for keeping bats and loose equipment off the field of play is that of the managers and coaches
- Procedure should be established regarding the retrieving of foul balls batted out of the playing area
- During practice and games, all players should be alert and watching the batter on each pitch
- During warm-up drills players should be spaced so that no one is endangered by wild throws or missed catches
- All pre-game warm-ups should be performed within the confines of the playing field and not within the areas that are frequented by spectators and therefore pose a direct danger (i.e. warm up swings, catch, etc...)
- Equipment should be inspected regularly for the condition of the equipment as well as for proper fit
- All batters must wear Little League approved protective helmets (NOCSAE) during batting practice and games
- Catchers must wear catcher's helmet, mask, throat guard, long model chest protector, shin guards, protective cup with athletic supporter (males) and breast plates (females) at all times for practices and games **NO EXCEPTIONS!!** **Managers should encourage all male players to wear cups and athletic supporters during practices and games**
- Except when runner is returning to a base, head first slides are not permitted
- During sliding practice, bases should not be strapped down or anchored
- At no time should "horse play" be permitted on the playing field
- Parents of players who wear glasses should be encouraged to provide "safety glasses"
- Player must not wear watches, rings, pins or metallic items during games and practices
** This includes all body piercings new or old, new piercing must be removed and may not be covered**
- The Catcher must wear catcher's helmet and mask with throat guard in warming up pitchers. This applies between innings and in the bullpen during a game and also during practices
- Managers and Coaches may not warm up pitchers before or during a game
- On deck batters are not permitted in Little League Divisions (only Juniors, Seniors and Big League)

Safety Do's and Don'ts

Do...

- Reassure and aid children who are injured, frightened or lost
- Provide, or assist in obtaining, medical attention for those who require it
- **KNOW YOUR LIMITATIONS** Do not act outside of your certification
- Carry your "District Suggested First Aid Kits" (noted on page 3) to all practices and games
- When assisting an injured person on the playing field
 - **LOOK** (do not touch) for signs of injury (i.e. blood loss, active bleeding, bruising, swollen deformed extremity, etc.)
 - **LISTEN** to the injured person describe what happened and what hurts (if conscious).
Before questioning you may have to calm the person if excited in order to obtain information required to obtain advanced medical attention
- Have your players' Medical Clearance Forms with you at all practices and games
- Make arrangements to have a cellular phone available at all practices and games
- Know how to contact Emergency Medical Services (either through 911 or direct dial program)
- Make safety your priority
- Meet the immediate needs of any injured player
- Identify certified CPR/First Aid personnel at each game or practice

Don't...

- Administer any medications
- Provide any food or beverages to the injured person
- Be afraid to ask for help if you are not sure of the proper procedures (i.e. CPR, icing, etc...)
- Leave an unattended child at a practice or game
- Transport injured person (other than your own child) in a personal vehicle
- Hesitate to report any present or potential safety hazard to the Safety Coordinators
- Under react, if in doubt call professional medical personnel (EMS) and allow them to evaluate the injured person
- Rinse lime marker from the eyes with water, it will activate the lime and cause burning, encourage blinking and wipe excess from the eyes with clean cloth
- Move an injured person if a back or neck injury of any kind is suspected

Revised First Aid Kit Requirements

TRAVEL BAGS

1. 10 - 4x4 gauze pads
2. 5 - Ice packs
3. 1 - Small bottle of sterile water
4. 2 - rolls of 2" Kling
5. 2 - Triangular bandages
6. Variety of band-aids
7. 1 - Disposable blanket
8. 2 - CLEAN white washcloths

— 5X9

FIELD HOUSE

1. 20 - 4x4 gauze pads
2. 10 - Ice packs
3. 3 - Small bottle of sterile water
4. 8 - rolls of 2" Kling
5. 5 - Triangular bandages
6. Variety of band-aids
7. 2 - Disposable blankets
8. 5 - CLEAN white washcloths or hand towels
9. 1 - Pair of Trauma sheers
10. Antiseptics wipes

**** Gloves are to be carried in each travel kit and to be available in the Field House****

— NON - LATEX

— COTTON MATERIAL

— CUBE ICE

— BABY WIPES

District 34 Little League Policy and Procedure

Policy: All leagues within District 34 are required to complete the Incident/Injury Tracking Report and notify designated Safety Coordinator (Jillian Bosinius, EMT-D) within 48 hours of injury or incident.

Purpose: To track all injuries and incidents within the District in order to correct dangerous practices and repair dangerous field conditions.

Goal: Provide all members of District 34 with a current Safety Manual with all demographics figured in to promote safe practices.

Procedures:

1. Report any injury or incident that causes any player, manager, coach, umpire or volunteer to receive medical treatment and/or first aid (this includes passive treatments such as evaluations or primary diagnosis)
2. Reports are to be made to designated Safety Coordinator within 48 hours via phone and follow up via fax within same time frame.
 - a. Contact Numbers:
 - i. Beeper - 631.554.0797
 - ii. Cell Phone - 516.852.9312
 - iii. Fax - 631.864.6701
 - iv. Email - NYSEMT258@aol.com
 - b. Acceptable Reporting:
 - i. Verbal contact
 - ii. Voicemail on Cell Phone
 - iii. Complete form faxed to above number
 - iv. Email to the above address
3. Follow procedures as set up by Little League Baseball, Inc as detailed by your insurance requirements
4. Be prepared to sit on a review committee that will meet in September to review incidents and injuries from the previous season.

We, _____, parents/guardians of the named player, agree to the following guidelines

YOUTH SPORT PARENT CODE OF CONDUCT

Preamble

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting, refusing to shake hands, or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol, and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

We have read, understand, and agree to comply with the above Code of Conduct. Non-compliance with the above Code of Conduct may result in disciplinary action at the discretion of the half hollow hills little league Board.

Signature of Parent/Guardian

Signature of Parent/Guardian

Half Hollow Hills Little League



Code of Conduct for Players and Parents/ Guardians

TO BE COMPLETED BY PLAYERS

I, _____, a player in the Half Hollow Hills Little League agree to the following guidelines:

1. I will always play fairly and by the Rules.
2. I will never argue with an umpire. If a call is disputed, I will let my coach handle the situation.
3. I will remember that I am playing baseball because I enjoy the sport. Winning is fun, but so are many other things about the game.
4. I will not use obscene, vulgar, or abusive language; nor will I taunt, ridicule, or threaten any member of the opposing team. I will maintain my temper at all times.
5. I will work at achieving my personal best and not get discouraged if it's not the best.
6. I will show my appreciation for good players and good plays, even by opponents, as well as for my Manager, Coach, Team Parent, and other league volunteers.
7. I will remember that no one player is responsible for winning or losing a game; I am a part of the team, win or lose.

Signature of Player (9-18 years old)/ Print Name (5-8 years old)

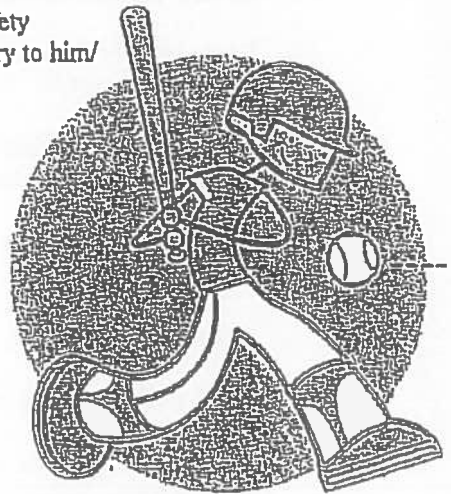
Dated:

HALF HOLLOW HILLS LITTLE LEAGUE SAFETY CODE

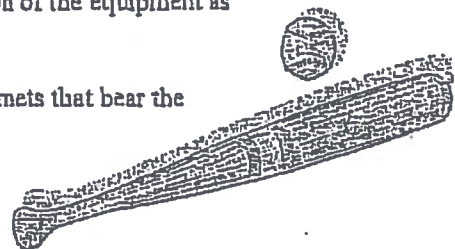
Safety is everyone's responsibility

The Board of Directors of Half Hollow Hills Little League has mandated the following *safety code*. All members will read this *Safety Code* and then read it to their children. Signatures are required in the spaces provided below acknowledging that all parents and players understand and agree to comply with the *Safety Code*.

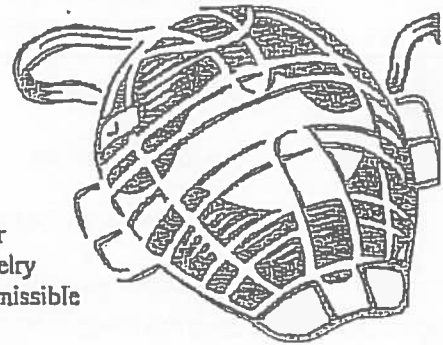
- Responsibility for safety procedures belong to every adult member of Half Hollow Hills Little League.
- Each player, manager, designated coach, umpire, team safety officer shall use proper reasoning and care to prevent injury to him/herself and to others.
- Only league approved managers and/ or coaches are allowed to practice teams.
- Only league-approved managers and/ or coaches will supervise batting cages.
- Arrangements should be made in advance of all games and practices for emergency medical services.
- Managers, designated coaches and umpires will have mandatory training in First Aid.
- First-aid kits are issued to each team manager during the pre-season and additional kits will be located at the concession stand.
- No games or practices will be held when weather or field conditions are poor, particularly when lighting is inadequate.
- Play area will be inspected before games and practices for holes, damage, stones, glass and other foreign objects.
- Team equipment should be stored within the team dugout or behind screens, and not within the area defined by the umpires as in play.
- Only players, managers, coaches and umpires are permitted on the playing field or in the dugout during games and practice sessions.



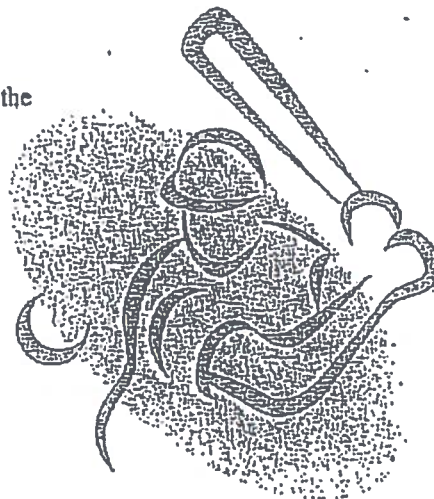
- Responsibility for keeping bats and loose equipment off the field of play should be that of a player assigned for this purpose or the team's manager and designated coaches.
- Foul balls batted out of playing area will be returned to the umpire and not thrown over the fence during a game until play is stopped.
- During practice and games, all players should be alert and watching the batter on each pitch.
- During warm-up drills, players should be spaced so that no one is endangered by wild throws or missed catches.
- All pre-game warm-ups should be performed within the confines of the playing field and not within areas that are frequented by, and thus endangering spectators, (i.e., playing catch, pepper, swinging bats etc.)
- Equipment should be inspected regularly for the condition of the equipment as well as for proper fit.
- Batters must wear Little League approved protective helmets that bear the NOCSAE seal during batting practice and games.
- Except when a runner is returning to a base, head first, slides are not permitted.
- During sliding practice, bases should not be strapped down or anchored.
- At no time should "horse play" be permitted on the playing field.
- Parents of players who wear glasses should be encouraged to provide "safety glasses" for their children.
- On-deck batters are not permitted.
- Managers will only use the official Little League balls supplied.
- Once a ball has become discolored, it will be discarded.
- All male players will wear athletic supporters or cups during games. Catchers must wear a cup. Managers should encourage that cups be worn at practices too.
- Male catchers must wear the metal, fiber or plastic type cup and a long-model chest protector.



- Female catchers must wear long or short model chest protectors.
- All catchers must wear chest protectors with neck collar, throat guard, shin guards and catcher's helmet, all of which must meet Little League specifications and standards.
- All catchers must wear a mask "dangling" type throat protector and catcher's helmet during practice, pitcher warm-up, and games.
- Shoes with spikes or cleats are not permitted. Shoes with molded cleats are permissible.
- Players will not wear watches, rings, pins, jewelry or other metallic items during practices or games. (Exception: Jewelry that alerts medical personnel to a specific condition is permissible and this must be taped in place.)
- No food, at any time, in the dugouts.
- Catchers must wear a catcher's mitt (not a first baseman's mitt or fielder's glove) of any shape, size or weight consistent with protecting the hand.
- Catchers may not catch, whether warming up a pitcher, in practices, or games without wearing full catcher's gear and an athletic cup as described above.
- Managers will never leave an unattended child at a practice or game.
- No children under the age of 12 are permitted in the Concession Stands.
- Never hesitate to report any present or potential safety hazard to a board member immediately.
- Make arrangements to have a cellular phone available when a game or practice is at a facility that does not have public phones.
- Speed Limit is 5 miles per hour in roadways and parking lots.
- No alcohol or drugs allowed on the premises at any time.
- No medication will be taken at the facility unless administered directly by the child's parent. This includes aspirin and Tylenol.
- No playing in the parking lots at any time.
- No playing in the construction areas at any time. This includes the sand bins.



- o No playing on and around sand pro/ gator, machinery at any time.
- o No smoking at Otsego Park.
- o No swinging bats or throwing baseballs at any time within the walkways and common areas of the complex.
- o No throwing rocks.
- o No climbing fences.
- o No swinging on dugout roofs.
- o No pets are permitted on the premises at any time. This includes dogs, cats, horses, etc.
- o Observe all posted signs.
- o Players and spectators should be alert at all times for foul balls and errant throws.
- o All gates to the fields must remain closed at all times. After players have entered or left the playing field, gates should be closed and secured.
- o Bicycle helmets must be worn at all times when riding bicycles on the premises as well as to and from the premises.
- o Use crosswalks when crossing roadways. Always be alert for traffic.
- o The Department of Water and Power adjacent to the complex is off limits at all times.
- o No one is allowed on the complex with open wounds at any time. Wounds should be treated and properly bandaged.
- o There is no running allowed in the bleachers.



Player's signature _____
 (Print if player cannot sign)

Parent's signature _____

Volunteer Code of Conduct Contract

The board of directors of _____ Little League has mandated the following Code of Conduct. All coaches and managers will read this Code of Conduct and sign in the space provided below acknowledging that he or she understands and agrees to comply with the Code of Conduct. Tear the signature sheet on the dotted line and mail to _____, Safety Officer.

♦ Appear on the field of play, stands, or anywhere on the GHLL complex while in an intoxicated state. Intoxicated will be defined as an odor or behavior issue.

♦ Be guilty of gambling upon any play or outcome of any game with anyone at any time.

♦ Smoke while in the stands or on the playing field or in any dugout. Smoking will only be permitted in designated areas which will be 20 feet from any spectator stands or dugouts.

_____ Little League Code of Conduct:

No board member, manager, coach, player or spectator shall, at any time:

♦ Lay a hand upon, push, shove, strike, or threaten to strike an official.

♦ Be guilty of heaping personal verbal or physical abuse upon any official for any real or imaginary belief of a wrong decision or judgment.

♦ Be guilty of an objectionable demonstration of dissent at an official's decision by throwing of gloves, helmets, hats, bats, balls, or any other forceful unsportsman-like action.

♦ Be guilty of using unnecessarily rough tactics in the play of a game against the body of an opposing player.

♦ Be guilty of a physical attack upon any board member, official manager, coach, player or spectator.

♦ Be guilty of the use of profane, obscene or vulgar language in any manner at any time.

♦ Be guilty of publicly discussing with spectators in a derogatory or abusive manner any play, decision or a personal opinion on any players during the game.

♦ As a manager or coach, be guilty of mingling with or fraternizing with spectators during the course of the game.

♦ Speak disrespectfully to any manager, coach, official or representative of the league.

♦ Be guilty of tampering or manipulating any league rosters, schedules, draft positions or selections, official score books, rankings, financial records or procedures.

♦ Challenge an umpire's authority. The umpires shall have the authority and discretion during a game to penalize the offender according to the infraction up to and including expulsion from the game.

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

I have read the _____ Little League Code of Conduct and promise to adhere to its rules and regulations.

Print name of Manager

Team name and division

Signature of Manager

Date

Coach #1

Coach #2



CODE OF CONDUCT



The board of directors of Hills Little League has mandated the following Code of Conduct. All coaches and managers will read this Code of Conduct and sign in the space provided below acknowledging that he or she understands and agrees to comply with the Code of Conduct. Tear the signature sheet on the dotted line and mail to the Safety Officer in the enclosed envelope.

Little League Code of Conduct:

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

- ⇒ At any time, lay a hand upon, push, shove, strike, or threaten to strike an official.
- ⇒ Be guilty of heaping personal verbal or physical abuse upon any official for any real or imaginary belief of a wrong decision or judgment.
- ⇒ Be guilty of an objectionable demonstration of dissent at an official's decision by throwing of gloves, helmets, hats, bats, balls, or any other forceful unsportsman-like action.
- ⇒ Be guilty of using unnecessarily rough tactics in the play of a game against the body of an opposing player.
- ⇒ Be guilty of a physical attack upon any board member, official manager, coach, player or spectator.
- ⇒ Be guilty of the use of profane, obscene or vulgar language in any manner at any time.
- ⇒ Appear on the field of play, stands, or anywhere on the HLL complex while in an intoxicated state at any time. Intoxicated will be defined as an odor or behavior issue.
- ⇒ Be guilty of gambling upon any play or outcome of any game with anyone at any time.

- ⇒ Smoke while in the stands or on the playing field or in any dugout at any time. Smoking will only be permitted in designated areas which will be 20 feet from any spectator stands or dugouts.
- ⇒ Be guilty of discussing publicly with spectators in a derogatory or abusive manner any play, decision or a personal opinion on any players during the game.
- ⇒ As a manager or coach be guilty of mingling with or fraternizing with spectators during the course of the game.
- ⇒ Speak disrespectfully to any manager, coach, official or representative of the league.
- ⇒ Be guilty of tampering or manipulation of any league rosters, schedules, draft positions or selections, official score books, rankings, financial records or procedures.
- ⇒ Shall challenge an umpire's authority. The umpires shall have the authority and discretion during a game to penalize the offender according to the infraction up to and including removal from the game.

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

I have read the Hills Little League Code of Conduct and promise to adhere to its rules and regulations.

Print name of Manager

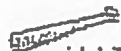
Team name and division

Signature of Manager

Date

Coach #1

Coach #2



Half Hollow Hills Little League

The steps in creating a team compact are:

RULES FOR PLAYING OUR BEST.

Players will:

1. WORK HARD.
2. KEEP A POSITIVE ATTITUDE.
3. BRING ALL THEIR EQUIPMENT.
4. DON'T GET DOWN ON THEMSELVES OR ANYONE ELSE.
5. LISTEN TO THE COACH.

RULES FOR TREATING OTHERS WITH RESPECT & CARE.

Players will:

1. PLAY FAIR.
2. RESPECT AND HELP EACH OTHER.
3. BE POSITIVE (NO PUT DOWNS).
4. SHOW RESPECT TO THE OTHER TEAM AND THE OFFICIALS

Consequences for Rule Violations:

- *First consequence:* A reminder of the rule.
- *Second consequence:* Benched for the rest of the practice or game. Written apology.
- *Flagrant violation of respect or sportsmanship:* Benched for next game. Written apology and coach-player-parent conference.
- *Repeated flagrant violation:* Suspended for rest of season.

Signed (Player) _____



SUNY YOUTH SPORTS INSTITUTE

Model Youth Sports Code of Conduct

Youth sports programs play an important role in promoting the physical, social, and emotional development of children. Therefore, it is essential for parents, coaches, spectators, and officials to encourage youth athletes to embrace the values of good sportsmanship. Furthermore, parents, coaches, spectators, and officials involved in youth sports events should be models of good character and should lead by example by demonstrating fairness, respect, and self-control.

I therefore pledge to be responsible for my words and actions while attending, coaching, officiating or participating in a youth sports event and shall conform my behavior to the following code of conduct:

1. I will not engage in unsportsmanlike conduct with any coach, parent, player, participant, official, or any other attendee.
2. I will not encourage my child, or any other person, to engage in unsportsmanlike conduct with any coach, parent, player, participant, official, or any other attendee.
3. I will not engage in any behavior which would endanger the health, safety, or well-being of any coach, parent, player, participant, official, or any other attendee.
4. I will not encourage my child, or any other person, to engage in any behavior which would endanger the health, safety, or well-being of any coach, parent, player, participant, official, or any other attendee.
5. I will not use drugs, alcohol, or tobacco products while at a youth sports event and will not attend, coach, officiate, or participate in a youth sports event while under the influence of drugs or alcohol.
6. I will not permit my child, or encourage any other person, to use drugs, alcohol or tobacco products at a youth sports event and will not permit my child, or encourage any other person, to attend, coach, officiate, or participate in a youth sports event while under the influence of drugs or alcohol.
7. I will not engage in the use of profanity or any other offensive language.
8. I will not encourage my child, or any other person, to engage in the use of profanity or any other offensive language.
9. I will, and will encourage my child, to treat any coach, parent, player, participant, official, or any other attendee with respect.
10. I will not engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official, or any other attendee.
11. I will not encourage my child, or any other person, to engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official, or any other attendee.
12. I will not initiate a fight or scuffle, or retaliate, with any coach, parent, player, participant, official, or any other attendee.
13. I will not encourage my child, or any other person, to initiate a fight or scuffle, or retaliate, with any coach, parent, player, participant, official, or any other attendee.

I hereby agree that if I fail to conform my conduct to the foregoing while attending, coaching, officiating or participating in a youth sports event, I will be subject to disciplinary action, including but not limited to the following in any order or combination:

1. Verbal warning issued by the league or organization.
2. Written warning issued by the league or organization.
3. Suspension or immediate ejection from a youth sports event issued by the league or organization or by someone who is authorized to issue such suspension or ejection by the league or organization.
4. Suspension from multiple youth sports events by the league or organization or by the appropriate official authorized to issue such suspension by the league or organization.
5. Season suspension or multiple season suspension issued by the league or organization.

Sport Parent Code of Conduct

We, the HALF HOLLOW HILLS Little League, have implemented the following Sport Parent Code of Conduct for the important message it holds about the proper role of parents in supporting their child in sports. Parents should read, understand and sign this form prior to their children participating in our league.

Any parent guilty of improper conduct at any game or practice will be asked to leave the sports facility and be suspended from the following game. Repeat violations may cause a multiple game suspension, or the season forfeiture of the privilege of attending all games.

Preamble

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles:

- Trustworthiness,
- Respect,
- Responsibility,
- Fairness,
- Caring, and
- Good Citizenship.

The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

Parent/Guardian Signature

Parent Character Compact

As a parent of a youth sport participant, I commit to working with the coaches to model good character and to encouraging my child to demonstrate good character at all times.

- I commit to reviewing with my child the team rules and the importance of following them.
- I commit to encouraging my child to give best effort and practice necessary skills.
- I commit to teaching my child to treat coaches, teammates, and opponents with the highest level of respect.
- At practices and games, I commit to modeling the character qualities the coach is trying to teach.
- I commit to refraining from publicly criticizing coaches, officials, and players (including my own child).
- If I am unhappy with any aspect of my child's youth sport experience, I commit to approaching the coach privately to discuss the matter in a mutually respectful manner.

Signed: _____

What kind of effort are you making to approach the game the

"Little League Way"?



Little League Expectations of Volunteer Coaches

As a coach I will make every effort to...

- create a safe and caring place for players to learn, practice and play
- be sure all of the players are instructed on safety
- be kind, approachable and make every player feel important
- set clear and reachable expectations
- be polite, positive and fair to all of the players
- warm up the players before every practice and game
- make every practice and game active and fun
- model good sportsmanship
- be patient and remember that players improve at different rates
- remember that the game is for the players

Little League Expectations of Parents

As a parent I will make every effort to...

- attend my child's games
- be a supportive parent for the coach and team
- cheer for all of the players on the team
- be a positive role model and demonstrate good sportsmanship
- be supportive when my child is successful or when struggling for success
- respect and support volunteers and umpires
- play with my child practicing the skills of the game
- be positive and supportive whether the team wins or loses
- remember that the game is for the players

Little League Expectations of Players

As a player I will make every effort to...

- be a kind person
- listen to my coach and parents
- do my best
- hustle whenever I can
- be a good helper
- have fun
- be a good friend to my teammates
- be a good sport
- cheer for my teammates
- follow the safety rules

The Little League® Pledge

I 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

SECTION

10

HALF HOLLOW HILLS
LITTLE LEAGUE

MANAGER INFORMATION

&

LEAGUE PLAYING

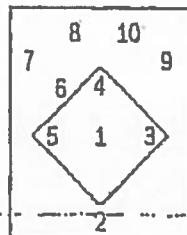
SCHEDULE

HALF HOLLOW HILLS

LITTLE LEAGUE

Scoring a game

First, a number is assigned to each defensive position.



- 1 - Pitcher
- 2 - Catcher
- 3 - First Baseman
- 4 - Second Baseman
- 5 - Third Baseman
- 6 - Shortstop
- 7 - Left Fielder
- 8 - Center Fielder
- 9 - Right Fielder
- 10 - Short Fielder (SP)

Only two positions used on offense will use initials in recording their positions. The designated player in fast pitch will use the initials "DP" and the player in slow pitch will use "EP." If the "DP" is used, the player playing defense only will be listed at the 10th spot in the batting order.

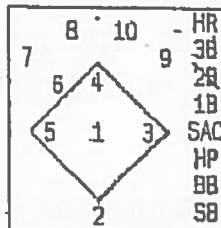
Both the "DP" and the "EP" can be placed anywhere in the lineup.

Recording a player reaching a base

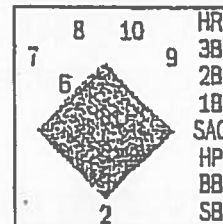
In the box to the right of a player, under the correct inning, draw a pencil line from home base around the diamond to the base reached. Next, you will note a series of abbreviations on the right side of each box. These refer to the ways in which the player may reach base.

- 1B - One Base Hit
- HR - Home Run
- BB - Base on Balls
- 2B - Two Base Hit
- HP - Hit by Pitcher
- SB - Stolen Base
- 3B - Three Base Hit
- SAC - Sacrifice (Bunt or Hit)

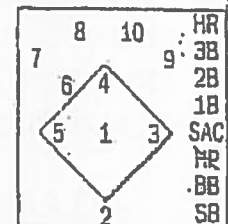
Draw a line through the corresponding abbreviation. For example, a batter hitting a double would be scored...



When a runner scores, fill in the entire diamond solidly.

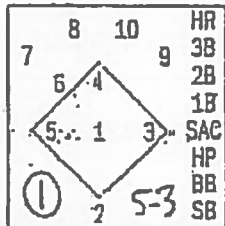


A walk or HR batter would be shown as reaching first base.

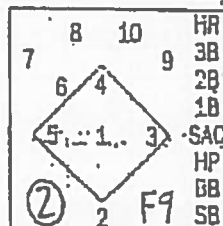


Recording an out

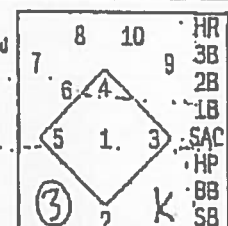
In the lower part of the appropriate box to the right of the player, record the number of the fielder who stops a ground ball and then the number of the player making the putout. For example, should the batter hit a ground ball to the third baseman relayed to first base in time for the out, this would be scored 5-3.



A fly ball to right field would be scored F9.



Each out is numbered and circled (note 1 and 2). A 3 indicates the third and last out of an inning.



Recording other play

Within the player's box, write in other abbreviations near the bottom, as follows:

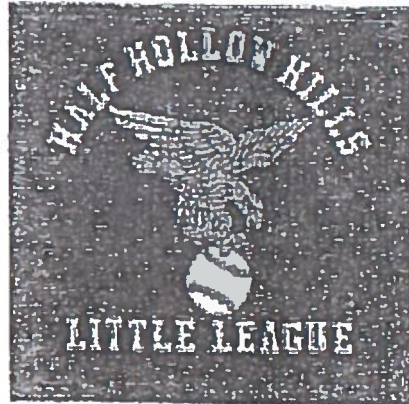
- Strikeout (called or swinging)
- Error (either thrown or dropped by the fielder)
- In addition, indicate the fielder making the error, thus Fielder's Choice
- Sacrifice Fly
- Pass Ball
- Wild Pitch
- Double Play
- Run Batted In

- K, K3 Kbt
- E
- ES
- FC
- SF
- PB
- WP
- DP
- RBI

If all players in a lineup bat before an inning ends, then mark out the printed number at the top of the column for the next inning, and continue the same inning down a second column. You'll find there are enough extra columns. When a player is removed from the game, draw a vertical line on the right side of the box showing his or her activity in the last inning played. His or her substitute's activity will continue horizontally across the page.

5	Smith	6	7	8	10	9	HR	3B	2B	1B	SAC	HP	BB	SB	
12	Wilson	2	6	7	8	10	9	HR	3B	2B	1B	SAC	HP	BB	SB

Also, list the batting order & the player credited with the RBI.

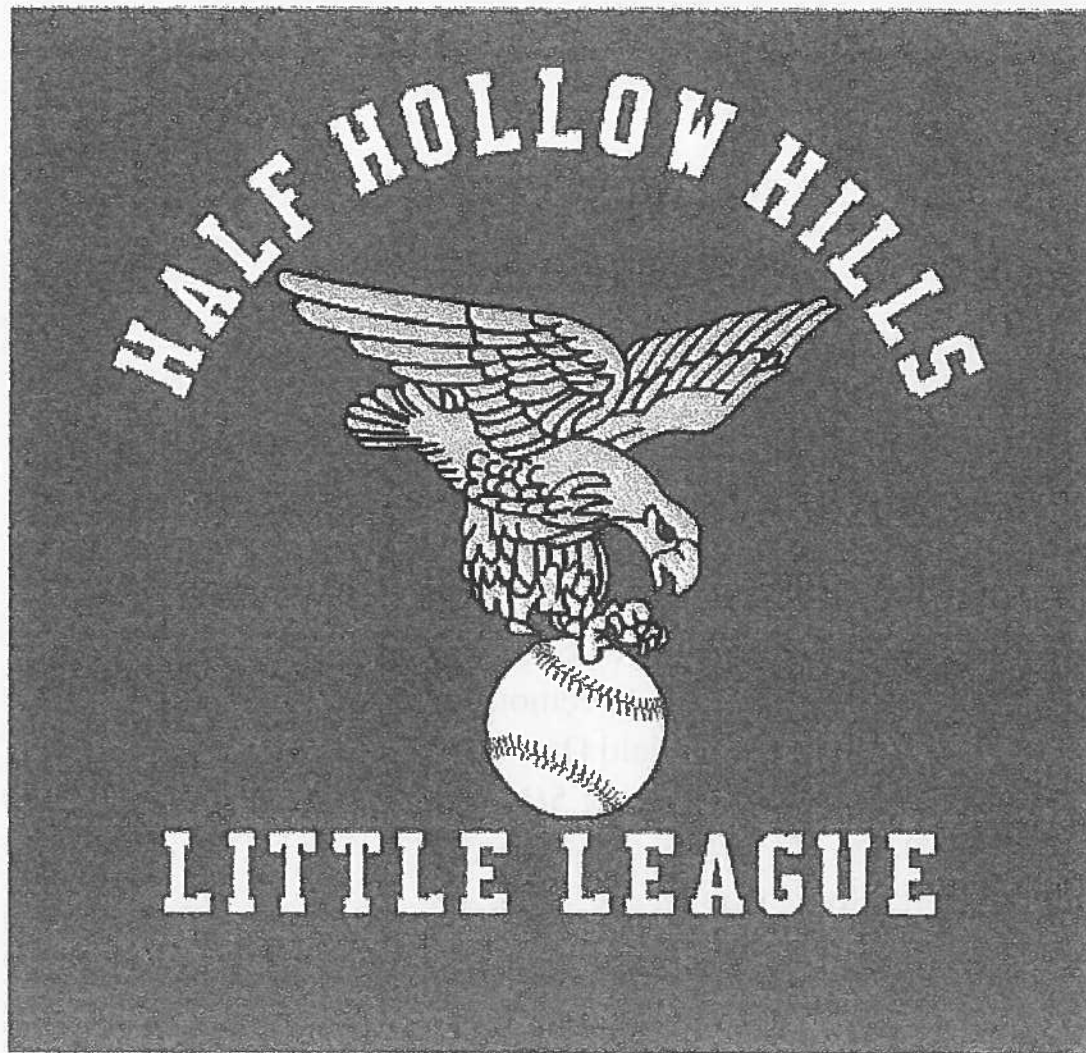


HALF HOLLOW HILLS LITTLE LEAGUE MISSION STATEMENT

Half Hollow Hills Little League aspires to be an outstanding educational-athletic organization that provides a high-quality experience to every athlete. A high-quality experience is one in which every athlete

- Is coached using the principles of Positive Coaching
- Has fun playing the game
- Feels like an important part of the team regardless of performance
- Learns "life lessons" that have value beyond the playing field
- Learns the skills, tactics and strategies of the game and improves as a player

We recognize that the coach is the one who most directly makes this all possible. It is our goal to provide every coach with tools to be able to be successful as a Positive Coach. We are committed to creating a positive culture in which coaches, parents, fans, officials and athletes work together to achieve our mission.



SPRING 2020 REGISTRATION

Must go to school or reside within the Half Hollow Hills

School District

Ages 4 -16

Register on our website at www.hhhllhawks.com

Registration Info email Muraco@mvsmailers.com or call 631.445.6531

**This is not a Half Hollow Hills School District sponsored or endorsed
activity. Not for profit organization.**

THE BENEFITS YOU RECEIVE BY JOINING HALF HOLLOW HILLS LITTLE LEAGUE

- Complete Major League Replica Uniform
- Top Quality Equipment
- The best Little League Complex on Long Island
– Otsego Park
- Safe family atmosphere at our complex
- Batting Cages
- A convenient fully stocked Snack Stand
- Opening Day Parade & Ceremony – 4/11/20
- All Star Weekend & Field Day – 5/23/20
- Wood Bat Week – Week of 5/11/20
- MLB Pitch, Hit & Run Contest – 5/9/20
- MLB Jr. Home Run Derby – 5/9/20
- Sandlot Day – 5/23/20
- Picture Day – 5/2/20
- Opportunity to participate in Family Night at Citi Field with
the New York Mets (Friday, 5/29/20 vs. LA Dodgers – Each
Registered Child Is
Entitled To one (1) Free Ticket
- Trophy for every player (Ages 12 & Under)
- Yearbook(Digital) for every player – Each
Registered Player Is Entitled to One (1) Free Ad in Our
Digital Yearbook.
- End of Season Celebration –Family Picnic & Carnival –
6/13/20

RAIN-OUTS

ALL RAIN-OUTS WILL BE
ANNOUNCED ON THE LEAGUE RAIN-
OUT LINE 586-8808 AND OUR
WEBSITE **WWW.HHHLLHAWKS.COM**
WE WILL TRY TO MAKE A DECISION
ON CANCELLING GAMES BY 2PM FOR
WEEKDAY GAMES/AS EARLY AS
POSSIBLE ON SATURDAYS.

PLEASE REMEMBER TO CHECK OUR
WEBSITE THE DAY AFTER HEAVY
RAIN FOR FIELD PLAYABILITY.

HALF HOLLOW HILLS LITTLE LEAGUE

WARNING: Protective equipment cannot prevent all injuries a player might receive while participating in Baseball / Softball.

WHAT PARENTS SHOULD KNOW ABOUT LITTLE LEAGUE INSURANCE

The Little League Insurance Program is designed to afford protection to all participants at the most economical cost to the local league. The Little League Player Accident Policy is an excess coverage, accident only plan, to be used as a supplement to other insurance carried under a family policy or insurance provided by parent's employer. If there is no primary coverage, Little League insurance will provide benefits for eligible charges, up to Usual and Customary allowances for your area, after a \$50.00 deductible per claim, up to the maximum stated benefits.

This plan makes it possible to offer exceptional, affordable protection with assurance to parents that adequate coverage is in force for all chartered and insured Little League approved programs and events.

If your child sustains a covered injury while taking part in a scheduled Little League Baseball or Softball game or practice, here is how the insurance works:

1. The Little League Baseball accident notification form must be completed by parents (if the claimant is under 19 years of age) and a league official and forwarded directly to Little League Headquarters within 20 days after the accident. A photocopy of the form should be made and kept by the parent/claimant. Initial medical/dental treatment must be rendered within 30 days of the Little League accident.
2. Itemized bills, including description of service, date of service, procedure and diagnosis codes for medical services/supplies and/or other documentation related to a claim for benefits are to be provided within 90 days after the accident. In no event shall such proof be furnished later than 12 months from the date the initial medical expense was incurred.
3. When other insurance is present, parents or claimant must forward copies of the Explanation of Benefits or Notice/Letter of Denial for each charge directly to Little League Headquarters, even if the charges do not exceed the deductible of the primary insurance program.
4. Policy provides benefits for eligible medical expenses incurred within 52 weeks of the accident, subject to Excess Coverage and Exclusion provisions of the plan.
5. Limited deferred medical/dental benefits may be available for necessary treatment after the 52-week time limit when:
 - (a) Deferred medical benefits apply when necessary treatment requiring the removal of a pin /plate, applied to transfix a bone in the year of injury, or scar tissue removal, after the 52-week time limit is required. The Company will pay the Reasonable Expense incurred, subject to the Policy's maximum limit of \$100,000 for any one injury to any one Insured. However, in no event will any benefit be paid under this provision for any expenses incurred more than 24 months from the date the injury was sustained.
 - (b) If the Insured incurs Injury, to sound, natural teeth and Necessary Treatment requires treatment for that Injury be postponed to a date more than 52 weeks after the injury due to, but not limited to, the physiological changes of a growing child, the Company will pay the lesser of: 1. A maximum of \$1,500 or 2. Reasonable Expenses incurred for the deferred dental treatment.

Reasonable Expenses incurred for deferred dental treatment are only covered if they are incurred on or before the Insured's 23rd birthday. Reasonable Expenses incurred for deferred root canal therapy are only covered if they are incurred within 104 weeks after the date the Injury occurs.

No payment will be made for deferred treatment unless the Physician submits written certification, within 52 weeks after the accident, that the treatment must be postponed for the above stated reasons.

Benefits are payable subject to the Excess Coverage and the Exclusions provisions of the Policy.

We hope this brief summary has been helpful in a better understanding of an important aspect of the operation of the Little League endorsed insurance program.

STEVEN MURACO – HHHLL PRESIDENT

LITTLE LEAGUE PLEDGE

I 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



THE LITTLE LEAGUE PARENT/VOLUNTEER PLEDGE

I will teach all children to play fair and do their best
I will positively support all managers, coaches and players
I will respect the decisions of the umpires
I will praise a good effort despite the outcome of the game

From the ranks of youngsters who stand now
On the morning side of the hill
Will come the leaders, the future strength
And character of the nation



LITTLE LEAGUE® BACKGROUND CHECKS

Provided by JDP

Ensure Safety For Everyone In Your League.

Easily screen your League coaches and volunteers.



Round the Bases with 4 Steps to Safety and Success!



Step 1: Register

Complete the registration form online at <https://www.littleleague.org/player-safety/child-protection-program/> or call JDP at 855.799.8753. Make sure you have everything you need to register. There is a registration checklist on the back of this sheet.



Step 2: Receive Your User Name & Password

When you receive your user name and password via e-mail, you are ready to start! For a user guide please visit www.jdp.com/littleleague-backgroundcheck/.



Step 3: Order Background Checks

Begin screening your volunteers. The first 125 screens are free to the district and local Little League, paid for by Little League International. Each additional screen will be at a minimal cost.



Step 4: Reports

Visit www.jdp.com/littleleague-backgroundcheck/ to login and view your reports!

For more information on Little League® Background Checks visit
<https://www.littleleague.org/player-safety/child-protection-program/>

JDP

301 Grant St #4300 Pittsburgh, PA 15219 • T (855) 799-8753 • E littleleague@jdp.com

Visit www.jdp.com/littleleague-backgroundchecks/ to get started.



LITTLE LEAGUE® BACKGROUND CHECKS

Provided by JDP

Registration Checklist

Make sure to have the following information available when you begin the registration process.

- Your League ID*
- You will not be asked for a credit card until your 126th search.
- Details of the person requesting access to submit backgrounds

We have extended our phone support hours to better assist you. Call the support line Mon-Fri from 7:30 AM to 9:00 PM EST.

*If you do not know your league ID, please call 570-326-1921 for assistance.

For Returning Presidents with Existing Accounts

If you are a returning league president with an active account, we can help with any account questions you may have for the upcoming season. Call 855.799.8753

- Reset passwords
- Update credit card information
- Get account number help
- Learn more about the service

For New Presidents with Existing Accounts

If you are a new president and need to update the contact information associated with an existing account for your league, please complete and submit the online "Information Change Form" that can be found at www.littleleague.org/background. Look on the right-hand side, bottom FAQ question, "I am a new League President . . ." Your change request will be reviewed and completed within 5 to 7 business days.

Additional Information

- Q Who in the local league should be responsible to process the background check information?
- A Little League International recommends the board of directors appoint the local league president and two other individuals to handle the background checks. These individuals may be from the board or individuals outside the board. For instance, the board of directors may appoint individuals who have significant professional background in this area, such as law enforcement officers or individuals with a legal background.
- Q What type of offenses are we screening for when we conduct a background check?
- A Local leagues are conducting a National Criminal File database that includes criminal records and sex offender registry records across 50 states. An individual who has been convicted or pled guilty to charges involving or against a minor, no matter when the offense occurred, must not be permitted to work or volunteer.
- Q How do volunteers get copies of their background report?
- A Volunteers may receive a copy of their full report or dispute a criminal record associated with their report by contacting the JDP Consumer Disclosure team at 855.799.8753 or by emailing littleleague@jdp.com. If a negative record is reported on a volunteer's background report, they will automatically receive a copy via email or U.S. Mail. Local Little League will supply the volunteer with a copy of the report if they intend to take adverse action based on the information in the background report.

For more information on Little League® Background Checks visit
<https://www.littleleague.org/player-safety/child-protection-program/>

JDP

301 Grant St. #4300 Pittsburgh, PA 15219 • (855) 799-8753 • littleleague@jdp.com

Visit www.jdp.com/littleleague-backgroundchecks/ to get started.



A Parent's Guide to the Little League Child Protection Program

Introduction

The backbone of Little League® is the adult volunteer. One million strong, it is this corps of dedicated people who coach the teams, umpire the games, work in the concession stands, serve on the local board of directors, and serve at the District level. These people, who live in every U.S. state and more than 100 other countries, make Little League the world's largest and most respected youth sports organization.

We know that the greatest treasure we have is children. As adults, we must ensure that these young people are able to grow up happy, healthy and, above all, safe. Whether they are our children, or the children of others, each of us has a responsibility to protect them.

The Little League Child Protection Program seeks to educate children and volunteers in ways to prevent child abusers from becoming involved in the local league. Part of that education has been to assist local Little League volunteers in finding effective and inexpensive ways to conduct background checks. Little League regulations now say: "No local league shall permit any person to participate in any manner, whose background check reveals a conviction for any crime involving or against a minor." (Reg. I [c] 9.)

Background checks were optional until the 2003 season. Effective in 2007, the local league must conduct a nationwide search that contains the applicable government sex offender registry data. Advances in computer technology – allowing greater access to public records – make it possible for background checks (at a minimum, to see if an individual is a registered sex offender in any given state) to be conducted in every U.S. state. Local Little League programs are now *required* to annually conduct a background check of Managers, Coaches, Board of Directors 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. (Reg. I [b], Reg. I [c] 9.)

The purpose of these background checks is, first and foremost, to protect children. Second, they maintain Little League as a hostile environment for those who would seek to harm children. Third, they will help to protect individuals and leagues from possible loss of personal or league assets because of litigation.

The United States Department of Justice National Sex Offender Public Registry is free and available at www.nsopr.gov.

What Can Parents Do?

Most children have been warned about the dangers of talking to strangers. But for many children, sexual molestation is committed by someone they know. In fact, 80 to 85 percent of all sexual abuse cases in the U.S. are committed by an individual familiar to the victim, according to statistics compiled by Big Brothers & Big Sisters of America.

The truth is, child sex offenders can come from every background, every occupation, every race, and every level of education. They may be married, and they may have children of their own. It is dangerous to believe that the only threat is the stranger in a long raincoat, lurking behind a tree.

In fact, the promotion of this myth may contribute to the problem. Sometimes, a child who is molested by a known and "trusted" person will feel so guilty about not reacting the "right" way that he or she never reports the problem.

Sadly, we have all seen too many reports in which teachers, police officers, clergy, youth sports volunteers, etc., trusted by all, have violated that trust and molested children in their care. Of course, this must never be tolerated in Little League or anywhere else.

In many of these situations, the young victims are actually seduced, sometimes over a period of months or even years. The child's family is lulled into believing the unusual attention being lavished is a bond of friendship between the adult and the child. In fact, the adult abuser often uses gifts, trips, attention and affection as part of a courtship process. Sometimes, the courtship process extends to the child's parent(s), but the real target is the child.

Often, but not always, the victim of this type of child sex offender is the child of a single parent. In these cases, the single parent sees the child's adult friend as a surrogate parent – a Godsend. The very opposite is true.

Two good rules of thumb

for all local Little Leagues and parents

- Generally, a person involved in a local Little League program should not put himself or herself in a one-on-one situation involving a child who is not their own. Of course, some isolated situations may arise where one-on-one situations could take place. However, a one-on-one situation should not be actively *sought out* by the adult, and should not be an ongoing occurrence.

- Generally, a person involved in a local Little League program should not provide unwarranted gifts, trips, attention and affection to individual children who are not their own. The key word is *unwarranted*.

Warning Signs of a Seducer

While it remains important to teach young children about the dangers of accepting items from strangers, or talking to them, we should all beware of the danger posed by the "seducer-type" child sex offender.

Each of the individual signs below means very little. Taken as a group, however, the signs *MAY* point to this type of child sex offender, and should be applied to anyone who has repetitive access to, or contact with, children.

- Provides unwarranted gifts, trips, affection and attention to a specific child or small group of children
- Seeks access to children
- Gets along with children better than adults
- "Hangs around" children more than adults
- Has items at home or in vehicle specifically appealing to children of the ages they intend to molest, such as posters, music, videos, toys, and even alcohol or drugs
- Displays excessive interest in children (may include inviting children on camping trips or sleepovers)
- Single, over 25 years old (but could be married, sometimes as a "cover," and could be any age)
- Photographs or videotapes children specifically
- Lives alone, or with parents
- Refers to children as objects ("angel," "pure," "innocent," etc.)
- Manipulates children easily

Again, each of these items, by themselves, is relatively meaningless. Taken together, however, they may indicate a problem.

What to Watch For in Your Child

We've seen the signs that could point to a child sex offender, but what about the signs a child might display when he or she has been sexually abused or exploited? Some of these symptoms may be present in a child who has been or is being sexually abused, when such symptoms are not otherwise explainable: sudden mood swings, excessive crying, withdrawal, nightmares, bed-wetting, rebellious behavior, fear of particular people or places, infantile behavior, aggressive behavior, and physical signs such as pain, itch, bleeding, fluid or rawness in private areas.

Getting More Information

These items are meant solely as a general guide, and should not be used as the only means for rooting out child sex offenders. Parents can access more information on child abuse through the National Center for Missing and Exploited Children (a non-profit organization founded by John Walsh, <http://www.missingkids.com/>) and the National Clearinghouse on Child Abuse and Neglect

Information (part of a service of the Children's Bureau, within the Administration on Children, Youth and Families, Administration for Children and Families, U.S. Department of Health and Human Services, <http://www.calib.com/nccanch/>).

How to Report Suspected Child Maltreatment

The National Clearinghouse on Child Abuse and Neglect Information advises this: If you suspect a child is being maltreated, or if you are a child who is being maltreated, call the Childhelp USA National Child Abuse Hotline at 1-800-4-A-CHILD (1-800-422-4453; TDD [text telephone] 1-800-2-A-CHILD). This hotline is available 24 hours a day, seven days a week. The Hotline can tell you where to file your report and can help you make the report.

Or, for a list of states' toll-free telephone numbers for reporting suspected child abuse, visit the "Resource Listings" section at this site: <http://www.calib.com/nccanch/pubs/prevenres/organizations/tollfree.cfm>, or call the Clearinghouse at 1-800-FYI-3366.

Talk to Your Kids; Listen to Your Kids

It is important that you as a parent talk frankly to your children. If a child reports sexual abuse, statistics show he or she is probably telling the truth.

Unfortunately, the sexually molested child often sees himself or herself as the one "at fault" for allowing abuse to happen. Your children **MUST** know that they can come to you with this information, and that you will support them, love them, and *believe* them.

If there is an allegation of sexual abuse of a minor, the crime should be reported immediately. These criminals who steal childhood **MUST BE STOPPED**.

This brochure was produced by Little League Baseball, Incorporated; P.O. Box 3485, Williamsport, PA 17701

Little League Baseball and Softball does not limit participation in its activities on the basis of disability, race, creed, color, national origin, gender, sexual preference or religious preference.

RESIDENCY AND SCHOOL ATTENDANCE ELIGIBILITY REQUIREMENTS

Each local Little League determines the actual geographic boundaries of the area from within which it shall select players. These boundaries must be described in detail and shown on a map and dated when making application for a Little League charter. Players will be eligible to play with that league only if they reside or the physical location of the school where they attend classes is within the boundaries provided to and approved by Little League Baseball, Incorporated. **NOTE:** Players who established "residence" or "school attendance" for regular season and/or tournament in a prior season using the Tournament Player Verification form, and can produce the form with proper proofs and signatures, will **NOT** need to complete a new Tournament Player Verification form.

I. A PLAYER WILL BE DEEMED TO RESIDE WITHIN THE LEAGUE BOUNDARIES IF:

- A. His/her parents are living together and are residing within such league boundaries, OR;
- B. Either of the player's parents (or his/her court-appointed legal guardian) reside within such boundaries. It is unacceptable if a parent moves into a league's boundaries for the purpose of qualifying for tournament play. As detailed later in these rules, the penalty for violation of this rule may, in Little League Baseball, Incorporated's discretion, result in the disqualification of a player, team or entire league from regular season and/or tournament play.

"Residence," "reside," and "residing" refers to a place of bona fide continuous habitation. A place of residence once established shall not be considered changed unless the parents, parent, or guardian makes a bona fide change of residence.

Residence shall be established and supported by documents containing the full residence which includes parent(s) or guardian(s) name, street address, city, state, and zip code information, dated or in force between February 1, 2018 (previous year) and February 1, 2019 (current year), from one or more documents from each of the three Groups outlined below:

GROUP ONE	GROUP TWO	GROUP THREE
1. Driver's License	1. Welfare/child care records	1. Voter's Registration
2. School records	2. Federal records (i.e. Federal Tax, Social Security, etc.)	2. Utility bills (i.e., gas, electric, water/ sewer, phone, mobile phone, heating, waste disposal)
3. Vehicle records (i.e., registration, lease, etc.)	3. State records	3. Financial records (i.e. loan, credit, investments, etc.)
4. Employment records	4. Local (municipal) records	4. Medical records
5. Insurance documents	5. Support payment records	5. Internet, cable, or satellite records
	6. Homeowner or tenant records	
	7. Military records	

NOTE: Example – Three documents from the same Group (utility bill, cable bill, and bank statement) constitute only ONE document.

Any documents submitted as proof of residence must demonstrate bona fide continuous habitation as determined by Little League Baseball, Incorporated in its sole discretion.

II. A PLAYER WILL BE DEEMED TO ATTEND SCHOOL IN THE BOUNDARIES IF:

- A. The physical location of the school where he/she attends classes is within the boundaries established by the local league. **NOTE:** This excludes home schools, cyber schools, sports-related schools, sports academies, preschools, or after school where a student participates outside of the primary school the player is enrolled.

"School attendance" refers to the (place) physical location the player in question attends school during the traditional academic year. Once established, a location of school attendance shall not be considered changed unless the child is enrolled and attends another school or is no longer enrolled in or attending the previous school.

School attendance shall be established and supported by a document indicating enrollment for the current academic year, dated prior to October 1, 2018, and with the physical location of the school, from ONE of the following categories to determine school attendance by such player:

1. Official/Certified school enrollment record dated prior to October 1, 2018
2. A Little League-issued school attendance form completed by the principal, assistant principal, or administrator authorized to sign on behalf of the school

It is recommended that the league require some proof of residence or school attendance within the league's boundaries at the time the player registers. Players and their parents/guardians are advised that a false statement of residence or school attendance may lead to ineligibility to play Little League Baseball or Softball. Under **NO** circumstances does **ANY** person have the authority to grant a waiver that allows a child to play in a local Little League program **IN ANY DIVISION**, when that child does not qualify under these

eligibility requirements. Any league who accepts any player outside of its boundaries and fails to properly document compliance with the "Residence and/or School Attendance Player Eligibility Requirement" or obtain a waiver through the Charter Committee may result in the disqualification of a player, team, or entire league from regular season and/or tournament play.

If the claim for residency or school attendance is challenged, the above materials must be submitted to Little League Baseball, Incorporated, with an affidavit of residency or school attendance from the parent(s) or guardian(s). Little League Baseball, Incorporated shall have the right to request additional documentation in support of the claim of residency or school attendance. The parent(s) or legal guardian(s) will be required to provide said documentation to obtain eligibility. Little League Baseball, Incorporated shall decide the issue in its sole discretion, and that decision will be final and binding. Residency or school documents must illustrate that the residence or school attendance (as defined above) was inside the league's boundaries throughout the regular season (as of June 15 of the year in question).

In the case of a Regulation II(d) Waiver Form, or a Regulation IV(h) Waiver Form, the proof of residence for the **FORMER** residence of the parent(s)/guardian(s) or former school that was within the current league's boundaries must be obtained. This proof of residence for the former residence or former school attendance must be supported by the same documentation as noted above.

TOURNAMENT REQUIREMENT FOR NON-CITIZENS:

A participant who is not a citizen of the country in which he/she wishes to play, but meets residency requirements as defined by Little League, may participate in that country if:

1. his/her visa allows that participant to remain in that country for a period of at least one year, or;
2. the prevailing laws allow that participant to remain in that country for at least one year, or;
3. the participant has an established bona fide residence in that country for at least two years prior to the start of the regular season.

Exceptions can only be made by action of the Charter Committee in Williamsport. Any request for a waiver pertaining to the eligibility of a player must be submitted in writing, by the president of the local Little League through the District Administrator, to the respective Regional Director not later than the date prescribed in Regulation IV(j). Requests submitted after that date will not be considered.

PROOF-OF-AGE REQUIREMENTS ACCEPTABLE FORMS OF PROOF OF BIRTH DATE

1. Original proof of age document, if issued by federal, state, or provincial registrars of vital statistics in the country in which the Little Leaguer is participating.
2. If country of participation differs from the country of proof of age document, original proof-of-age document issued by federal, state, or provincial registrars of vital statistics, or local offices thereof, are acceptable proof of age, provided the document was filed, recorded, registered, or issued within one (1) year of the birth of the child.
3. An original document issued by federal, state, or provincial registrars of vital statistics, or local offices thereof, listing the date of birth, with reference to the location and issue date of the original birth certificate, is acceptable. (The original birth certificate referenced must have been filed, recorded, registered, or issued within one (1) year of the birth of the child.) Also issued by these agencies are photocopies of the certificate of live birth with the certification also photocopied, including the signature, and include the seal impressed thereon. Such documents are acceptable without "live" signatures, provided the original filed, recorded, registered, or issued date of the birth certificate was within one (1) year of the date of birth.
4. For children born abroad of a parent or parents who are U.S. citizens, any official government document issued by a U.S. federal agency or service, is acceptable. For military dependents, Department of Defense identification cards and military hospital certificates are acceptable. These must be originals, not copies, and must refer to a filing, recording, registration, or issue date that is within one (1) year of the birth of the child.
5. A "Statement in Lieu of Acceptable Proof of Birth" Issued by a District Administrator is acceptable.

NOT ACCEPTABLE AS SOLE PROOF OF BIRTH: Baptismal Certificate; Certificate of Blessing; Certificate of Dedication; Certificate of Circumcision, etc.; Hospital Certificate; photocopied records; passports.

NOTE: Little League International has authorized the Regional Directors for Latin America and Caribbean, Europe and Africa, and Asia-Pacific, to adopt a policy that excludes No. 1 above. Local Little Leagues and districts in those regions will be informed of the regional policy.

HOW TO OBTAIN ACCEPTABLE DOCUMENTS PROVING DATE OF BIRTH

Certified copy-of-birth records may be obtained from the Registrar of Vital Statistics of each state, province, or local office where the child was born. For U.S.-born persons, addresses of these offices or bureaus, fees required, and other pertinent information are supplied by the United States Department of Health and Human Services (National Center for Health Statistics). A database listing the method for obtaining birth records from any U.S. state or territory is available at the following Internet address: → cdc.gov/nchs/w2w.htm

Individual states may also have online instructions on how to obtain "rush" birth records. To find out a state's latest policies regarding birth records, go to the Internet site listed below and type "birth records" into the search field, designate the appropriate state, then click on "SUBMIT." → USA.gov

Persons in the U.S. who need a copy of a non-U.S. birth record should contact the Embassy or the nearest Consulate of the country in which the birth occurred. Addresses and telephone numbers for these offices are listed in the U.S. Department of State Publication 7846, "Foreign Consular Offices in the United States," which is available in many local libraries. This information may also be located at the following Internet address found online. Such proof-of-birth records must meet the criteria for acceptable proof listed above.

HOW TO OBTAIN A "STATEMENT IN LIEU OF ACCEPTABLE PROOF OF BIRTH"

When an "Acceptable Proof of Birth" as described previously is not available, then the appropriate number of items in EACH of these FOUR groups are required so that the participant may obtain a "Statement in Lieu of Acceptable Proof of Birth," which is required for such a participant to be eligible for regular season or tournament play:

Group 1. Any one (1) of the following, provided the date of birth is listed: a naturalization document issued by the United States Department of Justice; photocopy of birth certificate; original birth certificate or government record of birth if not containing a filing, recording, registration, or issue date within one (1) year of the date of birth; passport; PLUS...

Group 2. Any two (2) of the following, provided the date of birth is listed: Baptismal Certificate; Certificate of Blessing; Certificate of Dedication; Certificate of Circumcision; or any other religious-related certificate; Hospital Certificate; School Record (must be dated, and date of issue must be at least two years prior to current season); Social Security document; Welfare Department document; adoption record. Any item in this group must be an original document, not a copy; PLUS...

Group 3. Any two (2) of the following: A written, signed, and notarized statement from

- ... the doctor who delivered the child;
- ... a hospital administrator where the child was delivered;
- ... the principal or headmaster of the school the child attends;
- ... a Social Worker with personal knowledge of the child's date of birth;
- ... a Priest, Rabbi, Minister, Mullah, or other titled religious figure with personal knowledge of the child's date of birth;
- ... the child's pediatrician or family doctor.

NOTE: In each statement in Group 3, the writer must describe his/her responsibilities or his/her relationship to the child, and must attest to his/her personal knowledge that the child was born on the date claimed; PLUS...

Group 4. A written, signed, and notarized statement from one or both parents, or the legal guardian (as appointed by a court of jurisdiction), attesting to the date of birth claimed.

The league president will forward the above documentation to the District Administrator (or, if the team is traveling, the Tournament Director). If in the opinion of the District Administrator, such evidence is satisfactory, a "Statement in Lieu of Acceptable Proof of Birth" will be issued. This statement will be considered to be acceptable proof of age from that point forward, throughout the child's Little League experience, provided all the information submitted is accurate. (**NOTE:** If the District Administrator is unable to review the documents, they may be submitted to the appropriate Regional Headquarters.)

NOTE: Situations where players use the name of an adopting family or the name of the family with whom they live, but whose births are recorded under the surname of the natural father or mother, will be handled as follows: The president of the league will obtain from the parents or guardian a document that qualifies under Proof-of-Age Requirements, as well as a copy of the adoption papers (if the player has been legally adopted). If the player was not adopted, a notarized statement from the mother and/or father or legal guardian (as appointed by a court of jurisdiction), saying that the player living under one or the other of their surnames is the same player (for whom the birth certificate was issued) is also required.

These documents will be submitted to the District Administrator. If the documents are found to be acceptable, a "Statement in Lieu of Acceptable Proof of Birth" will be issued and all original documents returned. The information submitted will be kept confidential.

Tips for Little League® Parents

Positively Supporting Your Child – On and Off the Diamond

Identifying the winning and losing teams comes with keeping score, and parents can easily lose sight of the important steps to success that make that finish possible. Have you noticed that your children perform better when they receive positive reinforcement and praise? The Positive Coaching Alliance (PCA) highlights this method of encouragement as filling up your child's "Emotional Tank" (E-Tank).

Children with full "e-tanks" are more coachable. They are more open to your suggestions. They also tend to be more optimistic, deal better with adversity and are more capable of changing their behavior in response to their surroundings. When "e-tanks" are low, kids tend to be pessimistic, give up more easily and become defensive in the face of criticism. Sounds great, but you are probably wondering, how do I fill my child's "e-tank?"

Here are a couple ways you can fill your child's "e-tank":

- Listening – it is one of the most powerful E-Tank-fillers... adopt a "tell-me-more" attitude. Encourage your child to express themselves.
- Be truthful & specific with praise – it is fine to say "good job", but it is much better when you are specific... ("Your effort was great today especially when you backed up the catcher.") This shows that you care and are paying attention. Both of which are big e-tank fillers. The same idea can be applied to other areas of your children's lives, such as preparing for a science test: "A better science test score! I noticed that you studied hard, and it paid off."
- Non-verbal Actions: smiling, clapping, thumbs up or a high five

And just as some actions are fillers, some can be drainers... be careful to avoid them. One common example is just by ignoring and not listening to your child. Another common one is sarcasm. Criticizing and making corrections during or after the game are drainers. Children know when they make mistakes or do not perform well; they don't want to hear about it again. Also, non-verbal actions like hands on hips, frowns, eye rolling, crossed arms and heavy sighs are all E-Tank drainers.

Practice filling your child's E-Tank and see what happens. Try doing it for a spouse or co-worker. It takes practice but it feels great once you have mastered it.

Make Little League a "Special Time" With Your Child

Volunteering in Little League is a family experience. It's a time in your child's life you'll want to share. Every parent – mom and dad, Little League veteran and Little League novice -- should enjoy this one-of-a-kind experience with their child.

Beginning with Tee Ball, parents can get involved with the maturation process together. As the child learns the game, the parent learns how to communicate and interact with their own child and other children on a cohesive, trusting progression.

Tips for Little League® Parents

A parent-coach learns how to create a fun, introductory Little League experience for Tee Ball-age players. As the child moves up through the local league's divisional structure, the parent-coach adds in more techniques for the increasing motor skills, while adding appropriate technique and skill training at each age level.

Coaching one's son or daughter is a unique opportunity to spend time with them and help with the life lessons that every parent values. These are memories, for both you and your child that will last forever.

Little League International recognizes and appreciates the challenges that come with being a Little League manager or coach, so it has developed a free online coaching resource center that Little League managers and coaches can turn to for reference, education, or to stay current with the latest drills and coaching techniques. Visit www.LittleLeagueCoach.org

How to Introduce Yourself to Little League

Look up the structure and divisions of Little League online at www.PlayLittleLeague.org for a brief description, and to gain a basic sense of what's going on in the program. If you want to go deeper and brush up on the basic rules, check out the resources on www.LittleLeague.org.

Little League's rules, regulations and guidelines are designed to create a safe, healthy, educational and fun experience for participants young and old.

Personalize the Game

Watch baseball and softball in your community, or on TV. Check out the team roster and have the children pick a player (perhaps the one who plays the same position they do) and follow them on the field. Throughout the game, ask the kids questions about their player. Another way to personalize it is to teach geography. Buy a map and hang it on the wall. With each game you watch, place a pin in the cities the teams are from. If your child is computer knowledgeable, have them go online and find a few facts about the cities.

Own the experience

When your child asks what games are on, pick games that you can attend or watch on TV, together. Choose a game that has a connection for you and your child. Examples are your favorite team or that of a grandparent, or sibling; or tie it into a location of the country that the child is studying in school. Picking teams to root for based on jersey color can also go a long way with children. You don't have to over-think it or be the smartest person in the room; you just have to make it fun. Besides, it's always more fun when you care about one of the teams.

Ask Older Kids More Questions

Older kids are more likely to see something and try to replicate it on the field. When the umpire makes a call, talk about it with your child. Do you both understand why the call was made? If not, talk together about what you think may have happened.

Parents and managers frequently will ask, "How do I get the youngster to care?" Children feel free to care when they have the self-confidence that makes them think they have a chance for some satisfaction in the activity. You help a person care by increasing his sense of confidence. Start by praising the small successes and his efforts.

Maintain Perspective

One area that perhaps some people have not thought about as a potential problem is the team clown. I'm not referring to one of your better players who clowns around, but the child whose main source of recognition is in being the oddball or clown. The manager should set the example for the way the other kids deal with him because a youngster like this is having troubles or he wouldn't resort to being the clown for attention. Don't be too quick to laugh at his jokes and pranks. Take him seriously. It's easy to slip into a pattern of using nicknames that the other children use for the overweight, awkward or slow child. If they are all calling him "Falso" it's easy for the manager to use that name too. It's better if he doesn't. Even if it looks like Falso doesn't mind and the youngsters say, "Oh, he doesn't care, we've always called him that and he just laughs," don't believe he doesn't care. He's got a first name or another name that's not humiliating. Use it and maybe you can, by example, encourage the players to drop that nickname "Falso."

Managers, parents, all adults who are close to a child and his team should keep a sense of perspective. Little League baseball is a game for the children to enjoy and not something to brought up before the Security Council of the UN. It is when adults let their own wishes to succeed become tangled with the achievement of an individual or a particular team that there is a danger of too much psychological pressure. The adult who is bitter or angry after an error or a loss should consider helping the Little League program in some other capacity than as a manager or coach. The danger is that he will fill the players with an undue sense of guilt, failure, and shame. If you can't walk away from the losses, then get into some other role — sell the popcorn or raise the money. Those vicarious needs for success that many of us have in sports as we follow a particular team are better kept with our favorite pro-team. If we're unhappy with Johnny Bench or Tom Seaver, it isn't going to bother them too much, but if we're unhappy with a player on our team or our child, there's dangerous pressure.

The key to the psychological impact of the Little League experience is set by the manager. Place the emphasis on the effort made and not the result. You can praise a player for his faithful attendance at practice, for his attitude and not just his batting and fielding percentage. This approach helps build

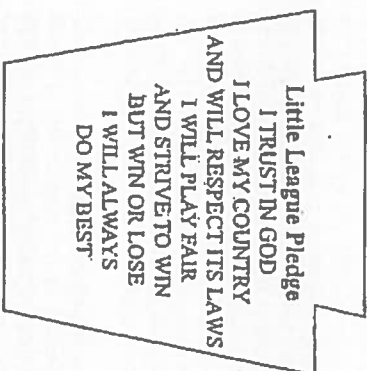
children who keep trying, who don't coast when they are ahead, who won't give up when they are behind or defeated, who won't feel the pressure to go beyond the bounds of the rules and good sportsmanship to win.

Make It A Good Experience

One of my favorite coaches is John Wooden, UCLA basketball coach. He expresses the kind of philosophy I'd recommend for all coaches. He asks that his players go out and do their best, then win or lose, he wants them to walk off the court with their heads up. They ought to feel good about the job they have done out there regardless of the score.

I remember, as some of you may, the interview that he gave after a loss to Houston that ended a long victory string. I'd seen him in many interviews after winning. Here was a chance to see him after losing a big one. He was the same. I thought if this is what he does with his players in the locker room, then the players on his team are going to have a good experience regardless of how far they go in basketball.

The old, "It isn't whether you've won or lost, it's how you played the game" is really true. Rudyard Kipling, in his poem "If," had these lines that to me have always meant a great deal in terms of dealing with wins and losses. There's a part that goes, "If you can meet with triumph and disaster and treat those two imposters just the same..." That's what they are — imposters and the manager who understands that gives a child the best possible kind of Little League experience.

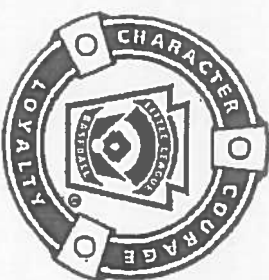


Little League Baseball does not limit participation in its activities on the basis of disability, race, color, creed, national origin, gender, sexual preference or religious preference.

mydocuments\league\supplies\2006\prepare the child

01-023-06

'PREPARE THE CHILD FOR THE PATH... Not The Path For The Child.'



www.littleleague.org

by Dr. Thomas F. Johnson, M.D.

Dr. Johnson was consultant to the Public School, Department of Probation, the United States Navy Hospital at San Diego, California.

Widely recognized for his work in the field of child psychiatry, Dr. Johnson graduated from the University of Minnesota and Medical School. He interned at Santa Barbara County Hospital, served his residency and Fellowship in psychiatry at Menninger School, Topeka, Kansas.

Dr. Johnson has ample personal credentials for his observations — in addition to his professional background — having participated as a Little Leaguer at St. Louis Park, Minnesota, and later serving as coach and umpire.

I am very pleased to have the opportunity to be here because I place a high value on Little League's contribution to individuals and communities. If the world is going to change, it will probably be as the result of how we raise our children and the experiences we give them, and not what is said at conference tables between world powers. In this respect, I think Little League has tremendous responsibility and has contributed a great deal. Sports in general are probably making as many inroads into bettering international relations than any other field.

Over the years, it has been fashionable to criticize Little League. Critics have suggested that competitive athletics for youngsters of Little League age is damaging to their psyche. As a child psychiatrist who has been involved actively in organized baseball for this age group, first as a poor-hitting, left-handed first baseman, and later as a coach, manager, and umpire, I have had a chance to view Little League from a number of vantage points. As a player, I had to deal with the personal disappointment that is a normal part of defeat. As a manager, there were frustrating, provocative questions from parents: "Why isn't my boy playing more?" As an umpire, they questioned my vision: "You're blind, ump," they said.

I would like to discuss some of the ways in which Little League can be good and some of the dangers — how to spot and deal with them.

Prepare The Child

From the standpoint of personality developments, we can divide life into a number of stages from the infant with the "I want what I want when I want it" attitude to the mature adult who can be the giving parent. Some main goals of the Little League age child are to gain increased self-control over feelings and channel them into appropriate actions, to increase his ability to subordinate his own wishes for the good of others or the group, to increase the ability to accept delay in gratification, to learn new skills, and to gain the satisfaction of mastery. Finally, and perhaps most important of all, to feel an acceptance as a man by one's own father, or substitute father such as his coach or manager. This is the key to building self-esteem and confidence in children. Little League experience can provide a supportive environment for sharing in mutually accepted rules of the game. The team effort of practice, of not quitting during a game or a season, are all extremely valuable. These are contributions that are important for a player who may never get a hit or catch a ball in a whole season. If they can do these things, their parents and their managers should be proud of them and praise them for their participation.

There is a saying, "Prepare the child for the path, not the path for the child." There are many of us as parents who feel the urge to intercede on our child's behalf with the school teacher or the Little League manager about playing our child more. This is preparing the path for the child, not the child for the path. Every time we do it, we rob our youngsters of the chance to solve the problem on their own or to solve it with our support, without our actually doing it for them.

There is value in a child's experiencing some frustration, tension and anxiety. Properly dosed, it promotes psychological growth. In early childhood development, we find that some frustration promotes the child's will to move about, to communicate and to learn other skills necessary to get along in this world.

The key to frustration's being helpful is that it not overwhelm the child so that he quits or ends up spinning his wheels with a hopeless feeling. He needs support and guidelines to shift his focus and give him a new sense of direction so that he can finally accomplish some success in the task. The normal Little League age youngster can psychologically handle the disappointment of loss, of personal and team mistakes, if he feels a basis sense of self worth, if he feels the support of his parents and his manager or coach, and if he feels that his relationship with them isn't changed by his losing, not getting a hit, or dropping the ball.

Praise Builds Confidence

Little League managers and coaches should recognize the power they have to help youngsters. Even on a professional level, where I have had a chance to do some consulting work with coaches, we find that the athlete brings to his relationship with the coach attitudes and expectations carried over from his relationship with his own father. The coach who realizes this can provide a strengthening of the positive aspects of the attitude and, where it exists, a corrective experience for the negative attitudes. The manager and the coach truly do become symbolic fathers, even for the professional athlete. The younger the athlete, the more influence the coach may have over the child.

Here are some guidelines recommended for your consideration. Be liberal with praise. Nobody was ever ruined by being overpraised. Praise sincerely given doesn't make people rest on their laurels; it gives them confidence to continue when the going is hard.

Be sparing of criticism and surround it with positive comments. I cringe when I hear an adult mention only something negative to a youngster so that the entire encounter is about what he did wrong. For example: A youngster playing

in the infield lets a ground ball get through. He gets over to it or he makes a good try, but he bobbles it, and doesn't make the play. The coach might say, "Johnny, you got a great jump on that ball." He starts out with a positive comment about something in the play that was good. Find something to compliment and say that first. Then you can add, "I think if you'll start out with your other foot first, you'll make that play next time." I don't claim that every child is going to do it right the next time, but I think more children are going to pay attention, try harder, and probably do better next time when the corrections are made in that way.

We teach best by the example we set. In victory, it's important the manager not take the team, himself, or individual player too seriously. In defeat, the manager should be a good listener to the players who are taking the loss hard. The art of listening isn't just saying, "uh, huh, uh, huh," while we're listening to four other people, reading the paper, or watching television. Real listening is looking at somebody, and giving him 100 percent of your attention. Run a test on yourself to see if you have really listened to a youngster by saying back to him in your own words what you think he has said to you. Say, "Is this what you mean, Johnny," and if he says, "Yes, that's it," then you both know you have listened and understood. Try to help elicit the child's feelings. Remain calm yourself. If you feel and act like you have just lost World War II, and are kicking the side of the dugout and throwing bats, it's pretty tough to set a good example. Try to avoid the trite supportive phrases, such as, "It's just a game," "There'll be other seasons," and "You'll get over it." If you have played sports, you know that people who use those phrases don't seem to really understand the way you are feeling at that moment.

Here are some signs a manager or parent can look for if he feels a youngster is experiencing undue emotional stress from athletics, school, or other areas.

In children, depression seldom presents itself as just plain sadness. Children of the 8-12 age group show depression more often in physical complaints. If you get an unusual number of physical complaints, one of the things to consider is that the youngster may be depressed about something.

The "I don't care" or "I won't try," attitudes may be masking the child's fear of failing. In Aesop's Fable, "The Fox and the Grapes," when the fox who wanted the grapes tried but couldn't reach them, he ended up by saying they were probably sour anyway. This is the kind of defense mechanism we may be dealing with in the "I don't care" child.

From the sum of the total experience, along with the physical and mental reactions to such experiences, the player begins to develop certain attitudes. These attitudes then manifest themselves in patterns of behavior, behavior that could prove to be acceptable or unacceptable.

Thus, it is extremely important that the experiences arising out of Little League activity be healthy and stimulating. Furthermore, it is equally important that volunteer personnel recognize this fact and strive to help the youngsters meet the challenges. It is within the province of responsibility of the volunteer to help the player to develop desirable attitudes.

- I. Is an attempt made to point out the desirability of:
 - a. Fair play.
 - b. Playing without finding fault or making excuses about mistakes.
 - c. Listening to directions.
 - d. Winning without bragging.
 - e. Recognizing certain standards of achievement.
 - f. Subscribing to the spirit of give and take.
- II. Have you observed any progress on the part of the youngsters in your league concerning the following:
 - a. They participate in practice and drills as you have planned them.
 - b. They accept the fact that there are some youngsters who have more or less skills than they do.
 - c. They have respect for other people's property.
 - d. They take care of equipment properly.
- III. In working with the players, do you sense that:
 - a. They are beginning to develop self-confidence.
 - b. They are showing signs of courage.
 - c. They are beginning to develop leadership qualities.
 - d. They are beginning to set standards for themselves.
- IV. In your observations, can you say that you have noticed improvement in the following areas:
 - a. Learning to accept reversals without undue emotional upset.
 - b. Accepting and playing by the rules of the game.
 - c. Learning to develop self-control over personal feelings.
 - d. Widening their circle of friends.
- V. Do you feel that the youngsters under your supervision recognize that:
 - a. Working to improve skills leads to self-satisfaction and achievement.
 - b. Being a good follower in certain situations is as important as being a good leader.
 - c. Self-sacrifice for the good of the team is necessary.
 - d. There are occasions when one must accept certain responsibilities for others.

EMOTIONAL SECURITY AND ATTITUDES IN CHILDREN



www.littleleague.org

by
Dr. Luke LaPorta

An understanding of children is the most important component of the Little League program. Adults working with youth should be constantly aware of emotional security and attitudes of children under their direction. Dr. LaPorta, of Liverpool, New York, is widely recognized as an authority in this field and was a recipient of the Athletic Director of the Year Award sponsored by the National Council of Secondary School Athletic Directors. He has been active in Little League for more than 40 years and served as the Chairman of the Little League International Board of Directors.

Little League Baseball does not limit participation in its activities on the basis of disability, race, creed, color, national origin, gender, sexual preference or religious preference.

Emotional Security

In order to grow, children must have food, fresh air, light and exercise. This food, fresh air, light and exercise provide children with nourishment and activity required to satisfy the needs of physical growth and development. Along with this physical development, children must also develop emotionally. As children reach maturity, they will also reach certain levels of emotional maturity. It is hoped that the emotional maturity attained will be at a desirable level so that the individuals may function normally within their own sphere of relationships, whether it be with their peers, their immediate family or other adults.

The nutrients or ingredients necessary for emotional growth are not the same as they are for physical growth. However, they are very bit as important as food and drink are to physical growth and development. These nutrients satisfy the needs for emotional security just as food and drink satisfy a physical hunger pain. If children are to attain a level of emotional maturity, they must first have certain securities.

For example, children need to know that they are loved. It is possible that children who are deprived of love will suffer in a number of ways. One of these ways would be the inability of children to relate to other children and adults. Usually, children who feel they are not loved will be withdrawn, will find it difficult to make friends and, many times, will react to social situations in a manner that is unacceptable as normal behavior. Very often unloved children will react in a way that is harmful to themselves and also to the community in which they live. Some quarters contend that juvenile delinquency, in part, is a result of the deprivation of love.

In addition to being loved, there are other ways that children are able to satisfy the need for emotional security. Children have to feel that they are accepted, whether it is acceptance as part of a family, a school group, church group, gang or club. The need for acceptance is not limited to children, of course. Young teenagers want to be accepted in sororities, fraternities, social cliques or athletic teams. Even adults sometimes feel the need for acceptance in local associations, clubs, school groups and neighborhood circles.

In its healthiest form, acceptance is based on what the child actually is and not what the child has done or what family history reflects. Many times, however, acceptance is not based on the human qualities of the child and is, in effect, denied for a variety of reasons. Some of these being: color, physical handicaps, speech handicaps, or even a mischievous childhood prank that just can't seem to be forgiven.

Children must be made to feel that they are liked and accepted for what they are. This kind of acceptance fosters an independence and confidence, which the child needs in order to grow emotionally. This does not mean that children have Carte Blanche to do anything that they desire without disapproval of their acts. Much to the contrary, unacceptable behavior should be dealt with firmly and with decisive action. For example, a manager in Little League could encounter a problem with a youngster, which, if not handled firmly, might cause further trouble, i.e., talking back to an umpire or rough play. The player could be told that this is not the behavior expected of a Little Leaguer and disapproval could be voiced quite strongly. However, it could be followed with, "remember I like you, but I sure didn't like what you did out on that field."

When working with children it is important to remember that at this particular age they are sensitive to the subtle pressures of acceptance and rejection.

In choosing activities in which they will take part, children make their choices for a variety of reasons. Some will choose an activity where they can be with someone they like, others will choose an activity that they enjoy, but, for the most part, children will choose the game or activity in which they have the greatest success. Children like to do the things that they can do best. The real fast runner wants to run races, the good basketball player wants to shoot baskets, and the heavy hitter wants to play baseball. For the most part, children enjoy most games they play, but they enjoy them that much more when they have a certain degree of success in that game.

Success feelings are necessary for the emotional growth and emotional security in children. These feelings help immeasurably in establishing and developing confidence, independence, poise and positive attitudes in youngsters. Frequently when faced with something new, youngsters will balk somewhat. However, in facing the challenge they suddenly find that they achieve some degree of success. At this point, the balkiness changes to aggressiveness and the newness is met with vigor and confidence.

Furthermore, children seem to respond readily to solicitous encouragement and to recognition of small successes they achieve. Success experiences for children are important to emotional security and to eventual emotional maturity.

Love, acceptance and success are strong emotional needs. They are necessary for establishing emotional security in the child and, in turn, emotional security, if necessary, in the attainment of emotional maturity. Children will satisfy these emotional needs in one way or another. Their first choice, of course, is to do so in a socially acceptable manner. However, if they have no opportunity to do so, they will use other methods, usually in a socially unacceptable manner and from this derive satisfaction from the notoriety of unacceptable behavior.

Little League Baseball seems to be a well-established, acceptable way to provide degrees of satisfaction for the emotional needs of the child. Little League is an entirely new experience and, with its unique appeal to youngsters, plays a vital role in helping to fulfill these emotional needs. This is especially true if these needs are not met at home, or if there is a loss of a father or mother or if other complications deprive the child of an opportunity to satisfy these needs. In addition, Little League offers adult companionship which, for a variety of reasons, may be lacking at this age.

In an organization such as Little League Baseball, volunteer leaders will run into many problems with youngsters. They will be working with youngsters deprived of love and affection; they will work with highly over-protected children and come in contact with the out and out rejected child. Leaders must do their utmost to help these children, and, if they are unable to help them, the least that can be done is to attempt to understand them.

Attitudes

In Little League Baseball there are many new and varied experiences facing the youngsters participating in the program. The children, probably for the first time, find themselves in situations that they alone must cope with. They alone must meet the challenge of each new experience.

RELATIONS WITH OTHERS - The nature of a manager's work helps him deal more easily with many people.

Soldiers are (1) Usually (2) Always

A. With Parents Do you...

1. Seek their opinion and understanding in trying to achieve the goals of the Little League program _____

2. Share responsibility for their opinions and feelings _____

3. Display friendliness and courtesy _____

B. With Coaches Are you... _____

1. Friendly _____

2. Cooperative _____

3. Obedient _____

4. Considerate _____

C. With Game Officials Do you... _____

1. Display courtesy _____

2. Respect their decisions and accept them gracefully _____

3. Avoid bickering and "tough" looking _____

MANAGERIAL DUTIES - The manager should have a knowledge of the game of baseball, of its fundamentals and its strategy:

C. Coaching Procedures Are... _____

1. Practice sessions well planned and supervised to coaching and learning objectives _____

a. Practice sessions supervised by everyone help _____

b. Practice sessions supervised by the coach and assistant coach _____

c. Practice sessions supervised by the coach and assistant coach _____

2. Practice sessions ended before the players become tired or discouraged _____

3. Practice sessions supervised by the coach and assistant coach _____

4. Adequate preparation taken to prevent accidents or injury _____

a. Avoid of foul play, give an award and on to next game _____

b. Practice sessions supervised by the coach and assistant coach _____

1. Practice sessions supervised by the coach and assistant coach _____

2. Practice sessions supervised by the coach and assistant coach _____

3. Practice sessions supervised by the coach and assistant coach _____

4. Practice sessions supervised by the coach and assistant coach _____

5. Practice sessions supervised by the coach and assistant coach _____

6. Practice sessions supervised by the coach and assistant coach _____

7. Practice sessions supervised by the coach and assistant coach _____

8. Practice sessions supervised by the coach and assistant coach _____

9. Practice sessions supervised by the coach and assistant coach _____

10. Practice sessions supervised by the coach and assistant coach _____

11. Practice sessions supervised by the coach and assistant coach _____

12. Practice sessions supervised by the coach and assistant coach _____

13. Practice sessions supervised by the coach and assistant coach _____

14. Practice sessions supervised by the coach and assistant coach _____

15. Practice sessions supervised by the coach and assistant coach _____

Many a fine child has been led into almost unbelievable behavior by peers. In this situation a youth leader - a YMCA physical director, a Sunday School teacher, a Scout leader, or a Little League manager can win the confidence of the peers and direct their energies into constructive channels. Parents have a difficult time controlling their children at this stage of their development and when their child becomes influenced by an adult whose ideals and aspirations are similar to theirs, it is a godsend. Parents desperately need help and Little League managers can provide it.

IDOLIZE THE MANAGER

Because baseball means so much to the lives of American youth, they idolize those who are their managers. The influence of these leaders upon these impressionable youngsters is very great - so great, in fact, that no community can afford to have anything short of the finest type of leadership. Through the medium of baseball, the manager can reach these children and profoundly affect their future behavior. It is through the manager that all our hopes and ambitions for the players will or will not be realized. Whatever good comes out of Little League will be the result of the manager's leadership. In other words, the program is as good as the manager.

As important as the manager is to the program, how much attention do we give to his selection, orientation and training? In the past, in most leagues, a naive assumption that any volunteer will suffice. A district representative related the following incident to me.

A league president was presiding at an organizational meeting. He said: "We need six managers. Who will volunteer?" The air was silent for a moment, then a man stood up and said: "I will volunteer." The air was silent for a moment, then a man stood up and said: "I will volunteer." The air was silent for a moment, then a man stood up and said: "I will volunteer."

We make a lot of claims about the wonderful benefits of the program for the participants. When managers are selected as indicated in the above example, the chances are 50-50 that the children will be benefited adversely - that the program will have undesirable effects upon them. Women who volunteer as troop leaders for Boy Scouts must take 16 hours of training - preferably before they undertake their responsibility. At each successive stage in the Girl Scout program, volunteer leaders must participate in a training program. Similarly, the non-professional leaders in the Boy Scout program are required to take 16 hours of training and are expected to undergo training and indoctrination for their assignments. The Boy Scout program has found from bitter experience that their adult volunteers do not provide the desired leadership unless they have been trained. Even volunteer workers in the Red Cross get more indoctrination and training than most Little League managers.

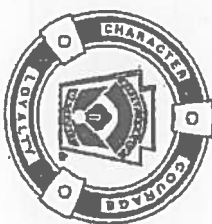
Little League has had many managers of the finest caliber. It is often surprising that we have had as many excellent managers as we have had. But despite our good managers, we are all forced to admit that we have had too many poor ones. Many managers have done harm to their players and have given critics an opportunity to blast our program. They constitute the greatest threat to our program. Our procedures in regard to managers in the Athletics' Hall of Little League Baseball.

We have stimulated the imaginations of 7 million children to come into this program. Yet for their leadership we have largely trusted to the luck of the draw - to mere accident. The least we can do for all of the youngsters is to try to find them a good manager and, once selected, provide the manager with some indoctrination and in-service training. This, it seems to me, is a solemn obligation. The quality of leadership represents our biggest problem, and until we solve it, we can never realize the full potential we have.

Access Little League Baseball on the Internet at: <http://www.littleleague.org>

by document technique employed in a Current Challenge

LITTLE LEAGUE'S GREATEST CHALLENGE



by
Dr. Arthur A. Esslinger

A penetrating study and current analysis of the manager's role, responsibility and position of leadership in Little League. The late Dr. Esslinger, who for many years was recognized as one of the nation's foremost authorities in the field, was Past President, American Association for Health, Physical Education and Recreation and a long-time member of the Board of Directors of Little League Baseball.

Little League Baseball does not limit participation in its activities on the basis of disability, race, color, creed, national origin, gender, sexual preference or religious preference.

www.littleleague.org

It has always been disturbing to me that when Little League people get together they spend their time discussing everything about the program except what it most important. The usual topics of discussion at Little League Conferences, as well as smaller local meetings, are rules interpretations, baseball technique, duties of district representatives, tournament play, financial matters, insurance, player selection, etc. Little consideration is given to these discussions to the Little Leaguer — how the program can better help them, what mistakes we are making, the best method of handling children, the criteria of a good manager, selecting and training the manager, how to eliminate factors detrimental to Little League, and the like.

In the final analysis, what happened to the Little League himself is the major objective of this huge operation called Little League Baseball. The ultimate criterion of Little League is: Is the youngster a better person as a result of experience in the program? Have the children learned some lessons and acquired some habits and attitudes which will make them more effective in future work, better parents and good citizens? Beside such a criterion such factors as the number of games won and lost, the leading hitter and pitcher, the league championship, tournament play, etc., are all very minor considerations.

As I see it, the real challenge of Little League is not to create more leagues, larger tournaments, develop better players, make more money, etc., but to make the program more qualitative — to make it a better, more wholesome and enriching experience for the youngsters. This objective is exceedingly difficult to attain. Merely to involve over 3 million children to a program is not enough. Most people believe that participation in baseball is a fine thing for youngsters. Yet nothing could be further from the truth. Baseball is not automatically a desirable experience for youngsters. It might be under some circumstances, but under other conditions it could be positively detrimental. We have all seen Little League teams where children learned more undesirable habits and attitudes than desirable.

A TWO-EDGED SWORD

Whether or not baseball is good for children who participate depends upon the total effect of the game upon them. Certainly, all children will benefit from the vigorous outdoor exercise. However, they derive more than exercise from baseball. Their minds and emotions are involved in the game, as well as their muscles. From the manager, teammates, opponents, officials, and spectators they learn many things. While they are acquiring the skills of the game, they are also learning many habits and attitudes in regard to themselves and other people which are extremely important to their future success and happiness. They can learn to win and to lose graciously or ungraciously, to be loyal or disloyal, cooperative or uncooperative, courteous or discourteous, to be open and to be prejudiced or unprejudiced to those of different color, race or creed, to swear or not to swear, to be considerate of those with lesser ability, to develop self discipline and to subjugate their own selfish desires for the good of the team. Baseball is a two-edged sword. As a result of the experience, a child may acquire positive attributes.

Baseball is like a package of TNT with its potentialities for constructiveness or destructiveness — for good or for evil. The crucial factor in the situation is the leadership which is available. The heart of Little League Baseball is what happens between manager and player. It is your manager more than any other single individual who makes your program a success or failure. He controls the situation in which the players may be benefited or harmed. We have all seen managers who exerted a wonderful influence upon their players — an influence which was as fine an educational experience as any child might undergo. Unfortunately, we have also observed a few managers who were a menace to children.

If Little League is to become qualitative, then we must do something positive about improving the quality of leadership in its day to day operation. This assignment is made more difficult by two factors. The first of these is that we have many of our experienced personnel every year. Many parents say in the program as long as their children are in it. Then, when they have gained invaluable experience and acquired some of the ideas of the program, we lose them. What would be the quality of teaching in our schools if our teachers turned over as rapidly as our managers?

As president of your league, the second handicapping factor is that many managers are untrained in youth leadership. Experienced youth leaders (in physical education or recreation) receive a four year college program of preparation. There is a vast amount to be learned before a person can become an excellent Little League manager. Just because an individual is willing to devote the time to managing is not enough of a criterion upon which to base selection. Just because he or she knows something about baseball is likewise an inadequate basis for selection. Even a person of integrity, sincerity and high ideals may need other qualifications. All of these considerations are important but there is far more involved in being a successful Little League manager. Your manager needs to know the purposes of the program and how to evaluate progress toward attaining them. The manager should be acquainted with the best ways of imparting to the players what he/she knows about baseball. Then too, there is the critically important matter of understanding children and how to relate to them most effectively. Finally, there is the matter of exemplifying all the desirable things in Little League.

My contention is that from the league president's point of view, your manager is the most important person in the Little League program. A variety of reasons support this contention. A very important factor is that a child of Little League age wants to emulate his primary identification with his/her parent. Up to this time he/she has lived in submission and obedience to them. Although not in a state of hostile rebellion, the child is nonetheless experiencing pangs of doubt about the all-encompassing wisdom of his/her parent. As doubts contribute, an increasing distance between parent and child develops and the child turns toward those of his/her own age as the ultimate determinants of their destiny.

More and Despres express it this way:

"The child seeks to discover meanings about himself and others through experiences that largely exclude the parents. This is a major psychological feature of the preadolescent. Up to this time, identification with the parents and dependence upon their approval and support have been paramount. Now, however, others begin to play more significant roles and serve in important ways to influence the outlook, feelings and values accepted by the child."

The child now seeks for other persons to typify the ideals and virtues that once used to be represented by the parents. This is an age of hero worship. If the child chooses as a model an adult who represents the highest ideals of gallant behavior and clean living, both the child and his parents are fortunate. Children of the Little League ages are strongly influenced by their peers. It is a tragic fact that peer standards frequently are anti-social, destructive and immoral.

A CHECKLIST FOR LITTLE LEAGUE MANAGERS

The following checklist is proposed as an aid to Little League managers so they can personally evaluate themselves with respect to those attributes regarded as important to a youth leader.

By the thoughtful use of this tool, the individual manager can get a rather clear picture of himself/herself as a coach and as a person. If the inspection indicates certain weaknesses, then concentrate upon removing them to the betterment of service to the children and the program.

You can obtain an estimate of your rating by checking the most appropriate blank in the right of the question, then totaling up your score at the end of the checklist. If your answer is " seldom or never," give yourself 1 point, "usually," 2 points and "always," 3 points.

Excellent is 130 and over, above average is 120 to 129, average is 90 to 119, below average is 80 to 89, and unsatisfactory is 79 and below.

PERSONAL ATTRIBUTES - The manager's personality is as important factor in the success of Little League Baseball.

	Seldom or Never (1)	Usually (2)	Always (3)
A. Appearance, Do you—			
1. Dress properly _____			
2. Groom properly _____			
B. Disposition, Do you display—			
1. Frustration _____			
2. A sense of humor _____			
3. Easy temper _____			
4. Courtesy _____			
5. Sympathy _____			
6. Enthusiasm _____			
C. Policy, Do you—			
1. Have self-control _____			
2. Behave in an adult manner _____			
D. Character, Are you—			
1. Sincere _____			
2. Trustful _____			
3. An example of Little League ideals _____			
E. Leadership, Do you—			
1. Accept responsibility _____			
2. Have the ability to plan and organize _____			
3. Have a good understanding of the emotional and psychological characteristics of pre-adolescents (9 thru 12 years of age) _____			
4. Have good rapport with each player and problems of players and adjust accordingly _____			
5. Try to understand the personal needs and of team players _____			
6. Have discipline aimed to the age level _____			
7. Discipline fairly and leniently _____			
8. Have per discipline with good judgment and leniency _____			

Mohe, George and Despres, *Martha The Stormy Decade: Adolescence*, Random House, New York, 1958

SECTION

11

HALF HOLLOW HILLS LITTLE LEAGUE

SPECIAL EVENTS SCHEDULE

Season Starts – April 11, 2020

Opening Day Parade – April 11, 2020 – 10AM

Photo Weekend – May 2nd

Teacher Appreciation – Week of April 26, 2020

Pitch, Hit & Run Contest – May 9, 2020

Jr. Home Run Derby – May 9, 2020

Wood Bat Week – Week of May 3, 2020

Sandlot Day # 1 – May 9, 2020

All Star Weekend – May 23, 2020

Sandlot Day # 2 – May 23, 2020

NY Met Night at Citi Field – 5/29/2020

End of Season Celebration – June 13, 2020

Picnic

Trophies

Year Books

Championship Games

Professional Player Appearance

Carnival

Mascot Appearances from Local Sports Teams

SECTION

12

HALF HOLLOW HILLS

SAFETY TIPS

ACCIDENT REPORTING PROCEDURES

WHAT TO REPORT- An incident that causes any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid must be reported to the Director of Safety. This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury or periods of rest.

WHEN TO REPORT- All such incidents described above must be reported to the Director of Safety within 48 hours of the incident. The Director of Safety for Half Hollow Hills Little League can be reached at the following:

Name Phone: STEVEN MURACO
Home Phone: 631.501.4977
Work Phone: 631.699.0100
Fax: 631.699.0102
Cell Phone: 631.445.6531
Email: MURACO@MHSMAILLERS.COM

HOW TO MAKE THE REPORT- Reporting incidents at a minimum must provide:

- The name and phone number of the individual involved
- The date, time and location of the incident
- As detailed a description of the incident as possible
- The preliminary estimation of the extent of any injury
- The name and phone number of the person reporting the incident

HALF HOLLOW HILLS LITTLE LEAGUE

SAFETY DIRECTOR & COORDINATOR:

STEVEN MURACO

The purpose of a Division Safety Officer's position is to advocate a Safe environment at all times at Ostego Park with all young players, parents, spectators, coaches and managers. The Safety Officer will be required to attend only the scheduled games for their assigned division. If in the event of an accident, a accident report shall be filled out if an accident occurs at the grounds of either Ostego Park or at the Ostego School Field.

The Safety Officer will be required to walk the fields at every scheduled game with the Division Commissioner in order to insure the Safety Rules and Regulations set forth By Little League of America and Half Hollow Hills Little League.

SAFETY OFFICERS GUIDE LINES:

- Each Division Safety Officer will be supplied with a Safety Officers Manual which will include accident procedures, accident report forms, emergency phone numbers, safety tips, safety check list and guide lines.
- A League Safety Manual will also be place in the Ostego Park Concession Stand. The Safety Manual is set up with original pages and forms. (Please do not remove any original sheets or accident reports from Manual)
- A First-Aid box will be stationed in the Concession Stand and will only be available to the Board of Directors, the Safety Director-Coordinator and Division Safety Officers only. In addition, there will be extra ice packs available and other First-Aid amenities as required by our Safety Rules and Regulations.
- Each Team Manager is required to carry in there equipment bag a First-Aid Kit supplied by Half Hollow Hills Little League at all times.
- All Division Safety Officers shall report all accidents to either the League Safety Director-Coordinator or to the League President. An accident report must be filled out and dropped off at the Concession Stand after the accident has occurred.

Asthma Emergency Signs

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

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

Asthma is different for every person.

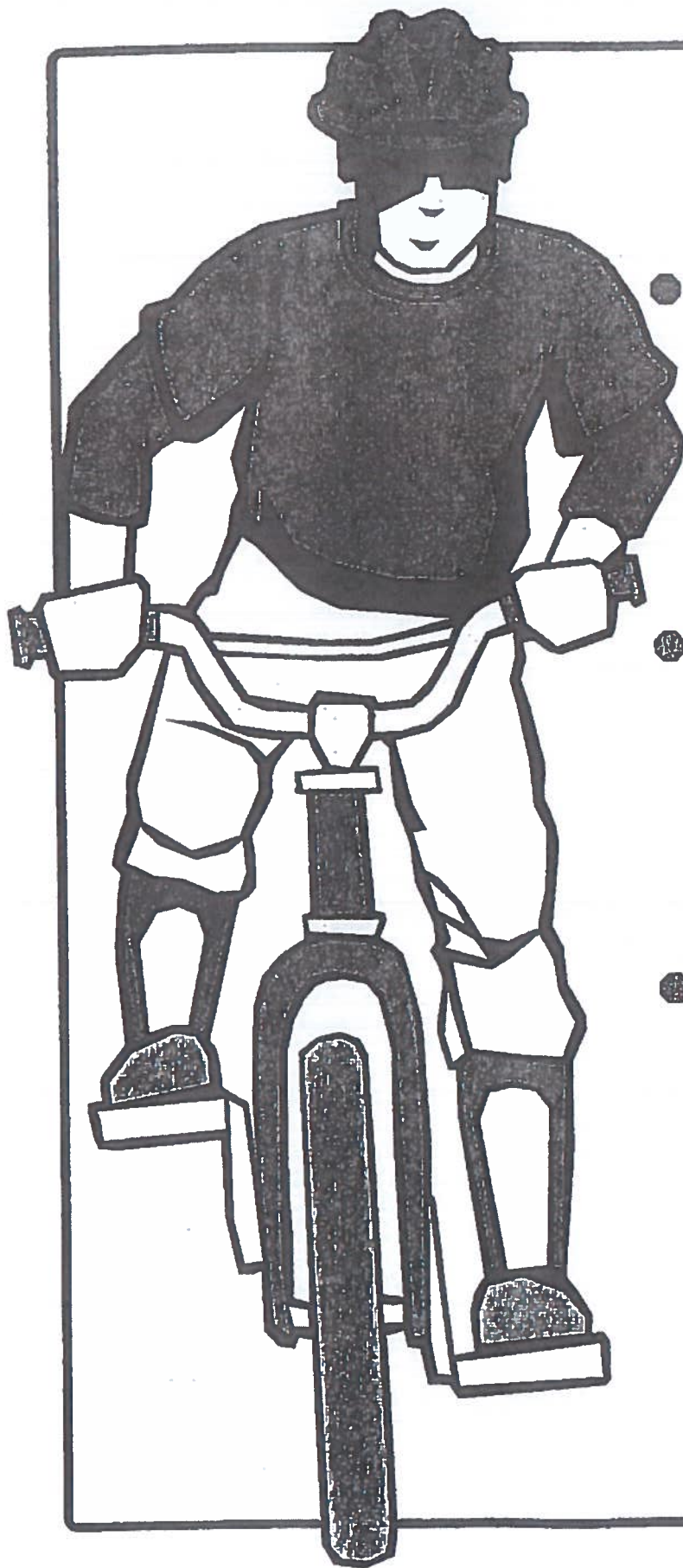
The "Asthma Emergency Signs" above represent general emergency situations as per the National Asthma Education and Prevention Program 1997 Expert Panel Report.

If you are at all uncertain of what to do in case of a breathing emergency...

Call 9-1-1 and the child's parent/guardian!

Michigan Asthma Steering Committee of the Michigan Department of Community Health

(From the Grandville, Mich., Little League 2001 Safety Plan)



- **Wear your helmet**

- **Watch for cars**

- **Ride with traffic**





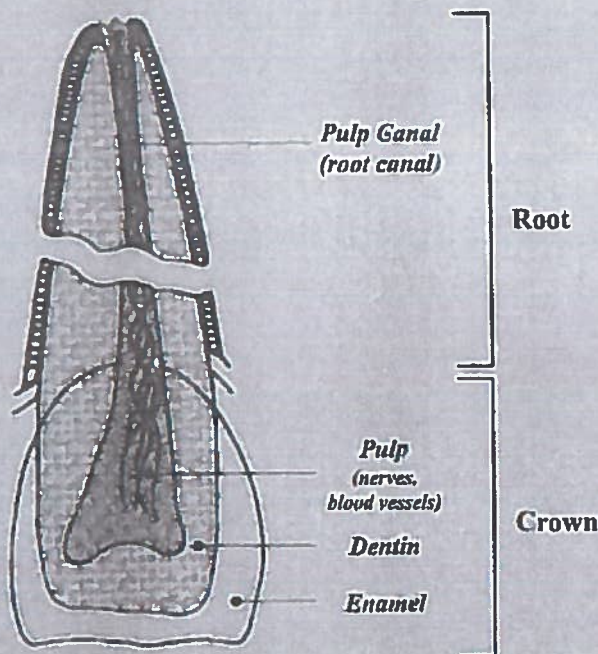
Keep'em Safe! Kids Aren't Cargo!

- Motor vehicle crashes are the leading cause of death for children 5-15 years of age. Kids should ride in the back seat with seat belts fastened.
- Children riding in the beds of trucks have no safety restraining devices to protect them in case of an accident.
- Passengers who are ejected from a vehicle are three times more likely to die than those who remain in the vehicle.

** Information from the National Highway Traffic Safety Administration*

© 1994 Musco Lighting, Inc. and Little League Baseball, Inc.

Emergency Treatment of Athletic Dental Injuries



Professionally-made, properly fitted Custom Mouthguards greatly reduce the risk and severity of mouth injuries. Mouthguards are recommended injury prevention equipment for all at-risk sports.

AVULSION (Entire Tooth Knocked Out)

1. Avoid additional trauma to tooth while handling. **Do Not** handle tooth by the root. **Do Not** brush or scrub tooth. **Do Not** sterilize tooth.
2. If debris is on tooth, *gently* rinse with water.
3. If possible, reimplant and stabilize by biting down gently on a towel or handkerchief. Do only if athlete is alert and conscious.
4. If unable to reimplant:
 Best - Place tooth in Hank's Balanced Saline Solution, i.e. "Save-a-tooth."
 2nd best - Place tooth in milk. Cold whole milk is best, followed by cold 2% milk.
 3rd best - Wrap tooth in saline-soaked gauze.
 4th best - Place tooth under athlete's tongue. Do this **ONLY** if athlete is conscious and alert.
 5th best - Place tooth in cup of water.
5. Time is very important. Reimplantation within 30 minutes has the highest degree of success rate. **TRANSPORT IMMEDIATELY TO DENTIST.**

LUXATION (Tooth in Socket, But Wrong Position)

THREE POSITIONS

EXTRUDED TOOTH - Upper tooth hangs down and/or lower tooth raised up.

1. Reposition tooth in socket using firm finger pressure.
2. Stabilize tooth by gently biting on towel or handkerchief.
3. **TRANSPORT IMMEDIATELY TO DENTIST.**

LATERAL DISPLACEMENT - Tooth pushed back or pulled forward.

1. Try to reposition tooth using finger pressure.
2. Athlete may require local anesthetic to reposition tooth; if so, stabilize tooth by gently biting on towel or handkerchief.
3. **TRANSPORT IMMEDIATELY TO DENTIST.**

INTRUDED TOOTH - Tooth pushed into gum - looks short.

1. Do nothing - avoid any repositioning of tooth.
2. **TRANSPORT IMMEDIATELY TO DENTIST.**

FRACTURE (Broken Tooth)

1. If tooth is totally broken in half, save the broken portion and bring to the dental office as described under Avulsion, Item 4. Stabilize portion of tooth left in mouth by gently biting on towel or handkerchief to control bleeding.
2. Should extreme pain occur, limit contact with other teeth, air or tongue. Pulp nerve may be exposed, which is extremely painful to athlete.
3. Save all fragments of fractured tooth as described under Avulsion, Item 4.
4. **IMMEDIATELY TRANSPORT PATIENT AND TOOTH FRAGMENTS TO DENTIST.**

Academy for
Sports Dentistry
875 North Michigan Ave.
Suite 4040
Chicago, IL 60611-1901

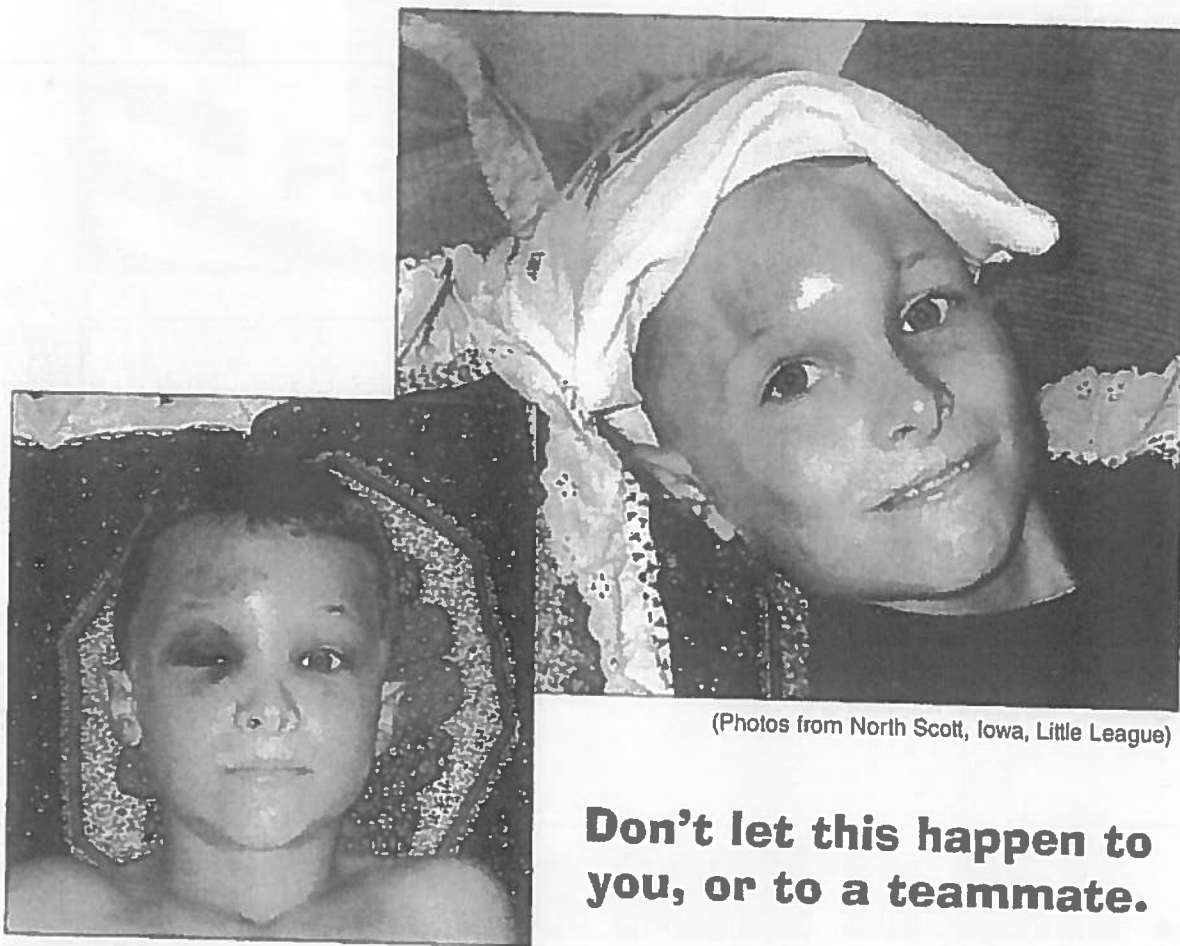
1800-273-1788
1800-ASD-1788

The Academy for Sports Dentistry, a professional organization dedicated to the dental needs of athletes at risk to sports injuries, recommends that every sports medicine team include a dentist knowledgeable in sports dentistry.

**MOUTHGUARDS SHOULD NOT BE
OPTIONAL EQUIPMENT**

Don't Swing It

...Until You're Up to the Plate!



(Photos from North Scott, Iowa, Little League)

Don't let this happen to you, or to a teammate.

REMEMBER:

Don't pick up your bat until you leave the dugout, to approach the plate.

RULE 1.08, Notes

"1. The on-deck position is not permitted in Tee Ball, Minor League or Little League (Majors) Division. 2. Only the first batter of each half-inning will be allowed outside the dugout between the half-innings in Tee Ball, Minor League or Little League (Majors) Division."









Think PASS!

- 1. Pull Ring**
- 2. Aim at Base of Fire**
- 3. Squeeze Lever**
- 4. Sweep Side to Side**



HAVE YOU:

-  **Walked field for debris/foreign objects**
-  **Inspected helmets, bats, catchers' gear**
-  **Made sure a First Aid kit is available**
-  **Checked conditions of fences, backstops, bases and warning track**
-  **Made sure a working telephone is available**
-  **Held a warm-up drill**

DANGER

FOUL BALL

AREA



TM



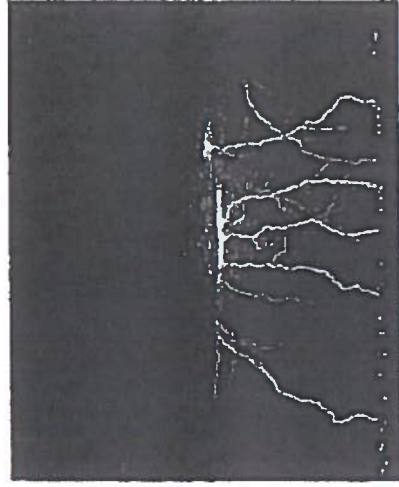
Thermy™ says:

**"It's Safe to Bite
When The Temperature is Right!"**

Food Safety and Inspection Service, USDA

What to do if someone is struck by lightning

- ▶ Lightning victims do not carry an electrical charge, are safe to handle, and need immediate medical attention.
- ▶ Call for help. Have someone call 9-1-1 or your local ambulance service. Medical attention is needed as quickly as possible.
- ▶ Give first aid. Cardiac arrest is the immediate cause of death in lightning fatalities. However, some deaths can be prevented if the victim receives the proper first aid immediately. Check the victim to see that they are breathing and have a pulse and continue to monitor the victim until help arrives. Begin CPR if necessary.
- ▶ If possible, move the victim to a safer place. An active thunderstorm is still dangerous. Don't let the rescuers become victims. Lightning CAN strike the same place twice.



NOAA

STAY INFORMED

Listen to NOAA Weather Radio for the latest forecast and for any severe thunderstorm WATCHES or WARNINGS. Severe thunderstorms produce winds of 58 mph or greater, or hail 3/4 of an inch or larger in diameter.

A severe thunderstorm WATCH is issued when conditions are favorable for severe weather to develop.

A severe thunderstorm WARNING is issued when severe weather is imminent. National Weather Service personnel use information from weather radar, satellite, lightning detection, spotters, and other sources to issue these warnings.



NOAA WEATHER RADIO IS
THE BEST WAY TO RECEIVE
FORECASTS AND WARNINGS
FROM THE NATIONAL
WEATHER SERVICE.

Remember that all thunderstorms produce lightning and all lightning can be deadly to those outside.

Lightning Safety Awareness Week is the last full week of June. For additional information on lightning or lightning safety, visit NOAA's lightning safety web site:

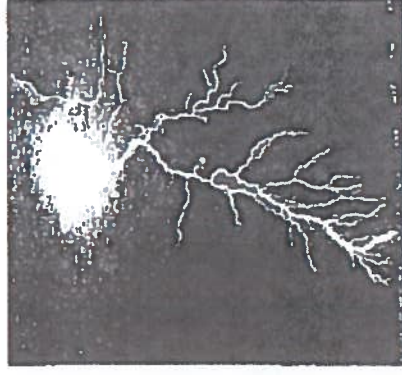
<http://www.lightningsafety.noaa.gov>

or contact us at

National Weather Service
P.O. Box 1208
Gray, Maine 04039

GYX 0301 (August 2003) - Revised

Coach's and Sports Official's Guide to Lightning Safety...



NOAA

LIGHTNING...

the underrated killer!

A SAFETY GUIDE

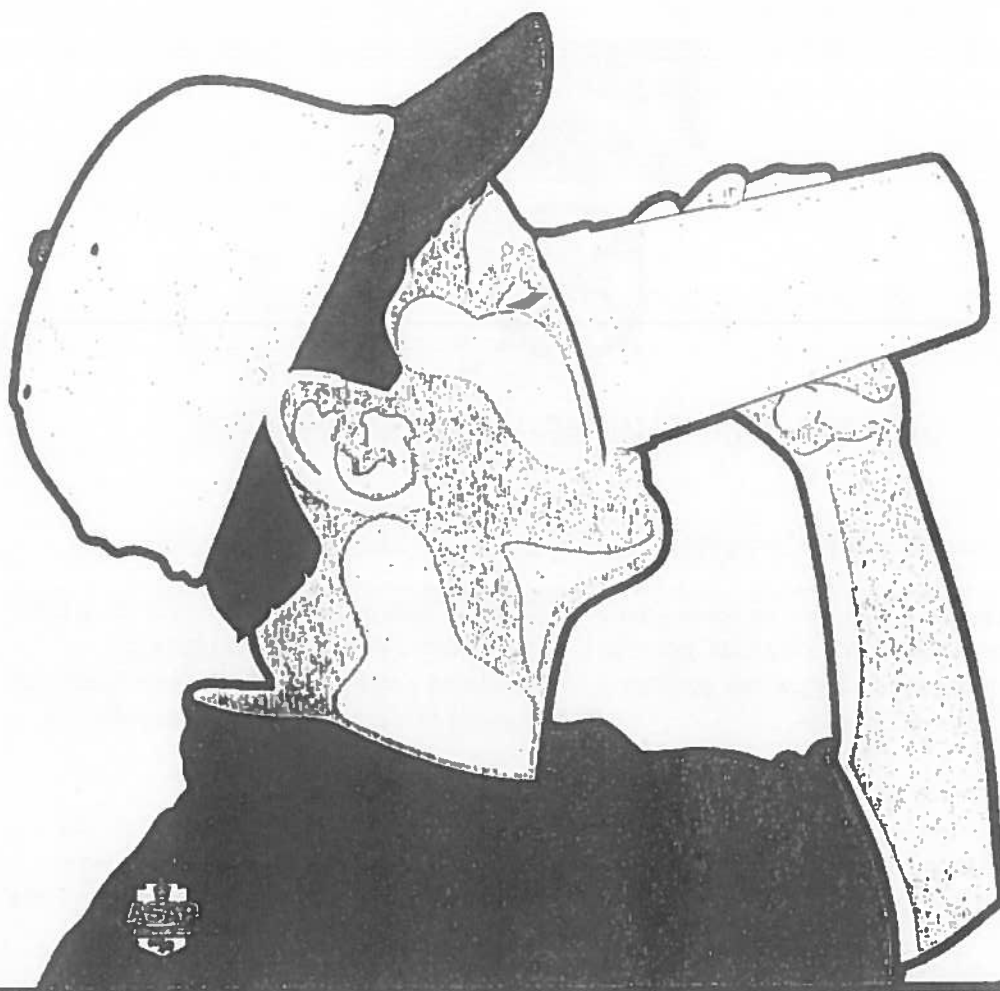
U.S. DEPARTMENT OF COMMERCE
NATIONAL OCEANIC AND
ATMOSPHERIC ADMINISTRATION



NATIONAL WEATHER
SERVICE

Gray, Maine

This safety guide has been prepared to help coaches and sports officials recognize the dangers of lightning and take appropriate safety precautions.



**WHEN IT'S HOT,
DRINK BEFORE
YOU'RE THIRSTY.**

© 1996 Little League Baseball® and Musco Lighting, Inc.

Drinking Guidelines For Hot Day Activities

Before: Drink 8 oz. immediately before exercise

During: Drink at least 4 oz. every 20 minutes

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

Dehydration signs: Fatigue, flushed skin, light-headed

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

Severe signs: Muscle spasms, clumsiness, delirium

FIGHT THE BITE!



JOIN THE "SWAT TEAM" AGAINST WEST NILE VIRUS

Defend Yourself Against Mosquitoes:

DRAIN standing water around the house weekly since it's where mosquitoes lay eggs, including: tires, cans, flowerpots, clogged rain gutters, rain barrels, toys and puddles.

DUSK & DAWN are when mosquitoes that carry the virus are most active, so limit outdoor activities or take precautions to prevent mosquito bites.

DEET is an effective ingredient to look for in insect repellents. Always follow label instructions carefully.

DRESS in long sleeves and pants during dawn and dusk or in areas where mosquitoes are active.

West Nile Virus disease is rare, but if you have symptoms including high fever, severe headache and stiff neck, contact your health care provider immediately.

Combata la Picadura:

Desague agua estancada alrededor de la casa (en llantas, cubos de basura, macetas, canalones y charcos) pues ahí ponen huevos los mosquitos. Corte la hierba y arbustos y no riegue demasiado.

AL ATARDECER y AMANECER están más activos los mosquitos que portan el virus. Evite actividades afuera o tenga precauciones para prevenir picaduras.

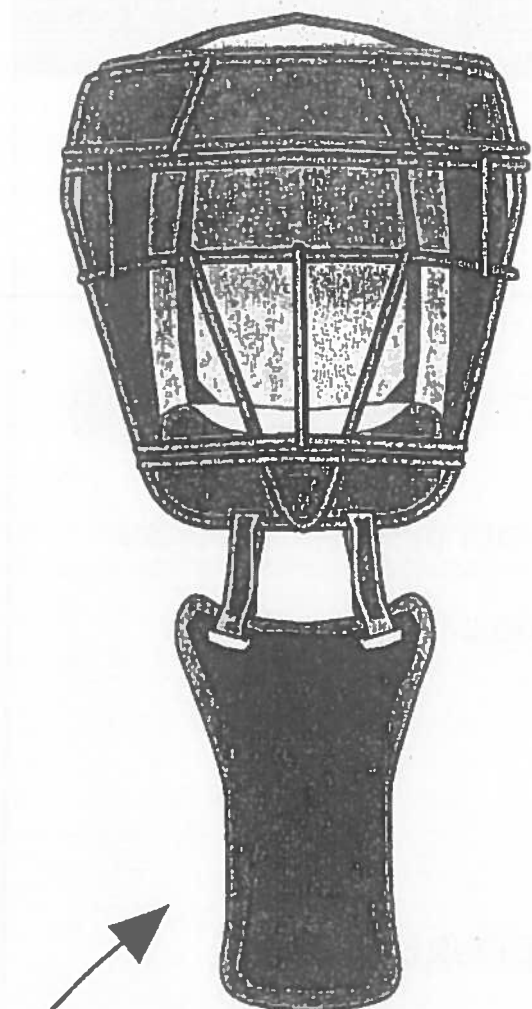
"**DEET**" es un ingrediente que deben tener los repelentes de insectos para que sean efectivos. Siga las instrucciones.

VISTASE con camisas de manga larga y pantalones cuando esté afuera en la tarde o al amanecer o donde haya muchos mosquitos.

La enfermedad del virus del Nilo Occidental es muy rara, pero si usted tiene los siguientes síntomas como dolor de cuello, fiebre alta y fuerte dolor de cabeza, contacte inmediatamente a su proveedor de servicios.

www.fightthebitecolorado.com

Submitted by the Tri-Lakes Athletic Association Little League.



"Dangling"

Make Sure They Are Safe!

REMEMBER:

Catchers must wear helmets during warm-ups and infield/outfield practice.

RULE 1.17

"...All catchers must wear a mask, 'dangling' type throat protector and catcher's helmet during infield/outfield practice, pitcher warm-up and games."

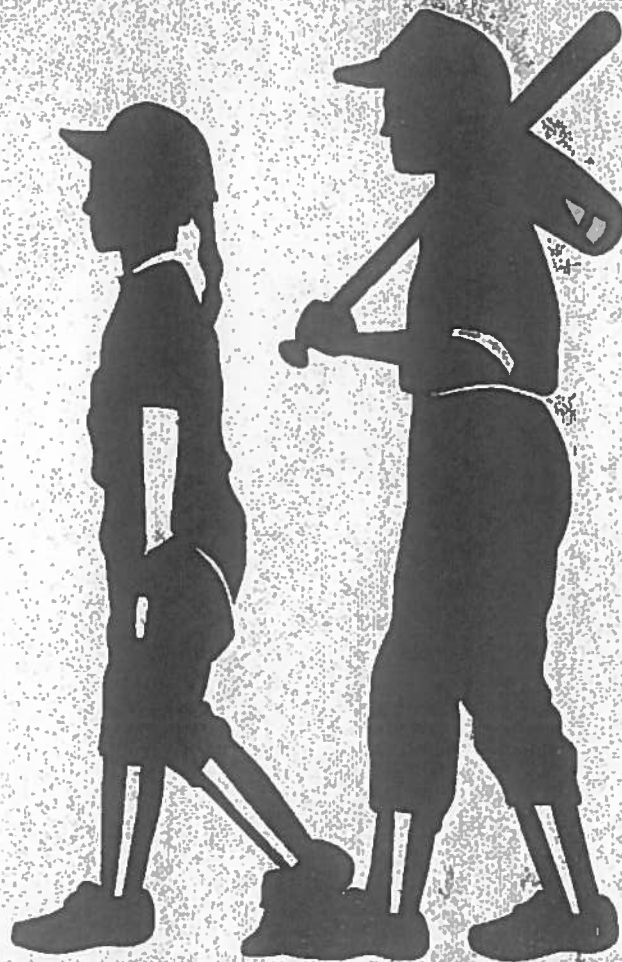
Mower/Equipment Safety Rules



1. Never make adjustments or repairs with the engine running.
2. Be sure the area is clear of other people before mowing.
STOP if anyone enters the area.
3. Never carry passengers.
4. Do NOT mow in reverse.
5. ALWAYS look down and behind BEFORE and WHILE backing.
6. Remove rocks, tree limbs, cans, etc. before mowing.
7. Always check the oil in the mowers before use.
8. ONLY adults operate mowers. NO children/others allowed to ride along with operator of riding mowers.
9. Please report damage or trouble with the mowers so they can be repaired.
10. You MUST wear safety glasses when using weed eater.

Modified from Peru, Ind., Little League safety plan

SLOW



**BALL PLAYER
CROSSING**

Coach, Please Let Players Catch!



REMEMBER:

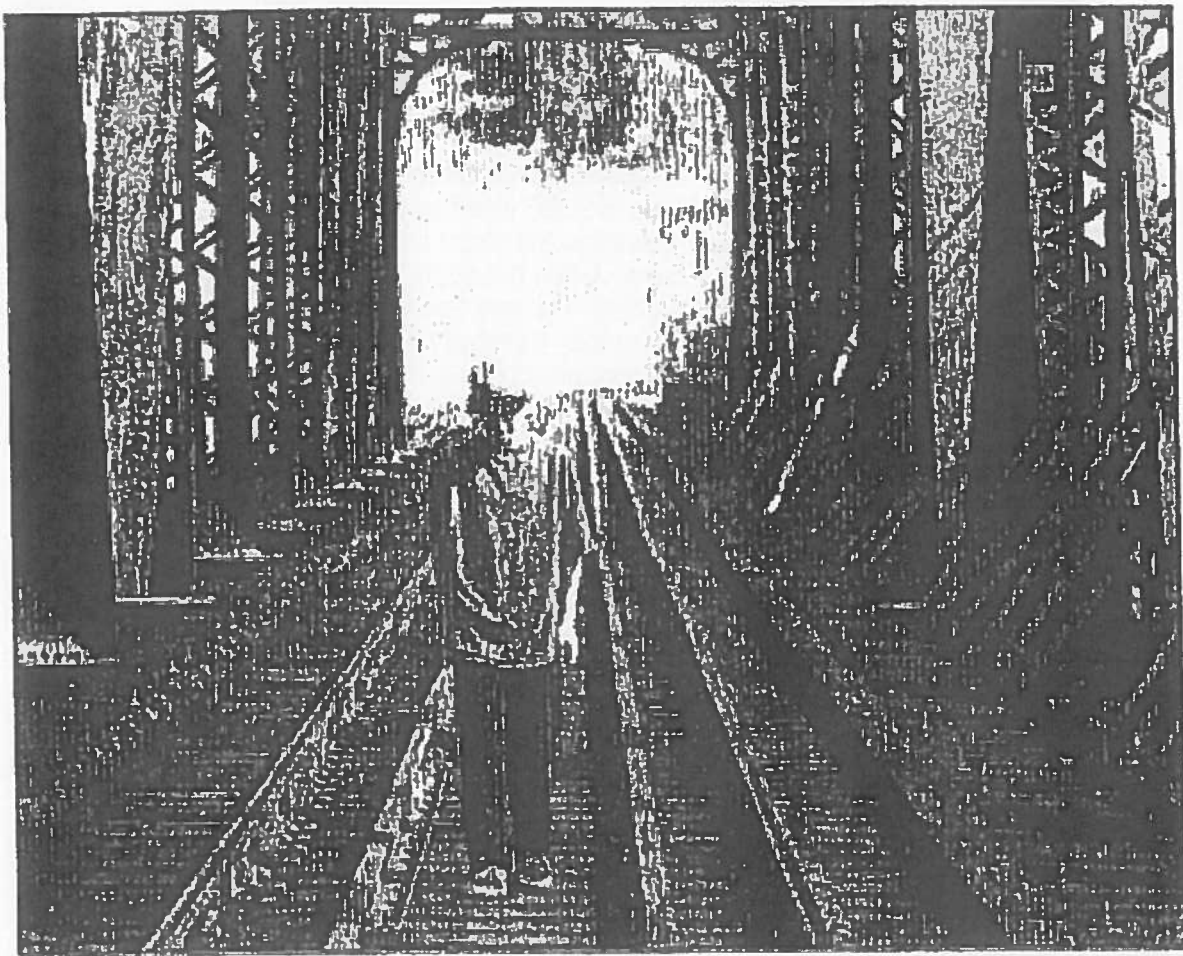
Coaches and managers must not warm up pitchers. Let Players Catch.

RULE 3.09

"...Managers or coaches must not warm up a pitcher at home plate or in the bull pen or elsewhere at any time. They may, however, stand to observe a pitcher during warm-up in the bull pen."

DON'T GET CAUGHT IN A RUNDOWN.

Make it all the way home.
Stay off the tracks.



Trespassing on the rail track is a major league error.
Tracks are for trains, not games. Don't forfeit your future.
Stay off the tracks.

SPONSORED BY OPERATION LIFESAVER

For more information please call 1-800-537-6224
or visit their Web site at www.oli.org



Who Uses Spit Tobacco?



No One in Your Little League Program

... Right?

become regular spit tobacco consumers. It's NSTEP's goal to change this.

Think again.

In fact, the national spit tobacco rate among high school males is one in five. That's right — one out of every five high-school boys has used spit tobacco, a substance that contains more than 28 known cancer-causing agents. Girls aren't immune, either. Some regions of the U.S. report that girls are using spit tobacco at high rates as well. One thing is clear — kids are using spit tobacco. What are you doing to make sure that your child isn't?

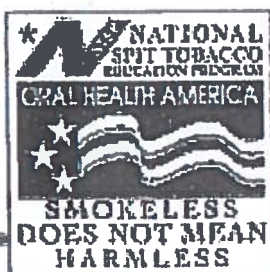
NSTEP wants to make sure your child doesn't use spit tobacco, too. Oral Health America's National Spit Tobacco Education Program (NSTEP) was founded in 1994 as an effort to increase awareness about the dangers of spit tobacco, and break the historical link between this potentially deadly drug and America's pastime. NSTEP's mission is to prevent the use of spit tobacco, and to help all users quit.

NSTEP's mission isn't easy. The spit tobacco industry enjoys more than \$2 billion in yearly sales, largely by targeting new users. Nearly one million children will try spit tobacco this year and more than 300,000 of these young first-time users will

Little League Baseball, International is a major player on the NSTEP team because it wants kids to know the truth about spit tobacco. Together, NSTEP and Little League are working to ensure that kids, spit tobacco, baseball and softball never mix. NSTEP also has partnered with Major League Baseball, the Major League Baseball Players Association (MLBPA), the Professional Baseball Athletic Trainers Society (PBATS), and the American Baseball Coaches Association (ABCA). Spokesmen have included some of baseball's most exciting figures, including Derek Jeter, Hank Aaron, Jeff Bagwell, Lenny Dykstra, and NSTEP national chairman, Joe Garagiola. Chances are NSTEP will make an impression at your child's Little League ballpark this summer through its programs, projects, and literature aimed at teaching young baseball and softball fans that spit tobacco isn't part of the game.

So ask yourself again — who uses spit tobacco? It could be your kid, but it doesn't have to be. NSTEP needs the help of parents, coaches, and adult role models everywhere to help bring its anti-spit tobacco message to today's youth.

Visit WWW.NSTEP.ORG today for vital resources and information on spit tobacco, cessation, and oral cancer prevention.



ORAL HEALTH AMERICA
410 North Michigan Ave.
Suite 352
Chicago, IL 60644-4211
312-836-9900
www.NSTEP.org

use your head

BEFORE YOU BUY A BICYCLE HELMET,

MAKE SURE
IT FITS!



CORRECT WAY TO WEAR
YOUR HELMET

Wear it low on your forehead — 2 finger widths above your eyebrows. Sit it evenly between your ears and flat on your head. Tighten the chin strap and adjust the pads inside so it feels snug and secure and doesn't move up and down or from side to side.

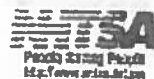
After March 1999, all bicycle helmets made in or imported to the United States must meet a uniform safety standard issued by the U.S. Consumer Product Safety Commission (CPSC). Among other things, this means that bike helmets for children ages 1 to 5 will cover more of their heads, giving them more protection. After March 1999, look for a label or sticker that says the helmet meets the new CPSC standard.*



* Some manufacturers may offer helmets meeting this standard before March 1999.



U.S. Department
of Transportation



U.S. Coast Guard Auxiliary



U.S. Consumer Product
Safety Commission (CPSC)

CPSC Web site: <http://www.cpsc.gov>

CPSC hotline: (800) 638-2772 & (800) 638-8270 (T-V)



**HEY KIDS — REMIND GROWNUPS TO WEAR THEIR
HELMETS TOO!**

DOT HS 806-157 AUGUST 1998

Suggestions for Warm-up Drills



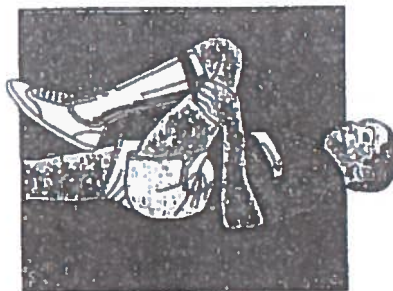
Heel Cord Stretches

Lean against a wall. Reach one leg behind you. Keep the knee straight, heel on the ground, and toes pointed forward. Slightly bend the leg that's closer to the wall. Lean forward. You should feel the stretch along the back of your calf. Repeat with other leg.



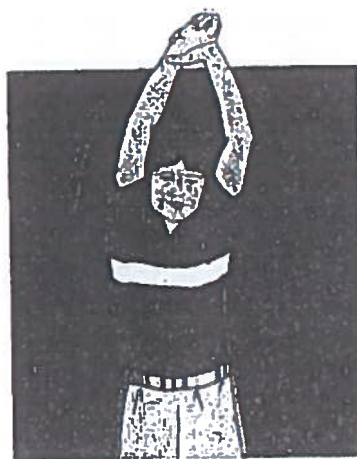
Head and Neck Circles

Make a circle with your head, going around first in one direction five times. Then reverse and make five circles in the opposite direction.



Low Back Stretches

Lie on your back, bring one knee up, and pull the knee slowly toward your chest. Hold and repeat three times. Switch legs and repeat.



Shoulder Stretches #1

Stand or sit, holding your throwing arm at the wrist with your other hand. Put your arm over your head and pull gently, feeling your upper arm against your head. You should feel the stretch inside your shoulder.



Shoulder Stretches #2

Stand or sit, holding onto the elbow of your throwing arm with your other hand. Gently pull your throwing arm across your chest. You should feel the stretch inside your shoulder, especially at the back.



Shoulder Stretches #3

Stand or sit with your pitching arm out to the side and your elbow bent. Move your arm back until you feel the stretch in the front of your shoulder.



Thigh Stretches #1

Sit on the ground. Stretch both legs out in front of you. Reach forward, touching your toes. Eventually, you want to lean forward far enough to put your head on your knees. You should feel the stretch along the backs of your legs.

Thigh Stretches #2

Sit on the ground with one leg stretched out in front of you. Bend the other knee and put your foot behind you. Lean backwards. You should feel the stretch along the front of your thigh.



Volunteers Must Wash Hands

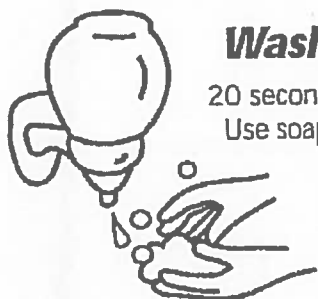
HOW

Wet
warm water



Wash

20 seconds
Use soap



Rinse



Dry

Use single-service
paper towels



Gloves



WHEN

Wash your hands before you prepare food or as often as needed.

Wash after you:

- ▶ use the toilet
- ▶ touch uncooked meat, poultry, fish or eggs or other potentially hazardous foods
- ▶ interrupt working with food (such as answering the phone, opening a door or drawer)
- ▶ eat, smoke or chew gum
- ▶ touch soiled plates, utensils or equipment
- ▶ take out trash
- ▶ touch your nose, mouth, or any part of your body
- ▶ sneeze or cough

Do not touch ready-to-eat foods with your bare hands.

Use gloves, tongs, deli tissue or other serving utensils.

Remove all jewelry, nail polish or false nails unless you wear gloves.

Wear gloves.

when you have a cut or sore on your hand
when you can't remove your jewelry

If you wear gloves:

- ▶ wash your hands before you put on new gloves

Change them:

- ▶ as often as you wash your hands
- ▶ when they are torn or soiled

Developed by UMass Extension Nutrition Education Program with support from U.S. Food & Drug Administration in cooperation with the MA Partnership for Food Safety Education. United States Department of Agriculture Cooperating. UMass Extension provides equal opportunity in programs and employment.



**UMASS
EXTENSION**

Keep It Clean!



REMEMBER:

**Use good sportsmanship on the field,
even to your language.**

Regulation XIV – Field Decorum

- a) "The actions of players, managers, coaches, umpires and league officials must be above reproach . . ."
- b) "The use of tobacco and alcoholic beverages in any form is prohibited on the playing field, benches or dugouts."

If You See It, Flee It; If You Hear It, Clear It



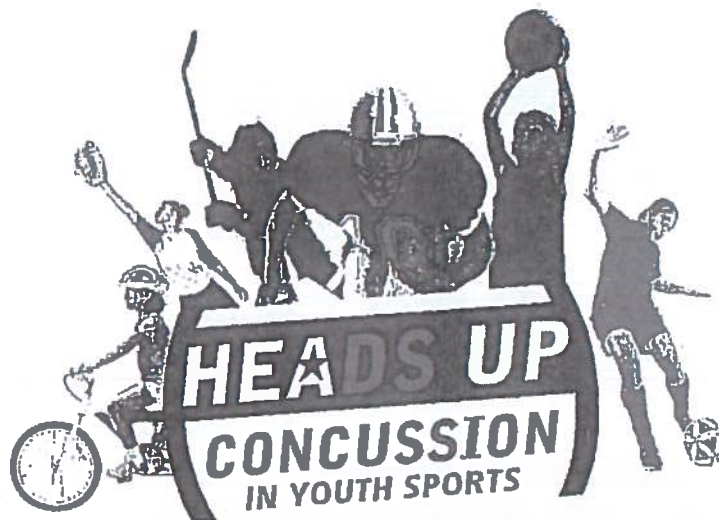
REMEMBER:

- **Track approaching storms the best way possible: Internet radar websites, dedicated storm warning system at field, or other storm warnings**
- **Evacuate fields when storms are about 10 miles away: Have players and spectators go to enclosed building or to cars with windows rolled up**
- **Clear fields immediately after thunder has been heard or lightning seen!**

PLEASE WAIT!

- **Wait 30 minutes before returning to play after last sign of lightning activity in your area**
- **Cars shouldn't leave until the game is called, so all players can be accounted for**

Guidelines from the National Oceanic and Atmospheric Administration's (NOAA) National Weather Service



SIGNS AND SYMPTOMS

These signs and symptoms may indicate that a concussion has occurred.

SIGNS OBSERVED BY COACHING STAFF

Appears dazed or stunned
Is confused about assignment or position
Forgets sports plays
Is unsure of game, score, or opponent
Moves clumsily
Answers questions slowly
Loses consciousness (even briefly)
Shows behavior or personality changes
Can't recall events prior to hit or fall
Can't recall events after hit or fall

SYMPTOMS REPORTED BY ATHLETE

Headache or "pressure" in head
Balance problems or dizziness
Sensitivity to light
Sensitivity to noise
Feeling sluggish, hazy, foggy, or groggy
Concentration or memory problems
Confusion
Does not "feel right"

ACTION PLAN

If you suspect that a player has a concussion, you should take the following steps:

1. Remove athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
4. Allow athlete to return to play **only** with permission from an appropriate health care professional.

It's better to miss one game than the whole season.

For more information and to order additional materials free-of-charge, visit:
www.cdc.gov/ConcussionInYouthSports



DUGOUT RULES

- No On Deck Batters
- No Bats In Hands
- No Bat Donuts Allowed
- No Ball Throwing Inside Dugout

No Parents, Siblings, Relatives,
Friends Allowed In Dugout Near
Dugout Opening or Behind
Any Tarp During Game Play.

Only Approved Players and
Coaches Permitted in Dugout.

All Coaches Must Be Inside
Dugout During Game Play
Except For Base Coaches.

No Hanging From
Fence or Tarps.

All Equipment Must Be
Inside Dugout And Not
on Any Part of Field.



ake
ure
hey
Are
Safe!

ach, Please
at Players
Catch!



and catching must not be
players for players only.

Good Procedures to Implement

Checklist for Managers, Coaches, and Umpires

Here are some good procedures for your league to implement and follow on several required areas of the safety plan. Requirements 7, 10, 12 and 13 are all included in the checklists below. These come from several leagues whose volunteers are providing safety leadership through their efforts to increase awareness and help volunteers do the right thing at the right time.

A. Safe Playing Areas

Regular safety inspections of all fields, (practice and game), structures, and dugouts, is the best way to eliminate conditions that cause accidents. Managers, coaches, and umpires should routinely check playing area for:

1. Holes, damage, rough or uneven spots, slippery areas, and long grass
2. Glass, rocks, foreign objects
3. Damage to screens or fences, including holes, sharp edges, or loose edges
4. Unsafe conditions around backstop, pitcher's mound, or warning track
5. Proper attire by the catcher at all times, including in the bull pens and in between innings

B. Safe Equipment

All equipment shall be inspected before each use. Regular safety inspection of equipment is essential. Managers, coaches, and umpires should:

1. Be sure all equipment is LL approved
2. Inspect all bats, helmets, and other equipment on a regular basis. Dispose of unsafe equipment properly.

3. Keep loose equipment stored properly
4. Have all players remove all personal jewelry
5. Parents should be encouraged to provide safety glasses for players who wear glasses
6. Repair or replace defective equipment

C. Safe Procedures

Managers and coaches must:

1. Have all players' medical release forms with you at every practice and game
2. Have a first aid kit with you all practices and games
3. Have access to a telephone in case of emergencies
4. Know where the closest emergency shelter is in case of severe weather
5. Ensure warm-up procedures have been completed by all players
6. Stress the importance of paying attention, no "horse playing allowed"
7. Instruct the players on proper fundamentals of the game to ensure safe participation
8. Each practice should have at least 2 coaches in case of an emergency

D. Weather Conditions

Before the Storm

1. Check the weather forecast before leaving for a game or practice
2. Watch for signs of an approaching storm
3. Postpone outdoor activities if storms are imminent

Approaching Thunderstorm

1. Take caution when you hear thunder. If you hear thunder, you are close enough to get struck by lightning. During a game, the umpire will clear the field in the event of an approaching storm.

2. Move to a safe environment immediately. Do not go under a tree or stay in the dugout.
3. If lightening is occurring and there is not sturdy shelter near, get inside a hard top automobile and keep the window up.
4. Stay away from water, metal pipes, and telephone lines.
5. Unplug appliances not necessary for obtaining weather information. Avoid the telephone except for emergency use only.
6. Turn off air conditioners.

If caught outdoors & no shelter exists

1. Find a low spot away from trees, fences, light poles, and flagpoles. Make sure the site you pick is not prone to flooding.
2. If in the woods, take cover under shorter trees.
3. If you feel your skin begin to tingle or your hair feels like it's standing on end, squat low to the ground, balancing on the balls of your feet. Make yourself the smallest possible target, tuck your head between your legs, and minimize your contact with the ground.

What to do if someone is struck by lightning

1. The person who has been struck will carry no electrical charge; therefore, they are safe to touch.
2. Call 9-1-1 as soon as possible for help.
3. Check for burns to the body.
4. Give first aid as needed.
5. If breathing and/or heartbeat have stopped, perform CPR until EMS arrives.
6. Contact the league Safety Officer or President ASAP.

Keeping Them Safe

SAFETY CODE – Dedicated to Injury Prevention

Responsibility for Safety procedures should be that of an adult member of the _____ Little League.

Arrangements should be made in advance of all games and practices for emergency medical services.

Managers, coaches and umpires should have training in first-aid. First-aid kits are issued to each team manager.

No games or practices should be held when weather or field conditions are bad, particularly with lightning.

Play area should be inspected frequently for holes, damage, stones, glass and other foreign objects.

All team equipment should be stored within the team dugout, or behind screens, and not within the area defined by the umpires as "in play".

Only players, managers, coaches, and umpires are permitted on the playing field or in the dugout during games and practice sessions.

Responsibility for keeping bats and loose equipment off the field of play should be that of a player assigned for this purpose or the team's manager and coaches.

During practice and games, all players should be alert and watching the batter on each pitch.

During warm-up drills players should be spaced so that no one is endangered by wild throws or missed catches.

All pre-game warm-ups should be performed within the confines of the playing field and not within areas that are frequented by, and thus endanger spectators (i.e., playing catch, pepper, swinging bats, etc.)

Equipment should be inspected regularly for the condition of the equipment as well as for proper fit.

Batters must wear Little League approved protective helmets during batting practice and games.

Catcher must wear catcher's helmet, mask, throat guard, long model chest protector, shin guards and protective cup with athletic supporter at all times (males) for all practices and games. **NO EXCEPTIONS.** Managers should encourage all male players to wear protective cups and supporters for practices and games.

Except when runner is returning to a base, head-first slides are not permitted.

During sliding practice, bases should not be strapped down or anchored.

At no time should "horse play" be permitted on the playing field.

Parents of players who wear glasses should be encouraged to provide "safety glasses."

Player must not wear watches, rings, pins or metallic items during games and practices.

The Catcher must wear catcher's helmet and mask with a throat guard in-warming up pitchers. This applies between innings and in the bullpen during a game and also during practices.

Managers and Coaches may **NOT** warm up pitchers before or during a game.

On-deck batters are not permitted (except in Junior/Senior/Big League Divisions).

All managers are required to attend _____ Little League-sponsored managers clinic and all coaches are invited as well.

Our _____ Little League runs background checks on all of the managers, coaches and other applicable volunteer applicants.

Safety is everyone's responsibility

SAFETY CODE

The Board of Directors of Hills Little League has mandated the following *Safety Code*. All managers and coaches will read this *Safety Code* and then read it to the players on their team. Signatures are required in the spaces provided below acknowledging that the manager, coach and players understand and agree to comply with the *Safety Code*. *Tear the signature sheet on the dotted line and mail to the HLL Safety Officer in the enclosed envelope.*

- Responsibility for safety procedures belong to every adult member of Hills Little League.
- Each player, manager, designated coach, umpire, team safety officer shall use proper reasoning and care to prevent injury to him/herself and to others.
- Only league approved managers and/or coaches are allowed to practice teams.
- Only league-approved managers and/or coaches will supervise batting cages.
- Arrangement should be made in advance of all games and practices for emergency medical services.
- Managers, designated coaches and umpires will have mandatory training in First Aid.
- First-aid kits are issued to each team manager during the pre-season and additional kits will be located at each concession stand and in the clubhouse.
- No games or practices will be held when weather or field conditions are poor, particularly when lighting is inadequate.
- Play area will be inspected before games and practices for holes, damage, stones, glass and other foreign objects.
- Team equipment should be stored within the team dugout or behind screens, and not within the area defined by the umpires as "in play".
- Only players, managers, coaches and umpires are permitted on the playing field or in the dugout during games and practice sessions.



- Responsibility for keeping bats and loose equipment off the field of play should be that of a player assigned for this purpose or the team's manager and designated coaches.
- Foul balls batted out of playing area will be returned to the snack bar and not thrown over the fence during a game until our ball returns are installed.
- During practice and games, all players should be alert and watching the batter on each pitch.
- During warm-up drills, players should be spaced so that no one is endangered by wild throws or missed catches.
- All pre-game warm-ups should be performed within the confines of the playing field and not within areas that are frequented by, and thus endangering spectators, (i.e., playing catch, pepper, swinging bats etc.)
- Equipment should be inspected regularly for the condition of the equipment as well as for proper fit.
- Batters must wear Little League approved protective helmets that bear the NOCSAE seal during batting practice and games.
- Except when a runner is returning to a base, head first, slides are not permitted.
- During sliding practice, bases should not be strapped down or anchored.
- At no time should "horse play" be permitted on the playing field.
- Parents of players who wear glasses should be encouraged to provide "safety glasses" for their children.
- On-deck batters are not permitted.
- Managers will only use the official Little League balls supplied.
- Once a ball has become discolored, it will be discarded.
- All male players will wear athletic supporters or cups during games. Catchers must wear a cup. Managers should encourage that cups be worn at practices too.
- Male catchers must wear the metal, fiber or plastic type cup and a long-model chest protector.
- Female catchers must wear long or short model chest protectors.
- All catchers must wear chest protectors with neck collar, throat guard, shin guards and catcher's helmet, all of which must meet Little League specifications and standards.



➤ All catchers must wear a mask, "dangling" type throat protector and catcher's helmet during practice, pitcher warm-up, and games. Note: Skullcaps are not permitted.

➤ Shoes with metal spikes or cleats are not permitted. Shoes with molded cleats are permissible.



➤ Players will not wear watches, rings, pins, jewelry or other metallic items during practices or games. (Exception: Jewelry that alerts medical personnel to a specific condition is permissible and this must be taped in place.)

➤ No food or drink, at any time, in the dugouts. (Exception: bottled water, Gatorade and water from drinking fountains)

➤ Catchers must wear a catcher's mitt (not a first baseman's mitt or fielder's glove) of any shape, size or weight consistent with protecting the hand.

➤ Catchers may not catch, whether warming up a pitcher, in practices, or games without wearing full catcher's gear and an athletic cup as described above.



➤ Managers will never leave an unattended child at a practice or game.

➤ No children under the age of 15 are permitted in the Concession Stands.

➤ Never hesitate to report any present or potential safety hazard to the Safety Officer immediately.

➤ Make arrangements to have a cellular phone available when a game or practice is at a facility that does not have public phones.

➤ Speed Limit is 5 miles per hour in roadways and parking lots.



➤ No alcohol or drugs allowed on the premises at any time.

➤ No medication will be taken at the facility unless administered directly by the child's parent. This includes aspirin and Tylenol.

➤ No playing in the parking lots at any time.

➤ No playing in construction areas at any time. This includes the sand bins.

➤ No playing on and around lawn equipment, machinery at any time.

➤ No smoking within twenty feet of the dugouts and concession stands.



➤ No swinging bats or throwing baseballs at any time within the walkways and common areas of the complex.

➤ No throwing rocks.

➤ No climbing fences,

➤ No swinging on dugout roofs.

- > No pets are permitted on the premises at any time. This includes dogs, cats, horses, etc.
- > Observe all posted signs.
- > Players and spectators should be alert at all times for foul balls and errant throws.
- > All gates to the fields must remain closed at all times. After players have entered or left the playing field, gates should be closed and secured.
- > Bicycle helmets must be worn at all times when riding bicycles on the premises as well as to and from the premises.
- > Use crosswalks when crossing roadways. Always be alert for traffic.
- > The Department of Water and Power property adjacent to the complex is off limits at all times.
- > No one is allowed on the complex with open wounds at any time. Wounds should be treated and properly bandaged.
- > There is no running allowed in the bleachers.



PARENTAL CONCERNS ABOUT SAFETY

The following are some of the most common concerns and questions asked by parents regarding the safety of their children when it comes to playing baseball. We have also included appropriate answers below the questions.

I'm worried that my child is too small or too big to play on the team/division he has been assigned to. Little League has rules concerning the ages of players on T-Ball, Farm, Minor, Major and Senior teams.

Little League observes those rules and then places children on teams according to their skills and abilities based on their try-out ratings at the beginning of the season. If for some reason you do not think your child belongs in a particular division, please contact the Player Agent and share your concerns with him or her.

Should my child be pitching as many innings per game?

Little League has rules regarding pitching which all managers and coaches must follow. The rules are different depending on the division of play but the rules are there to protect children.

Do mouth guards prevent injuries? A mouth guard can prevent serious injuries such as concussions, cerebral hemorrhages, incidents of unconsciousness, jaw fractures and neck injuries by helping to avoid situations where the lower jaw gets jammed into the upper jaw.

Mouth Guards are effective in moving soft tissue in the oral cavity away from the teeth, preventing laceration and bruising of the lips and cheeks, especially for those who wear orthodontic appliances.



How do I know that I can trust the volunteer managers and coaches not to be child molesters?

Little League runs background checks on all board members, managers and designated coaches before appointing them. Volunteers are required to fill out

applications which give the information and permission it needs to complete a thorough investigation. If the League receives inappropriate information on a Volunteer, that Volunteer will be immediately removed from his/her position and banned from the facility.



How can I complain about the way my child is being treated by the manager, coach, or umpire? You can directly contact the Player Agent for your division or any board member. Their names and telephone numbers are posted in the glass case outside the clubhouse. The complaint will be brought to the President's attention immediately and investigated.

Will that helmet on my child's head really protect him while he or she is at bat and running around the bases? The helmets used at Little League must meet NOCSAE standards as evidenced by the exterior label. These helmets are certified by Little League Incorporated and are the safest protection for your child. The helmets are checked for cracks at the beginning of each game and replaced if need be.



Is it safe for my child to slide into the bases? Sliding is part of baseball. Managers and coaches teach children to slide safely in the pre-season.

My child has been diagnosed with ADD or ADHD - is it safe for him to play? Little League now addresses ADD and ADHD in their Safety Manual. Managers and coaches now have a reference to better understand ADD and ADHD. The knowledge they gain here will help them coach ADD and ADHD children effectively. The primary concern is, of course, safety. Children must be aware of where the ball is at all times. Managers and coaches must work together with parents in order help ADD and ADHD children focus on safety issues.



Why can't I smoke at the field? You can smoke but not within 20 feet of the dugouts, bleachers and concession stands. There are posted signs throughout the park that stipulate this.



Board of Directors voted this rule on smoking into effect after the studies on second-hand smoke came out. Please obey the rules as they are there for the safety of our children.





SAFETY MANUAL AND FIRST AID KITS

Each team will be issued a Safety Manual and a First Aid Kit at the beginning of the season. The manager or the team will acknowledge the receipt of both by signing in the space provided below when taking possession of these articles.

Two chemical ice packs of physical therapy quality will be issued to each team at the beginning of the season. Others are available at all times in the concession stands.

The head umpire will be issued 10 copies of the Safety Manual.

Both concession stands will have a First Aid Kit and a Safety Manual in plain sight at all time.

The Clubhouse will have a First Aid Kit and a Safety Manual in plain sight at all time.

The Safety Manual will include maps to hospitals and other emergency services, phone numbers for all Board Directors, the Hills Code of Conduct, Do's and Don'ts of treating injured players. This information will also be posted in the display cases outside the clubhouse.

The First Aid Kit will include the necessary items to treat an injured player until professional help arrives if need be (*see First Aid section*).

I have received my Safety Manual and First Aid Kit and will have them both present at all practices, batting cage practices, games (season games and post-season games) and any other event where team members could become injured or hurt.

Print name of Manager

Team name and division

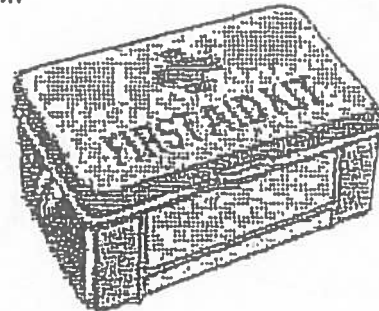
Signature of Manager

Date

*Tear on the above dotted line and give to the
Safety Officer upon signing.*

Facilities Safety Checklist

- Do you provide a first aid kit for each team?
- Do you have telephone access at each field?
- Do bleachers have hand and back guard rails?
- Do bleachers have spectator foul ball protection?
- Do you ground all metal bleachers?
- Do you inspect wood bleachers annually?
- Do you use breakaway bases?
- Do you use double first bases?
- Do you install warning tracks for each field?
- Do you test light levels annually before each season?
- Does an electrician test lights' electrical systems annually?
- Are batters' eyes installed in each center field?
- Are pitchers' eyes installed behind each backstop?
- Are fence caps used to protect players from wire fence edges?
- Are fenced, limited-access bull pens available for warm-ups?
- Do you separate parking areas clearly from pedestrian areas?



Safety Fi

SECTION

13

HALF HOLLOW HILLS LITTLE LEAGUE

PREVENTING INJURIES AND SAFETY TIPS ON HOW TO TREAT AN INJURY.

REMEMBER:

Protection

Rest

Ice

Compression

Elevation

Support

CONDITIONING & STRETCHING

Conditioning is an intricate part of accident prevention. Extensive studies on the effect of conditioning, commonly known as "warm-up," have demonstrated that:

* The stretching and contracting of muscles just before an athletic activity improves general control of movements, coordination and alertness.

* Such drills also help develop the strength and stamina needed by the average youngster to compete with minimum accident exposure.

* The purpose of stretching is to increase flexibility within the various muscle groups, and prevent tearing from overexertion. Stretching should never be done forcefully, but rather in a gradual manner to encourage looseness and flexibility.

Hints on Stretching

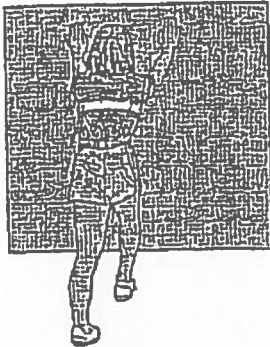
- * Stretch necks, backs, arms, thighs, legs and calves.
- * Don't ask the child to stretch more than he or she is capable of.
- * Hold the stretch for at least 10 seconds.
- * Don't allow bouncing while stretching. This tears down the muscle rather than stretching it.
- * Have one of the players lead the stretching exercises.

Hints on Calisthenics

- * Repetitions of at least 10.
- * Have kids synchronize their movements.
- * Vary upper body with lower body.
- * Keep the pace up for a good cardio-vascular workout.

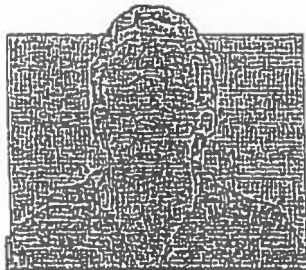


Suggestions for Warm-up Drills



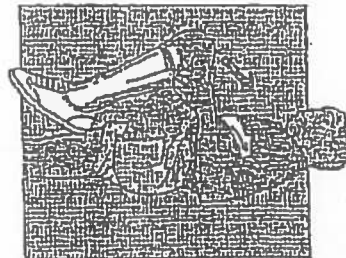
Heel Cord Stretches

Lean against a wall. Reach one leg behind you. Keep the knee straight, heel on the ground, and toes pointed forward. Slightly bend the leg that's closer to the wall. Lean forward. You should feel the stretch along the back of your calf. Repeat with other leg.



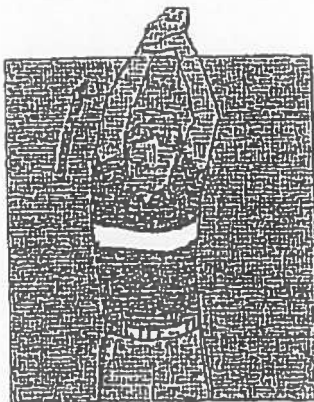
Head and Neck Circles

Make a circle with your head, going around first in one direction five times. Then reverse and make five circles in the opposite direction.



Low Back Stretches

Lie on your back, bring one knee up, and pull the knee slowly toward your chest. Hold and repeat three times. Switch legs and repeat.



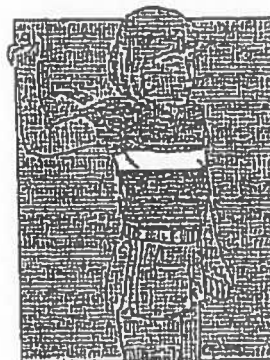
Shoulder Stretches #1

Stand or sit, holding your throwing arm at the wrist with your other hand. Put your arm over your head and pull gently, feeling your upper arm against your head. You should feel the stretch inside your shoulder.



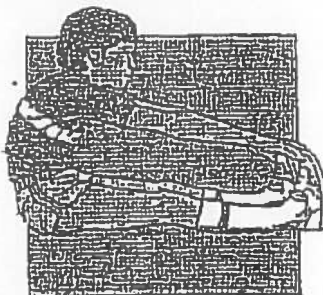
Shoulder Stretches #2

Stand or sit, holding onto the elbow of your throwing arm with your other hand. Gently pull your throwing arm across your chest. You should feel the stretch inside your shoulder, especially at the back.



Shoulder Stretches #3

Stand or sit with your pitching arm out to the side and your elbow bent. Move your arm back until you feel the stretch in the front of your shoulder.



Thigh Stretches #1

Sit on the ground. Stretch both legs out in front of you. Reach forward, touching your toes. Eventually, you want to lean forward far enough to put your head on your knees. You should feel the stretch along the backs of your legs.

Thigh Stretches #2

Sit on the ground with one leg stretched out in front of you. Bend the other knee and put your foot behind you. Lean backwards. You should feel the stretch along the front of your thigh.



SECTION

14

HALF HOLLOW HILLS

WEATHER SAFETY FACTS

AND

LIGHTING SAFETY FACTS

Lightning Facts and Safety Procedures

Consider the following facts:

- The average lightning stroke is 6 - 8 miles long.
- The average thunderstorm is 6 - 10 miles wide and travels at a rate of 25 miles per hour.
- Once the leading edge of a thunderstorm approaches, within 10 miles, you are at immediate risk due to the possibility of lightning strokes coming from the storm's overhanging anvil cloud (for example, the lightning that injured 13 people during a concert at RFK last summer occurred while it was sunny and dry).
- On the average, thunder can only be heard over a distance of 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 lightning strikes.

"Flash-Bang" Method

One way of determining how close a recent lightning strike is to you is called the "flash-bang" method. With the "flash-bang" method, a person counts the number of seconds between the sight of a lightning strike and the sound of thunder that follows it. Halt-play and evacuation should be called for when the count between the lightning flash and the sound of its thunder is 15 seconds or less.

Lightning Detector

This year, the board approved the purchase of a lightning detector device that detects bursts of electromagnetic radiation - in the form of very low frequency radio signals - generated by lightning flashes up to 40 miles away. It will be located around the snack bar at the Thalass complex. The detector will be set to detect lightning within 2 miles of the device. When the detector's alarm sounds, a concession stand employee will sound a horn signifying an immediate halt-play and evacuation of the fields.

Rule of Thumb

The ultimate truth about lightning is that it is unpredictable and cannot be prevented. Therefore, a manager, coach, or umpire who feels threatened by an approaching storm should stop play and get the kids to safety - regardless of whether or not the lightning detector goes off (at Thalass), or if the "flash-bang" proximity measure applies. When in doubt, the following rule of thumb should be applied:

**WHEN YOU HEAR IT - CLEAR IT
WHEN YOU SEE IT - FLEE IT**

Where to Go?

No place is absolutely safe from the lightning threat, but some places are safer than others. Large enclosed shelters (substantially constructed buildings) are the safest (like our snack bars and press boxes). For the majority of participants, the best area for them to seek shelter is in a fully enclosed metal vehicle with the windows rolled up. If you are stranded in an open area and cannot get to shelter in a car, put your feet together, crouch down, and put your hands over your ears (to try and prevent eardrum damage).

Where NOT to Go!!

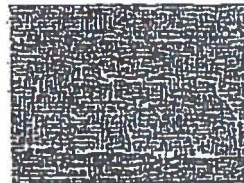
Avoid high places and open fields, isolated trees, unprotected gazebos, rain or picnic shelters (like at Thalass), dugouts, flagpoles, light poles, bleachers (metal or wood), metal fences, and water.

First Aid to a Lightning Victim

Typically, the lightning victim exhibits similar symptoms as that of someone suffering from a heart attack. In addition to calling 911, the rescuer should consider the following:

- The first level of emergency care is "make no more casualties". If the victim is in a high risk area (open field, isolated tree, etc.) the rescuer should determine if movement from that area is necessary - lightning can and does strike the same place twice. If the rescuer is at risk, and movement of the victim is a viable option, it should be done.
- 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 them.
- 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.



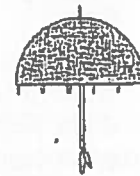
WEATHER

Most of our days are warm and sunny but there are those days when the weather turns bad and creates *unsafe weather conditions*.

Rain:

If it begins to rain:

1. Evaluate the strength of the rain. Is it a light drizzle or is it pouring?
2. Determine the direction the storm is moving.
3. Evaluate the playing field as it becomes more and more saturated.
4. Stop practice if the playing conditions become unsafe -- use common sense. If playing a game, consult with the other manager and the umpire to formulate a decision.

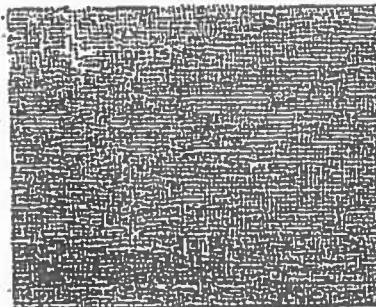


Lightning:

The average lightning stroke is 5-6 miles long with up to 30 million volts at 100,000 amps flow in less than a tenth of a second.

The average thunderstorm is 6-10 miles wide and moves at a rate of 25 miles per hour.

Once the leading edge of a thunderstorm approaches to within 10 miles, you are at immediate risk due to the possibility of lightning strokes coming from the storm's overhanging anvil cloud. This fact is the reason that many lightning deaths and injuries occur with clear skies overhead.



On average, the thunder from a lightning stroke can only be heard over a distance of 3-4 miles, depending on terrain, humidity and background noise around you. By the time you can hear the thunder, the storm has already approached to within 3-4 miles!

The sudden cold wind that many people use to gauge the approach of a thunderstorm is the result of down drafts and usually extends less than 3

miles from the storm's leading edge. By the time you feel the wind, the storm can be less than 3 miles away!

If you can **HEAR, SEE OR FEEL** a **THUNDERSTORM**:

1. Suspend all games and practices immediately.
2. Stay away from metal including fencing and bleachers.
3. Do not hold metal bats.
4. Get players to walk, not run to their parent's or designated driver's cars and wait for your decision on whether or not to continue the game or practice.

Hot Weather:

One thing we do get in is hot weather. Precautions must be taken in order to make sure the players on your team do not *dehydrate* or *hyperventilate*.

1. Suggest players take drinks of water when coming on and going off the field between innings. (*Drinking fountains are located in all dugouts*)
2. If a player looks distressed while standing in the hot sun, substitute that player and get him/her into the shade of the dugout A.S.A.P.
3. If a player should collapse as a result of heat exhaustion, call 9-1-1 immediately. Get the player to drink water and use the instant ice bags supplied in your First-Aid Kit to cool him/her down until the emergency medical team arrives. (*See section on Hydration*)

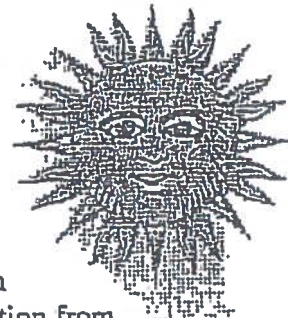


Ultra-Violet Ray Exposure:

This kind of exposure increases and athlete's risk of developing a specific type of skin cancer known as *melanoma*.

The American Academy of Dermatology estimates that children receive 80% of their lifetime sun exposure by the time that they are 18 years old.

Therefore, HLL will recommend the use of sunscreen with a **SPE** (sun protection factor) of at least 15 as a means of protection from damaging ultra-violet light.





Little League Baseball and Softball Online

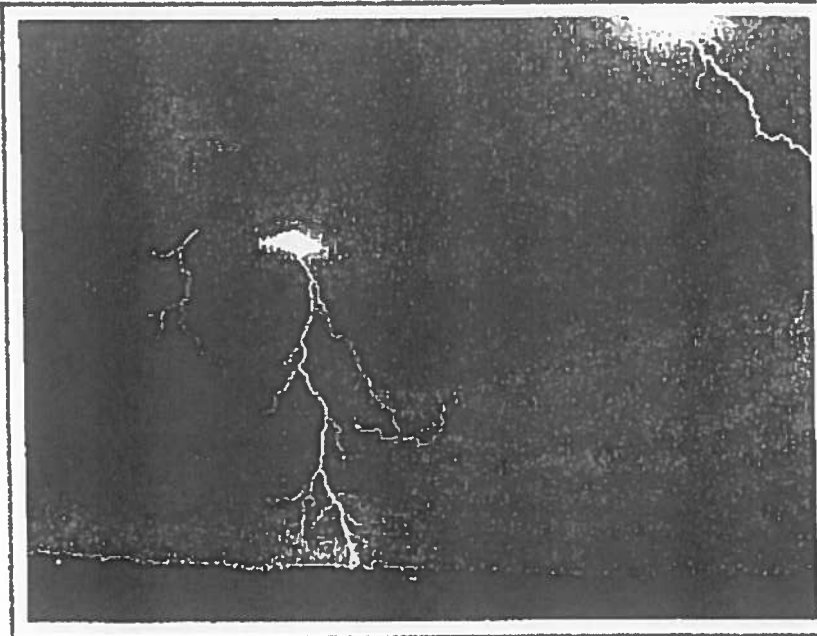
> [Little League Online](#) > [Learn More](#) > [Programs](#) > [Safety Program \(ASAP\)](#) > [Lightning Safety](#)

Lightning Safety

Keeping The Game Safe: NOAA Teams With Little League on Lightning Safety Awareness

(A news release from the National Oceanographic and Atmospheric Administration.) When the thunder that Little Leaguers hear is not the roar of the crowd, it is time to get inside, because lightning may be close behind. That's why the NOAA National Weather Service is teaming up with Little League Baseball and Softball to provide valuable life-saving information regarding the dangers of lightning.

"NOAA is proud to partner with Little League on our effort to educate the public on the dangers of lightning, particularly the coaches, umpires, parents and children who are involved with Little League Baseball and Softball," said retired Navy Vice Adm. Conrad C. Lautenbacher, Ph.D., undersecretary of commerce for oceans and atmosphere and NOAA administrator. "Lightning is an underrated killer, claiming, on average, more lives than either tornadoes or hurricanes."



Little League has been proactive in providing lightning-safety information to officials across the country through their safety newsletter, ASAP (A Safety Awareness Program). In a recent newsletter, Little League included a copy of a "Coach's and Sports Official's Guide to Lightning Safety," developed by the NOAA Weather Service. Previously, the April 2002 issue of ASAP included an article written by NOAA on lightning safety.

"The safety of our players, parents, coaches and spectators is of utmost importance to us," said Stephen D. Keener, president and chief executive officer of Little League International. "Lightning is one of our greatest concerns on the field, and we appreciate the safety information that NOAA provides to us. We want everyone involved in Little League Baseball to understand the dangers of lightning so that they will take the appropriate action when thunderstorms threaten."

"The bottom line is that if you hear thunder, you need to get inside immediately," said retired Air Force Brig. Gen. David L. Johnson, director of the NOAA National Weather Service. "Lightning can strike up to 10 miles from a thunderstorm, which is about the distance that the sound of thunder can travel and be heard. All thunderstorms produce lightning, and each lightning strike is a potential killer."

Lightning casualties can occur at any time of the year but are most frequent in the late spring and summer thunderstorm season, when people tend to be outside. Annually, about 25 million cloud-to-ground lightning strikes occur in the United States. From 1971 to 2000, lightning killed an average of 73 people each year in the United States and injured hundreds more.

The NOAA National Weather Service is the primary source of weather data, forecasts and warnings for the United States and its territories. The NOAA Weather Service operates the most advanced weather and flood warning and forecast system in the world, helping to protect lives and property and enhance the national economy.

NOAA is dedicated to enhancing economic security and national safety through the prediction and research of weather and climate-related events and providing environmental stewardship of the nation's coastal and marine resources. NOAA is part of the U.S. Department of Commerce.

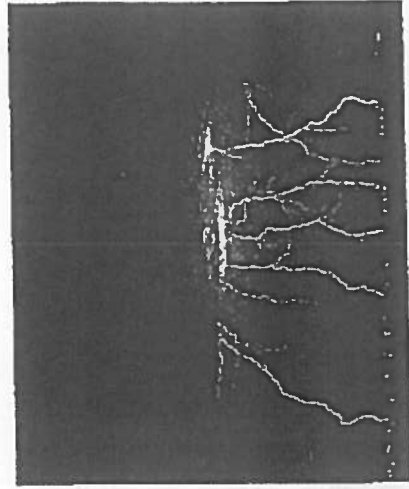
Relevant Web Sites

- [NOAA National Weather Service](#)
- [NOAA Lightning Safety](#)
- [NOAA Severe Weather Photos](#)
- [NOAA Storm Watch](#)

Copyright © 2003-2010 Little League. All Rights Reserved. | [Trademark](#) | [Privacy Policy](#) | [Text and Images](#) | [Site Map](#)

What to do if someone is struck by lightning

- ▶ **Lightning victims do not carry an electrical charge, are safe to handle, and need immediate medical attention.**
- ▶ **Call for help.** Have someone call 9-1-1 or your local ambulance service. Medical attention is needed as quickly as possible.
- ▶ **Give first aid.** Cardiac arrest is the immediate cause of death in lightning fatalities. However, some deaths can be prevented if the victim receives the proper first aid immediately. Check the victim to see that they are breathing and have a pulse and continue to monitor the victim until help arrives. Begin CPR if necessary.
- ▶ **If possible, move the victim to a safer place.** An active thunderstorm is still dangerous. Don't let the rescuers become victims. Lightning CAN strike the same place twice.



NOAA

STAY INFORMED

Listen to NOAA Weather Radio for the latest forecast and for any severe thunderstorm **WATCHES** or **WARNINGS**. Severe thunderstorms produce winds of 58 mph or greater, or hail 3/4 of an inch or larger in diameter.

A severe thunderstorm **WATCH** is issued when conditions are favorable for severe weather to develop.

A severe thunderstorm **WARNING** is issued when severe weather is imminent. National Weather Service personnel use information from weather radar, satellite, lightning detection, spotters, and other sources to issue these warnings.



NOAA WEATHER RADIO IS
THE BEST WAY TO RECEIVE
FORECASTS AND WARNINGS
FROM THE NATIONAL
WEATHER SERVICE.

Remember that all thunderstorms produce lightning and all lightning can be deadly to those outside.

Lightning Safety Awareness Week is the last full week of June. For additional information on lightning or lightning safety, visit NOAA's lightning safety web site:

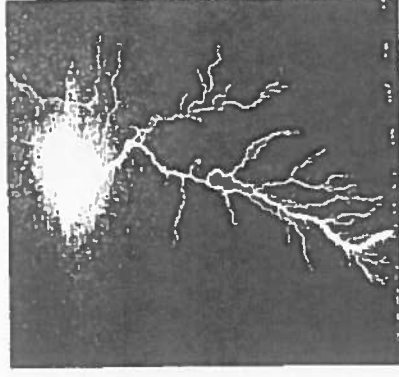
<http://www.lightningsafety.noaa.gov>

or contact us at

National Weather Service
P.O. Box 1208
Gray, Maine 04039

GYX 0301 (August 2003) - Revised

Coach's and Sports Official's Guide to Lightning Safety...



NOAA

LIGHTNING... the underrated killer!

A SAFETY GUIDE

U.S. DEPARTMENT OF COMMERCE
NATIONAL OCEANIC AND
ATMOSPHERIC ADMINISTRATION



NATIONAL WEATHER
SERVICE

Gray, Maine

This safety guide has been prepared to help coaches and sports officials recognize the dangers of lightning and take appropriate safety precautions.

LIGHTNING KILLS

Play It Safe !

Each year in the United States, more than four hundred people are struck by lightning. On average, about 70 people are killed and many others suffer permanent neurological disabilities. Most of these tragedies can be avoided if proper precautions are taken. When thunderstorms threaten, coaches and sports officials must not let the desire to start or complete an athletic activity hinder their judgment when the safety of participants and spectators is in jeopardy.

It is important for coaches and officials to know some basic facts about lightning and its dangers

- ▶ All thunderstorms produce lightning and are dangerous. In an average year, lightning kills more people in the U.S. than either tornadoes or hurricanes.
- ▶ Lightning often strikes outside the area of heavy rain and may strike as far as 10 miles from any rainfall. Many deaths from lightning occur ahead of storms because people wait too long before seeking shelter, or after storms because people return outside too soon.
- ▶ If you hear thunder, you are in danger. Anytime thunder is heard, the thunderstorm is close enough to pose an immediate lightning threat to your location.
- ▶ Lightning leaves many victims with permanent disabilities. While only a small percentage of lightning strike victims die, many survivors must learn to live with very serious, life-long disabilities.

To avoid exposing athletes and spectators to the risk of lightning take the following precautions

- ▶ Postpone activities if thunderstorms are imminent. Prior to an event, check the latest forecast and, when necessary, postpone activities early to avoid being caught in a dangerous situation. Stormy weather can endanger the lives of participants, staff, and spectators.
- ▶ Plan ahead. Have a lightning safety plan. Know where people will go for safety, and know how much time it will take for them to get there. Have specific guidelines for suspending the event or activity so that everyone has time to reach safety before the threat becomes significant. Follow the plan without exception.
- ▶ Keep an eye on the sky. Pay attention to weather clues that may warn of imminent danger. Look for darkening skies, flashes of lightning, or increasing wind, which may be signs of an approaching thunderstorm.
- ▶ Listen for thunder. If you hear thunder, immediately suspend your event and instruct everyone to get to a safe place. Substantial buildings provide the best protection. Once inside, stay off corded phones, and stay away from any wiring or plumbing. Avoid sheds, small or open shelters, dugouts, bleachers, or grandstands. If a sturdy building is not nearby, a hard-topped metal vehicle with the windows closed will offer good protection, but avoid touching any metal.

- ▶ Avoid open areas. Stay away from trees, towers, and utility poles. Lightning tends to strike the taller objects.
- ▶ Stay away from metal bleachers, backstops and fences. Lightning can travel long distances through metal.
- ▶ Do not resume activities until 30 minutes after the last thunder was heard.
- ▶ As a further safety measure, officials at outdoor events may want to have a tone-alert NOAA Weather Radio. The radio will allow you to monitor any short-term forecasts for changing weather conditions, and the tone-alert feature can automatically alert you in case a severe thunderstorm watch or warning is issued. To find your nearest NOAA weather radio transmitter, go to <http://www.nws.noaa.gov/nwr/> and click on "Station Listing and Coverage."

If you feel your hair stand on end (indicating lightning is about to strike)

- ▶ Crouch down on the balls of your feet, put your hands over your ears, and bend your head down. Make yourself as small a target as possible and minimize your contact with the ground.
- ▶ Do not lie flat on the ground.



NOAA

LIGHTNING KILLS

Play It Safe !

Each year in the United States, more than four hundred people are struck by lightning. On average, about 70 people are killed and many others suffer permanent neurological disabilities. Most of these tragedies can be avoided if proper precautions are taken. When thunderstorms threaten, coaches and sports officials must not let the desire to start or complete an athletic activity hinder their judgment when the safety of participants and spectators is in jeopardy.

It is important for coaches and officials to know some basic facts about lightning and its dangers

- ▶ All thunderstorms produce lightning and are dangerous. In an average year, lightning kills more people in the U.S. than either tornadoes or hurricanes.
- ▶ Lightning often strikes outside the area of heavy rain and may strike as far as 10 miles from any rainfall. Many deaths from lightning occur ahead of storms because people wait too long before seeking shelter, or after storms because people return outside too soon.
- ▶ If you hear thunder, you are in danger. Anytime thunder is heard, the thunderstorm is close enough to pose an immediate lightning threat to your location.
- ▶ Lightning leaves many victims with permanent disabilities. While only a small percentage of lightning strike victims die, many survivors must learn to live with very serious, life-long disabilities.

To avoid exposing athletes and spectators to the risk of lightning take the following precautions

- ▶ Postpone activities if thunderstorms are imminent. Prior to an event, check the latest forecast and, when necessary, postpone activities early to avoid being caught in a dangerous situation. Stormy weather can endanger the lives of participants, staff, and spectators.
- ▶ Plan ahead. Have a lightning safety plan. Know where people will go for safety, and know how much time it will take for them to get there. Have specific guidelines for suspending the event or activity so that everyone has time to reach safety before the threat becomes significant. Follow the plan without exception.
- ▶ Keep an eye on the sky. Pay attention to weather clues that may warn of imminent danger. Look for darkening skies, flashes of lightning, or increasing wind, which may be signs of an approaching thunderstorm.
- ▶ Listen for thunder. If you hear thunder, immediately suspend your event and instruct everyone to get to a safe place. Substantial buildings provide the best protection. Once inside, stay off corded phones, and stay away from any wiring or plumbing. Avoid sheds, small or open shelters, dugouts, bleachers, or grandstands. If a sturdy building is not nearby, a hard-topped metal vehicle with the windows closed will offer good protection, but avoid touching any metal.

- ▶ Avoid open areas. Stay away from trees, towers, and utility poles. Lightning tends to strike the taller objects.
- ▶ Stay away from metal bleachers, backstops and fences. Lightning can travel long distances through metal.
- ▶ Do not resume activities until 30 minutes after the last thunder was heard.
- ▶ As a further safety measure, officials at outdoor events may want to have a tone-alert NOAA Weather Radio. The radio will allow you to monitor any short-term forecasts for changing weather conditions, and the tone-alert feature can automatically alert you in case a severe thunderstorm watch or warning is issued. To find your nearest NOAA weather radio transmitter, go to <http://www.nws.noaa.gov/nwr/> and click on "Station Listing and Coverage."

If you feel your hair stand on end (indicating lightning is about to strike)

- ▶ Crouch down on the balls of your feet, put your hands over your ears, and bend your head down. Make yourself as small a target as possible and minimize your contact with the ground.
- ▶ Do not lie flat on the ground.



NOAA

If You See It, Flee It; If You Hear It, Clear It



REMEMBER:

- **Track approaching storms the best way possible: Internet radar websites, dedicated storm warning system at field, or other storm warnings**
- **Evacuate fields when storms are about 10 miles away: Have players and spectators go to enclosed building or to cars with windows rolled up**
- **Clear fields immediately after thunder has been heard or lightning seen!**

PLEASE WAIT!

- **Wait 30 minutes before returning to play after last sign of lightning activity in your area**
- **Cars shouldn't leave until the game is called, so all players can be accounted for**

Guidelines from the National Oceanic and Atmospheric Administration's (NOAA) National Weather Service

SECTION

15

HALF HOLLOW HILLS
LITTLE LEAGUE

CONCESSION STAND

SAFETY TIPS & GUIDE LINES

WITH OPERATING

CHECK LIST



CONCESSION STAND SAFETY



- No person under the age of fifteen will be allowed behind the counter in the concession stands.
- People working in the concession stands will be trained in safe food preparation. Training will cover safe use of the equipment. This training will be provided by the Concession Stand Manager (a HLL Board Member certified in restaurant safety) and given to Team Mom's and Team Parents on Parent's Day in the beginning of the season.
- Cooking equipment will be inspected periodically and repaired or replaced if need be. (see "Concession Stand Weekly Check List" in appendix)
- ⇒ Propane tanks will be turned off at the grill and at the tank after use.
- 8) Food not purchased by HLL to sell in its concession stands will not be cooked, prepared, or sold in the concession stands.
- ⇒ Cooking grease will be stored safely in containers away from open flames.
- Carbon Dioxide tanks will be secured with chains so they stand upright and can't fall over. Report damaged tanks or valves to the supplier and discontinue use. (see "Concession Stand Weekly Check List" in appendix)
- ⇒ Cleaning chemicals must be stored in a locked container.
- ⇒ A Certified Fire Extinguisher suitable for grease fires must be placed in plain sight at all times.
- All concession stand workers are to be instructed on the use of fire extinguishers.
- ⇒ All concession stand workers will attend a training session in the Heimlich maneuver.
- ⇒ A fully stocked First Aid Kit will be placed in each Concession Stand.
- The Concession Stand main entrance door will not be locked or blocked while people are inside.



Concession Stand Tips

SAFETY FIRST

1. Menu.

Keep your menu simple, and keep potentially hazardous foods (meats, eggs, dairy products, protein salads, cut fruits and vegetables, etc.) to a minimum. Avoid using precooked foods or leftovers. Use only foods from approved sources, avoiding foods that have been prepared at home. Complete control over your food, from source to service, is the key to safe, sanitary food service.

2. Cooking.

Use a food thermometer to check on cooking and holding temperatures of potentially hazardous foods. All potentially hazardous foods should be kept at 41° F or below (if cold) or 140° F or above (if hot). Ground beef and ground pork products should be cooked to an internal temperature of 155° F, poultry parts should be cooked to 165° F. Most foodborne illnesses from temporary events can be traced back to lapses in temperature control.

3. Reheating.

Rapidly reheat potentially hazardous foods to 165° F. Do not attempt to heat foods in crock pots, steam tables, over sterno units or other holding devices.

Slow-cooking mechanisms may activate bacteria and never reach killing temperatures.

4. Cooling and Cold Storage.

Foods that require refrigeration must be cooled to 41° F as quickly as possible and held at that temperature until ready to serve. To cool foods down quickly, use an ice water bath (60% ice to 40% water), stirring the product frequently, or place the food in shallow pans no more than 4 inches in depth and refrigerate. Pans should not be stored one atop the other and lids should be off or ajar until the food is completely cooled. Check temperature periodically to see if the food is cooling properly. Allowing hazardous foods to remain unrefrigerated for too long has been the number ONE cause of foodborne illness.

5. Hand Washing.

Frequent and thorough hand washing remains the first line of defense in preventing foodborne disease. The use of disposable gloves can provide an additional barrier to contamination, but they are no substitute for hand washing!

6. Health and Hygiene.

Only healthy workers should prepare and serve food. Anyone who shows symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, jaundice, etc.) or who has open sores or infected cuts on the hands should not be allowed in the food concession area. Workers should wear clean outer garments and should not smoke in the concession area. The use of hair restraints is recommended to prevent hair ending up in food products.

7. Food Handling.

Avoid hand contact with raw, ready-to-eat foods and food contact surfaces. Use an acceptable dispensing utensil

to serve food. Touching food with bare hands can transfer germs to food.

8. Dishwashing.

Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never reuse disposable dishware. Wash in a four-step process:

1. Washing in hot soapy water;
2. Rinsing in clean water;
3. Chemical or heat sanitizing; and
4. Air drying.

9. Ice.

Ice used to cool cans/bottles should not be used in cup beverages and should be stored separately. Use a scoop to dispense ice; never use the hands. Ice can become contaminated with bacteria and viruses and cause foodborne illness.

10. Wiping Cloths.

Rinse and store your wiping cloths in a bucket of sanitizer (example: 1 gallon of water and 1/2 teaspoon of chlorine bleach). Change the solution every two hours. Well sanitized work surfaces prevent cross-contamination and discourage flies.

11. Insect Control and Waste.

Keep foods covered to protect them from insects. Store pesticides away from foods. Place garbage and paper wastes in a refuse container with a tight-fitting lid. Dispose of wastewater in an approved method (do not dump it outside). All water used should be potable water from an approved source.

12. Food Storage and Cleanliness.

Keep foods stored off the floor at least six inches. After your event is finished, clean the concession area and discard unusable food.

13. Set a Minimum Worker Age.

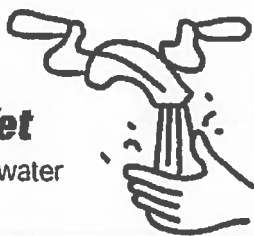
Leagues should set a minimum age for workers or to be in the stand; in many states this is 16 or 18, due to potential hazards with various equipment.

*Safety plans must be postmarked
no later than May 1st.*

Volunteers Must Wash Hands

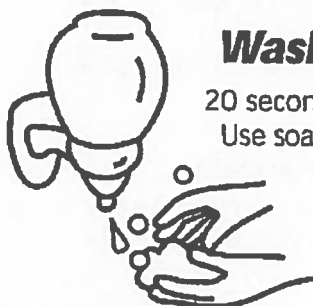
HOW

Wet
warm water



Wash

20 seconds
Use soap

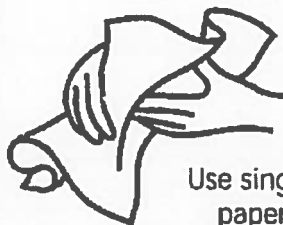


Rinse



Dry

Use single-service
paper towels



Gloves



WHEN

Wash your hands before you prepare food or as often as needed.

Wash after you:

- ▶ use the toilet
- ▶ touch uncooked meat, poultry, fish or eggs or other potentially hazardous foods
- ▶ interrupt working with food (such as answering the phone, opening a door or drawer)
- ▶ eat, smoke or chew gum
- ▶ touch soiled plates, utensils or equipment
- ▶ take out trash
- ▶ touch your nose, mouth, or any part of your body
- ▶ sneeze or cough

Do not touch ready-to-eat foods with your bare hands.

Use gloves, tongs, deli tissue or other serving utensils.

Remove all jewelry, nail polish or false nails unless you wear gloves.

Wear gloves.

when you have a cut or sore on your hand

when you can't remove your jewelry

If you wear gloves:

- ▶ wash your hands before you put on new gloves

Change them:

- ▶ as often as you wash your hands
- ▶ when they are torn or soiled

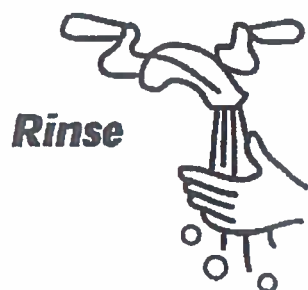
Developed by UMass Extension Nutrition Education Program with support from U.S. Food & Drug Administration in cooperation with the MA Partnership for Food Safety Education. United States Department of Agriculture Cooperating. UMass Extension provides equal opportunity in programs and employment.



**UMASS
EXTENSION**

Volunteers Must Wash Hands

HOW



WHEN

Wash your hands before you prepare food or as often as needed.

Wash after you:

- ▶ use the toilet
- ▶ touch uncooked meat, poultry, fish or eggs or other potentially hazardous foods
- ▶ interrupt working with food (such as answering the phone, opening a door or drawer)
- ▶ eat, smoke or chew gum
- ▶ touch soiled plates, utensils or equipment
- ▶ take out trash
- ▶ touch your nose, mouth, or any part of your body
- ▶ sneeze or cough

Do not touch ready-to-eat foods with your bare hands.

Use gloves, tongs, deli tissue or other serving utensils.
Remove all jewelry, nail polish or false nails unless you wear gloves.

Wear gloves.

when you have a cut or sore on your hand
when you can't remove your jewelry

If you wear gloves:

- ▶ wash your hands before you put on new gloves

Change them:

- ▶ as often as you wash your hands
- ▶ when they are torn or soiled

Developed by UMass Extension Nutrition Education Program with support from U.S. Food & Drug Administration in cooperation with the MA Partnership for Food Safety Education, United States Department of Agriculture Cooperative. UMass Extension provides equal opportunity in programs and employment.



**UMASS
EXTENSION**



Continuing the Little League tradition of making it "safer for the kids."

Real-World Examples

Planning for Safety?

Focus on Activities, Equipment and Facilities for safety plan

What goes into a good safety plan?

It's more than preparing for injuries. It's locating and solving potential problems, whether for players, volunteers or spectators. The best safety plans address areas of facilities, equipment and activities, making everyone involved as safe as possible. *The safety plan deadline is May 1.*

During games, are your coaches keeping the rules and safety issues in mind? Look at your facilities, equipment and activities for potential concerns.

Here are some actual examples:

- A child waiting to bat swings a bat with an illegal "doughnut" weight on the end, hitting another player. Are coaches maintaining the "no on-deck position" rule for Little League division and younger, and looking for illegal equipment?
- At home plate, a player breaks his ankle sliding because the black edge of the plate caught his rubber cleat, instead of being buried — which would have allowed his foot to pass over the plate. Do your umpires know not to sweep off the black section?
- At dusk, a coach breaks out a new ball to help his players to see the ball. A player can't see a fast-moving line drive, narrowly avoiding a serious injury. Do you have policies on when to stop playing for darkness?
- Driving a player home after a practice, the coach stops in the street, rather than pulling into the drive. A passing car hits the player getting out of the vehicle. Reminding coaches and managers about safety, on and off the field, will help prevent needless tragedies.
- A volunteer mows a field, allowing a child to ride with him on the tractor. The child loses their balance and falls under the wheels, and is run over. A serious injury results.
- A concession stand worker turns on the gas grill for the first time, and a corroded gas valve causes a fire ball to

seriously burn the volunteer. Before use, are you inspecting your facilities', as well as players', equipment?

- Climbing the steps of the bleachers, a mother's foot goes through a broken slat, severely injuring her leg.

• Another spectator falls off the back of a bleacher, onto a cement slab below. Keeping your stands in good condition, with strong rails and back supports, is critical to safe seating. If you put in new bleachers, make sure you don't place them on cement if not necessary, or put a protective layer of sand or loose material down to lessen an injury to anyone who might fall.

- A golf cart is left with the key in the ignition; a child starts it, drives it and turns it over.

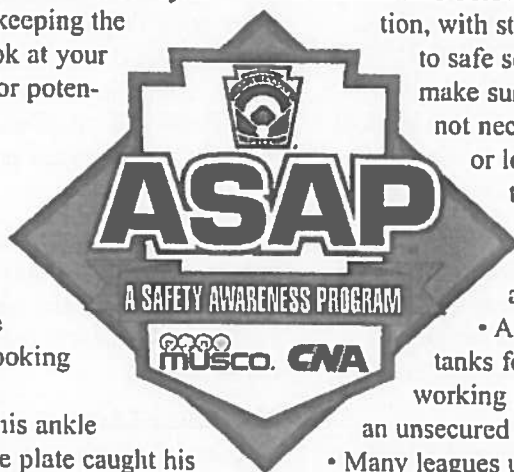
• A concession stand uses carbon-dioxide tanks for carbonated soda. A volunteer working in the concession stand is killed when an unsecured CO2 tank falls over, and erupts.

- Many leagues use cables to support older lighting poles, or to enclose areas such as the concession stand. But injuries occur every year due to people walking into gray, unmarked cables, and being seriously injured, or tripping over low cables intended to keep cars out. If the cables are necessary, properly and clearly mark them. If they aren't needed, remove them.

But safety planning doesn't have to be just during the season. Safety for your league needs to be year-round.

- A league prepared a slab of concrete for a dugout for the coming year, but put no warning signs or indicators of the addition resting at the base of a hill next to the field. During the winter, a child sleds down the hill, and is injured when he crashes into the snow-hidden concrete.

These are just examples to get you thinking about how to improve safety and safety awareness. As you work through the areas of activities, equipment and facilities, remember you are helping make it "safer for the kids."



Keep It Clean: Concession Stand Tips

'12 Steps to Safe and Sanitary Food Service Events'

The following information is intended to help you run a healthful concession stand. Following these simple guidelines will help minimize the risk of foodborne illness. This information was provided by District Administrator George Glick, and is excerpted from "Food Safety Hints" by the Fort Wayne-Allen County Department of Health.

1. Menu. Keep your menu simple, and keep potentially hazardous foods (meats, eggs, dairy products, protein salads, cut fruits and vegetables, etc.) to a minimum. Avoid using precooked foods or leftovers. Use only foods from approved sources, avoiding foods that have been prepared at home. *Complete control over your food, from source to service, is the key to safe, sanitary food service.*

2. Cooking. Use a food thermometer to check on cooking and holding temperatures of potentially hazardous foods. All potentially hazardous foods should be kept at 41° F or below (if cold) or 140° F or above (if hot). Ground beef and ground pork products should be cooked to an internal temperature of 155° F, poultry parts should be cooked to 165° F. *Most foodborne illnesses from temporary events can be traced back to lapses in temperature control.*

3. Reheating. Rapidly reheat potentially hazardous foods to 165° F. Do not attempt to heat foods in crock pots, steam tables, over sterno units or other holding devices. *Slow-cooking mechanisms may activate bacteria and never reach killing temperatures.*

4. Cooling and Cold Storage. Foods that require refrigeration must be cooled to 41° F as quickly as possible and held at that temperature until ready to serve. To cool foods down quickly, use an ice water bath (60% ice to 40% water), stirring the product frequently, or place the food in shallow pans no more than 4 inches in depth and refrigerate. Pans should not be stored one atop the other and lids should be off or ajar until the food is completely cooled. Check the temperature periodically to see if the food is cooling properly. *Allowing hazardous foods to remain unrefrigerated for too long has been the number ONE cause of foodborne illness.*

5. Hand Washing. *Frequent and thorough hand washing remains the first line of defense in preventing foodborne disease.* The use of disposable gloves can provide an additional barrier to contamination, but they are no substitute for hand washing!

6. Health and Hygiene. Only healthy workers should prepare and serve food. Anyone who shows symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, jaundice, etc.) or who has open sores or infected cuts on the hands should not be allowed in the food concession area. Workers should wear clean outer garments and should not smoke in the concession area. The use of hair restraints is recommended to prevent hair ending up in food products.

7. Food Handling. Avoid hand contact with raw, ready-to-eat foods and food contact surfaces. Use an acceptable dispensing utensil to serve food. *Touching food with bare hands can transfer germs to food.*

8. Dishwashing. Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never reuse disposable dishware. *Ideally*, dishes and utensils should be washed in a four-step process:

1. Washing in hot soapy water;
2. Rinsing in clean water;
3. Chemical or heat sanitizing; and
4. Air drying.

9. Ice. Ice used to cool cans/bottles should not be used in cup beverages and should be stored separately. Use a scoop to dispense ice; never use the hands. *Ice can become contaminated with bacteria and viruses and cause food-borne illness.*

10. Wiping Cloths. Rinse and store your wiping cloths in a bucket of sanitizer (example: 1 gallon of water and ½ teaspoon of chlorine bleach). Change the solution every two hours. *Well sanitized work surfaces prevent cross-contamination and discourage flies.*

11. Insect Control and Waste. Keep foods covered to protect them from insects. Store pesticides away from foods. Place garbage and paper wastes in a refuse container with a tight-fitting lid. Dispose of wastewater in an approved method (do not dump it outside). All water used should be potable water from an approved source.

12. Food Storage and Cleanliness. Keep foods stored off the floor at least six inches. After your event is finished, clean the concession area and discard unusable food.

(Remember: Training your concession stand volunteers is one of the 12 requirements for a qualified safety plan. Safety plans must be postmarked by May 1, 2000.)

Keep It Clean: Concession Stand Tips

'12 Steps to Safe and Sanitary Food Service Events'

The following information is intended to help you run a healthful concession stand. Following these simple guidelines will help minimize the risk of foodborne illness. This information was provided by District Administrator George Glick, and is excerpted from "Food Safety Hints" by the Fort Wayne-Allen County Department of Health.

1. Menu. Keep your menu simple, and keep potentially hazardous foods (meats, eggs, dairy products, protein salads, cut fruits and vegetables, etc.) to a minimum. Avoid using precooked foods or leftovers. Use only foods from approved sources, avoiding foods that have been prepared at home. *Complete control over your food, from source to service, is the key to safe, sanitary food service.*

2. Cooking. Use a food thermometer to check on cooking and holding temperatures of potentially hazardous foods. All potentially hazardous foods should be kept at 41° F or below (if cold) or 140° F or above (if hot). Ground beef and ground pork products should be cooked to an internal temperature of 155° F, poultry parts should be cooked to 165° F. *Most foodborne illnesses from temporary events can be traced back to lapses in temperature control.*

3. Reheating. Rapidly reheat potentially hazardous foods to 165° F. Do not attempt to heat foods in crock pots, steam tables, over sterno units or other holding devices. *Slow-cooking mechanisms may activate bacteria and never reach killing temperatures.*

4. Cooling and Cold Storage. Foods that require refrigeration must be cooled to 41° F as quickly as possible and held at that temperature until ready to serve. To cool foods down quickly, use an ice water bath (60% ice to 40% water), stirring the product frequently, or place the food in shallow pans no more than 4 inches in depth and refrigerate. Pans should not be stored one atop the other and lids should be off or ajar until the food is completely cooled. Check the temperature periodically to see if the food is cooling properly. *Allowing hazardous foods to remain unrefrigerated for too long has been the number ONE cause of foodborne illness.*

5. Hand Washing. *Frequent and thorough hand washing remains the first line of defense in preventing foodborne disease.* The use of disposable gloves can provide an additional barrier to contamination, but they are no substitute for hand washing!

6. Health and Hygiene. Only healthy workers should prepare and serve food. Anyone who shows symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, jaundice, etc.) or who has open sores or infected cuts on the hands should not be allowed in the food concession area. Workers should wear clean outer garments and should not smoke in the concession area. The use of hair restraints is recommended to prevent hair ending up in food products.

7. Food Handling. Avoid hand contact with raw, ready-to-eat foods and food contact surfaces. Use an acceptable dispensing utensil to serve food. *Touching food with bare hands can transfer germs to food.*

8. Dishwashing. Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never reuse disposable dishware. *Ideally*, dishes and utensils should be washed in a four-step process:

1. Washing in hot soapy water;
2. Rinsing in clean water;
3. Chemical or heat sanitizing; and
4. Air drying.

9. Ice. Ice used to cool cans/bottles should not be used in cup beverages and should be stored separately. Use a scoop to dispense ice; never use the hands. *Ice can become contaminated with bacteria and viruses and cause foodborne illness.*

10. Wiping Cloths. Rinse and store your wiping cloths in a bucket of sanitizer (example: 1 gallon of water and ½ teaspoon of chlorine bleach). Change the solution every two hours. *Well sanitized work surfaces prevent cross-contamination and discourage flies.*

11. Insect Control and Waste. Keep foods covered to protect them from insects. Store pesticides away from foods. Place garbage and paper wastes in a refuse container with a tight-fitting lid. Dispose of wastewater in an approved method (do not dump it outside). All water used should be potable water from an approved source.

12. Food Storage and Cleanliness. Keep foods stored off the floor at least six inches. After your event is finished, clean the concession area and discard unusable food.

(Remember: Training your concession stand volunteers is one of the 12 requirements for a qualified safety plan. Safety plans must be postmarked by May 1, 2000.)

The Heimlich Maneuver

The Heimlich Maneuver is an emergency method of removing food or foreign objects from the airway to prevent suffocation.

When approaching a choking person, one who is still conscious, ask: "Can you cough? Can you speak?"

If the person can speak or cough, do not perform the Heimlich Maneuver or pat them on the back. Encourage them to cough.

To perform the Heimlich:

- Grasp the choking person from behind;
- Place a fist, thumb side in, just below the person's breastbone (sternum), but above the naval;
- Wrap second hand firmly over this fist;
- Pull the fist firmly and abruptly into the top of the stomach.

It is important to keep the fist below the chest bones and above the naval (belly button).

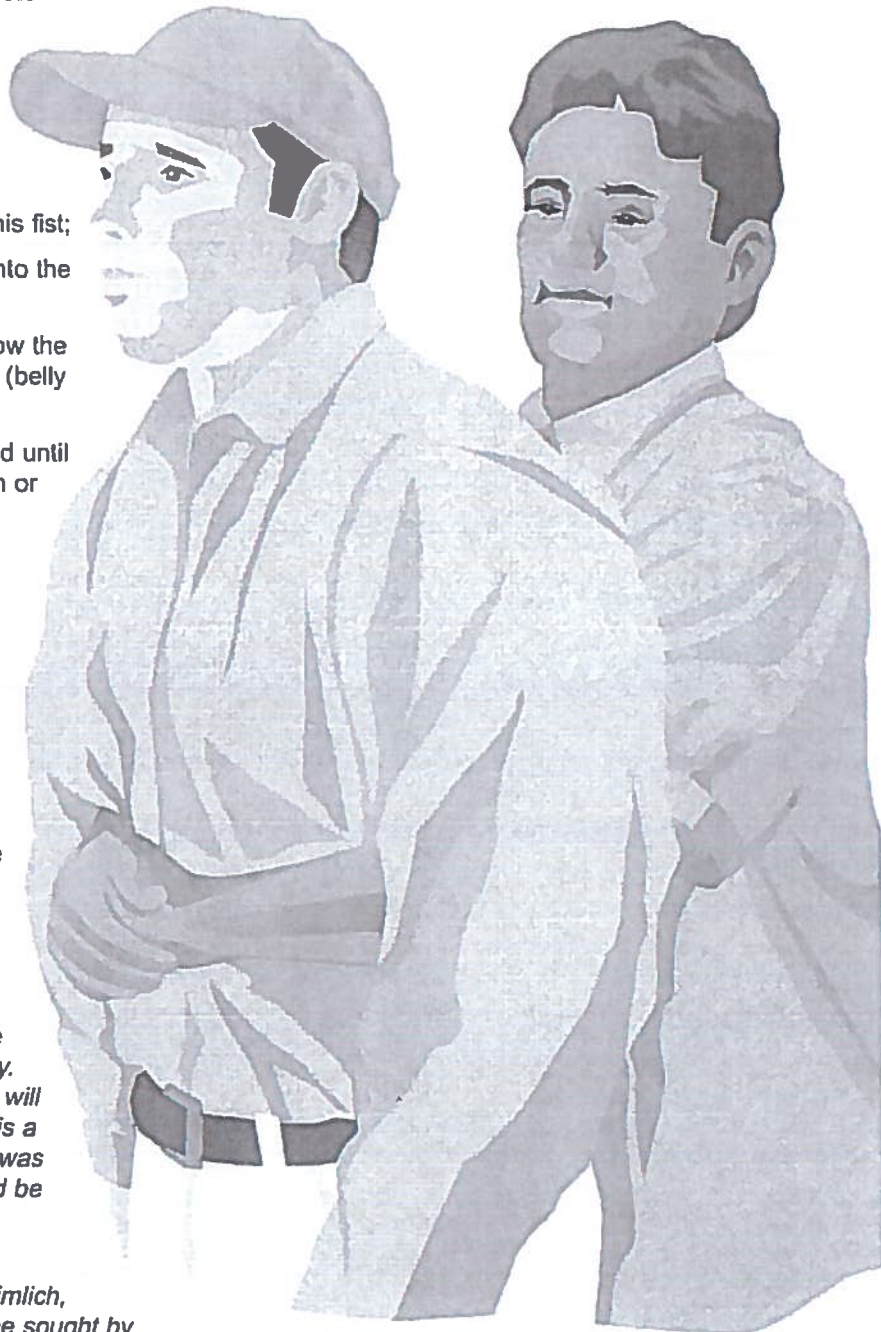
The procedure should be repeated until the airway is free from obstruction or until the person who is choking loses consciousness (goes limp). These will be violent thrusts, as many times as it takes.

For a child:

- Place your hands at the top of the pelvis;
- Put the thumb of you hand at the pelvis line;
- Put the other hand on top of the first hand;
- Pull forcefully back as many times as needed to get object out or the child becomes limp.

Most individuals are fine after the object is removed from the airway. However, occasionally the object will go into one of the lungs. If there is a possibility that the foreign object was not expelled, medical care should be sought.

If the object cannot be removed completely by performing the Heimlich, immediate medical care should be sought by calling 911 or going to the local emergency room.



Clean Hands for Clean Foods

Since the staff at concession stands may not be professional food workers, it is important that they be thoroughly instructed in the proper method of washing their hands. The following may serve as a guide:

- 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 your hands well.
- Dry hands with a paper towel.
- Turn off the water using a paper towel, instead of your bare hands.

Wash your hands in this fashion before you begin work and frequently during the day, 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 the restroom.
- After caring for or handling animals.
- After coughing, sneezing, using a handkerchief or disposable tissue.
- After handling soiled surfaces, equipment or utensils.
- After drinking, using tobacco, or eating.
- During food preparation, as often as necessary to remove soil and contamination and to prevent cross-contamination when changing tasks.
- When switching between working with raw food and working with ready-to-eat food.
- Directly before touching ready-to-eat food or food-contact surfaces.
- After engaging in activities that contaminate hands.

Top Six Causes

From past experience, the US Centers for Disease Control and Prevention (CDC) list these circumstances as the most likely to lead to illness. Check this list to make sure your concession stand has covered these common causes of foodborne illness.

- Inadequate cooling and cold holding.
- Preparing food too far in advance for service.
- Poor personal hygiene and infected personnel.
- Inadequate reheating.
- Inadequate hot holding.
- Contaminated raw foods and ingredients.

Timely Heimlich saves player life

"It was an exciting time at a local restaurant on Saturday, March 4. While munching on chicken wings, Jim Woods and I were having an in-depth conversation about our last baseball game. We were discussing the number of pitches a young ballplayer could throw without damaging the pitching arm. Jim and I had seen a young pitcher from another team walk off the field holding his arm in pain. We decided from now on to count each pitch.

"The ballplayers from our Major League team were having a great time playing video games, talking and laughing together. Suddenly from my right side I heard someone choking. It was one of our team members. I jumped out of my chair and rushed over to him. His face was red and turning blue. He could not breathe, and was choking on something. I had to do something real quick, or this child could die.

"My mind raced back to the ASAP News flyer that was sent to me. In fact I had just looked it over that Saturday morning for the second time since I received it in the mail several months earlier. I don't know why I read it again, but I immediately put myself in a position with the child to perform the Heimlich maneuver. The first time it didn't work, so I tried again. Nothing. The child was panicked. I put my fingers in his mouth to see if I could pull whatever was choking him out. I found nothing.

"I performed the Heimlich maneuver for the third time. I didn't want to hurt the child, by squeezing, but I wasn't going to let the kid die from choking. I squeezed harder; it worked. The player took a long breath, and sat down smiling.

"Doing a simple act like this can mean the difference between life and death. I will follow up to be sure that this will work the first time, if there is a next time."

"I have to thank Little League headquarters in Williamsport, PA, for showing me how to save a child's life. Let's all learn how to do the Heimlich maneuver!"

John Monti, safety officer
Duneden, Fla., National Little League

(Editor's Note: Thanks for the praise, but ASAP can't take credit. This is the first we've written about the Heimlich.)



The Heimlich Maneuver

The Heimlich Maneuver is an emergency method of removing food or foreign objects from the airway to prevent suffocation.

When approaching a choking person, one who is still conscious, ask: "Can you cough? Can you speak?"

If the person can speak or cough, do not perform the Heimlich Maneuver or pat them on the back. Encourage them to cough.

To perform the Heimlich:

- Grasp the choking person from behind;
- Place a fist, thumb side in, just below the person's breastbone (sternum), but above the naval;
- Wrap second hand firmly over this fist;
- Pull the fist firmly and abruptly into the top of the stomach.

It is important to keep the fist below the chest bones and above the naval (belly button).

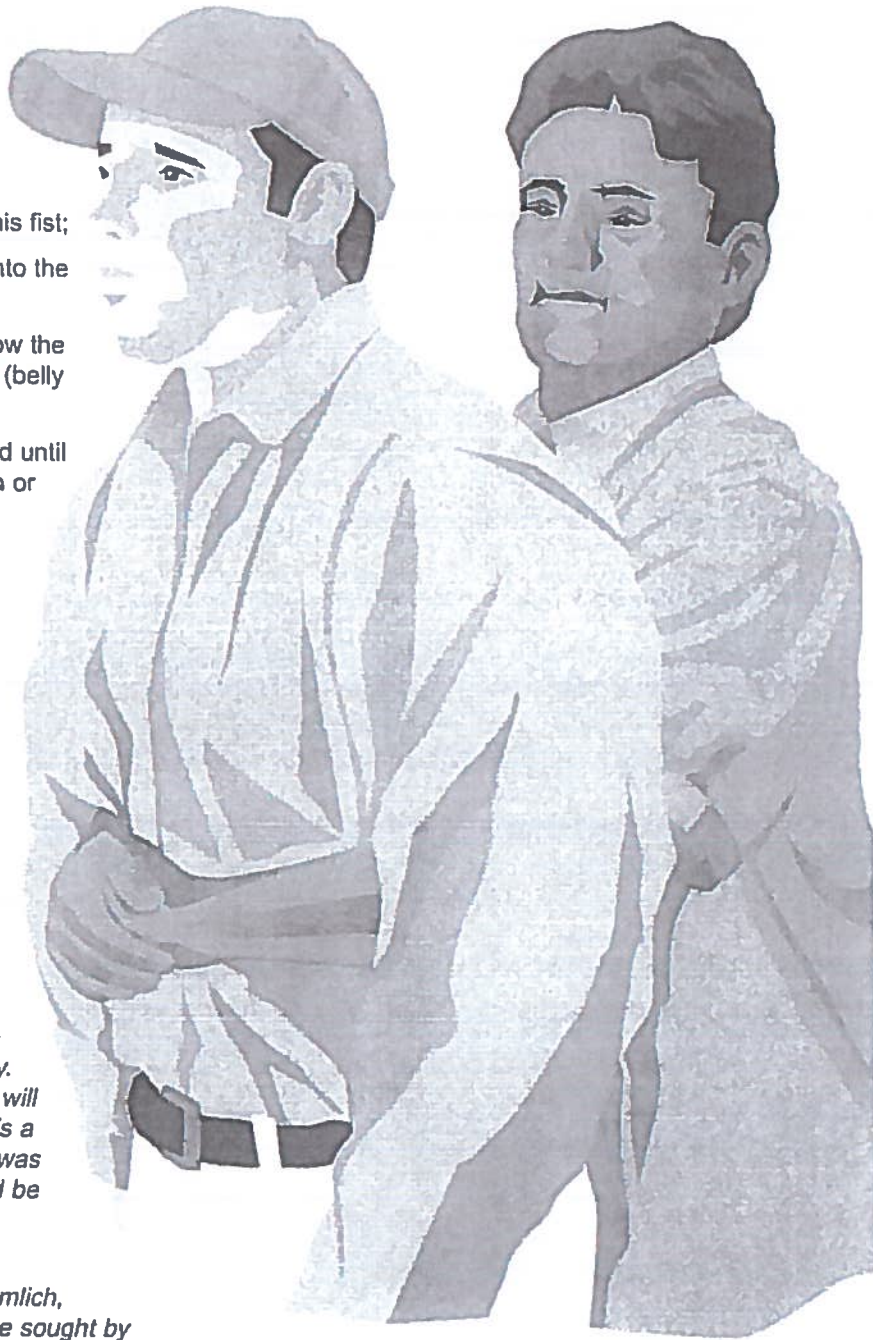
The procedure should be repeated until the airway is free from obstruction or until the person who is choking loses consciousness (goes limp). These will be violent thrusts, as many times as it takes.

For a child:

- Place your hands at the top of the pelvis;
- Put the thumb of you hand at the pelvis line;
- Put the other hand on top of the first hand;
- Pull forcefully back as many times as needed to get object out or the child becomes limp.

Most individuals are fine after the object is removed from the airway. However, occasionally the object will go into one of the lungs. If there is a possibility that the foreign object was not expelled, medical care should be sought.

If the object cannot be removed completely by performing the Heimlich, immediate medical care should be sought by calling 911 or going to the local emergency room.





'Must volunteers be certified?'

Q: "I am the District Safety Officer for California District 35. We have our managers and coaches learn CPR. Some are not certified, because of cost, but are taught by the fire, or sheriff departments in the area of the league. One of our leagues asked what the liability is to the league if they are not certified?"

**Buni Busse-Murphy, District Safety Officer
California District 35**

A: First, no one should ever do anything they are not properly trained to do. According to Dan Kirby, risk management director for Little League Baseball, the volunteers are covered by liability insurance, and should do only what they feel confident they can do in an emergency. People need to know and not exceed their training limitations. Remind them of the consequences of their actions. This works both ways since you are talking about CPR, where someone could die if you do nothing. Recently at a seminar a league president from Michigan had a similar question, because a doctor had told their league during training not to do anything more than flush out wounds with saline solution, apply a dressing and call an ambulance. While it stretches the point, Kirby said he would rather defend a lawsuit for a volunteer trying to do what they can to help someone than for doing nothing and having a worse situation. Again, this is a matter of conviction. If the volunteer isn't sure he or she knows how to do something, it's usually better to wait for trained help. Most states have Good Samaritan laws which help protect people making honest attempts to help, but sometimes doing nothing and calling for help is the best they can do. Or, they might need to intervene, because time is so precious when a heart stops beating.

Q: "The rules state: 'All catchers must wear a mask, 'dangling' type throat protector and catcher's helmet during practice, pitcher warm-up and games.' First, during practice: Does this mean for infield practice?"

"And secondly, during pitcher warm-up: Does this mean the catcher does not have to wear other gear? During games can a player warm-up a pitcher between innings with only a helmet on while standing up? The pitcher could do just as well throwing to the third baseman to keep his arm loose and warm. I am a firm believer in the catcher wearing full gear when in the crouched position warming up a pitcher and not using another player to stand up and catch for him. Too many times I have seen catchers wearing only the mask during pitching warm-up. By not using the chest protector this exposes the chest area (heart) to a pitched ball and by not using shin guards exposes the knees and shins to injury..."

**Gary Burrmann, district safety officer
Florida District 4**

A: Dan Kirby notes that the catcher needs to have the helmet, mask and throat protector on whenever warming up the pitcher, or during infield practice. The helmet protects the fragile head from bats during infield practice, as well as errant throws. This also applies during warm-up between innings, when no batter is being faced. The other equipment, chest protector and shin guards, are primarily to protect against batted balls, which can come off a bat at any angle and hit the catcher before he/she can react. The catcher is at not much more risk than any other player making a catch from a player with a strong arm, until a batter steps in and introduces the risk of a changed trajectory on the ball.

Have a question or tip to share?
Call the ASAP Hotline:
800-811-7443,
or e-mail: asap@musco.com



Or write to us at:
ASAP
100 1st Ave. West
Oskaloosa, IA 52577



Little League Baseball, Inc.
P.O. Box 3485
Williamsport, PA 17701

Non-Profit Org.
U.S. Postage
PAID
Des Moines, IA
Permit No. 4053

What's Inside

PAGE

1

SAFETY PLANS
Activities,
equipment and
facilities in focus



PAGE

2

CONCESSIONS
Follow these
tips for safe,
healthy stand



PAGE

4

THE HEIMLICH
Poster shows
correct way to
stop choking



HOTLINE IDEAS

FROM READERS

"Regarding children working the snack bar: We don't feel anyone under the age of 16 should work the concession stand. If there is an emergency the child should not be responsible at 12 years of age to handle it. Also, we are concerned about young children working where there are hot stoves, grills and barbecues. I know when I go to World Series I see no one under 18 in the concession stand. I feel there are other ways the children can contribute to the league if need be. In California we have child labor laws that are very strict and I want to encourage the leagues to have more participation of the adults in the snack bar."

**Buni Busse-Murphy, district safety officer
California District 35**

"Here's something I do for our field inspections: I don't just write down the information, I take along my video camera and tape it. That way, we don't miss anything, and if a coach finds a problem, we can go back and show how the field looked pre-season."

**Brian Seeley, safety officer
Southwest Youth Association Little League, Centreville, VA**

These safety officers will receive ASAP caps for calling in safety ideas. What is your league doing to become safer for the kids? Call the ASAP Hotline, or email asap@musco.com!

ASAP HOTLINE
24 HOUR TOLL-FREE
800-811-7443

The 2000 Safety Officer Manual
has been delivered! Didn't get it?
Call the ASAP Hotline!

ASAP News

ASAP News is a service of
Little League Baseball, Inc.
facilitated and published by
Musco Lighting, Inc.
P.O. Box 808
Oskaloosa, Iowa 52577

© April, 2000, Little League Baseball
and Musco Lighting
Hotline: 800/811-7443
Fax: 515/673-4852
E-mail address: asap@musco.com



Little League Baseball, Inc.
P.O. Box 3485
Williamsport, PA 17701

Non-Profit Org.
U.S. Postage
PAID
Des Moines, IA
Permit No. 4053

What's Inside

PAGE

1

SAFETY PLANS
Activities,
equipment and
facilities in focus



PAGE

2

CONCESSIONS
Follow these
tips for safe,
healthy stand



PAGE

4

THE HEIMLICH
Poster shows
correct way to
stop choking



HOTLINE IDEAS

FROM READERS

"Regarding children working the snack bar: We don't feel anyone under the age of 16 should work the concession stand. If there is an emergency the child should not be responsible at 12 years of age to handle it. Also, we are concerned about young children working where there are hot stoves, grills and barbecues. I know when I go to World Series I see no one under 18 in the concession stand. I feel there are other ways the children can contribute to the league if need be. In California we have child labor laws that are very strict and I want to encourage the leagues to have more participation of the adults in the snack bar."

Buni Busse-Murphy, district safety officer
California District 35

"Here's something I do for our field inspections: I don't just write down the information, I take along my video camera and tape it. That way, we don't miss anything, and if a coach finds a problem, we can go back and show how the field looked pre-season."

Brian Seeley, safety officer
Southwest Youth Association Little League, Centreville, VA

These safety officers will receive ASAP caps for calling in safety ideas. What is your league doing to become safer for the kids? Call the ASAP Hotline, or email asap@musco.com!

ASAP HOTLINE
24 HOUR TOLL-FREE
800-811-7443

The 2000 Safety Officer Manual
has been delivered! Didn't get it?
Call the ASAP Hotline!

ASAP News

ASAP News is a service of
Little League Baseball, Inc.
facilitated and published by
Musco Lighting, Inc.
P.O. Box 808
Oskaloosa, Iowa 52577

© April, 2000, Little League Baseball
and Musco Lighting
Hotline: 800/811-7443
Fax: 515/673-4852
E-mail address: asap@musco.com

CONCESSION STAND - WEEKLY CHECK LIST

A) Merchandise

Date: _____ Date: _____ Date: _____

- | Yes | No | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. All products meet visual quality standards and have no off odors (no spoilage). |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. All packaging is in good condition - not wet, no stains, leaks, holes, tears or crushing. |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Items put away in proper order (frozen, refrigerated, dry storage); in 30 minutes or less. |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Code dates within code. |

B) Equipment Inspection and Sanitation

Thermometer Date: _____ Date: _____ Date: _____

NOTE: Ensure that thermometer kit meter and probes are calibrated prior to taking temperatures. (Use ice and cold water procedure for probes, temperature reads $32^{\circ} \pm 2^{\circ}\text{F}$. All refrigerators and freezers must have a properly functioning thermometer in place (built in or clamped on, easily visible, and not glass).

Drink Machine Date: _____ Date: _____ Date: _____

- | Yes | No | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Soft drink, ice machine and ice bin are free of soil. |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Temperature of coffee/tea water is $\geq 180^{\circ}\text{F}$. |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Cup and lid dispensers are clean and in good repair. Cup and lid holders are clean. |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. Ice machine is clean, and sanitized. There is no standing water. |
| <input type="checkbox"/> | <input type="checkbox"/> | 9. Water filter follower needle is not in the red zone. |
| <input type="checkbox"/> | <input type="checkbox"/> | 10. Ensure that syrup tanks are flushed clean and sanitized. |
| <input type="checkbox"/> | <input type="checkbox"/> | 11. CO2 canisters are chained and locked in the upright position. 7 |

Freezer/Food Storage Date: _____ Date: _____ Date: _____

- | Yes | No | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 12. Freezer interior is clean and sanitized |
| <input type="checkbox"/> | <input type="checkbox"/> | 13. Temperature of freezer is $\leq 20^{\circ}\text{F}$. |

Refrigerator/Food Storage Date: _____ Date: _____ Date: _____

- | Yes | No | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | 14. Refrigerator interior is clean and sanitized |
| <input type="checkbox"/> | <input type="checkbox"/> | 15. Temperature of refrigerator is $33-43^{\circ}\text{F}$. |
| <input type="checkbox"/> | <input type="checkbox"/> | 16. Interior light is working and is properly shielded. |
| <input type="checkbox"/> | <input type="checkbox"/> | 17. Shelving is clean, free of rust and in good repair. |
| <input type="checkbox"/> | <input type="checkbox"/> | 18. All items stored correctly on shelves (covered and a minimum of 6" off the floor). |

CONCESSION STAND WEEKLY CHECK LIST PAGE #2

FOOD OPERATION AND SANITATIONS (CONTINUED)

Fryer Area

Date: _____

Date: _____

Date: _____

Yes

No

- ☐ ☐ 19. All stainless steel walls above fryer are clean.
- ☐ ☐ 20. No excessive grease buildup under the fryers.
- ☐ ☐ 21. Fryer hood filters are in place and clean.
- ☐ ☐ 22. Light(s) working and properly shielded.
- ☐ ☐ 23. Cooking grease is stored safely in containers away from open flames.

Grill Area

Date: _____

Date: _____

Date: _____

Yes

No

- ☐ ☐ 24. All tile and countertops around grill are clean and sanitized.
- ☐ ☐ 25. Propane tanks are properly connected.
- ☐ ☐ 26. Fuel lines from the propane tanks to the grill have been inspected for leaks.
- ☐ ☐ 27. All air vents, Venturi vents, and valves are clear of obstructions (i.e. cobwebs).
- ☐ ☐ 28. All grease is cleaned from under and around the grill.
- ☐ ☐ 29. Propane tank valves are turned off when not in use.

C - SANITATION

Date: _____

Date: _____

Date: _____

Yes

No

- ☐ ☐ 30. Proper dishwashing method used.
- ☐ ☐ 31. Hand sanitizer dispensers are mounted and in use.
- ☐ ☐ 32. Personal items stored correctly (medication, drinks, food, clothing, etc.).
- ☐ ☐ 33. Floors clean
 - a. floor drains unobstructed; proper drainage flow
 - b. no leaks or openings around pipes/plumbing
- ☐ ☐ 34. No sign of pest infestation (insects, rodents, etc.)
- ☐ ☐ 35. All trash is emptied from the inside containers.
- ☐ ☐ 36. Dumpster enclosure and surrounding area are clean and free of debris.
- ☐ ☐ 37. Dumpster is closed.

CONCESSION STAND - WEEKLY CHECK LIST PAGE #3

D. Chemicals

- Yes No Date: _____ Date: _____ Date: _____
- ☐ ☒ 38. Chemicals stored in locked containers and not on the same shelf or the shelf above food ingredients, product packaging materials, food storage pans or tables where food is prepared.
- ☐ ☒ 39. Maintain manufacturer's labels on or label containers accordingly.

E. Other

- Yes No Date: _____ Date: _____ Date: _____
- ☐ ☒ 40. Concession stand workers (Team Mom and Parents) have gone through HLL's initiation/safety and food preparation training before working in the concession stand.
- ☐ ☒ 41. Children under 15 are not allowed in the concession stand or in other areas where food is prepared.
- ☐ ☒ 42. A fire extinguisher with a current certification is in plain sight.
- ☐ ☒ 43. A fully stocked First-Aid kit is in plain sight.

CORRECTIVE ACTION REPORT

If any item on this check list is checked "No" then complete the steps below:

STOP the person, food, process, or use of equipment, as appropriate.

DETERMINE if the product(s) or ingredient(s) are not safe to serve (for example, cross contamination has occurred, or ingredient is undercooked): If not safe, discard the item!

IDENTIFY source of problem.

TAKE corrective action, as appropriate.

- > Troubleshoot equipment problem using the Equipment Management Reference Manual.
- > Re-train Concession Stand workers.
- > Wash and sanitize hands.
- > Wash and sanitize counter/equipment.

NOTIFY _____, the Concession Stand Manager, and/or another HLL Board Member if the problem cannot be resolved.

NOTE corrective action below (Include number identification of infraction):

Concession Stand Tips

SAFETY FIRST

Requirement 9

12 Steps to Safe and Sanitary Food Service Events: The following information is intended to help you run a healthful concession stand. Following these simple guidelines will help minimize the risk of foodborne illness. This information was provided by District Administrator George Glick, and is excerpted from "Food Safety Hints" by the Fort Wayne-Allen County, Ind., Department of Health.

1. Menu.

Keep your menu simple, and keep potentially hazardous foods (meats, eggs, dairy products, protein salads, cut fruits and vegetables, etc.) to a minimum. Avoid using precooked foods or leftovers. Use only foods from approved sources, avoiding foods that have been prepared at home. Complete control over your food, from source to service, is the key to safe, sanitary food service.

2. Cooking.

Use a food thermometer to check on cooking and holding temperatures of potentially hazardous foods. All potentially hazardous foods should be kept at 41° F or below (if cold) or 140° F or above (if hot). Ground beef and ground pork products should be cooked to an internal temperature of 155° F, poultry parts should be cooked to 165° F. Most foodborne illnesses from temporary events can be traced back to lapses in temperature control.

3. Reheating.

Rapidly reheat potentially hazardous foods to 165° F. Do not attempt to heat foods in crock pots, steam tables, over sterno units or other holding devices.

Slow-cooking mechanisms may activate bacteria and never reach killing temperatures.

4. Cooling and Cold Storage.

Foods that require refrigeration must be cooled to 41° F as quickly as possible and held at that temperature until ready to serve. To cool foods down quickly, use an ice water bath (60% ice to 40% water), stirring the product frequently, or place the food in shallow pans no more than 4 inches in depth and refrigerate. Pans should not be stored one atop the other and lids should be off or ajar until the food is completely cooled. Check temperature periodically to see if the food is cooling properly. Allowing hazardous foods to remain unrefrigerated for too long has been the number ONE cause of foodborne illness.

5. Hand Washing.

Frequent and thorough hand washing remains the first line of defense in preventing foodborne disease. The use of disposable gloves can provide an additional barrier to contamination, but they are no substitute for hand washing!

6. Health and Hygiene.

Only healthy workers should prepare and serve food. Anyone who shows symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, jaundice, etc.) or who has open sores or infected cuts on the hands should not be allowed in the food concession area. Workers should wear clean outer garments and should not smoke in the concession area. The use of hair restraints is recommended to prevent hair ending up in food products.

7. Food Handling.

Avoid hand contact with raw, ready-to-eat foods and food contact surfaces. Use an acceptable dispensing utensil

to serve food. Touching food with bare hands can transfer germs to food.

8. Dishwashing.

Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never reuse disposable dishware. Wash in a four-step process:

1. Washing in hot soapy water;
2. Rinsing in clean water;
3. Chemical or heat sanitizing; and
4. Air drying.

9. Ice.

Ice used to cool cans/bottles should not be used in cup beverages and should be stored separately. Use a scoop to dispense ice; never use the hands. Ice can become contaminated with bacteria and viruses and cause foodborne illness.

10. Wiping Cloths.

Rinse and store your wiping cloths in a bucket of sanitizer (example: 1 gallon of water and 1/2 teaspoon of chlorine bleach). Change the solution every two hours. Well sanitized work surfaces prevent cross-contamination and discourage flies.

11. Insect Control and Waste.

Keep foods covered to protect them from insects. Store pesticides away from foods. Place garbage and paper wastes in a refuse container with a tight-fitting lid. Dispose of wastewater in an approved method (do not dump it outside). All water used should be potable water from an approved source.

12. Food Storage and Cleanliness.

Keep foods stored off the floor at least six inches. After your event is finished, clean the concession area and discard unusable food.

13. Set a Minimum Worker Age.

Leagues should set a minimum age for workers or to be in the stand; in many states this is 16 or 18, due to potential hazards with various equipment.

Safety plans must be posted in the concession area no later than May 1st.

Volunteers Must Wash Hands

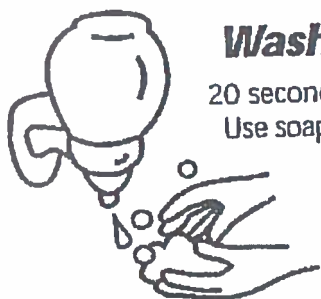
HOW

Wet
warm water



Wash

20 seconds
Use soap

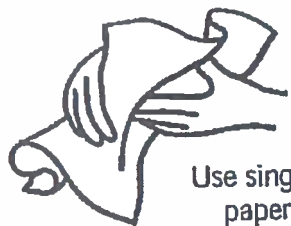


Rinse



Dry

Use single-service
paper towels



Gloves



WHEN

Wash your hands before you prepare food or as often as needed.

Wash after you:

- ▶ use the toilet
- ▶ touch uncooked meat, poultry, fish or eggs or other potentially hazardous foods
- ▶ interrupt working with food (such as answering the phone, opening a door or drawer)
- ▶ eat, smoke or chew gum
- ▶ touch soiled plates, utensils or equipment
- ▶ take out trash
- ▶ touch your nose, mouth, or any part of your body
- ▶ sneeze or cough

Do not touch ready-to-eat foods with your bare hands.

Use gloves, tongs, deli tissue or other serving utensils.

Remove all jewelry, nail polish or false nails unless you wear gloves.

Wear gloves.

when you have a cut or sore on your hand
when you can't remove your jewelry

If you wear gloves:

- ▶ wash your hands before you put on new gloves

Change them:

- ▶ as often as you wash your hands
- ▶ when they are torn or soiled

Developed by UMass Extension Nutrition Education Program with support from U.S. Food & Drug Administration in cooperation with the MA Partnership for Food Safety Education. United States Department of Agriculture Cooperating. UMass Extension provides equal opportunity in programs and employment.



**UMASS
EXTENSION**

SECTION

16

HALF HOLLOW HILLS
LITTLE LEAGUE

SAMPLE

SAFETY SIGN'S

REMINDER

Otsego Park is now SMOKE-FREE and PET-FREE. These are town rules which are being enforced.

If any spectators are uncooperative, you may seek out the assistance of a board member.

A member is usually present at the concession stand.



[> Little League Online](#) > [Learn More](#) > [Programs](#) > [Safety Program \(ASAP\)](#) > [Safety Posters](#)

SAFETY POSTERS

Like 22

Share

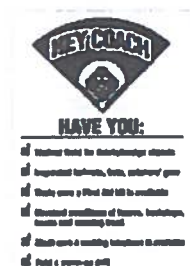
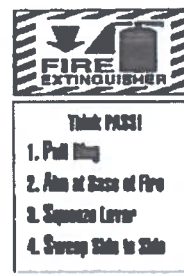
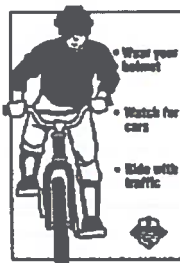
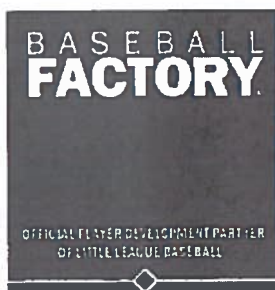
• **Test**

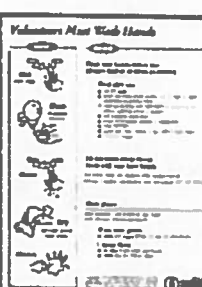
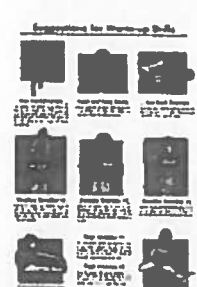
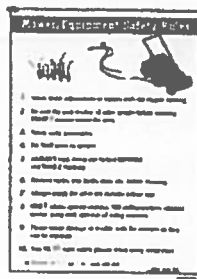
5:20a

22

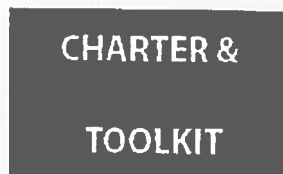


Partners & Offers





Quick Links



LITTLE LEAGUE® BASEBALL AND SOFTBALL

Copyright © 2003-2017 Little League. All Rights Reserved.

Contact Us | Trademark | Privacy Policy | Text Only | Site Map

CONNECT WITH US

SECTION

17

HALF HOLLOW HILLS
LITTLE LEAGUE

ACCIDENT REPORTING

PROCEDURES

AND

MEDICAL FORMS

Little League® Baseball & Softball CLAIM FORM INSTRUCTIONS



WARNING — It is important that parents/guardians and players note that: *Protective equipment cannot prevent all injuries a player might receive while participating in baseball/softball.*

To expedite league personnel's reporting of injuries, we have prepared guidelines to use as a checklist in completing reports. It will save time -- and speed your payment of claims.

The National Union Fire Insurance Company of Pittsburgh, Pa. (NUFIC) Accident Master Policy acquired through Little League® contains an "Excess Coverage Provision" whereby all personal and/or group insurance shall be used first.

The Accident Claim Form must be fully completed, including a Social Security Number, for processing. To help explain insurance coverage to parents/guardians refer to *What Parents Should Know* on the internet that should be reproduced on your league's letterhead and distributed to parents/guardians of all participants at registration time.

If injuries occur, initially it is necessary to determine whether claimant's parents/guardians or the claimant has other insurance such as group, employer, Blue Cross and Blue Shield, etc., which pays benefits. (This information should be obtained at the time of registration prior to tryouts.) If such coverage is provided, the claim must be filed first with the primary company under which the parent/guardian or claimant is insured.

When filing a claim, all medical costs should be fully itemized and forwarded to Little League International. If no other insurance is in effect, a letter from the parent/guardian or claimant's employer explaining the lack of group or employer insurance should accompany the claim form.

The NUFIC Accident Policy is acquired by leagues, not parents, and provides comprehensive coverage at an affordable cost. Accident coverage is underwritten by National Union Fire Insurance Company of Pittsburgh, a Pennsylvania Insurance company, with its principal place of business at 175 Water Street, 18th Floor, New York, NY 10038. It is currently authorized to transact business in all states and the District of Columbia. NAIC Number 19445. This is a brief description of the coverage available under the policy. The policy will contain limitations, exclusions, and termination provisions. Full details of the coverage are contained in the Policy. If there are any conflicts between this document and the Policy, the Policy shall govern.

The current insurance rates would not be possible without your help in stressing safety programs at the local level. The ASAP manual, **League Safety Officer Program Kit**, is recommended for use by your Safety Officer.

TREATMENT OF DENTAL INJURIES

Deferred Dental Treatment for claims or injuries occurring in 2002 and beyond: If the insured incurs injury to sound, natural teeth and necessary treatment requires that dental treatment for that injury must be postponed to a date more than 52 weeks after the date of the injury due to, but not limited to, the physiological changes occurring to an insured who is a growing child, we will pay the lesser of the maximum benefit of \$1,500.00 or the reasonable expense incurred for the deferred dental treatment. Reasonable expenses incurred for deferred dental treatment are only covered if they are incurred on or before the insured's 23rd birthday. Reasonable Expenses incurred for deferred root canal therapy are only covered if they are incurred within 104 weeks after the date the Injury is sustained.

CHECKLIST FOR PREPARING CLAIM FORM

1. Print or type all information.
2. Complete all portions of the claim form before mailing to our office.
3. Be sure to include league name and league ID number.

PART I - CLAIMANT, OR PARENT(S)/GUARDIAN(S), IF CLAIMANT IS A MINOR

1. The adult claimant or parent(s)/guardians(s) must sign this section, if the claimant is a minor.
2. Give the name and address of the injured person, along with the name and address of the parent(s)/guardian(s), if claimant is a minor.
3. Fill out all sections, including check marks in the appropriate boxes for all categories. **Do not leave any section blank. This will cause a delay in processing your claim and a copy of the claim form will be returned to you for completion.**
4. It is mandatory to forward information on other insurance. Without that information there will be a delay in processing your claim. If no insurance, written verification from each parent/spouse employer must be submitted.
5. Be certain all necessary papers are attached to the claim form. (See instruction 3.) Only itemized bills are acceptable.
6. On dental claims, it is necessary to submit charges to the major medical and dental insurance company of the claimant, or parent(s)/guardian(s) if claimant is a minor. "Accident-related treatment to whole, sound, natural teeth as a direct and independent result of an accident" must be stated on the form and bills. Please forward a copy of the insurance company's response to Little League International. Include the claimant's name, league ID, and year of the injury on the form.

PART II - LEAGUE STATEMENT

1. This section must be filled out, signed and dated by the league official.
2. Fill out all sections, including check marks in the appropriate boxes for all categories. **Do not leave any section blank. This will cause a delay in processing your claim and a copy of the claim form will be returned to you for completion.**

IMPORTANT: Notification of a claim should be filed with Little League International within 20 days of the incident for the current season.

LITTLE LEAGUE® BASEBALL AND SOFTBALL

ACCIDENT NOTIFICATION FORM

INSTRUCTIONS



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 Fax: 570-326-9280

Accident & Health (U.S.)

1. This form must be completed by parents (if claimant is under 19 years of age) and a league official and forwarded to Little League Headquarters within 20 days after the accident. A photocopy of this form should be made and kept by the claimant/parent. Initial medical/dental treatment must be rendered within 30 days of the Little League accident.
2. Itemized bills including description of service, date of service, procedure and diagnosis codes for medical services/supplies and/or other documentation related to claim for benefits are to be provided within 90 days after the accident date. In no event shall such proof be furnished later than 12 months from the date the medical expense was incurred.
3. When other insurance is present, parents or claimant must forward copies of the Explanation of Benefits or Notice/Letter of Denial for each charge directly to Little League Headquarters, even if the charges do not exceed the deductible of the primary insurance program.
4. Policy provides benefits for eligible medical expenses incurred within 52 weeks of the accident, subject to Excess Coverage and Exclusion provisions of the plan.
5. **Limited** deferred medical/dental benefits may be available for necessary treatment incurred after 52 weeks. Refer to insurance brochure provided to the league president, or contact Little League Headquarters within the year of injury.
6. Accident Claim Form must be fully completed - including Social Security Number (SSN) - for processing.

League Name			League I.D.		
Name of Injured Person/Claimant		SSN	Date of Birth (MM/DD/YY)		Age
					Sex <input type="checkbox"/> Female <input type="checkbox"/> Male
Name of Parent/Guardian, if Claimant is a Minor			Home Phone (Inc. Area Code)		Bus. Phone (Inc. Area Code)
			()		()
Address of Claimant			Address of Parent/Guardian, if different		

The Little League Master Accident Policy provides benefits in excess of benefits from other insurance programs subject to a \$50 deductible per injury. "Other insurance programs" include family's personal insurance, student insurance through a school or insurance through an employer for employees and family members. Please CHECK the appropriate boxes below. If YES, follow instruction 3 above.

Does the Insured Person/Parent/Guardian have any insurance through:

Employer Plan	<input type="checkbox"/> Yes <input type="checkbox"/> No	School Plan	<input type="checkbox"/> Yes <input type="checkbox"/> No
Individual Plan	<input type="checkbox"/> Yes <input type="checkbox"/> No	Dental Plan	<input type="checkbox"/> Yes <input type="checkbox"/> No

Date of Accident	Time of Accident	Type of Injury
	<input type="checkbox"/> AM <input type="checkbox"/> PM	

Describe exactly how accident happened, including playing position at the time of accident:

Check all applicable responses in each column:

<input type="checkbox"/> BASEBALL	<input type="checkbox"/> CHALLENGER (4-18)	<input type="checkbox"/> PLAYER	<input type="checkbox"/> TRYOUTS	<input type="checkbox"/> SPECIAL EVENT
<input type="checkbox"/> SOFTBALL	<input type="checkbox"/> T-BALL (4-7)	<input type="checkbox"/> MANAGER, COACH	<input type="checkbox"/> PRACTICE	(NOT GAMES)
<input type="checkbox"/> CHALLENGER	<input type="checkbox"/> MINOR (6-12)	<input type="checkbox"/> VOLUNTEER UMPIRE	<input type="checkbox"/> SCHEDULED GAME	<input type="checkbox"/> SPECIAL GAME(S)
<input type="checkbox"/> TAD (2ND SEASON)	<input type="checkbox"/> LITTLE LEAGUE (9-12)	<input type="checkbox"/> PLAYER AGENT	<input type="checkbox"/> TRAVEL TO	(Submit a copy of
	<input type="checkbox"/> INTERMEDIATE (50/70) (11-13)	<input type="checkbox"/> OFFICIAL SCOREKEEPER	<input type="checkbox"/> TRAVEL FROM	your approval from
	<input type="checkbox"/> JUNIOR (12-14)	<input type="checkbox"/> SAFETY OFFICER	<input type="checkbox"/> TOURNAMENT	Little League
	<input type="checkbox"/> SENIOR (13-16)	<input type="checkbox"/> VOLUNTEER WORKER	<input type="checkbox"/> OTHER (Describe)	Incorporated)
	<input type="checkbox"/> BIG (14-18)			

I hereby certify that I have read the answers to all parts of this form and to the best of my knowledge and belief the information contained is complete and correct as herein given.

I understand that it is a crime for any person to intentionally attempt to defraud or knowingly facilitate a fraud against an insurer by submitting an application or filing a claim containing a false or deceptive statement(s). See Remarks section on reverse side of form.

I hereby authorize any physician, hospital or other medically related facility, insurance company or other organization, institution or person that has any records or knowledge of me, and/or the above named claimant, or our health, to disclose, whenever requested to do so by Little League and/or National Union Fire Insurance Company of Pittsburgh, Pa. A photostatic copy of this authorization shall be considered as effective and valid as the original.

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

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 defraud 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 misleading, 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 conceals 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 person 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 Parent or Claimant)		
Name of League	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: ()

Were you a witness to the accident? ☐ Yes ☐ No
Provide names and addresses of any known witnesses to the reported accident.

Check the boxes for all appropriate items below. At least one item in each column must be selected.

POSITION WHEN INJURED	INJURY	PART OF BODY	CAUSE OF INJURY
<input type="checkbox"/> 01 1ST	<input type="checkbox"/> 01 ABRASION	<input type="checkbox"/> 01 ABDOMEN	<input type="checkbox"/> 01 BATTED BALL
<input type="checkbox"/> 02 2ND	<input type="checkbox"/> 02 BITES	<input type="checkbox"/> 02 ANKLE	<input type="checkbox"/> 02 BATTING
<input type="checkbox"/> 03 3RD	<input type="checkbox"/> 03 CONCUSSION	<input type="checkbox"/> 03 ARM	<input type="checkbox"/> 03 CATCHING
<input type="checkbox"/> 04 BATTER	<input type="checkbox"/> 04 CONTUSION	<input type="checkbox"/> 04 BACK	<input type="checkbox"/> 04 COLLIDING
<input type="checkbox"/> 05 BENCH	<input type="checkbox"/> 05 DENTAL	<input type="checkbox"/> 05 CHEST	<input type="checkbox"/> 05 COLLIDING WITH FENCE
<input type="checkbox"/> 06 BULLPEN	<input type="checkbox"/> 06 DISLOCATION	<input type="checkbox"/> 06 EAR	<input type="checkbox"/> 06 FALLING
<input type="checkbox"/> 07 CATCHER	<input type="checkbox"/> 07 DISMEMBERMENT	<input type="checkbox"/> 07 ELBOW	<input type="checkbox"/> 07 HIT BY BAT
<input type="checkbox"/> 08 COACH	<input type="checkbox"/> 08 EPIPHYSES	<input type="checkbox"/> 08 EYE	<input type="checkbox"/> 08 HORSEPLAY
<input type="checkbox"/> 09 COACHING BOX	<input type="checkbox"/> 09 FATALITY	<input type="checkbox"/> 09 FACE	<input type="checkbox"/> 09 PITCHED BALL
<input type="checkbox"/> 10 DUGOUT	<input type="checkbox"/> 10 FRACTURE	<input type="checkbox"/> 10 FATALITY	<input type="checkbox"/> 10 RUNNING
<input type="checkbox"/> 11 MANAGER	<input type="checkbox"/> 11 HEMATOMA	<input type="checkbox"/> 11 FOOT	<input type="checkbox"/> 11 SHARP OBJECT
<input type="checkbox"/> 12 ON DECK	<input type="checkbox"/> 12 HEMORRHAGE	<input type="checkbox"/> 12 HAND	<input type="checkbox"/> 12 SLIDING
<input type="checkbox"/> 13 OUTFIELD	<input type="checkbox"/> 13 LACERATION	<input type="checkbox"/> 13 HEAD	<input type="checkbox"/> 13 TAGGING
<input type="checkbox"/> 14 PITCHER	<input type="checkbox"/> 14 PUNCTURE	<input type="checkbox"/> 14 HIP	<input type="checkbox"/> 14 THROWING
<input type="checkbox"/> 15 RUNNER	<input type="checkbox"/> 15 RUPTURE	<input type="checkbox"/> 15 KNEE	<input type="checkbox"/> 15 THROWN BALL
<input type="checkbox"/> 16 SCOREKEEPER	<input type="checkbox"/> 16 SPRAIN	<input type="checkbox"/> 16 LEG	<input type="checkbox"/> 16 OTHER
<input type="checkbox"/> 17 SHORTSTOP	<input type="checkbox"/> 17 SUNSTROKE	<input type="checkbox"/> 17 LIPS	<input type="checkbox"/> 17 UNKNOWN
<input type="checkbox"/> 18 TO/FROM GAME	<input type="checkbox"/> 18 OTHER	<input type="checkbox"/> 18 MOUTH	
<input type="checkbox"/> 19 UMPIRE	<input type="checkbox"/> 19 UNKNOWN	<input type="checkbox"/> 19 NECK	
<input type="checkbox"/> 20 OTHER	<input type="checkbox"/> 20 PARALYSIS/	<input type="checkbox"/> 20 NOSE	
<input type="checkbox"/> 21 UNKNOWN	PARAPLEGIC	<input type="checkbox"/> 21 SHOULDER	
<input type="checkbox"/> 22 WARMING UP		<input type="checkbox"/> 22 SIDE	
		<input type="checkbox"/> 23 TEETH	
		<input type="checkbox"/> 24 TESTICLE	
		<input type="checkbox"/> 25 WRIST	
		<input type="checkbox"/> 26 UNKNOWN	
		<input type="checkbox"/> 27 FINGER	

Does your league use batting helmets with attached face guards? ☐ YES ☐ NO
If YES, are they ☐ Mandatory or ☐ Optional At what levels are they used?

I hereby certify that the above named claimant was injured while covered by the Little League Baseball Accident Insurance Policy at the time of the reported accident. I also certify that the information contained in the Claimant's Notification is true and correct as stated, to the best of my knowledge.

Date	League Official Signature
------	---------------------------

General Liability Claim Form

Send Completed form to:

Little League Baseball and Softball

539 US Route 15 Hwy

P.O. Box 3485

Williamsport, Pennsylvania 17701-0485

(570) 326-1921 Fax (570) 326-2951

Telephone immediate notice to Little League® International

(LEXINGTON USE ONLY)

CN

Insured	Name of League		League I.D. Number (Used as location code)	
	Name of League Official (please print)		Position in League	
	Address of League Official (Street, City, State, Zip)		Phone No. (Res.)	
			Phone No. (Bus.)	
Time and Place of Accident	Date of Accident	Hour	<input type="checkbox"/> AM <input type="checkbox"/> PM	Accident occurred at (Street, City, State, Zip)
	Ansing out of Operations conducted at			
	Was Police Report made? If yes, where? <input type="checkbox"/> Yes <input type="checkbox"/> No			
	Description of Accident			
State cause and describe facts surrounding accident (Use reverse side if needed)				

Who owns Premises		Person in charge of Premises			
Coverage Data	Limits		Elevator:	Products:	Cont:
	BI/PD:	Med. Pay: None	Yes	Yes	Yes
	Policy Number		Policy Dates:		
			Begin:	End:	
Is there any other insurance applicable to this risk? <input type="checkbox"/> Yes <input type="checkbox"/> No					

Property Damage	Name of Owner	Description of Property
	Address (Street, City, State, Zip)	Name of Insurance Co.
		Nature and Extent of Damages and Estimate of Repair

Insured Person and Injuries	Name	Phone No. (Res)		
	Address (Street, City, State, Zip)	Occupation	Age	<input type="checkbox"/> Married <input type="checkbox"/> Single
	Employers Name and Address		Phone No. (Bus)	

Did you provide or authorize medical attention? <input type="checkbox"/> Yes <input type="checkbox"/> No	Attending Doctor's Name and Address
Description of Injury	

Where was the injured taken after accident?	Probable length of Disability
---	-------------------------------

Witnesses:	Name, Address, Phone Number
	Name, Address, Phone Number
	Name, Address, Phone Number

Date of Report:	Signature of League Official:	Position in League
--------------------	-------------------------------	--------------------

USE REVERSE SIDE FOR DIAGRAM AND ANY OTHER INFORMATION OF IMPORTANCE IN REPORTING THE ACCIDENT

CHADTIC

Applicable in Arizona

For your protection, Arizona law requires the following statement to appear on this form. Any person who knowingly presents a false or fraudulent claim for payment of a loss is subject to criminal and civil penalties.

Applicable in Arkansas, Delaware, District of Columbia, Kentucky, Louisiana, Maine, Michigan, New Jersey, New Mexico, New York, North Dakota, Pennsylvania, South Dakota, Tennessee, Texas, Virginia and West Virginia

Any person who knowingly and with intent to defraud any insurance company or another person, files a statement of claim containing any materially false information, or conceals for the purpose of misleading, information concerning any fact, material thereto, commits a fraudulent insurance act, which is a crime, subject to criminal prosecution and [NY: substantial] civil penalties. In DC, LA, ME, TN and VA, insurance benefits may also be denied.

Applicable in California

For your protection, California law requires the following to appear on this form: Any person who knowingly presents a false or fraudulent claim for payment of a loss is guilty of a crime and may be subject to fines and confinement in state prison.

Applicable in Colorado

It is unlawful to knowingly provide false, incomplete, or misleading facts or information to an insurance company for the purpose of defrauding or attempting to defraud the company. Penalties may include imprisonment, fines, denial of insurance, and civil damages. Any insurance company or agent of an insurance company who knowingly provides false, incomplete, or misleading facts or information to a policy holder or claimant for the purpose of defrauding or attempting to defraud the policy holder or claimant with regard to a settlement or award payable from insurance proceeds shall be reported to the Colorado Division of Insurance within the Department of Regulatory Agencies.

Applicable in Florida and Idaho

Any person who Knowingly and with the intent to injure, Defraud, or Deceive any Insurance Company Files a Statement of Claim Containing any False, Incomplete or Misleading information is Guilty of a Felony.*

* In Florida - Third Degree Felony

Applicable in Hawaii

For your protection, Hawaii law requires you to be informed that presenting a fraudulent claim for payment of a loss or benefit is a crime punishable by fines or imprisonment, or both.

Applicable in Indiana

A person who knowingly and with intent to defraud an insurer files a statement of claim containing any false, incomplete, or misleading information commits a felony.

Applicable in Minnesota

A person who files a claim with intent to defraud or helps commit a fraud against an insurer is guilty of a crime.

Applicable in Nevada

Pursuant to NRS 686A.291, any person who knowingly and willfully files a statement of claim that contains any false, incomplete or misleading information concerning a material fact is guilty of a felony.

Applicable in New Hampshire

Any person who, with purpose to injure, defraud or deceive any insurance company, files a statement of claim containing any false, incomplete or misleading information is subject to prosecution and punishment for insurance fraud, as provided in RSA 638:20.

Applicable in Ohio

Any person who, with intent to defraud or knowing that he/she is facilitating a fraud against an insurer, submits an application or files a claim containing a false or deceptive statement is guilty of insurance fraud.

Applicable in Oklahoma

WARNING: Any person who knowingly and with intent to injure, defraud or deceive any insurer, makes any claim for the proceeds of an insurance policy containing any false, incomplete or misleading information is guilty of a felony.

Activities/Reporting

A Safety Awareness Program's
Incident/Injury Tracking Report

League Name: _____ League ID: ____ - ____ - ____ Incident Date: _____

Field Name/Location: _____ Incident Time: _____

Injured Person's Name: _____ Date of Birth: _____

Address: _____ Age: _____ Sex: ☐ Male ☐ Female

City: _____ State _____ ZIP: _____ Home Phone: () _____

Parent's Name (If Player): _____ Work Phone: () _____

Parents' Address (If Different): _____ City _____

Incident occurred while participating in:

- A.) ☐ Baseball ☐ Softball ☐ Challenger ☐ TAD
- B.) ☐ Challenger ☐ T-Ball ☐ Minor ☐ Major ☐ Intermediate (50/70)
- ☐ Junior ☐ Senior ☐ Big League
- C.) ☐ Tryout ☐ Practice ☐ Game ☐ Tournament ☐ Special Event
- ☐ Travel to ☐ Travel from ☐ Other (Describe): _____

Position/Role of person(s) involved in incident:

- D.) ☐ Batter ☐ Baserunner ☐ Pitcher ☐ Catcher ☐ First Base ☐ Second
- ☐ Third ☐ Short Stop ☐ Left Field ☐ Center Field ☐ Right Field ☐ Dugout
- ☐ Umpire ☐ Coach/Manager ☐ Spectator ☐ Volunteer ☐ Other: _____

Type of injury: _____

Was first aid required? ☐ Yes ☐ No If yes, what: _____Was professional medical treatment required? ☐ Yes ☐ No If yes, what: _____

(If yes, the player must present a non-restrictive medical release prior to being allowed in a game or practice.)

Type of incident and location:

- A.) On Primary Playing Field B.) Adjacent to Playing Field D.) Off Ball Field
- ☐ Base Path: ☐ Running or ☐ Sliding ☐ Seating Area ☐ Travel:
- ☐ Hit by Ball: ☐ Pitched or ☐ Thrown or ☐ Batted ☐ Parking Area ☐ Car or ☐ Bike or
- ☐ Collision with: ☐ Player or ☐ Structure C.) Concession Area ☐ Walking
- ☐ Grounds Defect ☐ Volunteer Worker ☐ League Activity
- ☐ Other: _____ ☐ Customer/Bystander ☐ Other: _____

Please give a short description of incident: _____

Could this accident have been avoided? How: _____

This form is for local Little League use only (should not be sent to Little League International). This document should be used to evaluate potential safety hazards, unsafe practices and/or to contribute positive ideas in order to improve league safety. When an accident occurs, obtain as much information as possible. For all Accident claims or injuries that could become claims to any eligible participant under the Accident Insurance policy, please complete the Accident Notification Claim form available at http://www.littleleague.org/Assets/forms_pubs/asap/AccidentClaimForm.pdf and send to Little League International. For all other claims to non-eligible participants under the Accident policy or claims that may result in litigation, please fill out the General Liability Claim form available here: http://www.littleleague.org/Assets/forms_pubs/asap/GLClaimForm.pdf.

Prepared By/Position: _____ Phone Number: () _____

Signature: _____ Date: _____



Little League Baseball and Softball MEDICAL RELEASE



NOTE: To be carried by any Regular Season or Tournament
Team Manager together with team roster or International Tournament affidavit.

Player: _____ Date of Birth: _____ Gender (M/F): _____

Parent (s)/Guardian Name: _____ Relationship: _____

Parent (s)/Guardian Name: _____ Relationship: _____

Player's Address: _____ City: _____ State/Country: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

PARENT OR LEGAL GUARDIAN AUTHORIZATION:

Email: _____

In case of emergency, if family physician cannot be reached, I hereby authorize my child to be treated by Certified
Emergency Personnel. (i.e. EMT, First Responder, E.R. Physician)

Family Physician: _____ Phone: _____

Address: _____ City: _____ State/Country: _____

Hospital Preference: _____

Parent Insurance Co: _____ Policy No.: _____ Group ID#: _____

League Insurance Co: _____ Policy No.: _____ League/Group ID#: _____

If parent(s)/legal guardian cannot be reached in case of emergency, contact:

Name	Phone	Relationship to Player
------	-------	------------------------

Name	Phone	Relationship to Player
------	-------	------------------------

Please list any allergies/medical problems, including those requiring maintenance medication. (i.e. Diabetic, Asthma, Seizure Disorder)

Medical Diagnosis	Medication	Dosage	Frequency of Dosage

Date of last Tetanus Toxoid Booster: _____

The purpose of the above listed information is to ensure that medical personnel have details of any medical problem which may interfere with or alter treatment.

Mr./Mrs./Ms. _____

Authorized Parent/Guardian Signature

Date: _____

FOR LEAGUE USE ONLY:

League Name: _____ League ID: _____

Division: _____ Team: _____ Date: _____

WARNING: PROTECTIVE EQUIPMENT CANNOT PREVENT ALL INJURIES A PLAYER MIGHT RECEIVE WHILE PARTICIPATING IN BASEBALL/SOFTBALL.
Little League does not limit participation in its activities on the basis of disability, race, color, creed, national origin, gender, sexual preference or religious preference.

SECTION

18

HALF HOLLOW HILLS
LITTLE LEAGUE

FIRST AID TIP'S

FOR

MANAGERS AND COACHES

FIRST AID *SAFETY Do's and Don'ts*

DO:

- Do: Reassure and aid children who are injured, frightened or lost
- Do: Provide, or assist in obtaining medical attention for those who require it
- Do: KNOW YOUR LIMITATIONS!! Do not act outside your certification
- Do: Get Assistance from Managers, Coaches, or Concession Stand with first aid kits
 - When Assisting an Injured person on the playing field
 - Do LOOK (do not touch) for signs of injury (i.e. Blood loss, active bleeding, bruising, swollen deformed extremity, etc.)
 - Do LISTEN to the injured person describe what happened and what hurts (if conscious).
Before questioning you may have to calm the person if excited in order to obtain information required to obtain advanced medical attention.
- Do Make sure your Managers have your players Medical Clearance Forms with them at all practices and games
- Do: Make arrangements to have a cellular phone available at all practices and games
- Do: Know how to contact Emergency Medical Services (either through 911 or FIRE DEPT: 631-499-5757)
- Do: Make safety your priority
- Do: Meet the immediate needs of any injured player
- Do: Identify certified CPR/First Aid Personnel at each game or practice, and make managers and League Officials aware that you are CPR/ First Aid Certified
- Do: Wipe excess line marker from the eyes with a clean white cloth

DON'T

- Don't: Administer any medications
- Don't: Provide any food or beverages to the injured person
- Don't: Be afraid to ask for help if you are not sure of the proper procedures (i.e. CPR, icing, etc.)
- Don't: Leave an unattended child at a practice or game
- Don't: Transport the injured person (other than your own child) in a personal vehicle
- Don't: Hesitate to report any present or potential safety hazard to the Safety Coordinators
- Don't: Under react, if in doubt call professional medical personnel (EMS) and allow them to evaluate the injured person
- Don't: Rinse line marker from eyes with water, it will activate the lime and cause burning
- Don't: Encourage blinking and DO wipe excess from the eyes with a clean white wash cloth
- Don't: Move an injured person if a back or neck of any kind is suspected

Revised First Aid Kit Requirements

TRAVEL BAGS

1. 10 - 4x4 gauze pads
2. 5 - Ice packs
3. 1 - Small bottle of sterile water
4. 2 - rolls of 2" Kling
5. 2 - Triangular bandages
6. Variety of band-aids
7. 1 - Disposable blanket
8. 2 - CLEAN white washcloths

FIELD HOUSE

1. 20 - 4x4 gauze pads
2. 10 - Ice packs
3. 3 - Small bottle of sterile water
4. 8 - rolls of 2" Kling
5. 5 - Triangular bandages
6. Variety of band-aids
7. 2 - Disposable blankets
8. 5 - CLEAN white washcloths or hand towels
9. 1 - Pair of Trauma shears
10. Antiseptics wipes

Gloves are to be carried in each travel kit and to be available in the Field House

For Local League Use Only**Activities/Reporting****A Safety Awareness Program's
Incident/Injury Tracking Report**

League Name: _____ League ID: ____ - ____ - ____ Incident Date: _____

Field Name/Location: _____ Incident Time: _____

Injured Person's Name: _____ Date of Birth: _____

Address: _____ Age: _____ Sex: ☐ Male ☐ Female

City: _____ State _____ ZIP: _____ Home Phone: () _____

Parent's Name (If Player): _____ Work Phone: () _____

Parents' Address (If Different): _____ City _____

Incident occurred while participating in:

- A.) ☐ Baseball ☐ Softball ☐ Challenger ☐ TAD
- B.) ☐ Challenger ☐ T-Ball ☐ Minor ☐ Major ☐ Intermediate (50/70)
- ☐ Junior ☐ Senior ☐ Big League
- C.) ☐ Tryout ☐ Practice ☐ Game ☐ Tournament ☐ Special Event
- ☐ Travel to ☐ Travel from ☐ Other (Describe): _____

Position/Role of person(s) involved in incident:

- D.) ☐ Batter ☐ Baserunner ☐ Pitcher ☐ Catcher ☐ First Base ☐ Second
- ☐ Third ☐ Short Stop ☐ Left Field ☐ Center Field ☐ Right Field ☐ Dugout
- ☐ Umpire ☐ Coach/Manager ☐ Spectator ☐ Volunteer ☐ Other: _____

Type of injury: _____

Was first aid required? ☐ Yes ☐ No If yes, what: _____Was professional medical treatment required? ☐ Yes ☐ No If yes, what: _____
(If yes, the player must present a non-restrictive medical release prior to to being allowed in a game or practice.)**Type of incident and location:**

- A.) On Primary Playing Field B.) Adjacent to Playing Field D.) Off Ball Field
- ☐ Base Path: ☐ Running or ☐ Sliding ☐ Seating Area ☐ Travel:
- ☐ Hit by Ball: ☐ Pitched or ☐ Thrown or ☐ Batted ☐ Parking Area ☐ Car or ☐ Bike or
- ☐ Collision with: ☐ Player or ☐ Structure C.) Concession Area ☐ Walking
- ☐ Grounds Defect ☐ Volunteer Worker ☐ League Activity
- ☐ Other: _____ ☐ Customer/Bystander ☐ Other: _____

Please give a short description of incident: _____

Could this accident have been avoided? How: _____

This form is for local Little League use only (should not be sent to Little League International). This document should be used to evaluate potential safety hazards, unsafe practices and/or to contribute positive ideas in order to improve league safety. When an accident occurs, obtain as much information as possible. For all Accident claims or injuries that could become claims to any eligible participant under the Accident Insurance policy, please complete the Accident Notification Claim form available at http://www.littleleague.org/Assets/forms_pubs/asap/AccidentClaimForm.pdf and send to Little League International. For all other claims to non-eligible participants under the Accident policy or claims that may result in litigation, please fill out the General Liability Claim form available here: http://www.littleleague.org/Assets/forms_pubs/asap/GLClaimForm.pdf.

Prepared By/Position: _____ Phone Number: () _____

Signature: _____ Date: _____

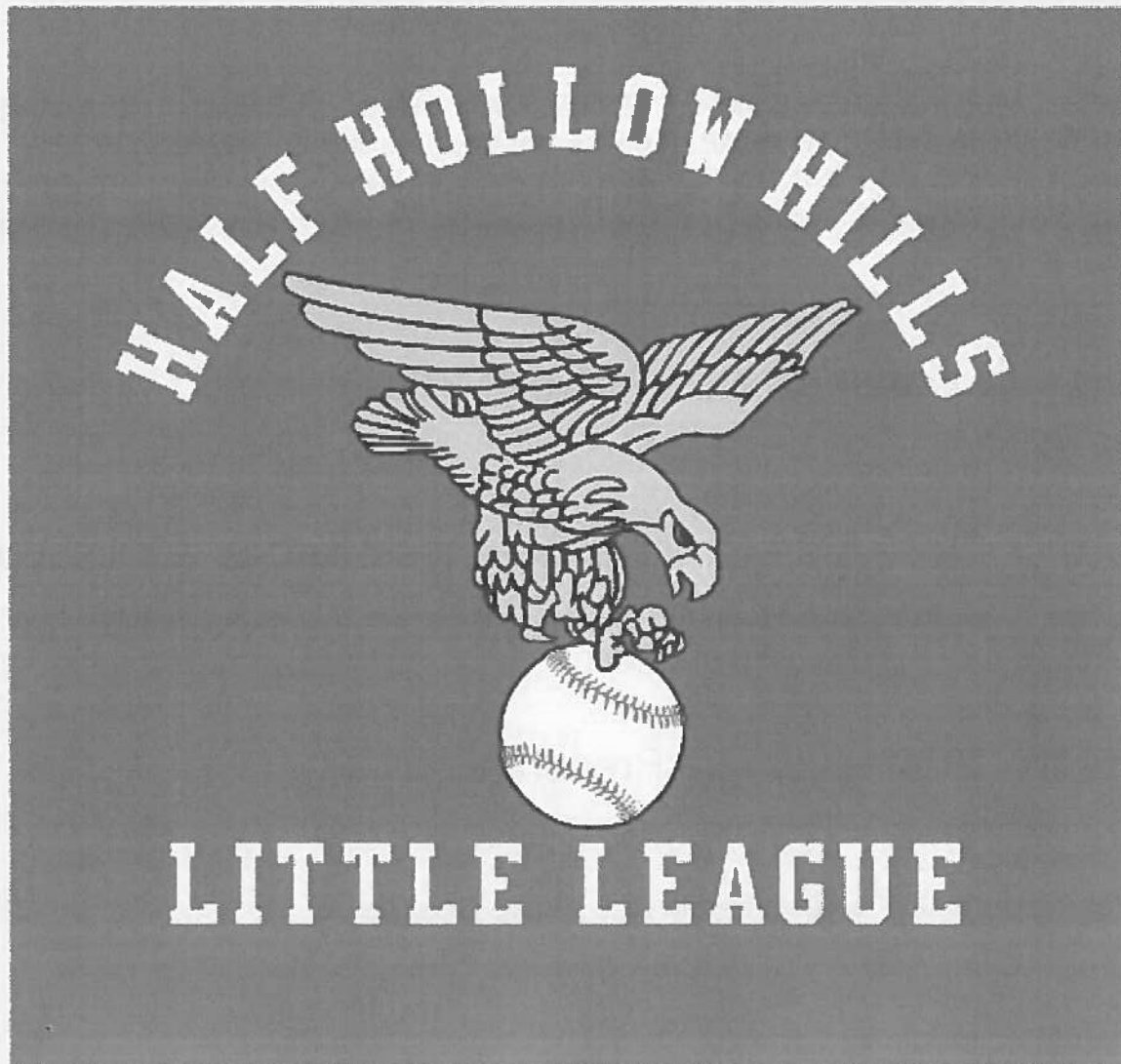
SECTION

19

HALF HOLLOW HILLS
LITTLE LEAGUE

MANAGERS AND COACHES

CLINIC OUTLINE



Saturday April 3, 2020
Manager/Coach Meeting

West Hollow Middle School
250 Old East Neck Road
Melville, NY 11747

Coach's Mandatory Meeting location will be West Hollow Middle School, see below agenda or go to www.hhhllhawks.com for below details:

ALL VOLUNTEERS MUST COMPLETE THEIR VOLUNTEER INFO ON THE ABOVE REGISTRATION WEBSITE ASAP (If it was not done during the registration process), IF NOT YOU CANNOT COACH. To complete your volunteer info sign In Using Your Email & Password Set-Up during Registration Process using Coach's link.

THIS IS A MANDATORY MANAGERS/COACHES MEETING.

4/3/20 AGENDA:

10 AM – 11:30 AM - Positive Coaches Alliance Workshop

11:45 AM – 1 PM - First Aid

1:15PM - 2PM – League Presentation

All Volunteers MUST be Certified in ALL Above Classes.

The Big AI Clinic & Safety Clinic (New Class for Spring 2020) MUST Be taken online & you must pass a test & get certified. All Volunteers MUST pass these classes. (Info to follow)

The PCA Clinic MUST Be Attended in Person on 4/3/20. Certification/Re-Certification can either be done in person or on-line.

The League Presentation MUST be attended in person by all Volunteers.

If You Certify/Re-certify The PCA Clinic on Line You Will Have to Pay The \$30 Fee Yourself, If You Attend On 4/3/20 HHHLL Will Pay All Costs (Info to Follow After 4/3).

First Aid Clinic must be attended in person on 4/3/20 or supply proof of attending another first aid course on an alternative date.

In Order to Obtain a Volunteer Shirt and Hat You MUST be Certified in all classes.

SECTION

20

Methods for Maximizing Practice Time Add to favorites



Topic – Methods for Maximizing Practice Time

Make the best use of the practice time you have with your players.

Players Should:

1. Be actively involved in planning practices together with a coach or teammate.
2. Practice the way they hope to play in a game using proper technique and skills with sound strategy.
3. Understand and use the nine basic components in the following sequence at every practice.

Nine Basic Components of Practice:

- * Warm-up and stretching
- * On-field warm-up
- * Review of previously learned skills
- * Learn new skills
- * Practice game situations
- * Play game or modified game
- * Conditioning
- * Cool-down and stretching
- * Evaluate practice

4. Learn new skills in the first half of practice and do hard physical training near the end of practice so as not to impair fine motor control due to fatigue.

5. Practice with the same intensity as in a game.

6. Develop one or two specific cues that help concentration and the ability to stay focused on the task at hand during each practice.

7. Use drills to isolate work on baseball skills and techniques. After the initial learning stages, emphasis should be on live game-like drills to insure maximum transfer to playing situations.

8. Be able to set specific performance goals for each practice.

Example: "During batting practice I will hit 10 hard balls or line-drives," rather than, "I will work on my hitting."

9. Devote a significant amount of practice time to develop strategies as well as time to improve weaknesses.

10. Organize practice sessions into short, intensive work periods of 15-45-minute durations followed by short breaks for relaxation, hydration and refocusing.

11. Total practice time on a daily basis should be between 2 to 6 hours depending on each player's periodization schedule.

For more information in the Baseball Factory, please visit BaseballFactory.com.

Setting your Practice Schedule [Add to favorites](#)



Topic – Setting your Practice Schedule

Below is a Sample Practice Schedule

Based on a two-hour practice, an appropriate practice time for this age group. Adjust as necessary.

1. Warm-up
 - a. This warm-up should include cardiovascular and stretching activities
 - b. 5 min
2. On-field Warm-up
 - a. Form Running
 - b. Arm warm-up
 - c. Dry swings
 - d. 10 min
3. Review Previously Learned Skills
 - a. Used for areas that were not completed last practice or need to be reviewed in order to make sure that the players properly learned the material
 - b. 15 min
4. Specialty Period for Learning New Skills
 - a. This should be broken-down into small groups
 - b. Each area of the game should be developed during this period
 - i. Pitchers
 - ii. Catchers
 - iii. Infielders
 - iv. Outfielders
 - v. Hitting
 - vi. Team Defense
 - vii. Base Running
 - c. 35 min
5. Practicing Game Situations
 - a. This is done in a large group
 - b. Outfield/Infield
 - c. 15 min
6. Play Modified Game
 - a. Example - start with a 2-2 count
 - b. Example - start with a runner on second base
 - c. Limit modified game to 2-3 innings
 - d. 20 min
7. Conditioning
 - a. Leave conditioning until the end of the workout to minimize fatigue during practice time
 - b. Players learn better when they are not fatigued
 - c. 10 min max
8. Cool down and stretching
 - a. 5 min

9. Evaluation

- a. This should be positive, enforcing good work ethic and proper baseball fundamentals that were learned
 - b. 5 min
-

For more information in the Baseball Factory, please visit BaseballFactory.com.



THE
LITTLE LEAGUE

00:00.01 / 01:0

Practice Guidelines

- Guidelines for a good practice include starting with a short team meeting to outline goals and objectives while reinforcing team values.
- Begin with a slow jog to get the body moving and the blood flowing then follow it up with an organized stretching session to build team unity and protect players from injuries.
- Next, have the players pair-up and loosen their arms with throwing warm-ups. Have players begin with short-tosses

and work their way up to longer throws from an outfield foul line to center field.

- Once everyone is warmed up, it's a great time to teach new skill followed by a specialized drill to reinforce the skill.
- Next, review a previously taught skill and revisit the same drill you used when introducing the skill.
- For the major-level players, a Game Like drill is a great next step to strengthen their abilities and connect the lessons to actual game-play situations.
- Wrap up the practice with a short meeting to re-cap the skills learned, the team values and to cover any details related to scheduling for the next game or practice.

Hitting Practice Add to favorites

Offensive Hitting Practice

Practice Meeting **(5 min)** Go over team goals and practice objectives.

Team Stretch /Short and long toss **(12 min)**

Team Jog one pole **(5 min)** this time is to think about having a positive practice

Hitting on the field with Coach pitch **(10 min)** three fielders to shag balls.(4 players)

Soft Toss Station **(10 min)** (2 players)

Two Tee Stations **(10 min)** (4 players)

One Cage Station **(10min)** (One Coach pitch with 2 players)

Bunting Station **(10 min)** (2 players)

Each player rotates through each hitting station

Base Running Drills **(15 min)**

Wrap-up meeting **(3 min)**

90 Minutes

Defensive Practice Plan [Add to favorites](#)

Defensive Practice Plan

Practice Meeting **(5 min)** Go over team goals and practice objectives

Team Stretch /Short and long toss **(12 min)**

Team Jog one pole **(5 min)** this time is to think about having a positive practice

A. Y Ground Ball Drill Left/Right side of infield (15 min) 2 Coaches hit to the Infield. One hits to 1B and 2B the other coach hits to SS and 3B. The ball is returned to the catcher for the appropriate coach.

A. Out Field Ground Ball Drill (15 min)

B. Infield Drill at all positions (15 min)

B. Outfield Fly ball drill (15 min)

C. 2B/SS feed drill (15min)

C. 3 man relays OF-3B-OF OF-1B-OF (15min)

Round of infield/outfield with one coach hitting (pre-game warm up) **(10 min)**

Situations: Play like a live game with 9 fielders and have a coach hit. You can have four runners with helmets and go over game situations. **(15 min)**

Wrap-up meeting **(5min)**

* * Drills A are done at the same time

* * Drills B are done at the same time

* * Drills C are done at the same time

97 minutes

Basic Practice Add to favorites

Basic Practice

Practice Meeting **(5 min)** Go over team goals and practice objectives

Team Stretch and Short and long toss **(12 min)**

Team Jog one pole **(5 min)** this time is to think about having a positive practice and what needs to be accomplished.

Two Soft Toss Station **(8 min)**

Two Tee Station **(8 min)**

One Cage Station **(8min)** (Once Coach pitch)

Two Bunting Station **(8min)**

Drill A Y Ground Ball Drill Left/Right side of infield **(10 min)** 2 Coaches hit to the infield.

One hits to 1B and 2B the other coach hits to SS and 3B. The ball is returned to the catcher for the appropriate coach.

Drill B Outfield groundball drill **(10 min)**

Drill C Charging a Bunt **(8 min)** 3B and 1B

Drill D 3 man relays in outfield **(8 min)** Group 1. OF-SS-OFF Group 2. OF-2B-OFF

Round of infield/outfield with one coach hitting (pre-game warm up) **(10 min)**

One pole to cool down **(5min)**

Wrap-up Meeting **(3 min)**

* * Drills A and B are done at the same time.

* * Drills C and D are done at the same time.

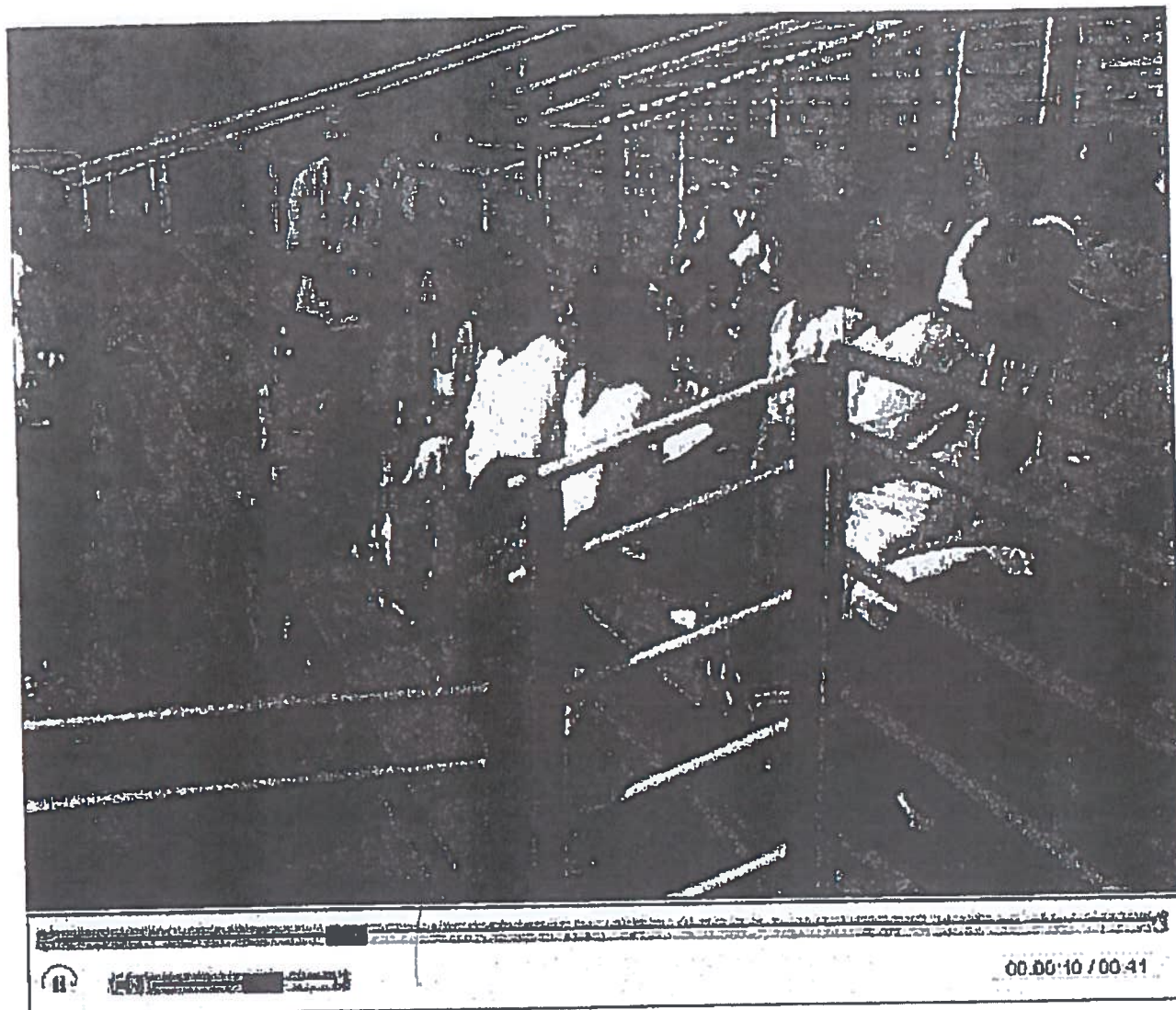
90 Minutes



Building Fun Into Practice

- Building fun into practices makes players want to be there with positive attitudes.
- Virtually any drill can be made into a fun competition by timing them to add some urgency and keep the players hustling throughout.
- Keeping drill time short is important as it keeps players involved in the activity.
- Also use multiple stations during drills and rotate small groups of players between the stations so all kids aren't

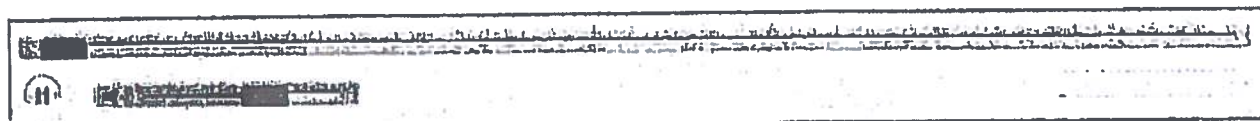
standing in line waiting for their chance to do one single drill.



Involving Parents

- Parental assistance and participation can be crucial to holding a fun, effective practice or team function.
- Be certain that, before there's any involvement from a parent, the skill or drill is first demonstrated by the manager or coach, allowing the volunteer to fully understand the drill as well as the learning goal of that activity.
- Allowing parental involvement also builds team unity among the parents themselves and builds trust between the players, coaching staff and team supporters.

- People will feel more connected and supportive of the team when you get them involved



Planning a Practice

A good practice begins with a good plan to make the most efficient use of practice time. Show up organized and ready with several new skills and drills you'll introduce to your team.

Experienced coaches organize their practice plans in sections and assign time limits for each. If drill stations are arranged, make sure enough time is allocated for each of the players to work through each station.

By planning ahead, you'll be sure to bring the right equipment available and in place to save time when transitioning between drills or skill sessions.

Another key is to enlist the help of a few parents or volunteers to help out in practices. It is critical that everyone who helps out has completed the volunteer screening and is approved by the Board of Directors as helpers.

The use of additional help can really make the practice run more effectively as this will give the manager a little more time to OBSERVE AND help instruct in many places – which is particularly important in the Tee ball / minor divisions.

Make sure you plan practices that are age appropriate for the skills and attention spans of your players ~ avoiding the temptation to practice for too long.

For the minor division, 60-90 minutes is plenty of time to accomplish practice goals and have a fun practice. Anything longer than that will create a huge challenge to keep the attention of children of that age group.

For the major division, (baseball and Softball) a 90 - 120 minute practice is sufficient. Keeping the practice session closer to 90 minutes will provide enough time to complete skill and drill work while keeping players fresh and engaged. If time allows and the players are up to it, an end-of-practice scrimmage or game simulation is a great way to weave new skills into a game like atmosphere.

SECTION

21

HALF HOLLOW HILLS
LITTLE LEAGUE

MANAGERS AND COACHES

CLINIC OUTLINE

MANAGERS and COACHES SAFETY PROGRAM

Safety Principles

What is safety?

The ability to maintain the physical and mental well being of yourself, your team, your parents and any visitors that may be present at a game, practice or team event.

Why safety?

It is your moral and legal obligation to maintain the safety and well being of all those who participate in your sporting event.

Who is responsible for safety?

Everyone

When safety?

At anytime where there is an event taking place at your field or other designated location.

When safety?

Always

Emergency activation

Always insure that there will be a cell phone or public phone at your event location.

Stabilization

NEVER move an injured or potentially injured child

Realize the consequences

Know your limitations

Never underestimate an injury - act within your certification

Bleeding control

BSI - PPE - Universal Precautions

Gloves, clean white bandages - direct pressure only

Transport if necessary

If they are bleeding from their head they have a potential head injury

Heat/cold emergencies

Remove from the source

Remove clothing

Use slow re-warming or cooling techniques

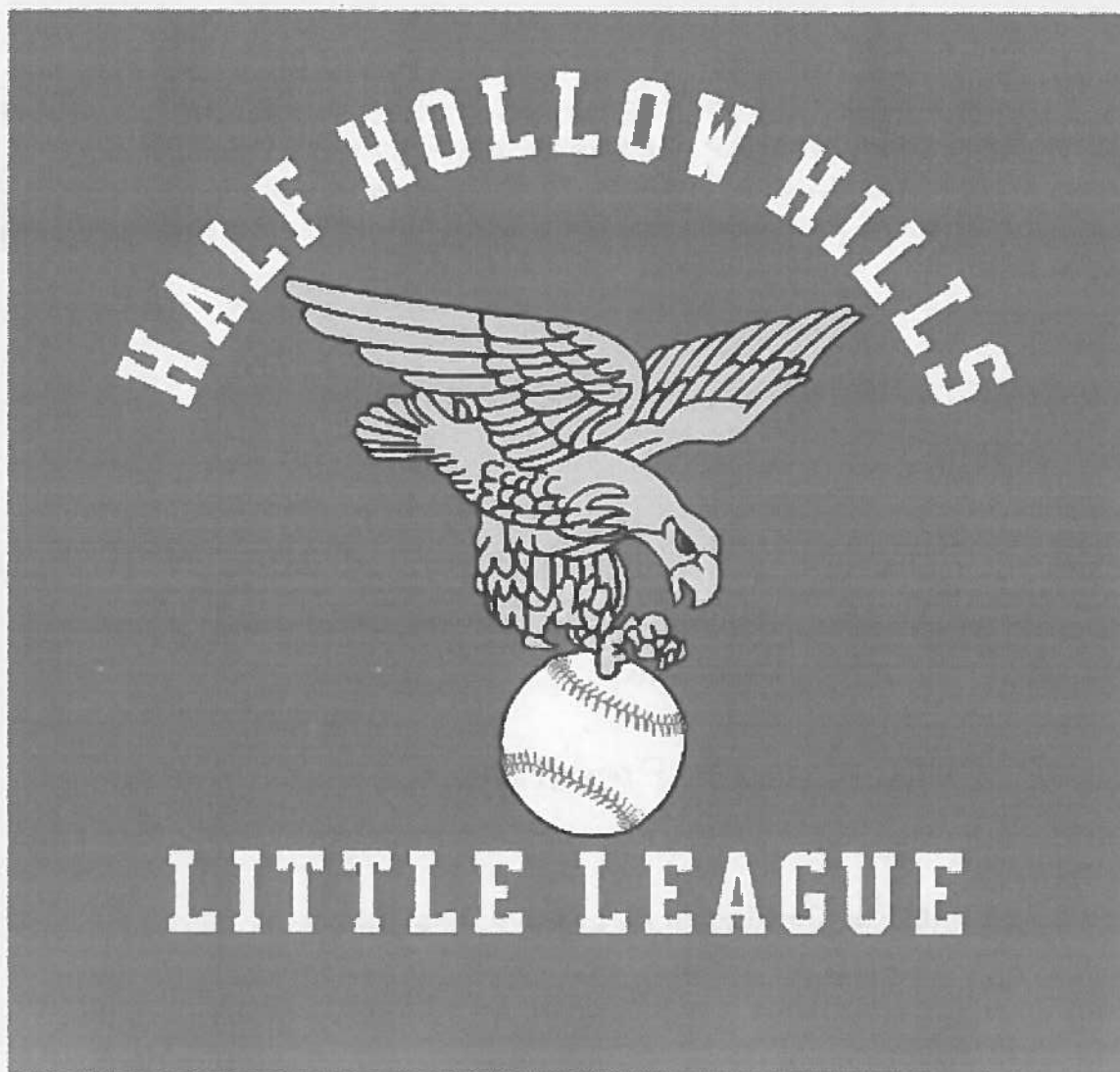
Risk for AMS

Medical History Forms

Provided by the league for each child

Keep in a binder

Incidents should always be reported to the parent/guardian no matter the severity



Saturday April 3, 2020
Manager/Coach Meeting

West Hollow Middle School
250 Old East Neck Road
Melville, NY 11747

Coach's Mandatory Meeting location will be West Hollow Middle School, see below agenda or go to www.hhhllhawks.com for below details:

ALL VOLUNTEERS MUST COMPLETE THEIR VOLUNTEER INFO ON THE ABOVE REGISTRATION WEBSITE ASAP (If it was not done during the registration process), IF NOT YOU CANNOT COACH. To complete your volunteer info sign In Using Your Email & Password Set-Up during Registration Process using Coach's link.

THIS IS A MANDATORY MANAGERS/COACHES MEETING.

4/3/20 AGENDA:

10 AM – 11:30 AM - Positive Coaches Alliance Workshop

11:45 AM – 1 PM - First Aid

1:15PM - 2PM – League Presentation

All Volunteers MUST be Certified in ALL Above Classes.

The Big AI Clinic & Safety Clinic (New Class for Spring 2020) MUST Be taken online & you must pass a test & get certified. All Volunteers MUST pass these classes. (Info to follow)

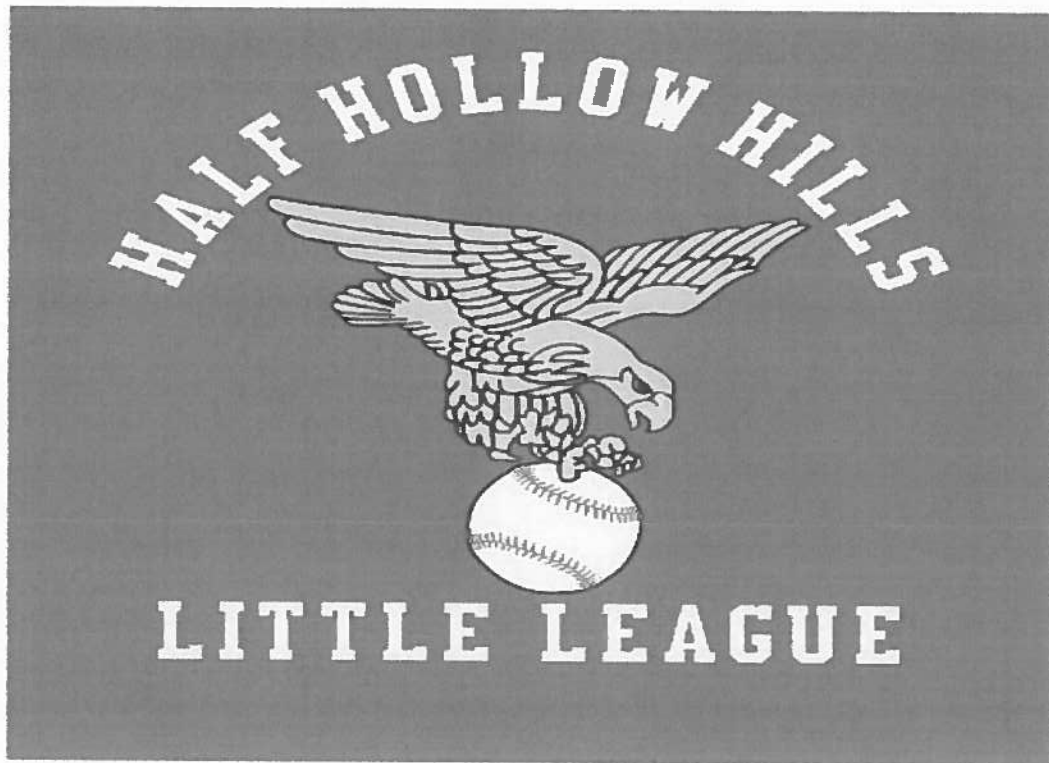
The PCA Clinic MUST Be Attended in Person on 4/3/20. Certification/Re-Certification can either be done in person or on-line.

The League Presentation MUST be attended in person by all Volunteers.

If You Certify/Re-certify The PCA Clinic on Line You Will Have to Pay The \$30 Fee Yourself, If You Attend On 4/3/20 HHHLL Will Pay All Costs (Info to Follow After 4/3).

First Aid Clinic must be attended in person on 4/3/20 or supply proof of attending another first aid course on an alternative date.

In Order to Obtain a Volunteer Shirt and Hat You MUST be Certified in all classes.



UMPIRE TRAINING

CLINIC WITH QUESTION AND ANSWER TEST

CLINIC DATES:

3/26/20 – Otsego Park Snack Stand – 2nd Floor – 7-8:15 PM

4/3/20 – Otsego Park – Outside Field Training – Noon – 2 PM

Little League Child Protection Program



History

- Program has been in place since 1997
- In 2001, Little League provided information on background checks as well as links to searchable sex offender databases. Compliance was voluntary.
- Goal of educating children and volunteers in ways to prevent child abusers from becoming involved in the program
- In the 2002 ASAP program, volunteer applications became mandatory
- In 2003, background checks using state SOR became mandatory by Little League Regulations
- In 2007, background checks using national SOR became mandatory by Little League Regulations.
- In 2017, Little League International requires its member leagues to search the Department of Justice National Sex Offender Registry and conduct a national criminal background check for each volunteer with regular service to the league or repetitive access to children.



Background Check Information

- Little League pays for the first 125 background checks (reset yearly in Oct.) through JDP Background Screening.
- The JDP National Criminal File database that contains hundreds of millions of records, including criminal and sex offender registry records covering 50 states and the District of Columbia, meets the current regulation requirement.
- Leagues are encouraged to use the JDP website, but may also use alternate resources. However, the alternate resources must equal or exceed the services provided by JDP.

The Next Phase

- The local league must conduct a nationwide search that contains the applicable government sex offense registry data and criminal background of all coaches, managers, board members and any other persons, volunteers or hired workers, that provide a regular service and/or has repetitive access to, or contact with players and teams.
- Each year Little League International provides 125 free background checks (reset yearly in Oct.). Information on how to utilize this benefit, as well as how to conduct background checks, can be found on the Little League Website at:

<http://www.littleleague.org/learn/programs/childprotection.htm>



The Next Phase

- A province or country outside the United States the local little league must conduct the more extensive of a county, province or city-wide criminal background check through the appropriate governmental agency unless prohibited by law
- For more information please visit, www.LittleLeague.org or your respective Regional Website



Regulation 1 (b)

- As a condition of service to the league, all managers, coaches, Board of Directors 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 complete and submit an official “Little League Volunteer Application” or use the JDP Quickapp which is stored on the JDP Database, to the local league president.

Regulations 1 (B) cont.

- Annual background screenings must be completed prior to the applicant assuming his/her duties for the current season. Refusal to annually submit a fully completed “Little League Volunteer Application” must result in the **immediate dismissal** of the individual from the local league.



Regulation 1 (c) 8

1 (c) Each league shall:

- 8. Require that all of the following personnel have annually submitted a fully completed official “Little League Volunteer Application” to the local league president or use the JDP Quickapp which is stored on the JDP Database, to the local league president, prior to the applicant assuming his/her duties for the current season: Managers, Coaches, Board of Directors 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.



Regulation 1 (c) 8 cont.

- The “Little League Volunteer Application” must be maintained by the president of the local league’s board of directors for all personnel named above, for a minimum of the duration of the applicant’s service to the league for the year. We recommend that the league keep the application for 2 years after they leave service. Failure to comply with this regulation may result in the suspension or revocation of tournament privileges and/or the local league’s charter by the action of the Charter or Tournament Committee in Williamsport.



Regulation 1 (c) 9

1(c) Each league shall:

- Conduct an annual background check on all personnel that are required to complete a “Little League Volunteer Application” prior to the applicant assuming his/her duties for the current season. No local league shall permit any person to participate in any manner, whose background check reveals a conviction for any crime involving or against a minor. A local league may prohibit any individual from participating as a volunteer or hired worker, if the league deems the individual unfit to work with minors.

Regulation 1 (c) 9 cont.

- If a local league becomes aware of information by any means whatsoever, that an individual, including, but not limited to volunteers, players, and hired workers, has been convicted or pled guilty to any crime involving or against a minor, the local league must contact the applicable government agency to confirm the accuracy of the information. Upon confirmation of a conviction for, or a guilty plea, to a crime against or involving a minor, the local league shall not permit the individual to participate in any manner.

Their Protection ... And Yours

These requirements are being implemented by Little League and your local league to:

- Protect our children and maintain Little League as a hostile environment for those who would seek to do them harm.
- Protect individuals and leagues from possible loss of personal or league assets because of litigation
- Take advantage of current technology and laws that have made background check information accessible to your league.



Questions & Answers

What do we, as a league, have to do to comply so that we can be chartered for the next season?

1. Required to sign an agreement on the Charter Application and Insurance Enrollment Form agreeing to comply with Regulations 1 (b) (c) 8-9.
 - Failure to sign Charter will result in league not being charter
2. Required to sign the Tournament Enrollment Form verifying background check process was completed and implemented
 - Failure to sign verification will result in possible revocation of Tournament and / or Charter privileges



Questions & Answers

What type of background check is required by the regulations?

- Local Leagues are required to conduct a search that contains the nationwide sex offender registry and conduct a national criminal background check for each volunteer with regular service to the league or repetitive access to children.

What type of offenses are we screening for when conducting a background check?

- Search for sexual offenses involving minors
- Anyone, including a minor, convicted or who pled guilty to charges involving a minor, no matter what the offense, must not be permitted to work with children.

Questions & Answers

Should I check our local state laws about background checks?

- Local leagues are required by LLB Regulations to determine the applicability of, and comply with, all federal, state, local and municipal laws and ordinances, and administrative rules and regulations regarding background checks including, but not limited to, requirements regarding sex offender registry checks, criminal history records or reports, fingerprinting, certifications, or other requirements associated with volunteers, coaches, participants and/or employees.



Questions & Answers

Who in the local league should be responsible to process the background check information?

- Recommend the Board of Directors appoints the local league president and two other individuals to handle the background checks (law enforcement/ legal background is helpful). Make sure someone else checks the people running the background checks. No one should check their own background check.

What if an individual has previously had a background check?

- Background checks on appropriate individuals must be done annually



Questions & Answers

If our volunteer base comes from multiple states, in what states do we do the background checks?

- The JDP National Criminal File database that contains hundreds of millions of records, including criminal and sex offender registry records covering 50 states and the District of Columbia, meets the current regulation requirement.
- Copy of Government issued photo id must accompany the application to verify information provide by the applicant.



Questions & Answers

What will result in termination of a volunteer under the regulations?

- Any background check that reveals a conviction of any crime involving or against a minor must result in immediate termination
- Volunteers who refuse to submit a fully completed “Little League Volunteer Application” must be immediately terminated or eliminated from consideration for any position, including long time volunteers and minors

Questions & Answers

What if offenses involving or against minors are pending prior to or after appointment to a position in the local league?

- Suggest the individual not be appointed or should be suspended from his/her current position pending the outcome of the charges

What if there are convictions or other offenses NOT involving or against minors?

- Local League may prohibit any individual from participating as a volunteer or hired worker, if the local league board of directors deems the individual unfit to work with minors.



Questions & Answers

Who is to be made aware of the information found on the background check?

- President shall only share personal information contained in the volunteer application, background check or other information obtained through the screening process with other members of the board of directors in order to make personnel decisions.
- If the information obtained through the background check is public record and contains crimes against a minor which causes an individual to not be appointed or to be terminated, Little League Baseball recommends this information be shared with the parents/guardians of the children who have had contact with the individual previously.

Questions & Answers

Where should these records be maintained and for how long?

- The local league president shall retain for each volunteer, his or her volunteer application, background check information, and any other documents pertaining to that individual for two years after the duration of the volunteers' service to the league or use the JDP Quickapp which is stored on the JDP Database.
- Two years after the person leaves the leagues services, the league president shall dispose of the records pertaining to that individual unless the league has taken action or made a decision based upon the information contained in those records subject to local and state laws.



Questions & Answers

What is the timetable for completing the screening of each individual?

- League must complete the annual screening process which includes application and background check prior to the individual assuming his/her duties for the current season.

When should local leagues begin the implementation process of this initiative?

- Immediately, so volunteer applications and background checks are completed prior to individuals assuming their duties for their current season.

Questions & Answers

Does this initiative also apply to those individuals that assist the manager and coaches at practices or games?

- Yes. Any individual who provides regular service to the league and/or who has repetitive access to or contact with players or teams must fill out the “Little League Volunteer Application” and go through the background check process.

What will it cost my league to implement this initiative?

- Little League International currently provides each league with access to 125 free criminal background checks per year. Recommend passing this cost onto the applicant as a condition of volunteering or league may seek other funding sources like civic organizations, businesses, sponsors or service clubs.



Questions & Answers

Who is going to coach the team if a screened manager or coach is no longer able to fulfill his/her duties?

- Any permanent replacement cannot assume their duties until the volunteer application and background check has been completed. The league may temporarily assign a board member or another screened individual to fill the vacancy until the proper process and appointment has been made.

Questions & Answers

Should our league wait until the entire screening process has been completed to submit our Charter Application and Insurance Enrollment Form?

- No. The appropriate league officers must sign the statement of the form agreeing to adhere to the regulations requiring the use of the official “Little League Volunteer Application” and national background screen process as outlined in Regulations 1(b) and 1(c) 8&9. Once this section is completed the balance of the charter application can be completed and submitted to Little League International.



Resources

- Please utilize the Little League website on how to conduct background checks.

<http://www.littleleague.org/learn/programs/childprotection.htm>



Charter Application

Little League International will not accept any request for charter affiliation/re-affiliation or any request for insurance coverage until the following verification is signed by both the league President and either the league Vice President, Treasurer or Secretary. All unsigned forms will not be processed.

[illegible]

All local Little League programs will also be required to sign a statement on the tournament enrollment application that verifies that the process stated below has been implemented in compliance with the Regulations. Failure to comply may result in the loss of tournament privileges and possible charter suspension by the Charter Committee.



Charter Application

Regulations 1(b) and 1(c) 8 mandate the use of the official “Little League Volunteer Application” for all managers, coaches, board members and any other persons, volunteer hired workers, who provide regular service to the league and/or have repetitive access to, or contact with players or teams. This form shall only be modified in order to comply with local, state, provincial or national laws.

QUINCY, IL 61801
 PHONE: 618/291-1111
 FAX: 618/291-1111
 E-MAIL: QUINCY@QUINCY.IL.GOV
 WEBSITE: WWW.QUINCY.IL.GOV

RECEIVED
 11/11/2003
 11/11/2003

VOLUNTEER SCREENING AGREEMENT

The League is pleased to have you as a volunteer. In order to ensure the safety of all participants, the League requires all volunteers to complete this screening agreement. This agreement is a condition of your participation in the League's activities. By signing this agreement, you are acknowledging that you have read and understand the terms and conditions of this agreement. This agreement is a condition of your participation in the League's activities. By signing this agreement, you are acknowledging that you have read and understand the terms and conditions of this agreement.

LEAGUE CHARTER AGREEMENT

The League is pleased to have you as a volunteer. In order to ensure the safety of all participants, the League requires all volunteers to complete this screening agreement. This agreement is a condition of your participation in the League's activities. By signing this agreement, you are acknowledging that you have read and understand the terms and conditions of this agreement. This agreement is a condition of your participation in the League's activities. By signing this agreement, you are acknowledging that you have read and understand the terms and conditions of this agreement.

We acknowledge that we have read and will comply with the Volunteer Screening and League Charter Agreements. Applications will not be processed if both signatures are not present.

President's signature _____

Date _____

V.P./Treas./Sec.'s signature _____

Date _____

Charter Application

Pursuant to Regulations 1(c) 8 and 9, a background check of a national SOR and a national criminal check must be conducted on every individual that is required to complete a volunteer application. As duly elected President and V.P./Treas./Sec., we agree on behalf of the organization that we will comply with the use of the official "Little League Volunteer Application" and conduct all of the required background checks.

[illegible]

2018 Little League Volunteer Application



Little League Volunteer Application - 2018

Do not use forms from past years. Use extra paper to complete if additional space is required.

A COPY OF VALID GOVERNMENT ISSUED PHOTO IDENTIFICATION MUST BE ATTACHED TO COMPLETE THIS APPLICATION.

Name _____ Date _____
 Address _____
 City _____ State _____ Zip _____
 Local Security # (optional) _____
 Cell Phone _____ Business Phone _____
 Home Phone _____ E-mail Address: _____
 Date of Birth _____
 Occupation _____
 Employer _____
 Address _____
 Special professional training, skills, hobbies: _____
 Community activities (clubs, service organizations, etc.): _____
 Previous volunteer experience (including baseball/softball and youth): _____

1. Do you have children in the program?
 If yes, list full name and birth date? _____ Yes ☐ No ☐

2. Special Certification (CPR, Medical, etc.)? (If) Yes ☐ No ☐

3. Do you have a valid driver's license?
 Driver's License# _____ State _____ Yes ☐ No ☐

4. Have you ever been convicted of or placed on contact or guilty to any crime(s) involving or against a minor?
 If yes, describe each in full: _____ Yes ☐ No ☐

5. Have you ever been convicted of or placed on contact or guilty to any crime(s) involving or against a minor?
 If yes, describe each in full: _____ Yes ☐ No ☐

6. Do you have any criminal charges pending against you regarding any crime(s)?
 If yes, describe each in full: _____ Yes ☐ No ☐

7. Have you ever been reprimanded or placed on suspension in any other youth programs?
 If yes, explain: _____ Yes ☐ No ☐

In which of the following would you like to participate? (check one or more.)
☐ League Official ☐ Umpire ☐ Manager ☐ Concession Stand
☐ Coach ☐ Field Maintenance ☐ Scorekeeper ☐ Other

Please list three references, at least one of which has knowledge of your participation as a volunteer in a youth program:

Name/Phone _____

IF YOU ARE A VOLUNTEER THAT REQUIRES A CURRENT BACKGROUND CHECK BY LLU, PLEASE ATTACH A COPY OF THE MOST RECENT BACKGROUND CHECK FOR NAME INFORMATION ON STATE (LAW, VOTER OR MARIJUANA).

<https://www.littleleague.org/player-safety/league-level-background-check-by-agent/>

ALL INFORMATION ON VOLUNTEERS IS FOR THE LITTLE LEAGUE ORGANIZATION TO CONDUCT BACKGROUND CHECKS ON ONE MORE AND AS LONG AS I continue to be active with the organization, which may include a review of any criminal records (name of which contains name only) provided which may result in a report being generated that may or may not be used, child abuse and criminal history records, information that, if approved, my position is conditional upon the league receiving no information from my background. I hereby release and agree to hold harmless from liability the Little League, Little League Baseball, Incorporated, the officers, employees and volunteers thereof, or any other person or organization that may provide such information. I also understand that, regardless of previous experience, Little League is not obligated to appoint me to a volunteer position. I understand that, prior to the expiration of my term, I am subject to suspension by the President and Council by the Board of Directors for violation of Little League policies or principles.

Applicant Signature _____ Date _____

If Minor (Parent Signature) _____ Date _____

Applicant Name (please print or type) _____

NOTE: The Little League and Little League Baseball, Incorporated will not discriminate against any person on the basis of race, creed, color, national origin, marital status, gender, sexual orientation or disability.

LOCAL LEAGUE USE ONLY:

Background check completed by league officer _____

on _____

System(s) used for background check (minimum of one must be checked):

Regulation (4-37) Minimum all checks include criminal records and sex offender registry records

• JOP ☐ Sex Offender Registry Data and National Criminal

Records check, as mandated in the current season's

official regulations

*Please be advised that if you use JOP and there is a name match to the system where any name match

is found, you must complete a JOP form and submit it to the league office. If you do not submit a JOP

form, the league office will assume that you are not completing the JOP form and will not

complete the background check. The league office will not be responsible for any criminal records

associated with the name, which may not necessarily be the league volunteer.

Only attach to this application copies of background check reports that reveal violations of this application.

2018 Little League Volunteer Application

A COPY OF VALID GOVERNMENT ISSUED PHOTO IDENTIFICATION MUST BE ATTACHED TO COMPLETE THIS APPLICATION.

Name	First	Middle	Last	Date
Address				
City	State	Zip		
Social Security # (mandatory)				
Cell Phone	Business Phone			
Home Phone	E-mail Address			
Date of Birth				
Occupation				
Employer				
Address				
Special professional training, skills, hobbies:				
Community affiliations (Clubs, Service Organizations, etc.):				
Previous volunteer experience (including baseball/softball and year):				

- Do you have children in the program?
if yes, list full name and what level? Yes ☐ No ☐
- Special Certification (CPR, Medical, etc.)? (es) Yes ☐ No ☐
- Do you have a valid driver's license?
Driver's License# Yes ☐ No ☐
State Yes ☐ No ☐
- Have you ever been convicted of or pled no contest or guilty to any crime(s) involving or against a minor?
if yes, describe each in full: Yes ☐ No ☐
- Have you ever been convicted of or pled no contest or guilty to any crime(s) involving or against a minor?
if yes, describe each in full: Yes ☐ No ☐
(Answering yes to question 5, does not automatically disqualify you as a volunteer.)
- Do you have any criminal charges pending against you regarding any crime(s)? Yes ☐ No ☐
if yes, describe each in full: Yes ☐ No ☐
(Answering yes to question 6, does not automatically disqualify you as a volunteer.)



2018 Little League Volunteer Application

7. Have you ever been refused participation in any other youth programs? Yes ☐ No ☐
If yes, explain: _____

In which of the following would you like to participate? (check one or more.)

- | | | | |
|--|--|--------------------------------------|---|
| <input type="checkbox"/> League Official | <input type="checkbox"/> Umpire | <input type="checkbox"/> Manager | <input type="checkbox"/> Concession Stand |
| <input type="checkbox"/> Coach | <input type="checkbox"/> Field Maintenance | <input type="checkbox"/> Scorekeeper | <input type="checkbox"/> Other |

2018 Little League Volunteer Application

Please list three references, at least one of which has knowledge of your participation as a volunteer in a youth program:

Name/Phone

IF YOU LIVE IN A STATE THAT REQUIRES A SEPARATE BACKGROUND CHECK BY LAW, PLEASE ATTACH A COPY OF THAT STATE'S BACKGROUND CHECK. FOR MORE INFORMATION ON STATE LAWS, VISIT OUR WEBSITE:

<https://www.littleleague.org/player-safety/state-laws-background-checks-leagues/>

AS A CONDITION OF VOLUNTEERING, I give permission for the Little League organization to conduct background check(s) on me now and as long as I continue to be active with the organization, which may include a review of sex offender registries (some of which contain name only searches which may result in a report being generated that may or may not be me), child abuse and criminal history records. I understand that, if appointed, my position is conditional upon the League receiving no inappropriate information on my background. I hereby release and agree to hold harmless from liability the local Little League, Little League Baseball, Incorporated, the officers, employees and volunteers thereof, or any other person or organization that may provide such information. I also understand that, regardless of previous appointments, Little League is not obligated to appoint me to a volunteer position. If appointed, I understand that, prior to the expiration of my term, I am subject to suspension by the President and removal by the Board of Directors for violation of Little League policies or principles.

Applicant Signature _____ Date _____

If Minor/Parent Signature _____ Date _____

Applicant Name (please print or type) _____

NOTE: The local Little League and Little League Baseball, Incorporated will not discriminate against any person on the basis of race, creed, color, national origin, marital status, gender, sexual orientation or disability.



2018 Little League Volunteer Application

LOCAL LEAGUE USE ONLY:

Background check completed by league officer _____

on _____

System(s) used for background check (minimum of one must be checked):
Regulation 1419) Mandates all checks include criminal records and sex offender registry records

• JDP ☐

Sex Offender Registry Data and National Criminal
Records check, as mandated in the current season's
official regulations ☐

*Please be advised that if you use JDP and there is a name match in the few states where only name match
searches can be performed you should notify volunteers that they will receive a letter or email directly from
JDP in compliance with the Fair Credit Reporting Act containing information regarding all the criminal records
associated with the name, which may not necessarily be the league volunteer.

Only attach to this application copies of background check reports that reveal violations of this application.



5 Steps to Compliance

1. Sign and return Charter Application
2. Collect Volunteer Applications
3. Create 3-member Screening Committee
4. Screen Managers, Coaches, Board Members and other with repetitive access using interviews, online resources and/or government agencies
5. Sign the Tournament Enrollment verifying process was completed and implemented



LITTLE LEAGUE® CHILD PROTECTION PROGRAM

The safety and well-being of all participants in the Little League® program is paramount. As adults, we want to ensure that the young people playing in the Little League program can grow up happy, healthy and, above all, safe. Whether they are our children, or the children of others, each of us has a responsibility to protect them.

Unfortunately, there are those who would seek to do harm to these children, to rob them of their right to feel safe and grow up in a free and healthy environment. These are child abusers, and although it is not an easy or pleasant topic for any of us to think about, the fact remains that child abuse happens. In 1998, Little League International launched our Child Protection Program to educate local league volunteers, with the goal of creating local league programs where only those who have the best interests of children in mind are involved. Like many national youth organizations, Little League seeks to attract the most qualified and enthusiastic volunteers to assist our programs. At the same time, we must be aware that this could make us a target for child abusers, since statistics show that the largest number of sexually abused children are young children. Clearly, dealing with child abuse is a major concern for everyone involved in Little League, from the Little League International staff to the local league volunteers.

Since Little League could not exist without the time and effort that volunteers and parents donate, it is important to communicate directly with the volunteers. For that reason, this statement on the Little League Child Protection Program should be freely copied and distributed to all adults in the local league.

Defining child abuse is the first step in battling it. Child abuse can take several different forms, and it is important for us to make clear right at the start what the prevention goal of the Little League Child Protection Program is.

Definition of Child Sexual Abuse

Child sexual abuse can be defined as the exploitation of a child by an older child, teen, or adult for the personal gratification of the abusive individual. This form of abuse could involve a range of sexual activities, from touching to non-touching offenses, and may also include acts that are considered non-sexual but are done for the gratification of the abuser. This might include talking to a child in a sexually explicit way, voyeurism, or exposure of genitalia to a victim and/or victim's exposure of his or her genitalia.

A crucial step in stopping child abuse before it happens is knowing who a child abuser might be, and where child abuse might happen. For better or worse, the answer to each question is simple. Where can it happen? Anywhere. Who could be a child abuser? Anyone. However, we needn't feel that this makes our task impossible.

The National Center for Missing and Exploited Children, a leading national child protection advocacy group, defines child abuse as "the physical or emotional injury of a child (17 years old or younger) by a person who is responsible for the child's welfare." Although Little League recognizes emotional abuse as a serious offense that should never be tolerated within the organization, the primary objective of this program is more specific: the protection of Little Leaguers from child sexual abuse, as well as the protection of all adults in the organization from

being placed in difficult or uncomfortable situations with the children in their care.

Myths and Stereotypes

Child abuse knows no social, economic, or geographic boundaries, but there are several statistics at our disposal to help us identify warning signals. What we need to do is separate these facts from the stereotypes that have surrounded child abuse for many years. Let's look at some of the fiction and fact.

"Sex abusers are dirty old men." Not true. While sex abusers cut across socioeconomic levels, educational levels and race, the age of a sex offenders are often in their 30s.

"Strangers are responsible for most of the sexual abuse." Not true again. Fact: 80 to 85 percent of all sexual abuse cases in the US are committed by an individual familiar to the victim. Less than 20 percent of all abusers are strangers.

"Most sex abusers suffer from some form of serious mental illness or psychosis." Not true. The actual figure is more like 10 percent, almost the same as the figure found in the general population of the United States.

"Most sex abusers are homosexuals." Also, not true. Most are heterosexual.

"Children usually lie about sexual abuse, anyway." Not true. In fact, children rarely lie about being sexually abused. If they say it, don't ignore it.

"It only happens to girls." Again, not true. While females do comprise the largest number of sexual abuse victims, it is now believed that the number of male victims is much higher than reported.

"Sexual abuse can only happen when physical contact is made." Not true. While some examples of sexual abuse do involve contact, non-contact sexual abuse is just as dangerous. This can include indecent exposure, voyeurism, encouraging children to behave in sexually inappropriate ways, and more.

"Sexual abuse can only be committed by adults." Not true. Children may also commit sexual abuse against other children.

And this last item on our list points to one of the greatest obstacles in identifying sexual abuse cases: Sexual abuse is shrouded in secrecy. This is because often abusers scare children into silence by saying things like: "This must be our secret-if you tell, something awful will happen."

Child victims are made to feel as though they've brought the abuse upon themselves; they're made to feel guilty. For these reasons, sexual abuse victims seldom disclose the victimization. Children need to understand that it's never their fault, and both children and adults need to know what they can do to keep it from happening.

Education/Prevention of Child Abuse

Education is the most important tool for both our children and our adults. It empowers them to recognize potentially compromising situations, and it places a barrier between abusers and their

victims. Here are a few education and prevention suggestions for our Little League volunteers and children.

Training. Training is strongly encouraged for all Little League volunteers. Little League has free Abuse Awareness training videos available to all volunteers through USA Baseball's Pure Baseball initiative and the Safe Sport Organization. The Abuse Awareness for Adults courses provide resources to create a positive and safe environment for all athletes, coaches, parents, legal guardians, umpires and spectators by understanding how to recognize misconduct and abuse of all types. Topics covered include how to identify and report incidents and what abuse awareness policies should be in place. This training can be found at LittleLeague.org/SafeSport.

Meet with them. Since Little League operates with several volunteers, our membership changes from year to year. Thus, it is important to hold regular meetings in which both volunteers and parents can talk about child abuse and ask questions.

Make our position clear. Little League has a clearly defined policy for dealing with child abuse. Make adults and kids aware that Little League will not tolerate child abuse in any form. Suspected abuse must be reported and retaliation for good faith reporting is prohibited.

Stress the role of adults. Children should be encouraged to take an active role in protecting themselves, but ultimately the responsibility for ensuring their safety rests with us, the grown-ups. We are better able to identify potentially uncomfortable situations, for ourselves as well as for them. The welfare of our Little Leaguers is the highest priority in any situation.

Encourage the "Buddy system." It's an old maxim, but it's true: There is safety in numbers. Encourage our kids to move about in groups of two or more children of similar age, whether an adult is present or not. This includes travel, leaving the field, or using the restroom areas. It's far more difficult to victimize a child if they're not alone. Adopt additional reasonable procedures to limit one-on-one interactions between minor athletes and an adult. All interactions between minors and adults should be observable and within an interruptible distance of another adult.

Provide additional information. There are many organizations that will gladly assist our efforts to protect our young people, several of which are listed below. Feel free to give these names, numbers, and addresses to parents and volunteers, as well as kids.

U.S. Center for SafeSport
1385 S Colorado Blvd.
Ste A-706
Denver, CO 80222
SafeSport.org

National Center for Missing and Exploited Children
2101 Wilson Boulevard
Arlington, VA 22201-3052
800-843-5678

us.missingkids.com

National Children's Advocacy Center
Visit nationalcac.org/locator to find a center near you.
Nonprofit Risk Management Center
1001 Connecticut Avenue, NW, Suite 900
Washington, DC 20036
202-785-3891
nonprofitrisk.org

General Guidelines

In addition, the basic safety procedures that Little League follows generally can also be applied specifically to the identification and prevention of child abuse situations. Adhered to properly, these guidelines can enable children and adults to better protect themselves.

Rides — Children dropped off too early or picked up late are targets. Little League parents and volunteers should be encouraged to pick up and drop off on time. And children should be warned about strangers; about not riding with them, about telling someone if they're approached by them.

Access — Controlling access to areas where children are present, such as the dugout or locker rooms-protects them from harm by outsiders. It's not easy to control the access of large outdoor facilities, but visitors could be directed to a central point within the facility. Individuals should not be allowed to wander through the area without the knowledge of the Little League volunteers.

Lighting — Child sexual abuse is more likely to happen in the dark. The lighting of fields, parking lots and all indoor facilities where Little League functions are held should be bright enough so that participants can identify individuals as they approach, and observers can recognize abnormal situations.

Travel — When traveling with the team, make sure that children are sharing rooms with Little Leaguers of the same age. Girls' rooms should not be adjacent to boys' rooms, and rooms should not have adjoining access, either between children or children and adults.

Shower and Toilet Facilities — Most Little Leaguers can use toilet facilities on their own, so there should be no need for an adult to accompany a child into restroom areas. There can sometimes be special circumstances under which a child requires assistance to toilet facilities, for instance within the Tee Ball and Challenger divisions, but there should still be adequate privacy for that child. Again, we can utilize the "buddy system" here.

Rooting Out Child Abuse — A Five-Step Screening Process

Once we know what child abuse is, and where to look for it, we are better able to prevent potential child abusers from entering the ranks of Little League. Another aspect of this prevention is screening all applicants who wish to be managers, coaches, Board of Directors and any other persons, volunteers and/or hired workers who provide regular services to the league and/or have repetitive access to, or contact with, players or teams.

The term "volunteer" in this context refers to every person in the organization coming in contact with the kids: program workers, coaches, bus and carpool drivers, maintenance workers, etc. The goal is to find caring, competent individuals who can provide a safe, positive climate for Little

Leaguers.

Little League requires a five-step process for selecting individuals to fill volunteer positions:

1. **Application** — All local leagues are required to use the Little League Official Volunteer Application for all Managers, Coaches, Board of Directors and any other persons, volunteers and/or hired workers who provide regular service to the league and/or have repetitive access to, or contact with players or teams. The Little League Official Volunteer Application is available online at LittleLeague.org. The applicant must also submit a government-issued photo ID, usually a driver's license, for the league to verify that the information on his/her volunteer application is correct, i.e. spelling of the name, address, date of birth, etc.
2. **Background Check** — A background check in compliance with Regulation I(c) 8 and 9 must be conducted on every individual that is required to complete a volunteer application prior to the applicant assuming his/her duties for the current season. The individual is required to consent to a background check on the volunteer application. The local league must conduct a nationwide search that contains the applicable government sex offender registry data and criminal records. Information regarding free background check services is available at LittleLeague.org/LocalBGChecks
3. **Interview** — The applicant should be made fully aware of the position of Little League regarding child abuse. No person who is a known child-sex offender shall be allowed to participate in any manner in the Little League program.
4. **Reference Checks** — This is important to determine if any information from the references differs from that garnered from the volunteer application and/or during the review.
5. **Exclusion of Certain Individuals** — No local league shall permit any person to participate in any manner, whose background check reveals a conviction for, guilty plea, no contest plea, or admission to any crime involving or against a minor. A local league may prohibit any individual from participating as a volunteer or hired worker, if the league deems the individual unfit or inappropriate to work or volunteer. The local league must conduct a nationwide search that contains the applicable government sex offender registry data and criminal records. If a potential volunteer appears on the National Sex Offender Registry, the league must contact the Security Manager at Little League International prior to appointing the volunteer to participate in any capacity in the league.

In addition, Little League requires all leagues to utilize the national criminal records search available through the Little League website. This additional criminal records check may provide additional important information regarding the criminal records of individuals whose crimes do not require that they be listed on a sex offender registry. If no sex offender registries exist in a province, or country outside the United States the local league must conduct a more extensive search of a country, province or city-wide criminal background check through the appropriate governmental agency unless prohibited by law. Failure to comply with this regulation may result in the suspension or revocation of tournament privileges and/or the local league's charter by the action of the Charter or Tournament Committee in Williamsport. If a local league becomes aware of information, by any means whatsoever, that an individual, including, but not limited to, volunteers, players, and hired workers, has been convicted of, pled guilty, pled no contest, or admitted to any crime involving or against a minor, the local league must contact the applicable

governmental agency to confirm the accuracy of the information. Upon confirmation of a conviction for, guilty plea, no contest plea, or admission to, a crime against or involving a minor, the local league shall not permit the individual to participate in any manner.

Additionally, the League President should inform the parents of all children who have had contact through the league with the excluded individual of any Public Record information that is the basis of the league's decision to exclude the individual. Public Records are documents received from a governmental body/agency that are available to the general public.

Volunteers are important to the operation of the local leagues. However, to protect the children involved in the local leagues, it is necessary to require the volunteers to complete a volunteer application and consent to a background check. To protect the privacy of volunteers, the following procedure has been established:

1. The local League President shall only share any personal non-public record information contained in the volunteer application or attached documents with other league officers in order to make personnel decisions.
2. The local League President should maintain the record of a volunteer for at least two (2) years after the volunteer is no longer in the league. When it comes time to dispose of these records, they should be shredded as they contain sensitive information. All actions concerning these records must comply with any applicable laws. If a league is utilizing the JDP QuickApp, the records of a volunteer will remain on the JDP Portal if the local league is an active user with JDP.
3. Leagues should also maintain records in the case that the league has acted or decided based upon the information contained in the records. The records should be maintained in a locked and secure area, such as the president's home and not in a club house or similar facility.

Enforcement/Reporting of Child Abuse

No matter how much education and prevention we put in place to stop child abuse, it can still happen. In the unfortunate instance that a case of child sexual abuse is suspected and/or reported, specific steps should be in place to deal with the situation. Let's look at these.

- **Reporting** — Because child abuse reporting laws vary from state to state, a Federal law was recently enacted which established a nationwide standard duty to report suspected child abuse. The "Protecting Young Victims from Sexual Abuse and Safe Sport Act of 2017" mandates that all amateur sports organizations, which participate in an interstate or international amateur athletic competition and whose membership includes any adult who is in regular contact with an amateur athlete who is a minor must report suspected child abuse, including sexual abuse, within 24 hours to law enforcement. An individual who is required, but fails, to report suspected child sexual abuse is subject to criminal penalties. If an individual suspects a case of abuse within their league, they should report it to the appropriate child services organization and/or local law enforcement as well as, their League President District Administrator, and Little League International Security Manager. Information regarding reporting child abuse can be found at LittleLeague.org/Player-Safety.

IMPORTANT - If a league has or will ban an individual from their league, they must report to Little League International Security Manager. If an individual is

suspended this information does not need to be reported to the Little League Security Manager but assistance in terms of best practices is available.

- **Investigating** — An individual and alternate with significant professional background should be chosen by the league from the community to receive and act on abuse allegations. These individuals will act in a confidential manner and serve as the league's liaison with the local law enforcement community. Little League volunteers should not attempt to investigate suspected abuse on their own.
- **Suspending/Terminating** — When an allegation of abuse is made against a Little League volunteer, it is the duty of the organization to protect the children from any possible further abuse by keeping the alleged abuser away from children in the program. If the allegations are substantiated, the next step is clear: Assuring that the individual will not have any further contact with the children in the league. The Nonprofit Risk Management Center urges Little League organizations to develop policies on suspension and termination of volunteers with a lawyer who can advise about their effects on the rights of the alleged abuser.
- **Immunity from liability** — Concern is often expressed over the potential for criminal or civil liability if a report of abuse is subsequently found to be unsubstantiated. However, we want adults and Little Leaguers to understand that they shouldn't be afraid to come forward in these cases, even if it isn't required and even if there is a possibility of being wrong. All states provide immunity from liability to those who report suspected child abuse in "good faith." At the same time, there are also rules in place to protect adults who prove to have been inappropriately accused. Little League policies prohibit retaliation of any kind when a good faith report of child abuse is made.

Child Abuse - A Five-Step Review

Let's recap the steps you can take to protect your Little Leaguers:

1. Know what it is and know where to look. Defining child abuse, and separating the truth from the myths, better enables us all to spot potentially dangerous situations.
2. Educate the Little League parents, volunteers, and children. They need to be supplied with the information necessary to protect everyone. Let the children know that it's never their fault.
3. Follow the safety procedures and guidelines outlined above. Employ basic rules, such as the "buddy system," to limit one-on-one interactions between minors and adults. These basic rules can lessen child abuse from happening in the first place.
4. Screen applicants carefully. An effective five-step screening process can keep potential child abusers out of our Little League programs and keep our kids safe.
5. Don't be afraid to speak out. Both Little League children and adults need to feel safe to come forward. If an individual honestly feels something is wrong, the laws are in place to protect them.

QUESTIONS AND ANSWERS ABOUT THE CHILD PROTECTION PROGRAM'S BACKGROUND CHECK REQUIREMENTS

Q1. What do we, as a league, have to do to comply so that we can be chartered for the next season?

A: Since 2003, the local league has been required to have all board members, managers, coaches, and other volunteers or hired workers who provide regular service to the league and/or who have repetitive access to or contact with players or teams to fill out the Little League Official Volunteer Application. Additionally, the league has been and is required to conduct a background check on each of these individuals. A local Little League must conduct a nationwide background check utilizing JDP or another provider that is comparable to JDP in accessing background check records for sex offender registry data and other criminal records. Little League Baseball and Softball will require each league to sign an agreement on the charter application that they will comply with Regulation I (b) and I(c) 8 & 9. The leagues are also required to sign a statement on the tournament enrollment form verifying that the process under the regulation has been completed and implemented. Failure to sign the agreement on the charter application will result in the league not being chartered and failure to fulfill the requirement of the regulations will result in the league's status being referred to the Charter/Tournament committee for action to revoke the league's charter and all privileges.

Q2. What type of background check is required by the new regulations?

A: A local Little League must conduct a nationwide background check utilizing JDP or another provider that is comparable to JDP in accessing background check records for sex offender registry data and other criminal records. This criminal records check may provide additional, important information regarding the criminal records of individuals whose crimes do not require that they be listed on a sex offender registry. The background check provider for United States leagues is JDP, which can be accessed by going to LittleLeague.org/LocalBGChecks. More information can be obtained by going to LittleLeague.org/ChildProtection. The first 125 checks through JDP are paid for by Little League International and are free to each chartered Little League. If additional checks are necessary, they will cost the league only \$.95 per background check conducted.

Q3. What type of offenses are we screening for when we conduct a background check?

A: Local leagues are conducting a nationwide background check that includes sex offender registry data and other criminal records for anyone who has committed any type of offense involving minors. An individual who has been convicted of or plead guilty to charges involving or against a minor, no matter when the offense occurred, must not be permitted to work or volunteer. If a potential volunteer appears on the National Sex Offender Registry, the league must contact the Security Manager at Little League International prior to appointing the volunteer to participate in any capacity in the league. If a potential volunteer appears on the National Sex Offender Registry, the league must contact the Security Manager at Little League International prior to appointing the volunteer to participate in any capacity in the league.

Q4. Why is Little League changing the background check minimum requirement?

A: A background check that includes millions of criminal files in addition to national sex offender registry data will provide those individuals making personnel decisions that much more information in determining whether an applicant is acceptable and fit to volunteer, work, or participate in any manner within their local league program.

Q5. Why JDP?

A: Little League has partnered with JDP to provide local Little League programs a criminal

background check tool. Through this partnership, each league and District is given 125 free background checks (paid for by Little League International) and any additional checks will only cost \$.95 per check. The JDP National Criminal File database contains more than 450 million records which include criminal records and sex offender registry records across 50 states and the District of Columbia. This program continues to be a great resource and value to local leagues

Q6. Our League is required by the property owner (city, town, municipality, county, etc.) where we play our games and practices to conduct background checks approved by them on all our volunteers and/or hired workers before we can use their fields. Are these checks acceptable and do they meet Little League's minimum requirements of Regulation I (c) 8 and 9?

A: No. Most checks required by these entities are local or state only checks which do not meet the Little League requirements. Also, the local league is responsible for conducting and reviewing the background check data and making their own personal decisions per the regulations. Although the property owner has the right to determine who uses their facility, any decision they make as a property owner may or may not meet the Little League Regulations. A local Little League must conduct a nationwide background check utilizing JDP or another provider that is comparable to JDP in accessing background check records for sex offender registry data and other criminal records. Background checks must be completed on all Board Members, managers, coaches and other volunteers or hired workers who provide regular service to the league and/or who have repetitive access to players or teams.

Q7. Who in the local league should be responsible to process the background check information?

A: Little League Baseball and Softball recommends the Board of Directors appoint the local League President and two other individuals to handle the background checks. These individuals may be from the board or individuals outside the board. For instance, the Board of Directors may appoint individuals who have a significant professional background in this area, such as law enforcement officers or individuals with a legal background.

Q8. What if an individual has previously had a background check?

A: Each league must conduct its own background check on the appropriate individuals annually.

Q9. What will result in termination of a volunteer under these regulations?

A: Any background check that reveals a conviction for, guilty plea, no contest plea, or admission to any crime involving or against a minor must result in immediate termination from the league. If a potential volunteer appears on the National Sex Offender Registry, the league must contact the Security Manager at Little League International prior to appointing the volunteer to participate in any capacity in the league. If a potential volunteer appears on the National Sex Offender Registry, the league must contact the Security Manager at Little League International prior to appointing the volunteer to participate in any capacity in the league. Additionally, volunteers who refuse to submit a fully completed Little League Volunteer Application, including their Social Security Number and a government issued photo ID, must be immediately terminated or eliminated from consideration for any position. This includes individuals with many years of service to your league unless the league has used the JDP Background Screening tool (available on the Little League website) in previous seasons.

Q10. What if offenses involving or against minors are pending prior to or after appointment to a position in the local league?

A: We suggest the individual (volunteer, umpire, hired worker or player) not be appointed or should be suspended from his/her current position pending the outcome of the charges.

Q11. What if there are convictions or other offenses NOT involving or against minors?

A: Even though convictions or other offenses may not be against a minor, the local league Board of Directors still may deem these individuals as inappropriate and/or unfit and may prohibit him/her from working as a hired worker or volunteer within the league.

Q12. Who is to be made aware of the information found on the background check?

A: The local League President shall only share personal information contained in the volunteer application, background check or other information obtained through the screening process with other members of the Board of Directors to make personnel decisions. If the information obtained through the background check, is public record and causes an individual to not be appointed or to be terminated, Little League Baseball and Softball recommends this information be shared with the parents/ guardians of the children who have had contact with the individual previously.

Q13. Where should these records be maintained and for how long?

A: The local League President shall retain each volunteer application, background check information, and any other documents obtained on file and maintain the record of a volunteer for at least 2 years after the volunteer is no longer in the league. When it comes time to dispose of these records, they should be destroyed as they contain sensitive information. All actions concerning these records must comply with any applicable laws. Leagues should also maintain records in the case that the league has acted or decided based upon the information contained in the records. The records should be maintained in a locked and secure area, such as the League President's home and not a club house or similar facility. If a league is utilizing the JDP QuickApp, the records of a volunteer will remain on the JDP Portal if the local league is an active user with JDP. If a league is utilizing the JDP QuickApp, the records of a volunteer will remain on the JDP Portal if the local league is an active user with JDP.

Q14. What is the timetable for completing the screening of each individual?

A: The league must complete the annual screening process prior to the individual assuming his/her duties for the current season. This would include the individual submitting a completed volunteer application and the league completing an appropriate background check. The applicant must also submit a government issued photo ID, usually a driver's license, for the league to verify that the information on his/ her volunteer application is correct, i.e., spelling of name, address, date of birth, etc.

Q15. What resources are available through Little League Baseball and Softball to assist this process?

A: A local Little League must conduct a nationwide background check utilizing JDP or another provider that is comparable to JDP in accessing background check records for sex offender registry data and other criminal records. The first 125 checks conducted through JDP are paid for by Little League International and are free to each chartered Little League. If additional checks are needed, they will cost the league only \$.95 per background check conducted. JDP can be accessed by going to LittleLeague.org/Background.

Q16. What will it cost my league to implement this initiative?

A: The first 125 checks conducted through JDP are paid for by Little League International and are free to each chartered Little League. If additional checks are needed, they will cost the league only \$.95 per background check.

Q17. When should local leagues begin to conduct background checks on volunteers and hired workers?

A: In accordance with Little League Regulation I(c) 8 & 9, local leagues must conduct background checks on all volunteers and hired workers prior to the applicant assuming his or her duties for the season. Background checks must be completed on all individuals who are required to complete the "Little League Official Volunteer Application" and who provide a regular service to the league and/or have repetitive access to, or contact with, players and teams. This includes, but is not limited to, managers, coaches, Board of Director members, and other persons or hired workers.

Q18. Does this initiative also apply to those individuals that assist the manager and coaches at practices or games?

A: Yes. Any individual who provides regular service to the league or/and has repetitive access to or contact with players or teams must fill out the Volunteer Application with a Social Security Number, provide a copy of a government issued photo ID, and go through the background check process.

Q19. Who is going to coach the team if a screened manager or coach is no longer able to fulfill his/her duties?

A: Any permanent replacement cannot assume their duties until the volunteer application and background check has been completed. The league may temporarily assign a board member or another screened individual to fill the vacancy until the proper process and appointment has been made.

Q20. Should our league wait until the entire screening process has been completed to submit our Charter Application and Insurance Enrollment Form?

A: No. The appropriate league officers must sign the statement on the form agreeing to adhere to the new regulations requiring the use of the new volunteer application and background screening process as outlined in Regulations I(b) and I(c) 8 & 9. Once this section is completed the balance of the charter application can be completed and submitted to Little League Baseball and Softball.

Q21. As the League President or an official of the local league, how do I explain the need for this initiative?

A: These requirements were implemented in 2002 by Little League and your local league to:

- 1- Protect our children and maintain Little League as a hostile environment for those who would seek to do them harm.
- 2- Protect individuals and leagues from possible loss of personal or league assets because of litigation.
- 3- Take advantage of current technology and laws that have made background check information accessible to your league.

SECTION

22

HALF HOLLOW HILLS
LITTLE LEAGUE

FIELD EQUIPMENT

&

STORAGE SHED

PROCEDURES

STORAGE SHED PROCEDURES

The following applies to the storage shed used by Half Hollow Hills Little League and applies to anyone who has been issued a key by Half Hollow Hills Little League to use the shed.

- All individuals with keys to the Half Hollow Hills Little League equipment shed (i.e. Managers, Umpires, etc.) are aware of their responsibilities for *orderly and safe storage of rakes, shovels, hoses and field maintenance equipment, etc.*
- All chemicals or organic materials stored in Half Hollow Hills Little League shed shall be properly *marked and labeled* as to its contents.
- All chemicals or organic materials (i.e., lime, fertilizer, diamond dust, etc.) stored within these equipment sheds will be separated from the areas used to store machinery and gardening equipment (i.e., rakes, shovels, etc.) to *minimize the risk of puncturing storage containers.*
- 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.*
- While handling any chemicals or organic materials a protective *dust mask and goggles* should be worn.

SECTION

23

2017 Little League® Lighting Standards & Safety Audit



Supplementing the Little League® 2017 Operating Manual Lighting Information

TABLE OF CONTENTS

Introduction	1
I. Required Minimum Standards	
Part 1 - General	
1.1 Lighting Performance	2
1.2 Environmental Light Control	4
1.3 Life-Cycle Costs	4
1.4 Warranty and Guarantee	4
Part 2 - Product	
2.1 Lighting System Construction	4
2.2 Structural Parameters	6
Part 3 - Execution	
3.1 Field Quality Control	6
3.2 Ongoing Quality Assurance	6
II. Desirable Features	
4.1 Control & Monitoring System	7
4.2 Auxiliary Brackets	7
4.3 Field Perimeter Lighting	7
III. Life-Cycle Operating Cost Evaluation	8
IV. Little League Lighting Standards Checklist	9
V. Facility Drawings	10-11
VI. Safety Audit	12-15

Lighting

Night games have been permitted in Little League® programs starting in 1957 with the second Little League International Congress in Chicago. Standards set by the Illuminating Engineering Society (IES) of North America were adopted by Little League Baseball in 1957, and have been updated with recommendations from the National Electric Code, the Uniform Building Code, and others.

Over the years, these standards have been refined and have been adopted by Little League Baseball, the National Recreation Society and other organizations. **THE IMPORTANCE OF ADHERING TO THESE STANDARDS CANNOT BE OVERSTATED, TO ENSURE THE UNIFORMITY OF LIGHTING LITTLE LEAGUE FIELDS. ALL LIGHTING SYSTEMS MUST COMPLY WITH LITTLE LEAGUE STANDARDS, WITHOUT REGARD TO WHO INSTALLS OR FINANCES THE SYSTEM (such as city, county, private individual, etc.).**

Many leagues operate in conjunction with other organizations or municipalities. This does not need to be a roadblock in making sure that standards are met. Instead, it is a matter of educating people at all levels on this vital aspect of league operations.

The District Administrator (and each local Little League President) are directly responsible for ensuring that any fields on which night games are played within his/her league or district are up to these standards. The potential liability risks we all face make compliance even more imperative.

As the Little League program grows and leagues charter more divisions, the demand for fields increases dramatically. For many leagues, a less costly alternative to constructing new fields is the installation of lighting, providing optimum use of available fields within the curfew limitations for each division. In planning for lights, it is most important that minimum lighting standards be attained. Every precaution should be taken to guard against mishaps that might result because of the installation of an inadequate lighting system. **The local district administrator must pre-approve plans for any new lighting system as being adequate and within minimum standards for play.** The District Administrator and President of the league must check the system after installation to determine that the installed system complies with the plans and meets or exceeds the minimum standards for play. Lighting systems must be checked once per year, and should be done before the season begins. Copies of project plans must be submitted to the District Administrator, for prior approval that the plans and installation comply with required standards.

The following standards have been adopted by Little League. They are divided into required minimum standards and desirable optional features. The minimum standards establish criteria which are important to the Little League activities. The desirable features are established to provide guidelines for adding important value to your lighting system.

Notice: Any upgrade or addition of lighting equipment to existing systems after July 1, 1992, must be done so that the systems will be in complete compliance with current standards.

Increasing field sizes – such as extending the outfield fence – and/or increasing the base path distances – such as from a 60-foot base path to a 70-foot base path – on a lighted Little League field involves many potential variables that need to be examined on a per-field basis. A lighting audit of such a field change must be performed to show the lighting on the increased area will still meet Little League standards. If it does not, any proposed update to the existing lighting system for a field should be done such that the manufacturer shows the Little League lighting standards will be maintained with the new design.

Standards for Lighting

I. Required Minimum Standards

These minimum standards are required for all lighting installations after the date of adoption of these standards. Any modification in existing lighting systems after this date should be done so as to result in a lighting system in compliance with these standards. To be in compliance, a system must meet all required minimum standards.

PART 1 – GENERAL

1.1 LIGHTING PERFORMANCE

A. **Light Levels – Optic System Performance**

The quantity of equipment needed to produce the target light levels on a field is determined by the efficiency of the lighting system.

Newest metal halide technology is capable of delivering equal or better results with as little as half the amount of equipment as common metal halide systems. This generation of lighting has high performance optic characteristics that enable reductions in the quantities of luminaires needed to meet design targets. The lighting designs for the specified field will show a reduced fixture count for systems using a high-performance optic system. Manufacturers should provide assurance that target light levels will be met over the life of the system.

As light emitting diode (LED) technology improves and costs decrease, LED lighting systems become more viable for sports facilities. LED light sources can have a much greater lifespan than metal halide light sources with significantly less lumen depreciation over typical sports lighting operating hours. For example, a metal halide light source may reach 70% lumen maintenance in as little as 2,100–3,000 hours while an LED light source may take 100,000 hours or more.

B. **Light Levels – Sustaining Targets Over Time**

The two methods of design to meet specified light levels are: to provide a constant light level during the guarantee period, or to apply a recoverable light loss factor to the initial design.

1. **Constant Light Level Method**

a. **Metal Halide Light Source**

The basics of this method are described under “Lumen Maintenance” in the IESNA Lighting Handbook Reference and Application, Tenth Edition, page 16-8: “Lumen maintenance control strategy calls for reducing the initial illumination of a new system to the designed minimum level. As lumen depreciation occurs, more power is applied to the lamps in order to maintain constant output.”

The term constant is intended to include any system that provides target light levels at 100 hours and maintains the target light levels throughout the system life. Light levels should be guaranteed with this technology.

Manufacturers should provide an independent test report signed by a licensed professional engineer certifying the lumen maintenance strategy and field performance of any constant light system.

b. **Light Emitting Diode (LED) Light Source**

Due to the increased lifespan of LED light sources the lumen maintenance strategy will need to be considered based on the expected operating hours. For low annual usage hours applying an appropriate recoverable factor to account of lumen maintenance is likely the preferred approach. For high annual usage hours applying a lumen maintenance strategy to adjust the power to the LEDs as depreciation occurs may be the better option to maintain constant light levels. When using lumen maintenance strategy based on power adjustments the TM-21-11 reports will not apply.

Level of Play/Description	Average Constant or Target Light Levels (Horizontal)	Maximum to Minimum Uniformity Ratio	Maximum Rate of Change
Standard — Competition	50 footcandles – Infield 30 footcandles – Outfield	2:1 – Infield 2.5:1 – Outfield	10% per 10 feet

2. Recoverable Light Loss Factor Method

a. Metal Halide Light Source

Computer designs are done using two sets of values. One shows the calculated “initial light levels” when lamps are new. The other predicts “target maintained light levels” after the lamps have passed through depreciation in light output. It is important to have the lighting designer use a maintenance factor adequate to account for this depreciation in light output throughout the life of the lamp.

According to best sports lighting practices, the recoverable light loss factor, or the value applied to the initial light level to predict the maintained light level values, should be in accordance with recommendations in the Pennsylvania State University report “Light Loss Factors for Sports Lighting,” published in IES’s Leukos, Vol. 6, No. 3, Jan., 2010, pages 183–201. The report’s findings show a recoverable light loss factor of 0.65 should be used if lamps will be replaced at 3000 hours. Quality manufacturers are willing to provide guarantees of lighting performance.

b. Light Emitting Diode (LED) Light Source

The life of an LED is significantly longer than metal halide, and depreciation is more gradual early in life. If the amount of lumen depreciation will impact the target light levels during the system life then an appropriate lumen maintenance factor should be applied. It is recommended to obtain the lumen maintenance report per TM-21-11, of the fixture being proposed.

Level of Play/Description	Initial Light Levels (Horizontal)	Average Constant or Target Light Levels (Horizontal)	Maximum to Minimum Uniformity Ratio	Maximum Rate of Change
Standard — Competition	77 footcandles – Infield 46 footcandles – Outfield	50 footcandles – Infield 30 footcandles – Outfield	2:1 – Infield 2.5:1 – Outfield	10% per 10 feet

C. Performance Requirements — Quantity

Playing surfaces shall be lit to an average target light level and uniformity as specified in the above charts. Lighting calculations shall be developed and field measurements taken on the grid spacing with the minimum number of grid points specified beginning on page 11 of these standards with the light meter held horizontally 36 inches above the field surface. Measured average illumination level shall be measured at the first 100 hours of operation.

D. Performance Requirements — Quality

The uniformity ratio of the lighting helps ensure the playing surface is uniform in appearance and there is the proper amount of light for the players. The comparison of the highest measure of quantity of light on the field to the lowest measurement shall not be greater than the ratios listed in the above charts. On the entire field area, the change in the quantity of horizontal footcandles should not occur at a greater rate than 10 percent per 10 feet, except for the outside perimeter readings which may change at a greater rate.

E. Glare for Participants

Pole heights, pole locations and fixture placements should be as shown on the layouts in the Appendix to enhance playability. Aiming angles are a function of both pole height and the distance from fixture to aiming point. Minimum pole heights and minimum aiming angles must be met to be in compliance.

1. Light fixtures which are set back from the foul lines between home plate to third base and between home plate to first base shall be mounted at a height above the playing surface such that a line from the lighting fixture to the point on the field where its maximum intensity is aimed is a line that is at least 25 degrees below horizontal.
2. Light fixtures positioned beyond the outfield fence or along the foul line beyond third base and first base shall be mounted at a height with a minimum aiming angle of 25 degrees below horizontal for fixtures aimed toward the infield and 21 degrees for fixtures aimed across the outfield.
3. Light fixtures should not be located in glare zones as indicated by Fig. A.

Certain situations (spill and glare control, enhanced playability, and/or physical obstructions) may result in the light fixtures being located in glare zones. These fixtures should still be aimed as described above but also include shielding such that the glare when viewed from home plate is less than 1000 candela per fixture (measured at 60 inches above the field surface).

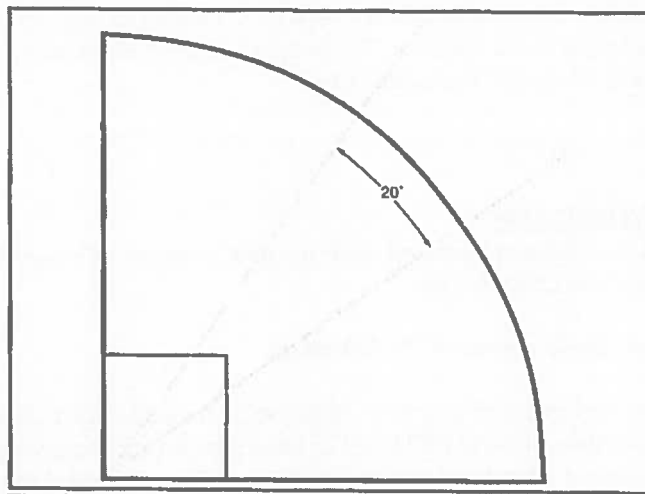


Fig. A.

1.2 ENVIRONMENTAL LIGHT CONTROL

Many facilities are located near residential or commercial properties or roadways, creating the possibility of spill and glare onto adjoining properties. Consideration should be given to this issue during the initial lighting design stage to minimize this effect. Some communities are implementing ordinances designed to minimize light pollution. Contact your local planning committee or zoning board.

The lighting equipment manufacturer can assist in assessing this issue and provide drawings showing maximum footcandles and candela at any points of concern on adjacent properties. Do not hesitate to investigate a manufacturer's reputation, abilities, and past experiences in working with local authorities and private property owners regarding glare and spill issues.

When considering lighting equipment that uses an LED light source, the off site light control should be at least as good as that of a metal halide source. Typically an LED light source can provide lower spill light values, but the glare from the fixture can end up being worse than a metal halide source if not properly designed.

1.3 LIFE-CYCLE COSTS

Leagues continue to struggle with operating budgets. Because the efficiency of lighting systems currently available can vary greatly, a life-cycle operating cost analysis should be considered when evaluating lighting systems. Owners should expect a quality lighting system to last many years. Regardless of source technology, the basics of lighting maintenance remain the same: relamping (metal halide), cleaning, monitoring, aiming alignment, and troubleshooting.

These standards provide a 10-year Life-Cycle Operating Cost Evaluation form to assist with the process. Items that should be included are energy consumption based upon the facility's expected usage, cost for spot relamping and maintenance, and any additional savings in energy or labor cost provided by automated on/off control systems. Contract price and life-cycle operating cost should both be considered in determining a lighting manufacturer for the project.

1.4 WARRANTY AND GUARANTEE

Product warranties are a good gauge of a manufacturer's confidence in their products. Prior generation equipment can range from 5 years to 10 years, and details of covered items and conditions vary greatly. New generation technology comes with warranty periods that may extend up to 25 years and includes guaranteed light levels, parts, on-site labor, lamp replacements, energy usage, monitoring and control services, spill light control, and structural integrity. The manufacturer should provide specially-funded reserves to ensure fulfillment of the warranty for the full term. It is highly recommended you consider these all-inclusive warranties to limit your league's future exposure to escalating costs and maintenance hassle.

LED products also range from 5 year to 10 year warranties. While the diodes themselves will typically outlast the length of the warranty, it is the other components that need to be covered in order to provide a system that will be operational for the length of the warranty. The basics of lighting maintenance remain the same: cleaning, monitoring, aiming alignment, and troubleshooting.

PART 2 – PRODUCT

2.1 LIGHTING SYSTEM CONSTRUCTION

A lighting system should consist of lighting, electrical, and structural components designed to work together as a system that is durable and provides safety features.

A. Outdoor lighting systems should consist of the following:

1. Galvanized steel poles and crossarm assembly. Wood poles are not allowed after September 1, 1994. Poles should be hot-dip galvanized to ASTM A123 standards. All accompanying hardware shall be galvanized or stainless steel. Direct burial of steel poles is not recommended because of the potential for deterioration at or below ground at critical stress points. If direct bury steel poles are used, leagues should have a foundation design completed by a structural engineer.
2. Reinforced concrete pole foundation. Foundations should provide for pole attachment a minimum of 18 inches above ground to avoid corrosive deterioration. Concrete should cure a minimum of 28 days to develop adequate strength before stress loads are applied unless a shorter cure time is approved by the structural engineer of record.
3. All ballasts, or drivers, and supporting electrical equipment shall be mounted onto the pole, away from the fixtures and crossarm to avoid problems of misalignment caused by the weight of these components. It is recommended that this equipment be placed in aluminum enclosures mounted remotely approximately 10 feet (3 meters) above grade. The enclosures shall be lockable and include safety disconnect and surge protection per circuit for each pole structure. Enclosures should be kept locked except during times of maintenance.
4. All wiring conductors above ground must be enclosed in rigid cover. It is recommended that the lighting system include a wire harness complete with an abrasion protection sleeve and strain relief.
5. The approved metal halide lamp for play is a 1500-watt ANSI code – M48/E.
6. For an efficient LED system the diodes should have a minimum color temperature of 5700 K and a CRI of 65+.

B. Manufacturing Requirements

It is recommended that all components be designed and manufactured as a system. All luminaires, wire

harnesses (if provided), ballast/driver and other enclosures should be factory assembled, aimed, wired and tested for reduced installation time and trouble-free operation.

C. Durability

It is recommended that all exposed components be constructed of corrosion resistant material and/or coated to help prevent corrosion. Look for items like hot dip galvanizing for steel poles, stainless steel fasteners, powder coat painted aluminum, and wiring enclosed within the crossarms, conduit, pole, or electrical enclosure.

D. Lightning Protection:

All outdoor structures need to be equipped with lightning protection meeting NFPA 780 standards. If lightning grounding is not integrated into the structure, it may be necessary to supplement with grounding electrodes, copper down conductors, and exothermic weld kits.

E. Safety

All system components need to be UL Listed for the appropriate application. All electrical conductor wires for distribution of power around the playing field should be buried underground at depths provided by local code.

F. Maximum total voltage drop

Voltage drop to the disconnect switch located on the poles should not exceed 3% of the rated voltage per IESNA RP-6-15, Annex D.

2.2 STRUCTURAL PARAMETERS

A. Location

Poles shall be located as shown on the drawings in the appendix to these standards. Whenever possible, poles should be located outside of fences to avoid causing an obstruction or safety hazard to the participants.

B. Foundation Strength

Project specific foundation drawings stamped by a licensed structural engineer shall be required, illustrating that the foundation design is adequate to withstand the forces imposed from the pole, fixtures, and other attachments to prevent the structure from leaning.

C. Wind Load Calculator

Wind load of poles and other support structures, fixtures, brackets, arms, bases, anchorages, and foundations shall be determined based on the 50-year mean recurrent isotach wind maps for the appropriate municipality per the state building code.

D. Structural Design

The stress analysis and safety factor of the poles shall conform to AASHTO Standard Specifications for Structural Supports for Highway Signs, Luminaires, and Traffic Signals.

E. Soil Conditions

The design criteria for these specifications are based on soil design parameters as outlined in the geotechnical report. If a geotechnical report is not provided by the school, the foundation design shall be based on soils that meet or exceed those of a Class 5 material as defined by 2015 IBC, Table 1806.2.

PART 3 – EXECUTION

3.1 FIELD QUALITY CONTROL

A. Illumination Measurements

Upon substantial completion of the project and in the presence of the Contractor, Project Engineer, League Representative, and Manufacturer's Representative, illumination measurements shall be taken and verified. The illumination measurements shall be conducted in accordance with IESNA RP-6-15, Annex B.

B. Correcting Non-Conformance

If, in the opinion of the Owner or his appointed Representative, the actual performance levels including footcandles, uniformity ratios, and maximum kilowatt consumptions are not in conformance with the requirements of the performance specifications and submitted information, the Manufacturer shall be liable to any or all of the following:

1. Manufacturer shall, at his expense, provide and install any necessary additional fixtures to meet the minimum lighting standards. The Manufacturer shall also either replace the existing poles to meet the new wind load (EPA) requirements or verify by certification by a licensed structural engineer that the existing poles will withstand the additional wind load.
2. Manufacturer shall minimize the Owner's additional long term fixture maintenance and energy consumption costs created by the additional fixtures by reimbursing the Owner the amount of \$1,000 (one thousand dollars) for each additional fixture required.
3. Manufacturer shall remove the entire unacceptable lighting system and install a new lighting system to meet the specifications.

3.2 ONGOING QUALITY ASSURANCE

- #### **A. Full light and safety audits should be performed every year. See Lighting Safety Audit at the back of these standards.**

II. Desirable Features

The following practices are recommended for increasing the lighting system performance.

4.1 CONTROL AND MONITORING SYSTEM

A remote control and monitoring system will provide ease of operation and management for your facility. Manufacturers providing systems with a long-term warranty of at least 10 years will use this system to ensure your lighting performs as required.

A. Remote Monitoring

Monitoring systems can check the lighting system each time it is turned on for luminaire outages.

When an outage is detected, the manufacturer should notify the owner so that appropriate maintenance can be scheduled.

B. Remote Lighting Control

Lighting control systems allow owners and users with a security code to schedule on/off system operation in a variety of methods including web sites, phone, app, fax, or email. Look for manufacturers that provide trained staff available 24/7 to provide scheduling support. Also evaluate features such as memory back up in the event of power outages.

C. Management Tools

Some manufacturers provide a web-based database of actual field usage and provide reports by facility and user group.

D. Communication Costs

Leagues should request that manufacturers include communication costs for operating the control and monitoring system for the life of the lighting system.

4.2 AUXILIARY BRACKETS

Sports lighting manufacturers can provide accommodations for mounting auxiliary equipment, such as speakers and security lights, on sport lighting poles. This ensures poles will be sized to accommodate the weight, dimensions, and EPA of the additional equipment. Brackets shall be welded to the pole and fabricated from hot-dip galvanized steel with a covered hand hole access and internal wiring in the pole.

4.3 FIELD PERIMETER LIGHTING

The parking areas, major areas utilized for passage, and areas immediately bordering the facilities should be lighted. The spill light from the playing field may provide illumination for some of these areas when the field is in use. When a sports field is not in use its sports lights should be turned off. Then other security lighting would be needed. For appropriate levels, see local codes. Care should be taken to eliminate darkly shadowed areas.

For additional information, contact: Little League® International

PO Box 3485

Williamsport, PA 17701

570/326-1921

Fax: 570/326-1074

LIFE-CYCLE OPERATING COST EVALUATION

*This form will assist you in comparing 10-year life-cycle operating costs from multiple manufacturers.
Bid proposals should be evaluated based upon compliance with the specifications,
contract price, and the following life-cycle operating cost evaluation.*

BID ALTERNATE A:

A.	Energy consumption ____ Number of luminaires x ____ kW demand per luminaire x ____ kW rate x ____ annual usage hours x 10 years		
B.	Demand charges, if applicable	+	
C.	Spot relamping and maintenance over 10 years (relamping not applicable for LED) Assume ____ repairs at \$ ____ each if not included	+	
D.	Group relamps during 10 years (relamping not applicable for LED) ____ annual usage hours x 10 years / <u>lamp replacement hours</u> x \$125 lamp & labor x number of fixtures	+	
E.	Extra energy used without control system ____ % x Energy Consumption in item A.	+	
F.	Extra labor without control system \$ ____ per hour x ____ hours per on/off cycle x ____ cycles over 10 years	+	
G.	TOTAL 10-Year Life-Cycle Operating Cost		

BID ALTERNATE B:

A.	Energy consumption ____ Number of luminaires x ____ kW demand per luminaire x ____ kW rate x ____ annual usage hours x 10 years		
B.	Demand charges, if applicable	+	
C.	Spot relamping and maintenance over 10 years (relamping not applicable for LED) Assume ____ repairs at \$ ____ each if not included	+	
D.	Group relamps during 10 years (relamping not applicable for LED) ____ annual usage hours x 10 years / <u>lamp replacement hours</u> x \$125 lamp & labor x number of fixtures	+	
E.	Extra energy used without control system ____ % x Energy Consumption in item A.	+	
F.	Extra labor without control system \$ ____ per hour x ____ hours per on/off cycle x ____ cycles over 10 years	+	
G.	TOTAL 10-Year Life-Cycle Operating Cost		

LITTLE LEAGUE® LIGHTING STANDARDS CHECKLIST DESIGN SUBMITTAL DATA CHECKLIST AND CERTIFICATION

This form will assist you in comparing proposals from various lighting manufacturers. All items listed below should comply with your project's specifications and be submitted according to your pre-bid submittal requirements.

Included	Tab	Item	Description
	A	Letter/Checklist	Listing of all information being submitted must be included on the table of contents. List the name of the manufacturer's local representative and his/her phone number. Signed submittal checklist to be included.
	B	On Field Lighting Design	Lighting design drawing(s) showing: a. Field name, date, file number, prepared by, and other pertinent data b. Outline of field(s) being lighted, as well as pole locations referenced to home plate. Illuminance levels at grid spacing specified c. Pole height, number of fixtures per pole, as well as luminaire information including wattage, lumens and optics d. Height of meter above field surface should be 36 inches e. Summary table showing the number and spacing of grid points; average, minimum and maximum illuminance levels in foot candles (fc); uniformity including maximum to minimum ratio, coefficient of variance and uniformity gradient; number of luminaires, total kilowatts, average tilt factor; light loss factor. f. Manufacturers shall provide constant light level or provide both initial and maintained light scans using a maximum 0.65 Recoverable Light Loss Factor and lamp replacement interval at 3000 hours to calculate maintained values as shown in section 1.1.B.2.
	C	Off Field Lighting Design	Lighting design drawings showing spill light levels in footcandles and candela as specified.
	D	Photometric Report (glare concerns only)	Provide photometric report for a typical luminaire used showing candela tabulations as defined by IESNA Publication LM-35-02. Photometric data shall be certified by laboratory with current National Voluntary Laboratory Accreditation Program or an independent testing facility with over 5 years experience.
	E	Life Cycle Cost calculation	Document life cycle cost calculations as defined on the Life-Cycle Operating Cost Evaluation. Identify energy costs for operating the luminaires, maintenance cost for the system including spot lamp replacement, and group relamping costs. All costs should be based on 10 Years.
	F	Luminaire Aiming Summary	Document showing each luminaire's aiming angle and the poles on which the luminaires are mounted. Each aiming point shall identify the type of luminaire.
	G	Structural Calculations (if required)	Pole structural calculations and foundation design showing foundation shape, depth backfill requirements, rebar, and anchor bolts (if required). Pole base reaction forces shall be shown on the foundation drawing along with soil bearing pressures. Design must be stamped by a structural engineer licensed in the state where the project is located.
	H	Control and Monitoring (if required)	Manufacturer shall provide datasheet or schematics for automated control system to include monitoring. They shall also provide examples of system reporting, and access for user groups to operate the system.
	I	Electrical distribution plans	If bidding a system other than the base design, manufacturer must include a revised electrical distribution plan including changes to service entrance, panels, and wire sizing, signed by a licensed Electrical Engineer in the state where the project is located.
	J	Performance Guarantee	Provide written guarantee of illumination levels, including a commitment to undertake all corrections required to meet the performance noted in these specifications at no expense to the owner. Light levels must be guaranteed per the number of years specified.
	K	Warranty	Provide written warranty information including all terms and conditions.
	L	Project References	Manufacturer to provide a list of project references of similar products completed within the past three years.
	M	Product Information	Complete set of product brochures for all components, including a complete parts list and UL Listings.
	N	Non-Compliance	Manufacturer shall list all items that do not comply with Little League Lighting Standards.
	O	Compliance	Manufacturer shall sign off that all requirements of the specifications have been met at that the manufacturer will be responsible for any future costs incurred to bring their equipment into compliance for all items not meeting specifications and not listed in item N - Non-Compliance

Manufacturer: _____

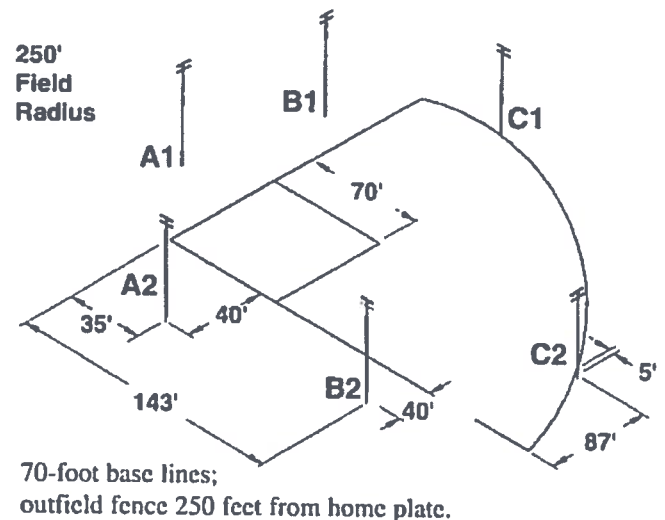
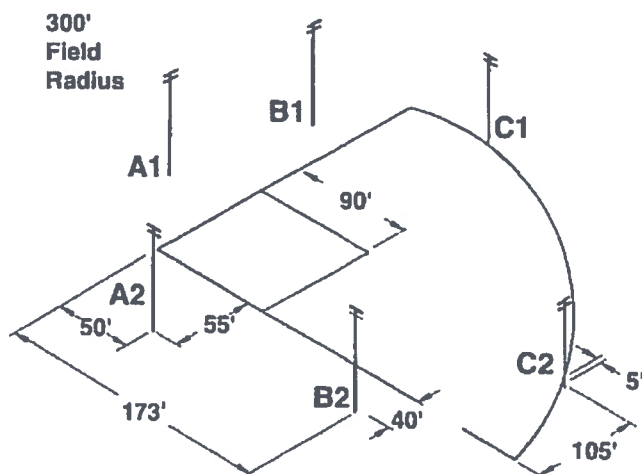
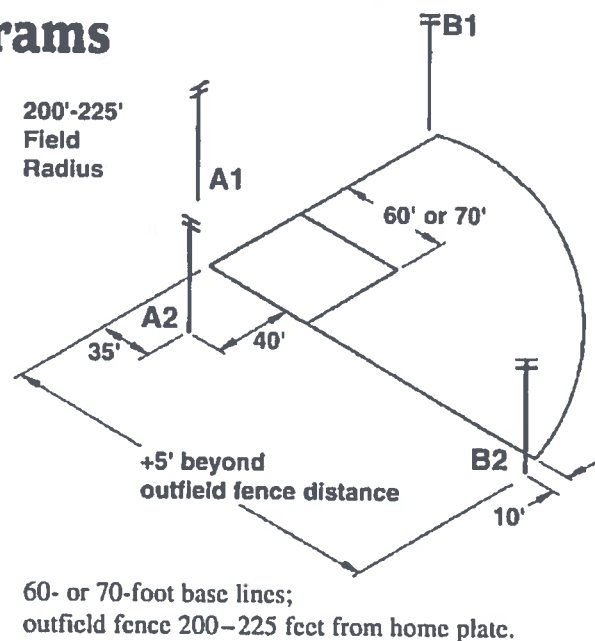
Signature: _____

Contact Name: _____

Date: ____/____/____

Recommended Lighting Diagrams

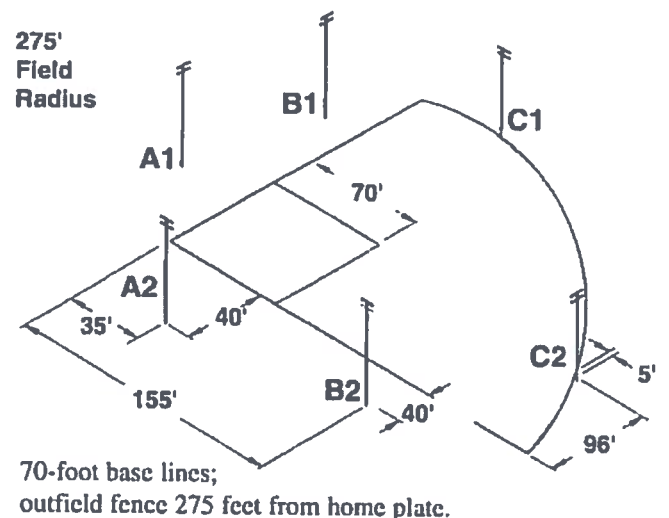
Pole Quantities, Heights			
Field Radius	Location	Minimum Quantity	Minimum Mtg. Ht. †
200'	A	2	60'
	B	2	60'
Total		4	
225'	A	2	70'
	B	2	70'
Total		4	
250'	A	2	70'
	B	2	70'
300'	C	2	60'
Total		6	



NOTES:

The number of fixtures necessary to meet minimum lighting requirements varies between manufacturers. Please be sure you are provided adequate documentation from the manufacturer showing Little League standards will be attained.

Increasing field sizes—such as extending the outfield fence—and/or increasing the base path distances—such as from a 60-foot base path to a 70-foot base path involves many potential variables that need to be examined on a per-field basis. A lighting audit of such a field change must be performed to show the lighting on the increased area will still meet Little League standards. If it does not, any proposed update to the existing lighting system for a field should be done such that the manufacturer shows the Little League lighting standards will be maintained with the new design.



† For glare control, higher fixture mounting heights may be required. Also, if obstructions or common poles for multiple fields require poles to be set back farther from the field, then taller poles may be required.

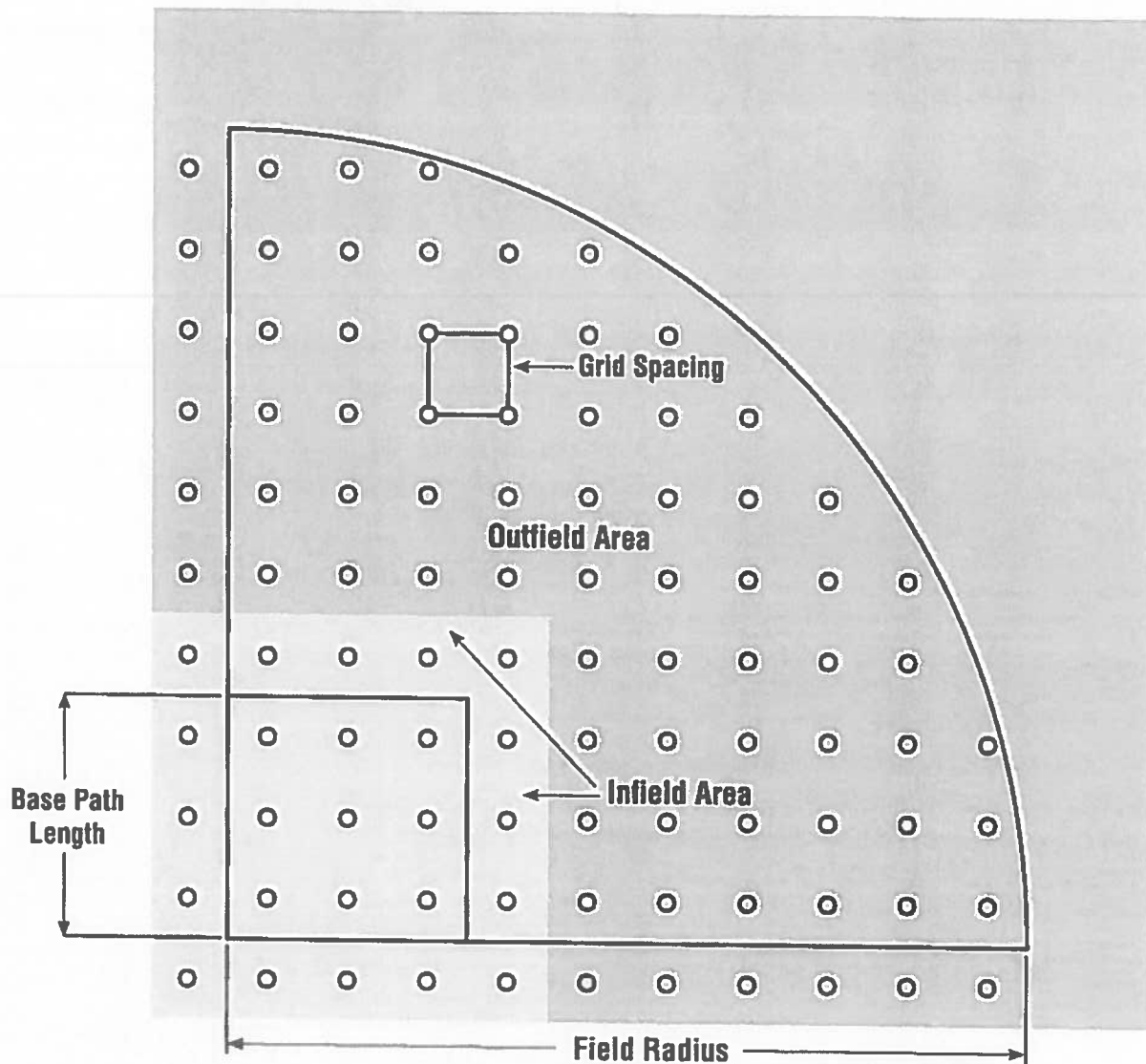


Fig. B4. Illuminance measuring points for baseball and softball. Illuminating Engineering Society of North America Sports Lighting-RP-6-15

Field Radius	Base Path Length	Grid Spacing	Total Number of Grid Points	
			Infield	Outfield
175 feet	60 feet	20 feet x 20 feet	25	54
200 feet	60 feet	20 feet x 20 feet	25	75
225 feet	60 feet	20 feet x 20 feet	25	96
225 feet	70 feet	25 feet x 25 feet	25	58
250 feet	70 feet	25 feet x 25 feet	25	75
275 feet	70 feet	25 feet x 25 feet	25	92
300 feet	90 feet	30 feet x 30 feet	25	73

Light meter should be held horizontally at 36 inches above the surface.

Little League®

Lighting Safety Audit



Little League requirements call for regular inspections of your lighting system. The following safety audit will:

1. Identify components that may need repair or replacement.
2. Help you determine whether the performance of the system meets Little League minimum standards as outlined in the Standards of Lighting section of the Little League Operating Manual.

A copy of this completed form must be sent to your District Administrator and the original should be retained in league records.

Important - Inspection, testing and repair must be done by qualified person prior to season play each year.

Plans for new lighting must be approved by local District Administrator as being within minimum standards.

For additional information contact your District Administrator or Little League Headquarters.

League Name	_____
Charter No.	_____ - _____ - _____
Town	_____ State _____
Number teams in league	_____
Name of field	_____
Number leagues using field	_____
We share the field with	_____ League
Total # of fields	_____ # lighted _____
Date of Inspection	_____
Inspected by	_____
Testing & Repairs by	_____

Lighting Performance

This field has the following light levels and uniformity:

Infield _____ Average footcandles
 _____ :1 Uniformity

Outfield _____ Average footcandles
 _____ :1 Uniformity

Date lighting equipment installed or last upgraded _____

month / year

Readings are taken in the middle of each square represented on the chart below.

To obtain average footcandle value:

1. Record light readings within each numbered square.
2. Infield = Total of infield readings ÷ 25
3. Outfield = Total of outfield readings ÷ number of readings.

To obtain uniformity ratio for infield or outfield:

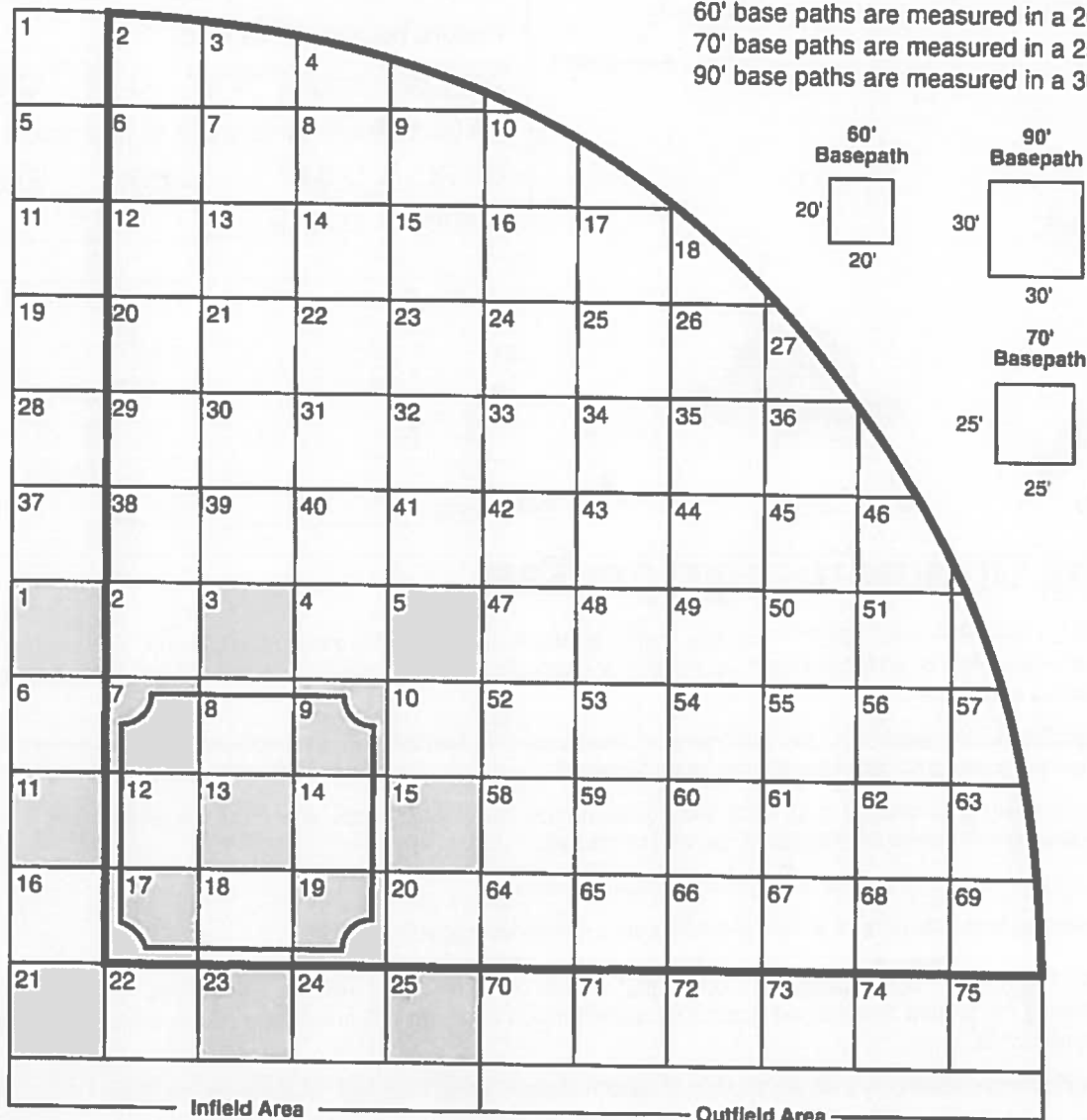
1. Divide highest (maximum) light level reading by the lowest (minimum) light level reading.

For example:

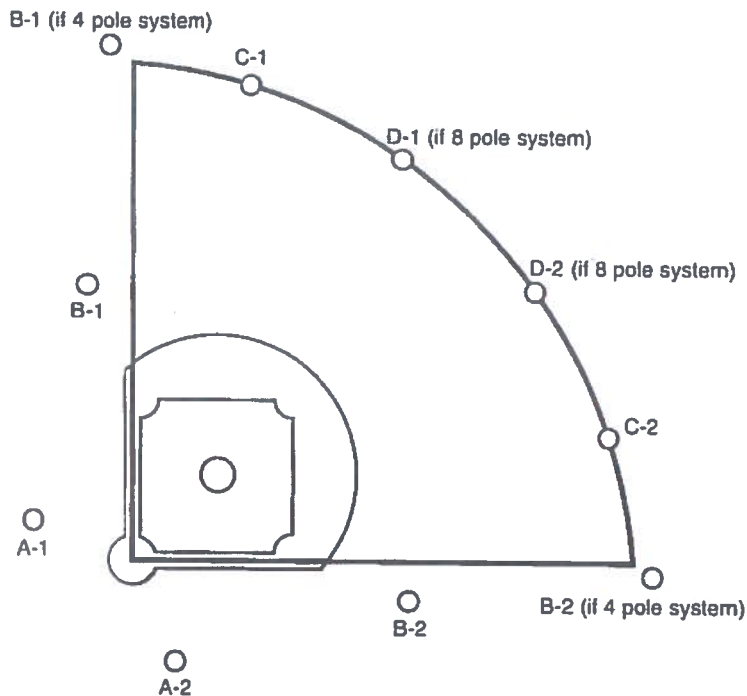
$$\frac{61 \text{ footcandles (infield maximum)}}{31 \text{ footcandles (infield minimum)}} = 2:1$$

NOTE:

60' base paths are measured in a 20' x 20' grid;
 70' base paths are measured in a 25' x 25' grid;
 90' base paths are measured in a 30' x 30' grid.



Equipment Listing



Fill in the number of fixtures on each pole and mounting heights:

	Pole	Number of Fixtures
4 Pole System	A-1	_____
	A-2	_____
	B-1	_____
	B-2	_____
6 Pole System	C-1	_____
	C-2	_____
8 Pole System	D-1	_____
	D-2	_____
	Total	_____

Type of poles: ☐ steel ☐ concrete

Fixture height above field: _____

Base path length: ☐ 60' ☐ 70' ☐ 90'

Distance from home plate to foul pole:

☐ 175' ☐ 200' ☐ 225' ☐ 275'

☐ 300' ☐ other _____

Lamp Type:



☐ Metal Halide



☐ LED

☐ OTHER _____

Lightning Grounding System Test

THREE POINT FALL OF POTENTIAL TEST* - This test measures the resistance of the ground rod to earth. This method also measures the effect of a variety of conditions such as soil composition, drought conditions, etc. A ground resistance tester is used for the following testing procedure:

- Two additional temporary grounds, consisting of short rods 2–3 feet long, must be driven in the ground at an appropriate distance from the ground being tested.
- The instrument is connected to all three grounds by means of insulated leads. A magneto or a battery in the instrument furnishes the necessary power for the test.
- The instrument reads the ground resistance directly in ohms.
- The process is repeated for a series of points and a resistance curve is plotted.

NOTE: The National Electrical Safety Code (NEC) implies that the ground resistance should be measured at the time of installing the ground and that the ground resistance must not exceed 25 ohms for a single, 8-foot long buried or driven electrode.

* See IEEE #81 — Recommended Guide for Measuring Ground Resistance and Potential Gradients in the Earth

- It is recommended that testing procedures for grounding be in accordance with local, state, or national code.
- Because connections can deteriorate over time, increasing resistance, it is recommended that the ground resistance tester be connected to the down conductor — not the electrode itself. This will provide a more accurate ground resistance reading.

System Operation

OK Needs Repair Notes

WARNING!! Turn off electricity at power source and at safety disconnect on the pole.

Service Entrance & Pole Distribution Boxes		OK	Needs Repair	Notes
Check service panel for proper markings.				
• Emergency information should be visible.				
• Warning stickers, wiring diagrams, circuit labels, and other servicing information signs should be posted and clearly legible				
Test reset action on all service breakers.				
• Snap all breakers on and off to ensure firm contact.				
Check the wiring.*				
• Insulation around wiring should show no signs of deterioration.				
• Wiring should show no heat discoloration.				
Check all taped connections.*				
• Signs of wear should be replaced.				
Make sure no live parts are exposed.				
• Bare wires and exposed connections should be wrapped with insulated covering.*				
Padlocks for service entrance & distribution boxes should be in place and operational.				
Poles				
Check that poles aren't leaning.				
Check wood poles for decay or twisting. Twisted pole may require re-aiming of fixtures.				
• Effective Sept. 1, 1994, wood poles are no longer approved on new installations.				
Check base-plate of steel poles for signs of deterioration.				
• Check anchor bolt for signs of corrosion.				
• Check grouting under pole to make sure proper drainage exists.				
Check bolts and fittings for tightness.				
• Check all metal parts for signs of corrosion.				
Check to see that wiring covers are in place.				
Check all cables and conduits.				
• Pull on conduit to check for looseness.				
• Check for loose fittings and damaged conduit.				
• All cables should be straight and properly strapped.*				
• If cables are exposed to the elements, make sure the insulation has the proper rating.*				
Check overhead wiring.				
• Wiring should be properly secured*				
• Check that new growth on tree branches and limbs won't obstruct or interfere with overhead wiring.				
Check pole climbing equipment (if provided)				
• Check inspection cards on climbing harness and pole equipment. Are inspections up to date?				
• Check for proper cable tension. Cable should not be loose.				
Luminaires				
Check fixture housings.				
• Housings should show no sign of cracking, large dents, and/or water leakage.				
Check lenses.				
• Clean lenses.				
• Replace broken lenses.				
Replace burned-out lamps.				
Check luminaire fuses.				
• Fuses should be the correct size.				
• All fuses should be operational.				
Insulation covering on wiring should show no signs of wear or cracking.				
Ground wire connections must be secure.				
Check around ballasts for signs of blackening. (metal halide)				
Check that capacitors aren't bulging. (metal halide)				
Check aiming alignment of all fixtures.				
• On wooden poles, see if crossarms are still aligned with the field and horizontal.				
Ground				
Check grounding connections.*				
Check nearby metal objects.				
• Make sure metal bleachers and other metal objects are located at least 6' from the electrical components.				
• Metal objects, such as bleachers, must have their own individual grounding system.				

* These tests and/or repairs require the services of a qualified electrician.

For additional information contact:
LITTLE LEAGUE® INTERNATIONAL
PO Box 3485
Williamsport, PA 17701
570/326-1921
Fax: 570/326-1074

SECTION

25

HALF HOLLOW HILLS
LITTLE LEAGUE

PRIVATE OR CORPORATE
TEAM OR FACILITY
SPONSORS

Sponsorship Policy for Hometown Little League®

Purpose

The purpose of this document is to define the HOMETOWN Little League policy for sponsorships. This policy will delineate the rights and responsibilities of both the League and the Sponsor. The local Little League program, in this case the HOMETOWN Little League has the ability to define sponsorship standards as per the Little League International Operating Manual (see section titled "Sponsors and Donors").

Audience

The direct audience of this policy is both the Little League Board members and sponsors, although all Little League volunteers, parents, players and the general public are welcome to view this policy.

Policy Maintenance

This policy must be reviewed and approved by the Board of Directors within the first 60 days of each new season (as defined by the HOMETOWN Little League Constitution and By-Laws). This will ensure the policy is kept up to date with sponsorship standards at the Little League International as well as local level.

The Policy

The HOMETOWN Little League Sponsorship Policy consists of Little League International standards and HOMETOWN Little League standards. If at any time there is a conflict between these two sets of standards, the Little League International standards prevail.

Little League International Standards

The Little League International standards are the standards included in the current Little League International Operating Manual.

HOMETOWN Little League Standards

- Each and every sponsor must completely understand that a sponsorship is not an endorsement of the person, business or any products or services provided by the said business by the HOMETOWN Little League
- Sponsors must get prior approval of any use of the League's names, trademarks, emblems, etc., as indicated in the following guidelines.
 - Little League International shall have the sole and exclusive right to use and to allow or refuse to others the use of the terms "Little League," "Little Leaguer," and the Official Little League Emblem or any colorable simulation thereof.
 - Sponsors may not use the marks or words "Little League," "Little Leaguer," "Little League Baseball," "LLB", "LL", "Senior League Little League," "Big League Little League," "Challenger Division" without including the local league's name "El Dorado Hills Little League". The only exception is in the case of a local affiliate of a national sponsor.
 - Sponsors cannot use the words "Little League," "Little Leaguer," "Little League Baseball," "Senior League Little League," "Big League Little League," "Challenger Division," and/or the Official Emblem in conjunction with any product or service.

- Sponsors cannot use the words "Little League," "Little Leaguer," "Little League Baseball," "Senior League Little League," "Big League Little League," "Challenger Division," and/or the Official Emblem in conjunction with any other activity or program, or as a part of a composite name covering related programs. These said names or the Official Emblem may not, for example, appear on stationery, bulletins, press releases of other sports organizations, commercial enterprises or services.
- Sponsors must not use the Little League name and Official Emblem separately or in conjunction with the name of any other program or activity for the purpose of soliciting funds to be used for other than Little League activities.
- Any use of the marks or words "Little League," "Little Leaguer," "Little League Baseball," "LLB", "LL", "Senior League Little League," "Big League Little League," "Challenger Division," and/or the Official Emblem on the Internet requires written authorization from Little League International Headquarters annually.
- Complete information on the use of Little League Marks can be found in the current version of the Operating Manual. The Little League International standards are hereby included by reference. See section "Use of Little League Marks" in the Operating Manual.
- Exploitation of the Little League program, a league, a team or individual player for the benefit, financially or otherwise to a sponsor is strictly prohibited.
- Sponsorships can be revoked at any time without refund for violating this policy.
- This policy does not limit the League's (either HOMETOWN Little League or Little League International) legal recourse available due to copyright or trademark infringement for misuse of Little League International property.

Sponsorship Levels

[Click Here and Insert Dates](#) **Sponsorship Levels**

<hr/> <p>\$ – Hall of Fame</p>	<ul style="list-style-type: none"> • Full page ad in Roster Program • "Opening Day" Sponsor Recognition • Website Main Page ad • Exclusive Company Banner • HOMETOWN LL Windshirt and Hat • Sponsor Plaque • Newspaper Recognition <hr/>
<p>\$ – MVP</p>	<ul style="list-style-type: none"> • Half page ad in Roster Program • Website Main Page ad • Exclusive Company Banner • HOMETOWNLL Windshirt and Hat • Sponsor Plaque • Newspaper Recognition <hr/>

\$ - All-Star

- Business Card ad in Roster Program
- Website Sponsor-link
- Field Banner (with other All-Star Sponsors)
- HOMETOWNLL Hat
- Sponsor Plaque
- Newspaper Recognition

\$ - Golden Glove

- Listed in Roster Program
 - Listing on the web site
 - Field Banner (with other Gold Glove Sponsors)
 - Newspaper Recognition
-

HOMETOWN Little League Sponsor Registration Form

Sponsorship level desired (please circle):

Golden Glove \$\$\$
All-Star \$\$\$

MVP \$\$\$\$
Hall of Fame \$\$\$\$

Sponsor Information:

Name _____

Address _____

City _____ State _____ Zip code _____

Contact person for advertising information (logos, banner info, etc):

Name _____ Phone# _____

Approved by:

Print name _____

Signature _____

By signing this I, the sponsor, acknowledge the sponsorship policy and agree to adhere to all components of this policy. If I fail to adhere to this policy, the HOMETOWN Little League has the right to revoke my sponsorship.

For information on the Sponsorship Policy, please visit _____ web site.

HOMETOWN Little League is a 501(c)(3) Non-Profit Charitable Organization. Its EIN is XX-XXXXXXX.

Sponsor Form and Checks can be mailed to:

HOMETOWN Little League

123 Anywhere Street

Hometown, USA

Attn:

Local Little League Sponsorship Agreement

This agreement between the _____ Little League
(hereinafter, "Local Little League") and _____
(hereinafter, "Sponsor") is for the _____ season.

Sponsorship of a team in the Local Little League must be, for the Sponsor, out of a sense of duty to help the community. While Sponsorship does afford some benefits (detailed below), the higher purpose is to help the Local Little League impart the values of teamwork, sportsmanship, and fair play to the children of the community, so that they may someday use these values in becoming good citizens.

Sponsorship of a team in the Local Little League does not permit the Sponsor to have any rights or responsibilities in the operation of the Local Little League or any team in the Local Little League, nor does the Sponsor have any rights or responsibilities in the selection of managers, coaches or players for any team in the Local Little League. Nothing herein shall make us partners or joint venturers. The Sponsor and the Local Little League are independent contractors with respect to one another, and neither shall have any authority to represent or bind the other in any manner or to any extent whatsoever, except as specified herein.

The Sponsor shall have the right to use the following term in advertisements, posters, brochures, newsletters, etc.: "Sponsor of a team in the (Local Little League)." Sponsorship does NOT give the Sponsor the right to use the word "official" in connection with its Sponsorship. Any reference to the Sponsorship under this agreement must make it clear that the Sponsorship is with a team or teams in the Local Little League only, and NOT for Little League Baseball and Softball. Use of the "keystone logo" or any other logo of Little League Baseball and Softball is prohibited, unless permission is expressly granted in writing by Little League International. Sponsorship in the Local Little League carries with it the following additional benefits:

For the considerations above, the Sponsor donates _____ to
the Local Little League, understanding that its donation is to benefit the entire league.

Accepted and agreed to:

By _____
Sponsor Representative Signature Date

Printed or Typed Name Title

By _____
Local Little League President's Signature Date

Printed or Typed Name

Local Little League Sponsorship Ideas

Suggested benefits for the local Little League to provide to individual team sponsors:

Name of business on uniform: This practice has been in place in Little League Baseball since its inception in 1939. The name of the business sponsoring the team could be placed on the front or back of the uniform, or on the caps. Remember, the name of the business must not imply the sale or use of alcohol or tobacco, or any product or activity not in keeping with Little League's good name. For example, "Joe's Grocery Store" is acceptable, even if Joe's Grocery Store sells tobacco products. However, "Joe's Discount Cigarette Outlet" would not be acceptable. Also, the name of the business must not offend community standards. This is a decision of the local Little League board of directors.

Name of business on fence sign: Many leagues use outfield fence signs to recognize sponsors, provided the signs are permitted by local laws and ordinances. Remember, the name of the business must not imply the sale or use of alcohol or tobacco, or any product or activity not in keeping with Little League's good name. For example, "Joe's Grocery Store" is acceptable, even if Joe's Grocery Store sells tobacco products. However, "Joe's Discount Cigarette Outlet" would not be acceptable. Also, the name of the business must not offend community standards. This is a decision of the local Little League board of directors.

Recognition Day: Some leagues set one day aside to recognize their team sponsors. The President of a company, or local manager, may be asked to throw out a ceremonial first pitch, and invited to watch a game.

Recognition Plaques or Certificates: Some leagues produce a plaque, with a team photo, in honor of the team sponsor, a certificate of appreciation. These are often displayed by the sponsor as a matter of community pride.

Programs and Scorecards: Many leagues produce some kind of program. Recognition of sponsors in this publication is always useful.

Remember, sponsorship of a team does not give the sponsor any rights in the operation of, or the outfitting of, any particular team or the league itself.

SECTION

26

HALF HOLLOW HILLS

NEWS LETTER

AND

UP DATES



Play It Safe

Little League®

Baseball & Softball

**A practical approach to leadership responsibility in
an effective Little League Safety Program**

FOREWORD

As a spirited action program of established benefit to children, the movement of Little League Baseball is well known to the public and is identified with the highest standards of integrity and ethical practices consistent with the physical and emotional well-being of youngsters.

One of the important responsibilities of adults who come forward voluntarily to help is to project Little League sensibly and safely for the ultimate enjoyment of the many thousands of children who come into the local ranks each year.

It is hoped that this book will contribute to better understanding, and appreciation of the continuing necessity for making Little League a safe, wholesome activity. It is tailored for a wide range of interest — local league personnel, the parent and all segments of the community which share a common objective of improving the safety factor in all sports.

Copyrighted 1998 by Little League Baseball®, Incorporated
Williamsport, Pennsylvania
B751

CONTENTS

Play it Safe.....	4.1
Safety is a Responsibility	4.1
Defining Terms	4.2
Structure of a Sound Program	4.2
Administration	4.3
Organization	4.4
District Safety Officer	4.5
League Safety Officer.....	4.6
Controls are Essential.....	4.7
Exposure to Unsafe Practices.....	4.9
Hazards in Travel To and From Field	4.13
Making Use of Accident Reporting.....	4.15
First Aid	4.16
Public Liability	4.16
Accident Insurance Coverage.....	4.18
Safety Code for Little League	4.19

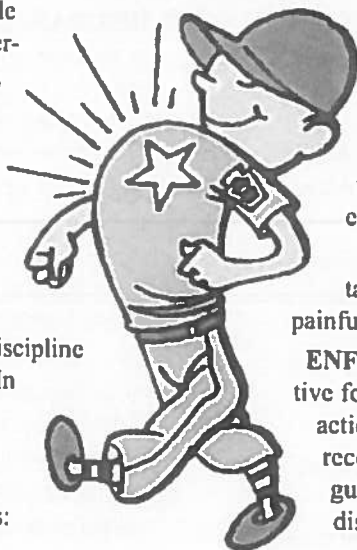
PLAY IT SAFE

The purpose of "Play It Safe" is to provide information and counsel to Little League personnel on carrying out basic safety policies, and making Little League a safer and more enjoyable activity.

Those who are engaged in Little League administration and management should have an understanding of how fundamentals of safety can be applied to various assignments in the organization.

Safety practices should become routine discipline and a background reason for all activities. In short, become "safety-minded."

The four cornerstones for building an effective safety program, known as the four "E's" of safety, may be described as follows:



EDUCATION refers to the important matter of including suitable safety precautions in instructions, training, communications, drill work and follow-up.

EQUIPMENT applies to the safe upkeep and use of physical property, fields, personal protective equipment, bleachers, bats, balls, etc.

ENTHUSIASM is the key to selling this important ingredient called safety, which can prevent painful and disabling accidents.

ENFORCEMENT should be applied more as an incentive for skillful ball playing rather than as disciplinary action. Far better results can be obtained by praise and recognition than by forcing players into line. Tactful guidance must be backed by firmness and justly used discipline.

SAFETY IS A RESPONSIBILITY

In order to understand the reasons for a Safety Program, we should look at why Little League has been so successful.

Little League Policy

One of the reasons for Little Leagues' wide acceptance and phenomenal growth is that it fills an important need in our free society. As our program expands, it takes, more and more, a major part in the development of young people. It instills confidence and an understanding of fair play and the rights of other people.

Many of the younger children who develop slower than others are given an opportunity not only to develop their playing skill but to learn what competition and sportsmanship are all about. All who take part in the program are encouraged to develop a high moral code along with their improvement in physical skills and coordination. These high aims of Little League are more for the benefit of the great majority of children rather than the few who would otherwise come to the top in any competitive athletic endeavor.

Safety Responsibility

The very fact that it is a basic principle of Little League to provide an opportunity for most of the youngsters who sign up for a team to receive these benefits, multiplies the exposure to accidental injury. Having accepted this large group of partly developed fledglings, we must also accept the moral responsibility for their safety. This obligation rests with every adult member of the league organization as well as with inactive parents who have entrusted their children to us.

Other Reasons

In addition to our basic moral responsibility, other significant reasons for an organized effort to prevent accidents are to:

1. Stimulate public confidence in this high caliber youth program.
2. Hold insurance costs to a minimum.
3. Reassure parents as to the safety of their children.
4. Develop safety-mindedness for their protection in later life.

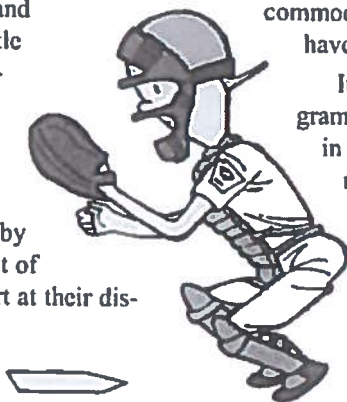
DEFINING TERMS

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

1. **ACCIDENT** is a sudden, undesirable and unplanned occurrence often resulting in bodily injury, disability and/or property damage.
2. **ACCIDENT CAUSE** is an unsafe condition, situation or act that may result directly in or contribute to the occurrence of an accident.
3. **CORRECTIVE ACTION** is the positive steps or measures taken to eliminate, or at least minimize, an accident cause.
4. **CASE** is used in the general sense, such as: accident case, injury case, claim case or insurance case.
5. **HAZARD** refers to a condition or a situation that could cause an accident.
6. **INJURY** is the physical harm or damage often resulting from an accident.
7. **INSURANCE CLAIM** refers to the right of a parent, as in the case of accident insurance to have eligible medical expenses resulting from an accidental injury connected with a game or scheduled practice paid by the appropriate insurance company
8. **TYPE OF ACCIDENT** is a phrase used to describe an unintentional, sudden incident that can be identified so effective counter measures may be taken. Examples are: struck by, tripped, fell, collision with, caught between, etc.
9. **AN UNSAFE ACT** refers to unintentional human failure or lack of skill that can lead to an accident. It is one of the two general accident causes, the other being an unsafe condition.
10. **AN UNSAFE CONDITION** is an abnormal or faulty situation or condition which may cause an accident. Its presence, particularly when an unsafe act is committed, may result in an accident.

STRUCTURE OF A SOUND PROGRAM

It is recognized that the area personnel and facilities available for the operation of a Little League will dictate the structure of an effective safety program. These safety guidelines are presented as a goal toward which the adults who administer a league can work. The effectiveness of their efforts to prevent accidents will be measured more by their sincerity of purpose than by the amount of money and preponderance of volunteer effort at their disposal. Effective accident prevention is a



commodity available only to those organizations which have a real desire to make it a part of their activities.

It must be understood that although your safety program is designed to cover all personnel and all activities in the operation of your Little League, its scope does not supersede any existing lines of authority. We expect everyone to become "safety-minded" and be guided by safety considerations, but not attempt to change the structure of the Little League Organization.

ADMINISTRATION

Responsibility

The administration of an effective safety program is the responsibility of all who operate the Little League system on all levels. The inexperience and dependence of young children on adult guidance make it imperative that all levels of authority make safety an integral part of their behavior, transaction of league affairs and instructions to the players.

Point of View

Everyone's approach to the problem of accident prevention must be from a positive point of view if it is to be effective. We should be concerned primarily with controlling the causes of accidents which can be eliminated without taking any action, speed or competition out of the game. An attitude of alertness, hustle and enthusiasm without antagonism should be encouraged. Good equipment and proper instruction more than outweigh the risk of injury. A lively spirit of competition engenders that extra effort needed for development of skills.

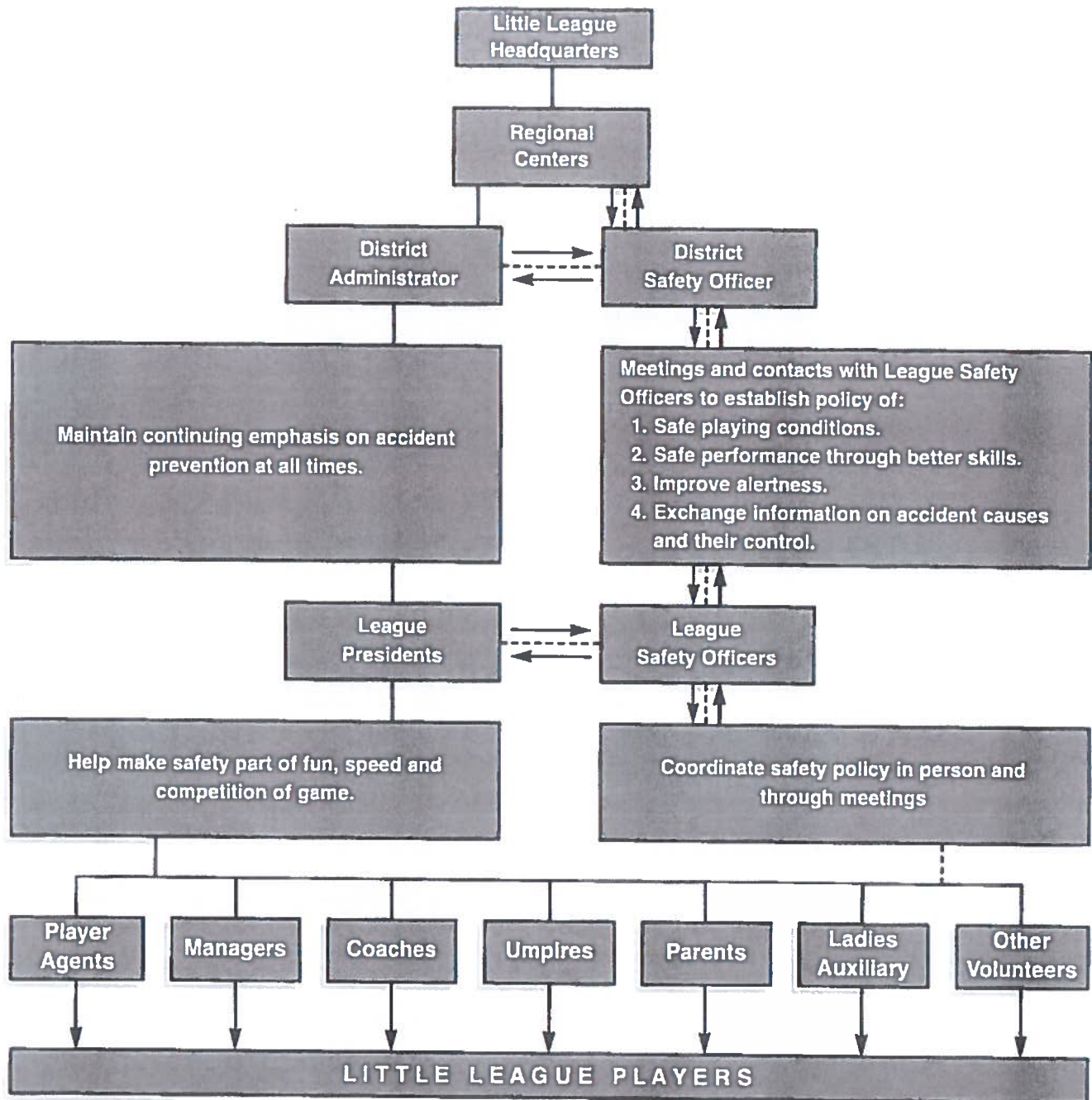
Basic Factors

To minimize accidents, particularly during the initial learning period, instruction in the basic skills should be approached gradually. This applies particularly to fundamentals such as running, ball handling, batting and sliding which produce the majority of accidents.

A second basic factor very important to the safe development and continuing use of baseball skills is the understanding and practice of teamwork and good sportsmanship. These intangibles have a direct bearing on accidents involving another person and can be made a part of the game by the following:

1. A courteous and considerate attitude by adults. They must set a good example.
2. Many of the players will need to be instructed in cooperation between teammates and good sportsmanship toward opponents.

ORGANIZATION



The organization of your safety program is built on the two key positions of a District Safety Officer and a League Safety Officer. Their services are needed because a safety program in a large, volunteer organization such as Little League requires direction and coordination. This can be accomplished best by the efforts of conscientious individuals having accident-prevention as their main responsibility.

DISTRICT SAFETY OFFICER

The Role in Effecting a Broad Program of Safety in the District

Selection

The District Administrator should appoint a District Safety Officer (DSO) to act as a representative in carrying out the responsibility of preventing accidents in the leagues of the district.

An interested safety professional from industry, public service or the insurance field could be found who is not only qualified for this responsibility but can assist the league presidents in the selection of a suitable person for League Safety Officer (LSO) in each league.

Responsibilities

It is suggested the District Safety Officer hold regular meetings with League Safety Officers to assist in the following:

1. Make sure League Safety Officers are carrying out their duties as safety advisors to each team manager, coach and umpire. If each League Safety Officer cannot attend all tryouts, games or proactive sessions, a deputy or alternate should be appointed to act in this capacity.
2. Exchange information on methods that have proven most effective in the prevention of accidents in each league.
3. Review the causes of accidents that have occurred since the previous meetings in order to forestall similar mishaps elsewhere in the district.
4. For leagues carrying insurance through Little League Headquarters, the District Safety Officer will review the reporting of claims by League Safety Officers as well as a follow-up on the prompt payment of medical bills.
5. In the event that a league president has difficulty in obtaining volunteer League Safety Officers with some safety experience it is the responsibility of the District Safety Officer to train them in accepted methods of accident prevention.
6. It may be beneficial to organize safety contests between teams in each league and between leagues in the district.
7. Great care must be taken to avoid the possibility of neglecting proper care of injuries to avoid having an accident charged against them.
8. The District Safety Officer, with the knowledge of the District Administrator, will also serve as liaison officer between the district and Little League Headquarters. This two-way line of communication will help the safety effort in both places. Headquarters will keep the district safety personnel informed of beneficial safety information coming from the field and other sources.
9. It is the District Safety Officer's responsibility to see that all adults make every effort to prevent accidents before they occur rather than waiting for an unfortunate mishap to signify a safety problem.

LEAGUE SAFETY OFFICER

Authority

By unanimous action of the 1965 Little League International Congress and subsequent ratification of the Board of Directors, it was resolved that every chartered Little League shall appoint a Safety Officer.

Selection

The league president should take great care in selecting a League Safety Officer. It would be well to interview a number of people who may be qualified as outlined below. It is better to delay the selection of a League Safety Officer than to make the wrong person fit the job. Remember — the selected individual will be your personal representative on this important part of your responsibilities.

Qualifications

The League Safety Officer should be someone having the following qualifications, at least to a reasonable degree:

1. Sufficient knowledge of baseball and softball to evaluate and suggest corrective measures for hazards without conflicting with Little League Rules.
2. It would be an asset if that person had first hand experience with a safety program, or at least an understanding of the importance of safety. Examples of people with indirect knowledge of safety would be doctors, insurance agents, and fire or police officers.
3. Such an officer should be a person who can adapt a point of view to that of other volunteers. In other words, the officer should be able to sell a safety package on its own merits.
4. The officer should have the interest and the time to coordinate the safety efforts of other adults in the organization.

League Safety Officer's Authority

The League Safety Officer's authority is mainly advisory with as much force behind advice as the league president has delegated that officer. It must be remembered that managers, player agents and umpires must carry out their own duties and responsibilities. Any differences of opinion on safety policy should be referred to the League President rather than argued. Further questions may be taken up with the District Safety Officer. The latter may refer such problems to Little League Headquarters.

Responsibilities

The main responsibility of a League Safety Officer is to develop and implement the league's safety program. The following may help in carrying out the assigned duties.

1. Spot checks should be made at practices and games to be sure reasonable precautions are taken and assist wherever possible with advice and encouragement.



2. At the playing field, the League Safety Officer's first duty is to insure first aid facilities are available and emergency arrangements have been made for an ambulance or doctor.
3. The League Safety Officer's next obligation is to advise and follow up on the control of unsafe conditions. These will be brought to light by the adults in charge making a preliminary inspection of the field and being continually on the lookout for situations that might cause accidents. Since it would not only be impossible, but an invitation to "buck passing," for a League Safety Officer to keep a degree of control over accident exposures alone, such efforts will be effective only when that officer and league president have convinced fellow volunteer workers that safety should be a primary consideration in whatever they are doing.
4. In addition to the League Safety Officer's advising on the control of unsafe conditions throughout the season, it is a specific responsibility to follow up on procedures and methods of instruction that will help control the human elements that may be the cause of accidents. Here again the work must be done through existing lines of authority in the organization to make accident-prevention a matter of league policy rather than an after-thought applied on a hit-or-miss basis.
5. It would be suitable if the League President delegates the handling of insurance claims to a League Safety Officer because:
 - (a) A League Safety Officer will be familiar with accidental injury cases that require an insurance claim.
 - (b) The personal knowledge of the people in the league will be helpful in following up on such cases.
 - (c) The League Safety Officer will recognize the pain and hardship which result from such injuries, and will

serve as an additional incentive to see that everyone is kept on their toes to prevent the occurrence of other accidents.

Organized Plan

The first duty of a new League Safety Officer is to sit down with the League President and prepare a safety program for the league. It should have the essential objectives of assuring that:

1. Practice and playing field conditions are made as safe as possible.
2. Players protective equipment and other facilities are available and in good condition.
3. Arrangements have been made for first aid treatment and more severe emergencies.
4. All managers, player agents, coaches and umpires have been instructed in the inclusion of suitable safety precautions as an integral part of their regular duties.
5. Other volunteers, such as grounds keepers and auxiliary members are carrying out their jobs safely.
6. A definite plan is in effect for traffic safety including players travel to and from the field.
7. Arrangements are made for the prompt investigation and reporting of accidents and near-misses with a definite

follow up for the prevention of further accidents of a similar nature.

8. Procedures are in place for prompt and timely reporting of accidents requiring medical treatment to Little League Headquarters.

The best way to institute such a plan is to call a meeting of key personnel, particularly the managers and umpires. If the safety plan or program is to be effective, they must not only agree that safety is essential to the operation of their Little League, but that they will do their part to make it succeed. They should also express a willingness to accept the help and advice of the League Safety Officer.

Incentives for Safety Officers

To people who are not familiar with the safety profession, the incentive and rewards for handling what seems to be a "thankless job" may appear to fall short of the inducements for taking other assignments in Little League Baseball. A dedicated Safety Officer gets a great deal of satisfaction from other people that they owe it to their families and themselves to be alert to prevent pain, suffering and general misfortune connected with the more severe accidents — the majority of which could be prevented. The Safety Officer's enthusiasm for making accident-prevention work will rub off on other people in the Little League program. It is similar to the maxim that "courtesy is contagious."

CONTROLS ARE ESSENTIAL

Having set the stage for your Little League safety program, let's look at the control of unsafe conditions. It is a logical step, because accident causes can be controlled more readily than those involving human element.

Responsibility

The League President has the primary responsibility for safe conditions. However, it is not possible to cover all details personally, so it is necessary to delegate most of this responsibility to others. The following assignments are suggested:

1. Safe maintenance of fixed ball field property, including structures, to the head groundskeeper.
2. Procurement and upkeep of practice and playing equipment, particularly personal protective equipment, to the equipment manager.
3. Each manager should see that the use of field and playing equipment by players does not create hazards.
4. The umpire should take the initiative to insure unsafe conditions are corrected on the playing field and in foul territory during games.
5. The responsibility for maintaining safe conditions for the entire league falls on the shoulders of the president. Some important safety jobs can be delegated to whomever is most suited to handle them, as follows:

- (a) The safety of players and adults going to and from fields is very important as shown by the severity of traffic accidents. See chapter on Traffic Safety.
- (b) The first aid kit must be kept properly equipped and arrangements for emergencies up to date. See chapter on First Aid.
- (c) Taking measures to counteract the hazards that may be connected with special events such as picnics, fund-raising projects, etc. See chapter on Insurance Coverage.
- (d) The safety of spectators, including parking facilities.
- (e) The safe handling of food and drinks at the concession stand.
- (f) If the league operates under artificial lights, the president has the very important responsibility for making sure the lights meet minimum requirements. Check with the District Administrator for Little League Lighting Standards. This is a must for safe playing conditions. The only alternative to adequate lighting is to schedule practice and games during daylight hours. Light meter checks should be made at regular intervals to find out when it is necessary to clean reflectors and replace partly worn light bulbs which have lost their original rating.

Play It Safe

Physical Checkups

The physical well-being of players who are accepted in the Little League program is essential to avoid the hazard of unsafe personal conditions. It would be well to enlist the help of a local physician to advise the league on medical matters not covered by individuals' family physicians.

It is strongly suggested that all candidates for the Little League program pass a basic physical examination before they are accepted.

Another important way that physical checkups can prevent accidents is obtaining a medical release to play ball after a player has recovered from an accident. If this final medical checkup is for evaluation of the player's recovery from an injury covered by "accident insurance," the cost can be charged against the original claim.

Safety Inspection

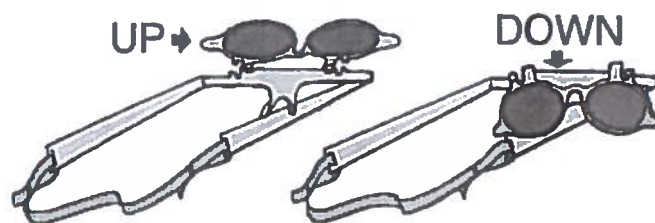
Regular safety inspection of the field, permanent and temporary structures, ball playing equipment and personal protective equipment is the best way to determine which unsafe conditions require correction. The managers and grounds keepers should work together to insure serious accident exposures are corrected promptly! It is good experience and safety training to have the youngsters take part in the procedure.

The following list will be of assistance in determining conditions that cause accidents. Prompt action must be taken on all serious hazards. Some examples are:

1. Unsafe field conditions such as holes, ditches, rough or uneven spots, slippery areas and long grass.
2. Foreign objects like stones, broken glass, old boards, pop bottles, rakes, etc.
3. Incomplete or defective screen, including holes, sharp edges and loose edges.
4. Wire or link fencing should be checked regularly for similar defects which could injure a participant.
5. Board fences should be free of protruding nails, loose boards, and splintered wood.
6. Forty (40) feet in the center section of the outfield fence should be painted a dark color and kept free of signs to provide a contrast with balls thrown toward home.
7. The warning track should be well defined and not less than 10 feet wide.
8. Bat rack and on-deck* circle should be behind the screen.
9. The backstop should be padded and painted green for the safety of the catcher.
10. The dugout should be clean and free of debris.
11. Dugouts and bleachers should be free of protruding nails and wood splinters.

* On-deck areas have been eliminated for ages 12 and below.

12. Home plate, batter's box, bases and the area around the pitcher's rubber should be checked periodically for tripping and stumbling hazards.
13. Material used to mark the field should be a non-irritating white pigment (not lime). White plastic marking tape has proved better and less expensive than other methods of marking.
14. Loose equipment such as bats, gloves, masks, balls, helmets, etc., must be kept off the ground.
15. Constant attention must be given by managers, coaches and umpires to the possible lack or poor fit of personal protective equipment. This would include helmets, masks, catcher's pads and safe shoes. Plastic cup supporters are required for regular and reserve male catchers and are recommended for all male players in addition to regular supporters.
16. Personal jewelry, badges, pencils, etc., can be a hazard to the wearer and should not be permitted.



17. Corrective glasses should be of the sports type and equipped with "industrial" safety lenses. Shatterproof, flip-type sun glasses are good protection against losing a fly ball in the sun.
18. Bats should be inspected for orderly storage, secure grips and freedom from cracks. Cracked or broken bats should never be used.
19. Safety should be the major factor when making a decision on canceling a practice or game because of bad weather or darkness.
20. The greatest, although the least frequent, hazard in connection with weather conditions is exposure to lightning. Chances of surviving being struck by lightning are so slight that managers and umpires must not take any chances on continuing a practice or game when an electrical storm is approaching. At the first indication of such a storm, everyone should leave the playing field.
21. The correct fitting and spruce appearance of uniforms has the indirect benefit of contributing to pride and morale, which stimulates our main safety objective of greater skill for fewer accidents.



Congestion

Congestion is one of the unsafe conditions that must be dealt with by constant supervision. The umpire will keep unauthorized people out of the way during games. The manager and coaches must control this hazard during practice sessions. Since the development of this hazardous condition results from unsafe acts it is covered more fully in the next chapter on that subject.

Conditioning

This important phase of Little League training has a direct bearing on developing a safe personal condition. Extensive

studies on the effect of conditioning, commonly known as "warm-up," have demonstrated that:

1. The stretching and contracting of muscles just before an athletic activity improves general control of movements, coordination and alertness.
2. Such drills also help develop the strength and stamina needed by the average youngster to compete with minimum accident exposure.

These warm-up skills are most effective when the motions are patterned after natural baseball movements such as reaching for a ball, running and similar footwork. This is a good place also to "drive home" the basic safeguard of keeping the eye on the ball.

EXPOSURE TO UNSAFE PRACTICES

Unsafe acts are far more difficult to control than hazardous conditions. Also, they are the most challenging because they are involved almost entirely with the human element. It has been estimated that unsafe acts account for 80% of all accidents. Assuming that every effort has been made to provide safe conditions and equipment for a player, we should look at the exposure to a player's own or someone else's unsafe acts. Finding the causes is not enough—definite steps must be taken to counteract them.

Existing Safeguards

Before looking at these accident exposures and some suggestions for their control let's look at some of the built-in safety factors that are in our favor.

1. It is obvious that non-contact sports such as baseball and track produce far fewer accidental injuries than contact sports like football and hockey.
2. Little League has proven the value of its playing rules and equipment requirements by the fact that each season less than 2 out of 100 players have accidents resulting in injuries requiring outside medical treatment. This is far better than the average accident frequency of 6 accidents per 100 participants for school baseball players in this same age group.
3. Furthermore, 9 and 10-year-old Little League children have fewer accidents than the 11 and 12-year-olds. There are probably a number of factors that account for this difference, such as:
 - (a) The ball is neither batted nor thrown as hard by younger players as by older ones.
 - (b) Nine and ten-year-olds do not put in as much time actually playing ball as the older players.
 - (c) Younger players are less easily disabled by bumps and falls than their older teammates.

With proper instruction and drill work, it is expected that most younger players will develop protective skills that will see them through the more competitive age levels of the

game. It must be kept in mind too that some 9 and 10-year-old youngsters will develop faster and are better able to handle themselves than some 11 and 12-year-olds.

Attitude

1. An attitude of alertness, hustle and enthusiasm that has been recommended as a guideline for the administration of your safety program should be carried down to all players to spark them in the development of better skills
2. Good sportsmanship and courtesy, which are necessary for a harmonious and safe environment, can be taught best through the good example set by all adults on and off the field.
3. Your most effective tool to inspire an attitude of self-confidence and a desire to excel is the use of much PRAISE and RECOGNITION. Of course, this must be given when deserved so as not to be cheapened by too much repetition. After all, a really good try rewarded by a word of encouragement may be a good play on the next attempt.
4. Guidance on the most constructive attitude or point of view for both adults and youngsters can be summarized by recommending a POSITIVE APPROACH to all training techniques. Again, it is emphasized that good training is most effective weapon against accidents caused by unsafe acts.

Tryouts

To reduce the chances of accidents to inexperienced beginners, tryouts should be guided by the following:

1. Players should be scheduled to report for tryouts by age groups. This will not only give the younger applicants more confidence but will reduce their exposure to the harder play of older participants.
2. Since a youngster's lack of ability to handle a ball is the most likely way for the players to get hurt, a test should be made first with some short underhand throws to

Play It Safe

check skill in catching a ball before the player is exposed to normal throws or batted balls.

3. Running form and speed should be observed by checking time and form on a dash from home plate to first base. Group racing does not exhibit true potential as a runner and could result in a pile up.
4. It is better to single out a particularly awkward and inept candidate for extra attention and safe placement than to ignore flaws hoping the applicant will quit. What may be an unsafe situation is often made worse by not acknowledging it.
5. The same principle of taking precautions to protect untried beginners dictates the use of great care in delivering a pitched ball to a potential batter. It may be that player's first experience.

Warm-Up Drills

The subject of warming up before a practice session has been covered as a means of safeguarding youngsters, at least to a degree, from poor physical condition and lack of limbering up.

Use of the term "warming-up drills," in connection with unsafe acts, refers to ball handling practice rather than calisthenics. This involves a serious accident exposure to misdirected balls. The following will reduce the danger of being struck by a misdirected ball:

1. All unauthorized people should remain off the field during drills.
2. After the number of targets has been reduced to minimum, one of the best preventive measures is to stress that the eye must be kept on the ball. This safe practice should be drilled into both adults and youngsters so continuously that it becomes a reflex action.
3. Another danger from misdirected balls is the exposure of inexperienced batters to wild pitchers. The use of batter's helmets is a must. However, it does not justify permitting a potential pitcher throwing to an inexperienced batter until control is demonstrated.
4. The danger of being struck by a ball can be further minimized by the following plan:
 - (a) Throwing and catching drills should be set up with players in two lines facing one another.
 - (b) Random throwing should be permitted only to designated players.

Safe Ball Handling

1. Misjudging the flight of a batted ball may be corrected by drilling with flys which begin easy and made more difficult as a player's judgment and skill improves. Everyone should eventually be able to handle balls that go overhead.
2. In addition to a player never losing sight of a ball from the time it leaves the bat, the player should keep the

glove positioned and the body relaxed for a last split-second move.

3. An infielder can best be protected by an aggressive short-hop fielding play by always keeping the "nose pointed at the ball" and the eyes glued on it. Also, if moving forward, the player is in a better position to make a throw.
4. It is safer for the player to knock a ball down and rehandle it then to let the ball determine the play.

Collisions

Collisions result in more injuries than is the case with most other types of accidents. They are usually caused by errors of judgment or lack of teamwork between fielders. It is important to establish zones of defense to avoid collisions between players. It is particularly important when players are chasing high fly balls. Once the zones are established, play situation drills should be held until these zones and patterns become familiar to the players. The responsible player should call out the intentions in a loud voice to warn others away. Here are some general rules to follow:

1. The fielder at third base should catch all balls which are reachable and are hit between third and the catcher.
2. The fielder at first base should catch all balls reachable which are hit between second and the catcher.
3. The shortstop should call all balls reachable which are hit behind third base.
4. The fielder at second base should catch all balls reachable which are hit behind first base.
5. The shortstop has the responsibility for fly balls hit in the center of the diamond and in the area of second base. Since the glove is on the left hand it is easier for the shortstop than the fielder at second to catch fly balls over second base.
6. The centerfielder has the right of way in the outfield and should catch all balls which are reachable. Another player should take the ball if it is seen that it is not reachable by the centerfielder.
7. Outfielders should have priority over infielders for fly balls hit between them.
8. Priorities are not so easy to establish on ground balls, but most managers expect their base player to field all ground balls they can reach, cutting in front of the shortstop on slow hit grounders.
9. The catcher is expected to field all topped and bunted balls which can be reached except when there is a force play or squeeze play at home plate.

Warning Track

In addition to collisions between players, occasionally a player chasing a fly ball will crash into the fence. These accidents also can be controlled by suitable drill work. In this case it is simply a matter of giving the outfielders an

opportunity to practice getting the feel of the warning track under their feet.

They must learn to judge their distance from the fence and the probable point where the ball will come down. It would be worse than futile to not only miss catching the ball by a wide margin but also be injured by a collision with the fence.



Retrieving Balls

Balls that go out of the park should be retrieved by persons who have been specifically assigned to that duty. Such persons should be youngsters who can be relied on not to endanger themselves by climbing fences or getting into a scramble for possession of a ball.

Keep Grounds Clear

Another duty that should be given in turn to alert substitute players is the picking up of bats and proper placement in the rack. The clearing up of other loose playing equipment should be included in this assignment.

Sliding Safety

As is the case with other baseball fundamentals, a correct slide is also a safe one. It is well, too, to guard against the accident of a collision and the possibility of a player being struck by a thrown ball as that player "hits the dirt." It goes without saying that steel spikes are not being worn. The following can make the learning period safer:



1. Long grass has been found to be better than a sand or sawdust pit to teach sliding.
2. The base must not be anchored down.
3. Sliding pads are recommended.
4. The player should make approaches at half speed and

keep constantly in mind that hands and feet should be in the air. Once committed to slide, the player must not change strategy. Last minute hesitation causes most sliding injuries.

5. Tennis shoes are suggested for beginning sliding and tagging practice to avoid injury to the defensive player.
6. If the ground along the baselines becomes soft on a rainy day, such weather offers an excellent opportunity to have sliding drills.
7. It should be kept in mind that head-first sliding* is not recommended except when returning to a base.

Batter Safety

A batter's greatest accident exposure is from the unsafe acts of others, namely wild pitches, which account for a major portion of all accidents. Again, the best defense is an alert, confident concentration on the ball. This type of injury is more prevalent in Regular than in Minor League play. Since the danger is increased as pitchers learn to throw with greater force and as more games are played, it is doubly important to take whatever counter measures necessary to offset this exposure.

1. A well-fitted, NOCSAE approved helmet is the first requirement.
2. The development of the novice batter's ability to take evasive action can be improved by getting the player to relax and concentrate on the ball from the time the pitcher starts delivery until it lands in the catcher's mitt. Players with slow reflexes can also be helped by stimulated batting and ducking practice with a tennis ball.
3. The unsportsmanlike practice of crowding the plate or jumping around to rattle the pitcher must not be tolerated. This could endanger the batter if it causes the pitcher to lose control. Umpires should stop such actions.
4. Painful finger and hand injuries can be reduced by making sure the batter holds the bat correctly when bunting. Youngsters have a tendency to lean too far over the plate and not keep the ball well out toward the end of the bat. This should be corrected.
5. When the batter becomes a base runner, that player should be taught to run outside the foul lines when going from home plate to first and from third to home, to reduce the chance of being hit by a thrown ball.

Safe Handling of Bats

A review of the batter's potential for causing injuries to others points up the following:

1. The most easily prevented type of accident is the too frequent fault of beginners throwing the bat while running to first base. This unthinking act may be corrected

* Head-first sliding has been eliminated for ages 12 and below, except for when returning to base.

Play It Safe

through individual instruction to drop the bat safely by:

- (a) Having the player hand the bat to the coach will serve as a reminder before each ball is pitched.
 - (b) Having the player drop the bat in a marked-off circle near where running starts.
 - (c) Counting the player "out" in practice whenever the player fails to drop the bat correctly.
 - (d) Providing bats with grips that are not slippery.
2. Coaches and umpires should be on the alert to correct batters that have a tendency to step into the catcher as they swing.

A Dangerous Weapon

We use this heading to note the seriousness of an accident exposure that may sound impossible but one which has caused several very serious accidents on several occasions. The preceding precautions apply to the actions of individuals who should have control over the bat they are using.

A more serious injury is waiting for the absent-minded youngster who unconsciously walks into the swing of the coach's bat when the coach is hitting flies, or the equally unwary player who walks into the swing of a player in the on-deck circle*. These situations demonstrate the need for everyone to become safety-minded, not only for their own good but also for the safety of others. The following precautions are suggested:

1. The player, usually a catcher, assigned to catching balls for the coach hitting flies should be given the specific assignment of warning away anyone who comes too close.
2. All players and adults should be trained to walk around the on-deck circle* whether it is in use or not. The ingrained safety habit of keeping clear may save someone a painful injury.

Catcher Safety

1. The catcher, as might be expected from the amount of action involved has more accidents than any other player. Statistics show that the severity of injuries is less in Regular than in Minor League play. Again, this bears out the fact that the more proficient the player, the less chance of injury. Assuming that the catcher is wearing the required protection the greatest exposure is to the ungloved hand. The catcher must learn to:



* On-deck areas have been eliminated for ages 12 and below.

- (a) Keep it relaxed.
 - (b) Always have the back of the throwing hand toward the pitcher when in position to catch.
 - (c) Hold all fingers in a cupped position near the mitt, ready to trap the ball and throw it.
2. The catcher should also be taught to throw the mask and catcher's helmet in the direction opposite the approach in going for a high fly.
3. As the catcher learns to play this difficult position, a good habit is to keep a safe distance back from the swinging bat. Estimate this as one foot farther from the batter than the ends of the outstretched fingers.
4. To repeat, the best protection is keeping the eye on the ball.

General Inattention

Going one step back to the "whys" of most ball handling accidents, it appears that inattention due to inaction or boredom is an underlying accident cause with which we must deal. This situation can be partly offset by using idle time to practice basics of skillful and safe play, such as:

1. Otherwise idle fielders should be encouraged to "talk it up." Plenty of chatter encourages hustle and enthusiasm.
2. Players waiting for a game or practice to start can pair off and play catch to improve their basic eye-on-the ball technique.
3. Practice should include plenty of variety in the drill work.
4. Put a time limit on each drill and do not hold the total practice for more than two hours, or less if interest begins to lag.
5. Idle players along the sidelines can be given the job of studying the form of other players to improve their own techniques. They may then report on what they have learned to improve their own form on running, ball handling, throwing, batting and sliding.

Control of Horseplay

No discussion of measures to control the human element in accident-prevention would be complete without going into the problem of horseplay. This includes any type of youthful highjinks that could even remotely be the cause of an accident. Even a mild form of such childish behavior could distract any player about to catch a ball or possibly when at bat, and result in an accident. After all—team play requires 100% cooperation among all players, and good sportsmanship demands courtesy to opposing players.

If show-offs and smart-alecks cannot find sufficient outlet for their high spirits in the game, quick and impartial disciplinary action must be taken.

HAZARDS IN TRAVEL TO AND FROM FIELD

Little League is also concerned for the safety of players and team officials on the way directly to and from the field. Since these adults are mature people with a good sense of responsibility, it is not surprising they have had very few mishaps while going to and from their volunteer baseball jobs. Youngsters however, are likely to take a more light-hearted view of these accident exposures.

Upon examination, it is obvious that this hazard is no worse than the everyday exposure of going to and from school, the playground or elsewhere. However, this does not relieve us in the least from looking out for their safety while on Little League "business."

Accident Exposures

A quick examination of our problem leads us to separate these exposures into two broad classifications; namely, traffic safety and the various temptations resulting from youthful curiosity and a desire for adventure. In the field of insurance law, the latter type are known as "attractive nuisances." They range anywhere from an easy-to-climb tree to a boat that has been left without being chained and padlocked.

Travel Hazards

Although Little League traffic accidents involve only one or two cases for every hundred injuries from all accidents, the average severity of these accidents far exceeds those from other causes.

The alarming country-wide increase in all traffic accident deaths has made the publicity on these losses a natural crusade. This staggering annual increase indicates the public conscience has become hardened, not only to these needless fatalities but also to the tragic probability that millions will be seriously injured as the result of traffic accidents in the years to come. Too often we assume that it cannot happen to us or our loved ones until it is too late to prevent a crippling or fatal injury. In Little League we have not only an opportunity but an obligation to take organized action for the protection of our own interests. Let's do something about it.

General Accident Prevention

First, let's look at what can be done to implant the basic principles of traffic safety in the thinking of our adults and particularly our players.

1. In any meeting or gathering where adults are brought together, they should be reminded repeatedly of their responsibility to:

- (a) See that all passengers use seat belts. Do not carry passengers in cargo areas of vans and pick-ups.
- (b) See that their vehicles are in safe operating condition.
- (c) Observe traffic regulations.
- (d) Drive defensively.

2. Youngsters who are walking to or from the field should be reminded by their parents, managers and coaches to:
 - (a) Not hitch rides.
 - (b) Use street or highway crossings protected by lights as much as possible.
 - (c) Always walk in single file off the roadway, and on the side against the flow of traffic where there are no sidewalks.
 - (d) Wear light-colored clothing and carry a flashlight when walking along a road after dark.
 - (e) Be just as alert to the dangers of moving traffic when in a group as when alone. Do not depend on others.
 - (f) Observe bicycle safety rules such as those listed in the next section.

Bicycle Safety

In spite of the nationwide increase in the popularity of bicycling, the number of accidents to riders has not increased as rapidly as is the case with other types of traffic accidents, thanks to the emphasis that has been placed on bike safety. It is estimated there are over 57 million bike riders in America. Still, our country is faced with hundreds of fatalities and thousands of disabling injuries each year from bicycle mishaps. We should be concerned that 4 out of 5 of these accidents are to young people in the 5 to 15 year age bracket.

Since bike riding is generally the most popular way for Little Leaguers to travel to and from the playing field, place more emphasis on bicycle traffic safety.

Bicycle Accident Prevention

As in the case of discovering and correcting the causes of player accidents, let's examine the major causes of bike accidents and what can be done to offset them.

1. According to the National Safety Council, 15% of all fatal bike accidents nationwide did not involve motor vehicles. In general, they were "spills" caused by:
 - (a) Slippery or rough riding surfaces.
 - (b) Defective bicycles.
 - (c) Collisions with pedestrians or fixed objects.

A significant number of bicycle accidents that resulted in injuries could have been prevented by keeping the bikes in good mechanical condition, better rider skills and the observance of bike safety rules.

2. The remaining 85% of fatal accidents involving collisions between motor vehicles and bicycles were analyzed by the National Safety Council as follows:
 - (a) One-half occurred at intersections.
 - (b) Seven out of ten were during daylight hours.
 - (c) Four-fifths of the cyclists killed or injured were violating a traffic law.

They were:

- (1) Failing to yield the right of way.
 - (2) Riding in center of street.
 - (3) Speed too fast for conditions.
 - (4) Disregard for traffic control devices.
 - (5) Riding against traffic.
 - (6) Improper turning.
- (d) Additional responsibility by the car drivers is indicated by the fact that many accidents involve violations by the auto vehicle drivers.
- (e) In one of five cases, the bicycle had a mechanical defect that could have caused the accident.

Since we can do very little to control violations by motor vehicle drivers it is doubly important to have some assurance that: (1) the bikes will be in good condition, including suitable lights and reflectors; (2) the riders will be safety-minded; and (3) they will ride defensively.

3. Having decided on these four objectives, what can be done to implement our bicycle safety program without over-burdening our volunteers? First, it should be noted that the best results have been obtained by safety promotion projects in which the youngsters take an active part. This can be done by getting a local bike shop or a civic-minded organization to sponsor a package program such as the ones offered without charge by the Bicycle Institute of America. It is located at 122 E. 42nd Street, New York, NY 10017. They will provide not only well-tested procedures but such incentives as colorful decals for the bikes and Safety League membership rule cards. Part of the card is shown below.

1. **Observe all Traffic Regulations** — red and green lights, one-way streets, stop signs.
2. **Keep to the Right** — ride in a straight line. Always ride in single file.
3. **Have White Light on Front** — danger signal on rear for night riding.
4. **Have Satisfactory Signaling Device** to warn of approach.
5. **Give Pedestrians the Right-Of-Way.** Avoid sidewalks — otherwise use extra care.
6. **Look Out for Cars Pulling Out Into Traffic.** Keep sharp lookout for sudden opening of auto doors.
7. **Never Hitch on Other Vehicles** — do not “stunt” or race in traffic.
8. **Never Carry Other Riders** — carry no packages that obstruct vision or prevent proper control of cycle.
9. **Be Sure Your Brakes Are Operating Efficiently** — keep your bicycle in good running condition.
10. **Slow Down At All Street Intersections** — look to right and left before crossing.
11. **Always Use Proper Hand Signals** — turning and stopping.

12. **Don't Weave In Or Out of Traffic** — Do not swerve from side to side.

Suggested bike safety programs are:

- (a) Safety inspection of all bikes by a qualified service mechanic.
 - (b) Testing of individual youngsters for: balance, changes in direction, traffic control, pedaling and braking, maneuvering, mounting, obstacles, emergency stops, turning, signaling and proper care of bike.
 - (c) Rodeo, which is similar to the testing program except that the participants are scored on their knowledge of bike safety and execution of various maneuvers while competing for prizes. This could be made more exciting by having the various teams in each league compete against each other.
4. Another effective way to impress youngsters with the importance of observing traffic safety rules is to have a safety representative from your local law enforcement agency talk briefly to each Little League group, following a practice or game. Youngsters may be impressed by the importance of traffic safety rules which are explained by an officer, such as a state trooper, in uniform.

Prevention of Other Going-and-Coming Accidents

As mentioned at the beginning of this chapter, our Little Leaguers are exposed to other accidents while traveling to and from the ball field.

These accidents, which can be very serious, are a difficult type to prevent. The youngsters are usually out of touch with adult guidance when they get an impulse to climb a tree, throw a stone, watch a construction job, try out someone's motor bike, play in the water or otherwise express their natural curiosity and spirit of adventure. Unfortunately, some of their impulsive actions have led to disastrous results.

Possible Preventative Measures

1. The most positive approach, and probably the most effective, is appealing to their loyalty to the Little League uniform or cap. Parents, managers and coaches should impress upon them that their behavior along the way will give other people a good or bad impression of Little League, depending on how they act.
2. Youngsters should also feel the restraining effect of orders to go directly to the field and report to their manager or coach. The same order should apply to going straight home and checking-in with their parents.
3. As an indirect precaution, parents should be encouraged to have their youngsters learn how to swim. This is particularly important if there are any bodies of water within striking distance of their route. This knowledge

may save their lives when temptation is stronger than the voice of authority.

4. A surprising number of accidents also occur when youngsters reach the vicinity of the field but it is not yet time for practice or a game. In this situation it is the direct responsibility of any adults who are nearby to stop

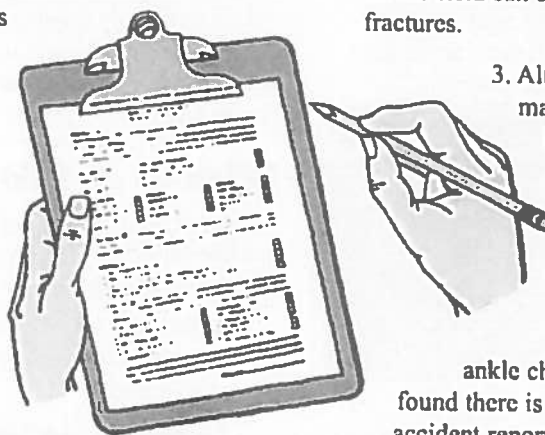
such activities as climbing trees, chasing each other, running up and down the grandstands, etc.

5. Volunteers should make local authorities aware of potential risks in the area, ie. unfenced excavation or quarries and lakes with unsecured boats.

MAKING USE OF ACCIDENT REPORTING

In the effort to prevent accidents to Little Leaguers one must deal with the unpredictable actions of many small athletes. One of the most widely accepted ways to counteract the unsafe acts, which are so often a part of such uncertain behavior, is to inquire into the reasons behind such acts and take suitable counter measures.

Since we cannot eliminate all of these disturbing and sometimes tragic mishaps, one must use them as tools to help control similar or related accidents. Also, alert operation makes it possible to get at the causes of "near misses" so that something can be done to prevent the occurrence of injury-producing accidents.



correction of this type of accident may be obvious. A report, however, would serve as a reminder, not only to this team, but to others in the league that equipment left on the field can cause falls, some of which can result in fractures.

3. Although it may be embarrassing to a manager, should a relief catcher have front teeth knocked out because of neglect to always wear a mask and catcher's helmet when warming up a pitcher, the report on such a violation should be passed along as a warning to others.

4. Let's assume a player turns an ankle chasing a fly ball. Upon checking, it is found there is a hole in the outfield. A copy of the accident report passed on to the grounds keeper would reduce the chances of that person forgetting to correct the hazard.

Which Accidents to Analyze

Good judgment must be used in deciding which accidents to analyze. The severity of an injury should not be the only basis of deciding to determine reasons for an accident and what can be done to reduce the chances of its reoccurrence. The possibility of a similar and more severe accident occurring should be our main reason for getting at the causes and taking suitable corrective action.

Examples of cases that probably would not require detailed checking would be a "strawberry" from sliding or minor strains and bruises, not associated with serious unsafe acts or conditions.

Examples of accidents requiring thorough study are:

1. A collision when two players go after the same fly ball, even though no one is hurt, has the possibility of resulting in a serious injury. Questioning players may reveal they had forgotten ball priority assignments in the excitement of trying to make the catch. The corrective measure might be to hold additional ball priority drills. A completed accident cause report passed on to the Safety Officer will serve as a warning to managers of other teams.
2. If a player should trip and fall over a bat left on the ground and suffer a small abrasion, the cause and

Other Uses for Accident Reports

1. The need for corrective measures, of course, is most evident when an injury is severe enough to require professional services. In addition to the need for immediate preventative action, it is very important to have accurate information to complete the insurance claim report. This may be done by the Safety Officer.
2. As in any organized endeavor, communications among teams in a league and leagues in a district is important. The safety program can be effective for everyone if each adult, with some safety responsibility, is given a brief report on serious or unusual hazards and the corrective action that has been taken to counteract them. In order to accomplish this, the League Safety Officers and the District Safety Officer must be kept informed about all significant accident cases.

Further Follow-Up on Accident

Even after corrective measures have been put into effect, responsible adults should continue to check back to make sure that unsafe habits have not been resumed and conditions are not allowed to slip. We advise youngsters to keep their eye on the ball. Let's do the same with safety precautions.

FIRST AID

First aid is an important part of any safety program. Like insurance coverage, it is a form of protection that must be available in case of an emergency involving any injury.

Definition

First aid is the immediate, necessary, temporary, emergency care given for injuries.

Selection and Qualifications of First Aiders

It is recognized as impractical to have a completely trained and experienced first aider on duty at all times. However, every effort should be made to have several alternate first aiders, preferably adults whose duties keep them at the field, trained in the basic requirements of first aid treatment.

Ideally, this training should be from an accredited agency such as the American Red Cross. The alternative is to have them trained briefly and specifically for this purpose by a medical

doctor or a registered nurse who is familiar with Little League operations. Minimum first aid training should include the handling of extreme emergencies such as the usage of mouth-to-mouth resuscitation and external cardiac massage.



First Aid Equipment

Since this chapter of "Play It Safe" is not intended as a First Aid Manual, we have omitted information on treatment. Both this and the proper equipping of the first aid kit should be left to the advice of local medical authorities. It is sug-

gested, however, that in addition to the stock of bandages and medication, the following be available:

1. A supply of clean water, soap and towels
2. A blanket
3. Arm and leg splints
4. Easily accessible phone with emergency phone numbers, such as doctor, hospital and ambulance service. If a public phone is to be used, small coins should also be readily available.

Notification of Family

It is extremely important that, as soon as provision has been made for the care of injured or ill people who require outside treatment their family be notified in as tactful a manner as possible.

Follow-Up on First Aid Cases

Care of an ill or injured individual must always be the first consideration. In concern for their welfare, however, do not neglect the following:

1. A thorough investigation should be made to find the cause(s) of an accident and action started to prevent recurrence.
2. An insurance claim should be filed when outside medical attention is required. Do not wait for medical bills to arrive. They can be submitted as they become available. They must be identified by including the person's name, league name and number, date of injury, and city and state of residence. Bills should be itemized to show dates and type of treatments.
3. Any player under the care of a doctor should be required to bring a note from the doctor to the manager releasing the player to play ball before being allowed to return to the lineup.

PUBLIC LIABILITY

The responsibility of all organizations and their individual members for the safety of the general public has become an increasingly important factor in present-day society.

Little League's Obligation

As a non-profit organization supported by public funds and operated by volunteers we should have a deep interest in the safety of the general public as well as the protection of our Little League volunteers from lawsuits.

Even though we cannot fully protect the public from all situations arising out of the operation of a league, we can safeguard them from our own unintentional negligence.

Consequences of Being Sued

No matter how unjustified a liability suit may be, we should be concerned about the effects of such legal action on Little League and particularly on the men and women who make the league possible.

1. The worst result of such a suit, if there is no liability insurance coverage, is the possibility of wrecking the financial position of the individual against whom the suit is directed. In cases where a large judgment is obtained against an individual, the Court may take over all of a person's assets and even attach future earnings for years to come.

2. Another ill effect is unfavorable publicity from news releases, which are sometimes of a sensational nature. They can damage the public good will which has taken years to build.

Protective Measures

1. Obviously our best protection against the relentless attacks of a few claim-minded individuals is to have adequate liability insurance coverage from a reputable company. This will protect local league officials but not the good name of the league and its members.
2. Some legal protection can be obtained by incorporating a league under the laws of the state in which it operates. This is not to be confused with Little League Baseball, Incorporated, which cannot pass the advantages of its incorporation on to individual Little Leagues. They must be incorporated under the laws of the state in which they operate.

This relatively inexpensive protection will safeguard the league as a whole and its members, to a degree, from unlimited financial responsibility for a judgment against the league. However, it will not relieve anyone from the legal expenses required to defend against a suit, nor will it limit the legal responsibility of persons who may be sued as individuals. A league desiring to use the words "Little League" in its corporate title must first obtain consent from Little League Headquarters.

3. As in the case of player accidents, we can go a long way toward safeguarding the good name of Little League and the best interests of all individuals by taking a few common-sense precautions.

Avoid Negligence

The taking of precautions should be based on this main objective of avoiding any implication of negligence on the part of Little League people. In most successful public liability suits, the claimant must prove that some organization or individuals have been negligent in their obligation to safeguard the general public. Some examples of what can be considered as negligence are:

1. The use of grandstands or bleachers that are unsafe due to faulty design, the use of substandard building materials or material which has deteriorated to a point where they are not safe for a capacity crowd.
2. Spectator screen with holes which have become loose or torn.
3. The serving of food at a Little League concession stand that may have become spoiled or contaminated and the careless use of bottled gas. The following safety rules should be observed if bottled gas is used for cooking:
 - (a) Gas cylinders and regulators should be installed out of doors, at least three (3) feet from any building and, if not separated by a solid wall, at least six (6) feet

from the gas burners. Cylinders should always be in an upright position.

- (b) Solid pipe, metal tubing or standard braided metal hose should be used to connect the cylinders. Pipe should have flexible couplings or a tubing loop to provide for jarring or vibration.
 - (c) Cylinders should be installed and maintained by the supplier. By having a reserve cylinder piped up and ready for use, there will be no need for Auxiliary personnel to do more than turn a valve.
 - (d) Gas cylinders should be protected from physical damage and tampering but never in a solid enclosure, to avoid the possibility of an explosion.
 - (e) When not in use they should always be turned off at the cylinder and the key or valve handle removed.
 - (f) A hand fire extinguisher suitable for grease fires should be available and kept fully charged. The minimum requirement is a 5 lb. carbon dioxide type or a 2 3/4 lb. dry chemical extinguisher.
 - (g) If leaking gas ignites, always shut off the valve at the cylinder. If gas is burning at the top of a cylinder, DO NOT TRY TO EXTINGUISH IT. Call the Fire Department.
 - (h) Have your installation inspected and approved by your local Fire Protection Authorities.
4. Permitting members of the general public, particularly small children on the playing field where they may be exposed to thrown or batted balls and swinging bats.
 5. Allowing a pitcher and catcher to warm up in an unsafe location such as too near the stands, where a wild pitch could injure someone.
 6. Ignoring an obvious and frequent exposure to non-spectators using a public street or similar area and preventing their being struck by hard hit balls hit out of the playing field.

Conclusion

In brief, we can discharge our obligations for the safety of the general public and the welfare of the league and its members by:

1. Providing a reasonably safe place for spectators and maintaining it in good condition. Any adult spectator in attendance assumes the normal risks of watching baseball. Grandstand and bleachers should be inspected annually and be in conformity with National Fire Protection Association Standard for Places of Outdoor Assembly, No. 102. A pamphlet on Code No. 102 may be purchased from the NFPA, 470 Atlantic Avenue, Boston, MA. 02100. In some states, inspection service is provided and compliance with this Code is a legal requirement.

2. Keeping an alert eye out for dangers to the general public and nonspectators in the vicinity of the field. This applies particularly to small children.
3. Carrying adequate public liability insurance with a reputable company. Extensions of this coverage are needed

for the use of additional fields which are under other ownership.

4. Have the league incorporated under the laws of the state in which it operates.

ACCIDENT INSURANCE COVERAGE

A complete safety program must be backed up by adequate accident insurance coverage. Responsible organizations providing athletic programs assume a moral obligation to assure each injured player adequate medical attention and to help parents or families of injured players by easing the burden of medical expenses. In addition, adults who volunteer to assist in the operation of the league are entitled to protection from possible costs of accidental injuries.

Accident Insurance

This coverage is a requirement for chartering a league and is not to be confused with public liability insurance described in the foregoing chapter. Liability insurance protects a Little League against suits arising out of accidents to the general public.

Adequate accident insurance provides reimbursement for actual eligible medical costs arising out of accidental injuries to eligible individuals in the Little League organization directing or assisting with the games, tournament, practices and when traveling directly to and from the field. See your League President for pamphlets that provide a detailed description of these insurance coverages.

Insurance for Service-Connected Leagues

Adequate insurance for leagues operating at military installations sometimes is overlooked because of the free medical services available at these locations. Individuals in these leagues are not usually covered for:

1. The cost of dental care for dependents, if stationed in the United States.
2. The full expense of hospital care outside of military installation.
3. Injury expenses to civilian employees and their dependents.
4. Most accident expenses incurred in connection with baseball trips away from the military installation.

It is strongly recommended that these leagues review their insurance position and consider obtaining coverage through Little League Headquarters for:

1. A special death and dismemberment policy for each team.



2. Full coverage for approved tournaments if their activities will take them away from government property.

3. Regular Little League insurance, if the lack of medical benefits indicate a need for this protection. This coverage would make separate death and dismemberment and tournament insurance unnecessary.

Little League Insurance Obligations

The payment of premiums for insurance coverage, even the required accident insurance, does not completely fulfill a league's requirement to its members. Misuse of an insurance contract may seem to provide extra benefits for the few individuals who have no scruples in this regard. In actual fact, they are only working to their own disadvantage and that of other leagues in their rating area. Unjustified overloading of claim costs can result in increased premium charges. In time it could price your league out of business, as well as other leagues having limited finances. These abuses may be unintentional or possibly based on the fallacy that "any insurance company is fair game." Some examples are:

1. Submitting claims for injuries or illnesses that are not directly related to Little League activities.
2. Concealing other insurance coverage which has a prior responsibility for the payment of a claim or permitting duplication of benefits.
3. Permitting medical services to overcharge just because insurance coverage is available.
4. The submission of unjustified claims by a league official who has not taken the trouble to have the essential details of an accident checked by a responsible person to make sure that it has resulted directly from a Little League activity covered by insurance.

Little League Headquarters Assistance

Little League Headquarters, with its data processing equipment and research analysis department, is in an excellent position to take corrective action based on a review of claim cases. These safety improvements may take the form of:

1. Adjusting playing conditions.
2. Developing and improving protective equipment.
3. Advising on training procedures.

4. Changing playing rules or Safety Code.
5. Assisting leagues in areas where accidents are found to be excessive.

As a result of their detailed knowledge and their favorable bargaining position with large reputable insurance companies, Little League Headquarters is in the best position to adminis-

ter adequate and economical group insurance coverage for all Little Leagues. This service includes the ability to give credit through reduced premium costs in areas which have shown a consistently good experience.

Little League officers are urged to take advantage of both the insurance and accident-prevention services that are available through Little League Headquarters.

SAFETY CODE FOR LITTLE LEAGUE

- Responsibility for procedures should be that of an adult member of the local league.
- Arrangements should be made in advance of all games and practices for emergency medical services.
- Managers, coaches and umpires should have some training in first aid. First Aid Kit should be available at the field.
- No games or practices should be when weather or field conditions are not good, particularly when lighting is inadequate.
- Play area should be inspected frequently for holes, damage, stones, glass and other foreign objects.
- Dugouts and bat racks should be positioned behind screens.
- Only players, managers, coaches and umpires are permitted on the playing field during play and practice sessions.
- Responsibility for keeping bats and loose equipment off the field of play should be that of a player assigned for this purpose.
- Procedure should be established for retrieving foul balls batted out of the playing area.
- During practice and games, all players should be alert and watching the batter on each pitch.
- During warm-up drills players should be spaced so that no one is endangered by wild throws or missed catches.
- Equipment should be inspected regularly. Make sure it fits properly.
- Batters must wear approved protective helmets during batting practice, as well as during games.
- Catcher must wear catcher's helmet, mask, throat protector, long model chest protector, shin guards and male catchers must wear a protective supporter at all times.
- Except when runner is returning to a base, head first slides should be avoided.
- During slide practice bases should not be strapped down and should be located away from the base anchoring system.
- At no time should "horse play" be permitted on the playing field.
- Parents of players who wear glasses should be encouraged to provide "safety glasses."
- Players should not wear watches, rings, pins or other metallic items.
- Catchers must wear catcher's helmet and mask with a throat protector in warming up pitchers. This applies between innings and in the bull-pen.

[PLAYER SAFETY \(https://www.littleleague.org/player-safety/\)](https://www.littleleague.org/player-safety/)

[Child Protection Program \(https://www.littleleague.org/player-safety/child-protection-program/\)](https://www.littleleague.org/player-safety/child-protection-program/)

[Background Check Info \(https://www.littleleague.org/player-safety/child-protection-program/local-league-background-check-information/\)](https://www.littleleague.org/player-safety/child-protection-program/local-league-background-check-information/)

More

[JDP \(https://www.littleleague.org/player-safety/child-protection-program/ddp-faqs/\)](https://www.littleleague.org/player-safety/child-protection-program/ddp-faqs/) [SafeSport](#)

[Child Abuse Info \(https://www.littleleague.org/player-safety/child-protection-program/state-specific-information-child-abuse/\)](https://www.littleleague.org/player-safety/child-protection-program/state-specific-information-child-abuse/)

[Player Safety \(https://www.littleleague.org/player-safety/\)](https://www.littleleague.org/player-safety/)

[State Laws \(https://www.littleleague.org/player-safety/child-protection-program/\)](https://www.littleleague.org/player-safety/child-protection-program/)

[Parents Guide \(https://www.littleleague.org/university/articles/guide-to-the-little-league-child-protection-program/\)](https://www.littleleague.org/university/articles/guide-to-the-little-league-child-protection-program/)

SafeSport Resources for Leagues

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. Education and awareness are the most critical components to creating safe and respectful sporting environments, free of abuse and harassment.



Little League Baseball and Softball has always strived to create a safe and healthy environment for all Little Leaguers and their families. There are certain requirements from the SafeSport Act that Little League International and all local little league programs must adhere to.

- Reporting of Sexual 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 sexual abuse in their state. Please reference [LittleLeague.org/ChildAbuse \(https://www.littleleague.org/player-](https://www.littleleague.org/player-safety/child-protection-program/)

- Leagues must adopt a policy that prohibits retaliation on "good faith" reports of child abuse

PLAYER SAFETY (<https://www.littleleague.org/player-safety/>)

Child Protection Program (<https://www.littleleague.org/player-safety/child-protection-program/>)

- Leagues are highly encouraged to complete the below Abuse Awareness training provided by USA

Background Check Info (<https://www.littleleague.org/player-safety/child-protection-program/local-league-background-check-information/>)

More

JDP (<https://www.littleleague.org/player-safety/child-protection-program/jdp-faqs/>) **SafeSport**

Child Abuse Info (<https://www.littleleague.org/player-safety/child-protection-program/state-specific-information-child-abuse/>)

SafeSport (<https://www.littleleague.org/player-safety/child-protection-program/safe-sport-background-checks-leagues/>)

Pure Baseball Abuse Awareness Trainings

Parents Guide (<https://www.littleleague.org/university/articles/guide-to-the-little-league-child-protection-program/>)



ABUSE AWARENESS FOR MINORS



(<https://www.littleleague.org/>)

PLAYER SAFETY (<https://www.littleleague.org/player-safety/>)

Child Protection Program (<https://www.littleleague.org/player-safety/child-protection-program/>)

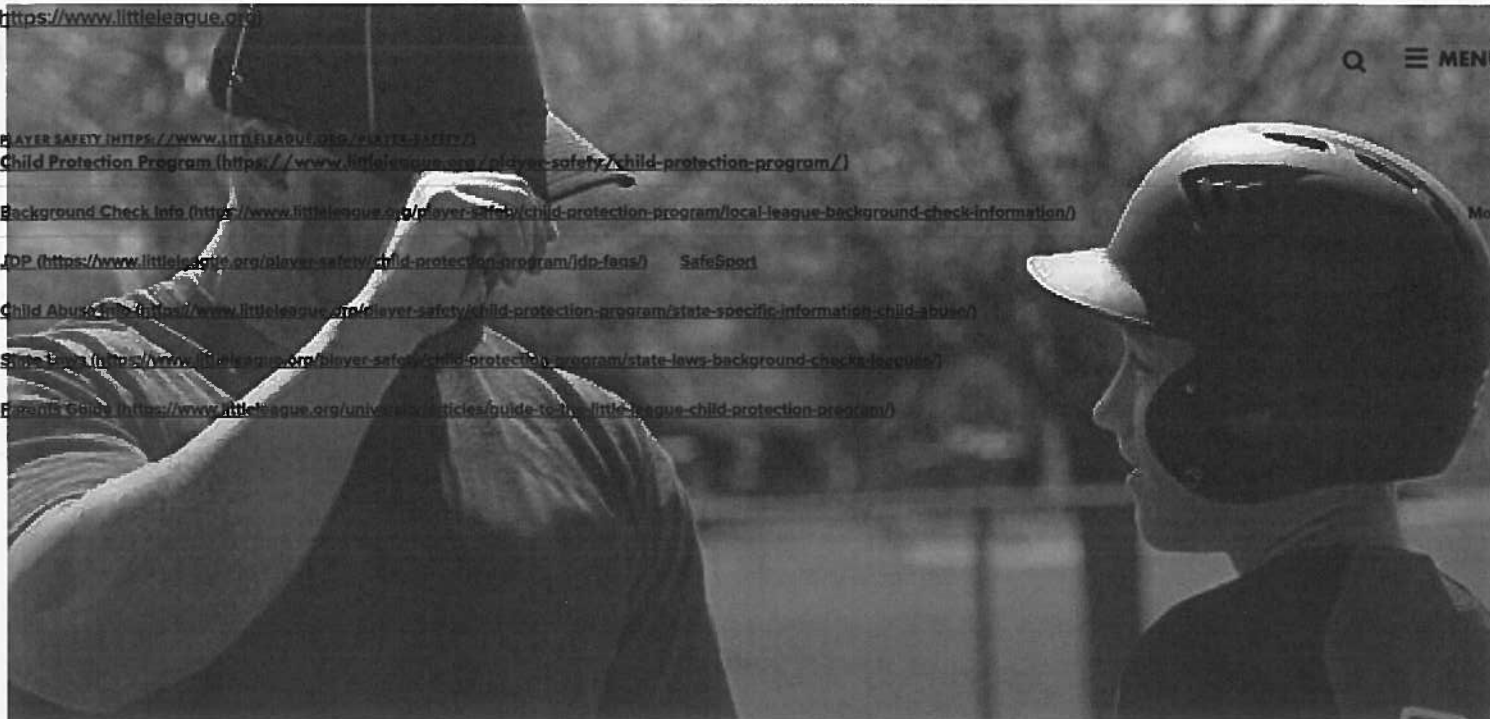
Background Check Info (<https://www.littleleague.org/player-safety/child-protection-program/local-league-background-check-information/>)

IDP (<https://www.littleleague.org/player-safety/child-protection-program/idp-faqs/>) SafeSport

Child Abuse Info (<https://www.littleleague.org/player-safety/child-protection-program/state-specific-information-child-abuse/>)

State Laws (<https://www.littleleague.org/player-safety/child-protection-program/state-laws-background-checks-leagues/>)

Parents Guide (<https://www.littleleague.org/university/articles/guide-to-the-little-league-child-protection-program/>)



ABUSE AWARENESS FOR ADULTS



SafeSport Resources

Our team of subject matter experts develop best practices, policies and programs consistent with guidance from leading organizations. SafeSport is building its repository of best practices and is eager to work with your organization to champion respect and end abuse in sports.

Free online parent training

(<https://www.athletesafety.org/training/index>)

Complete Parent Toolkit

(<https://resources.safesport.org/toolkits/library.html>)

Parents of Preschool Children

(<https://resources.safesport.org/toolkits/Parent-Toolkit-PreSchool/index.html>)

Parents of School-Age Children

(<https://resources.safesport.org/toolkits/Parent-Toolkit-SchoolAge/index.html>)

Parents of Middle School Youth

(<https://resources.safesport.org/toolkits/Parent-Toolkit-MiddleSchool/index.html>)

Parents of High School Aged Adolescents

