Northwest Connecticut Steve Blass **Little League** A Safety Awareness Program (ASAP)

The ASAP Mission: To increase awareness of the opportunities to provide a safer environment for kids and all Little League participants

- 1. League Safety Officer: Dan Odell on file with Little League Headquarters
- 2. Northwest Connecticut Steve Blass Little League will distribute a paper copy of this Safety Manual to all managers, coaches, league volunteers, board members, and the district administrator. A copy will also be posted in the concession stand and one kept on file with the league administration.

3. League Board Members

League Vice President:

League President: Bobby Foley 860-921-1371

Brian Allyn 860-307-3461

Dan Odell 860-309-1679

League Safety Officer:

Secretary: Heather Zucco 860-671-0997

Treasurer: Erin Ohler 860-841-5664

Board Member: Doug Murray 860-248-9615

Umpire in Chief/Player Agent Adam Bunce 860-248-0970

Emergency Contacts

Emergency Phone Number 911 State Police (Troop B) 860-824-2500 North Canaan Fire and Rescue 860-824-7366 Sharon Hospital 860-364-9887 Fairview Hospital 413-528-8606 **Charlotte Hungerford Hospital** 860-496-6666

All injuries will be reported immediately. An injury report is to be filed (see attached)

- 4. Northwest Connecticut Steve Blass Little League will use the Official Little League Volunteer Application Form, see attached, to screen all of our volunteers.
- 5. Fundamentals training date is TBD. At least one manager/coach from each team must attend the training. Every Manager/Coach will attend this training at least once every 3 years. Training location TBD(training may be via Zoom)
- 6. First Aid Training: April 2023 at location TBD. Northwest Connecticut Steve Blass Little League will require at least one manager/coach from each team to attend. Every manager/coach must attend this meeting once every 3 years.
- 7. Coaches will be required to walk/inspect fields prior to practices and games. Umpires will also be required to walk the fields for hazards before each game. Any maintenance issue or defect must be reported to the field maintenance supervisor or safety officer.
- 8. Northwest Connecticut Steve Blass Little League has completed and updated our 2023 Facility Survey on-line
- 9. Concession stand safety a limited menu shall be posted and approved by the safety officer and the league president. Our Concession Safety Procedures will be posted several times on the stand.
- 10. The League Safety Officer will inspect all equipment in the pre-season.
 Managers/coaches will inspect the equipment prior to each game. Umpires will be required to inspect the equipment prior to each game.
- 11. Implement Prompt Accident Reporting. The league will use the provided incident tracking form from the LL website and will provide completed accident forms to the safety officer within 24-48 hours of the incident. Please see the copy of the accident reporting form.
- 12. Each team will be issued an updated first aid kit and is rewuired to have it at every practice and game. There is also a first aid kit and ice packs in the umpire storage area behind the visitor's dugout and in the concession stand.
- 13. Northwest Connecticut Steve Blass Little League will require all teams to enforce all little league rules including:
 - a. Proper equipment for catchers
 - b. No on-deck batters
 - c. Bases will disengage on all fields
- 14. Northwest Connecticut Steve Blass Little League will submit player roster and data and coach manager data via the Little League Data Center at www.littleleague.org
- 15. Northwest Connecticut Steve Blass Little League will include a qualified safety plan registration form with this ASAP.



Little League Baseball and Softball M E D I C A L R E L E A S E



NOTE: To be carried by any Regular Season or Tournament Team Manager together with team roster or International Tournament affidavit.

riayei	Date of Birth	n: Gend	er (M/F):
Parent (s)/Guardian Name:			
Parent (s)/Guardian Name:			
Player's Address:			
	Work Phone:		
PARENT OR LEGAL GUARDIAN A			
In case of emergency, if family phy Emergency Personnel. (i.e. EMT, F	vsician cannot be reached, I hereby irst Responder, E.R. Physician)		
Family Physician:		Phone:	
	City:		
	Policy No.:		DID#:
League Insurance Co:	Policy No.:	Leagu	ue/Group ID#:
f parent(s)/legal guardian cannot	be reached in case of emergency	, contact:	
Name	Phone	Ro	elationship to Player
Name	Phone	! Re	elationship to Player
Please list any allergies/medical pro	blems, including those requiring main	tenance medication. (i.e.	Diabetic, Asthma, Seizure Disorde
Medical Diagnosis	Medication	Dosage	Frequency of Dosage
Pate of last Tetanus Toxoid Booster	: <u></u>		
	is to ensure that medical personnel have det	-	thich may interfere with or alter treet-
		and or any medical problem w	mention interior with or after treatm
1r./Mrs./MsAuthorized Pare	nt/Guardian Signature		Date:
OR LEAGUE USE ONLY:			
eague Name:		League ID:	
Division:	Team:		Date:

For Local League Use Only

Activities/Reporting

A Safety Awareness Program's Incident/Injury Tracking Report

League Name:	Leagu	ie ID:	Incid	lent Date:
Field Name/Location:				
Injured Person's Name:				
Address:				
City:				
Parent's Name (If Player):				
Parents' Address (If Different):			City	
Incident occurred while participating				
A.) □ Baseball □ Softball	☐ Challenger	□ TAD		
B.) ☐ Challenger ☐ T-Ball	☐ Minor	□ Major	☐ Interme	ediate (50/70)
☐ Junior ☐ Senior	☐ Big League	•		(,)
C.) ☐ Tryout ☐ Practice	☐ Game	☐ Tourname	ent 🗆 Specia	al Event
☐ Travel to ☐ Travel from	☐ Other (Describe	e):	•	
Position/Role of person(s) involved in				
D.) ☐ Batter ☐ Baserunner	☐ Pitcher	☐ Catcher	☐ First B	ase
☐ Third ☐ Short Stop	☐ Left Field	☐ Center Fi		Field Dugout
☐ Umpire ☐ Coach/Manager	r □ Spectator	□ Volunteer	9	
Type of injury:				
Was first aid required? ☐ Yes ☐ No	If yes, what:	, " "		
Was professional medical treatment re (If yes, the player must present a non-re	equired? 🗆 Yes 🗇	No If yes, w	hat:	
Type of incident and location:		•	3	m a game or practice.
A.) On Primary Playing Field		R) Adjacen	t to Playing Field	D.) Off Ball Field
☐ Base Path: ☐ Running or ☐ S	lidina		ng Area	*
☐ Hit by Ball: ☐ Pitched or ☐ Ti		□ Parki		☐ Car <i>or</i> ☐ Bike <i>or</i>
	tructure	C.) Concess		☐ Walking
☐ Grounds Defect			teer Worker	☐ League Activity
Other:			mer/Bystander	☐ Other:
Please give a short description of inci			•	
			<u> </u>	
Could this assident have been evalue	42.11	<u> </u>		
Could this accident have been avoide This form is for local Little League use only (should	d r How:	agus Internation	al). This do succeed	
potential safety hazards, unsafe practices and/or t	to contribute positive ide	eas in order to in	nprove league safety	. When an accident occurs
obtain as much information as possible. For all Ac	cident claims or injuries	that could becor	me claims to any elia	ible participant under the Ac-
cident Insurance policy, please complete the Accidental asap/AccidentClaimForm.pdf and send to Little Le	ague International. For a	all other claims t	o non-eligible partic	ipants under the Accident
policy or claims that may result in litigation, please sets/forms_pubs/asap/GLClaimForm.pdf.	e fill out the General Lial	bility Claim form	available here: http	://www.littleleague.org/As-
Prepared By/Position:				

in .		
		in .

AIG

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

Accident & Health (U.S.)

- 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.
- 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	kamen (Clai				PART 1				REAL STATE	CASSINAMES S		स्डर्,च क्व	
•			1	SSN		Date of B	nn (n	/IM/UU/Y	Υ)	Age	Sex	male	☐ Male
Name of Parent/Guardia	ın, if	Claimant is a Minor				Home Ph	one (I	nc. Area	Code)		ne (Inc.	Area (
Address of Claimant					Ad	dress of Pare	nt/Gu	ardian, it	differe	nt			
The Little League Maste per injury. "Other insurar employer for employees	ce D	rograms" include fai	milv s	persi	onal insurance	student insc	iranc	e throug	h a ech	nal ar inei	iranco t	hrough	ductible an
Does the insured Persor						Employer Plandividual Plandividual	an	□Yes □Yes	□No □No	School Dental	Plan	□Yes □Yes	□No □No
Date of Accident		Time of Accide	nt		Type of Injury								
Describe exactly how ac				JPM									
Check all applicable res	pons					<u>.</u>		<u>-</u>					
□ BASEBALL □ SOFTBALL		CHALLENGER (4			PLAYER	204011		TRYO				CIALE	
CHALLENGER			4-7) 3-12)		MANAGER, O			PRAC' SCHE		GAME ["GAME CIAL G	:S) AME(S)
TAD (2ND SEASON) 🗆	LITTLE LEAGUE	9-12)		PLAYER AGE		_	TRAVE		Oranic	(Subr	mit a co	ppy of
		INTERMEDIATE (50/70) ((11-13)		OFFICIAL SC		-		L FRO			approv Leagu	al from e
		JUNIOR (12-14) SENIOR (13-16)			SAFETY OFF VOLUNTEER				NAMEN R (Desc			porated	
I hereby certify that I have complete and correct as	e rea	ad the answers to al	l parts	of th	nis form and to	the best of n	ny kn	owledge	and be	lief the inf	ormatio	n conta	ained is
I understand that it is a consultation submitting an application	rime or fi	for any person to in	tentio	nally alse	attempt to de	fraud or know	ingly See F	facilitate Remarks	a fraud	against a	an insur	er by	
I hereby authorize any p	hysic	ian, hospital or othe	r med	lically	related facilit	v. insurance o	omo	any or ot	her ora:	anization	instituti	ion or c	erson
that has any records or k Little League and/or Nati as effective and valid as	now onal	ledge of me, and/or Union Fire Insuranc	the at	bove	named claims	int, or our hea	ilth, to	o disclos	e, wher	never real	iested to	o do se	hv hv
Date	Cla	aimant/Parent/Guard	dian S	ignal	ure (in a two	parent housel	old,	both par	ents mu	st sign th	is form.)	
Date	Cla	aimant/Parent/Guard	lian S	ignal	ure								

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.

Name of League	PART 2 - LEAGUE STATEMENT Name of Injured P	(Other than Parent or C Person/Claimant	laimant) League I.D. Number
Name of League Official			Position in League
Address of League Official			Telephone Numbers (Inc. Area Codes) Residence: () Business: () Fax: ()
	any known witnesses to the reporte		
Check the boxes for all appropria POSITION WHEN INJURED 0 1 1ST 02 2ND 03 3RD 04 BATTER 05 BENCH 06 BULLPEN 07 CATCHER 08 COACH 09 COACHING BOX 01 10 DUGOUT 01 MANAGER 012 ON DECK 013 OUTFIELD 014 PITCHER 015 RUNNER 016 SCOREKEEPER 017 SHORTSTOP 018 TO/FROM GAME 019 UMPIRE 010 21 UNKNOWN 010 22 WARMING UP	INJURY 01 ABRASION 02 BITES 03 CONCUSSION 04 CONTUSION 05 DENTAL 06 DISLOCATION 07 DISMEMBERMENT 08 EPIPHYSES 09 FATALITY 10 FRACTURE 11 HEMATOMA 12 HEMORRHAGE 13 LACERATION 14 PUNCTURE 15 RUPTURE 16 SPRAIN 17 SUNSTROKE 18 OTHER 19 UNKNOWN 20 PARALYSIS/PARAPLEGIC	PART OF BODY 01 ABDOMEN 02 ANKLE 03 ARM 04 BACK 05 CHEST 06 EAR 07 ELBOW 08 EYE 09 FACE 10 FATALITY 11 FOOT 12 HAND 13 HEAD 14 HIP 15 KNEE 16 LEG 17 LIPS 18 MOUTH 19 NECK 20 NOSE 21 SHOULDER 22 SIDE 23 TEETH 24 TESTICLE 25 WRIST 26 UNKNOWN	CAUSE OF INJURY O 01 BATTED BALL O 02 BATTING O 03 CATCHING O 04 COLLIDING WITH FENCE O 06 FALLING O 7 HIT BY BAT O 8 HORSEPLAY O 9 PITCHED BALL O 10 RUNNING O 11 SHARP OBJECT O 12 SLIDING O 13 TAGGING O 14 THROWING O 15 THROWN BALL O 16 OTHER O 17 UNKNOWN
If YES, are they Mandatory	med claimant was injured while cov	☐ 27 FINGER ☐YES ☐NO hat levels are they used? rered by the Little League	Baseball Accident Insurance Policy at the
time of the reported accident. I a best of my knowledge.	lso certify that the Information containe Official Signature	ined in the Claimant's Not	ification is true and correct as stated, to the

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.

It is suggested this memo should be reproduced on your league's letterhead over the signature of your president or safety officer and distributed to the parents of all participants at registration time.

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 an 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. A \$50 deductible applies for all claims, 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 and Softball 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 International, 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 providing a better understanding of the operation of the Little League insurance program.

Se sugiere que este memo se reproduzca en el papel membretado de su liga con la firma de su presidente u oficial de seguridad y se distribuya a los padres de todos los participantes en el momento del registro.

PRECAUCIÓN: El equipo de protección no puede prevenir todas las lesiones que un jugador podría recibir al practicar Béisbol /Softbol.

LO QUE LOS PADRES DEBEN SABER ACERCA DEL SEGURO DE LAS PEQUEÑAS LIGAS

El Programa de Seguro de las Pequeñas Ligas está diseñado a producir protección a todos los participantes al costo más económico a la liga local. La Política de Accidentes del Jugador de las Pequeñas Ligas es un plan de cobertura extra solo para accidentes, para usar como suplemento para otros seguros llevados bajo las políticas de una familia o seguro proporcionado por el empleador del padre. Si no existe cobertura primaria, el seguro de las Pequeñas Ligas le proporcionará beneficios por cambios elegibles, hasta permisos Usuales y Acostumbrados para su área, después de un deducible de \$50.00 por reclamo, hasta el máximo de beneficios indicado.

Este plan hace posible ofrecer protección excepcional y alcanzable asegurando a los padres quienes su cobertura adecuada están en función para todos los eventos y programas aprobados por las Pequeñas Ligas asegurados.

Si su hijo tiene una lesión cubierta mientras forma parte de un juego o práctica programada de las Pequeñas Ligas de Béisbol o Softbol, así es como funciona el seguro:

- 1. Se debe completar el formulario de notificación de accidente de las Pequeñas Ligas de Béisbol por los padres (si el demandante es menor de 19 años) y un oficial de la liga y dirigido directamente a la Sede de las Pequeñas Ligas dentro de 20 días después del accidente. Se debe sacar una copia del formulario y lo debe mantener el padre/demandante. Se debe iniciar el tratamiento médico/dental dentro de 30 días del accidente de la Pequeña Liga.
- 2. Facturas detalladas, incluyendo la descripción del servicio, fecha del servicio, procedimiento y códigos de diagnósticos para servicios/provisiones médicas y/u otra documentación relacionada a un reclamo por beneficios deben proporcionarse dentro de 90 días después del accidente. De ninguna manera tal prueba debe proporcionarse después de 12 meses a partir de la fecha inicial en que incurrió el gasto médico.
- 3. Cuando está presente otro seguro, los padres o el demandante debe dirigir copias de la Explicación de Beneficios o Notificación/Carta de Negación de cada cargo directamente a la Sede de las Pequeñas Ligas, aún si los cargos no exceden el deducible del programa de seguro principal.
- 4. La política proporciona beneficios para gastos médicos elegibles incurridos dentro de 52 semanas del accidente, sujetos a provisiones de Cobertura Excesiva y Exclusión del plan.
- 5. Beneficios médicos/dentales limitados diferidos pueden estar disponibles para tratamiento necesario después del límite de 52 semanas cuando:
 - (a) Los beneficios médicos diferidos aplican cuando es necesario un tratamiento requerido para quitar un clavo/placa, aplicada para reconstruir un hueso al año de lesión, o para quitar una cicatriz, se requiere después del límite de 52 semanas. La Compañía pagará el Gasto Razonable incurrido, sujeto al límite máximo de \$100,000 de la Política para cualquier lesión a cualquier asegurado. Sin

embargo, en ningún caso se pagará a ningún beneficiario bajo esta provisión por cualquier gasto incurrido más de 24 meses desde la fecha en que ocurrió la lesión.

(b) Si el asegurado incurre una lesión, a los dientes naturales sanos y requiere un Tratamiento Necesario para esa lesión y se pospone a una fecha mayor a 52 semanas después de la lesión debido a, pero no limitado a, los cambios fisiológicos de un niño en crecimiento, la Compañía pagará al menos: 1. Un máximo de \$1.500 o 2. Gastos razonables incurridos por el tratamiento dental diferido.

Gastos Razonables incurridos por el tratamiento dental diferido solo se cubren si se incurren durante o antes el 23avo cumpleaños del asegurado. Gastos Razonables incurridos por terapia de tratamiento de endodoncia diferido solo se cubren si se incurren dentro de 104 semanas después que ocurrió la lesión.

No se hará ningún pago por tratamiento diferido a menos que el Médico entregue un certificado escrito, dentro de 52 semanas después del accidente, que el tratamiento se debe posponer por las razones antes declaradas.

Los beneficios se pueden pagar sujetos a la Cobertura Excesiva y las provisiones de Exclusiones de la Política.

Esperamos que este resumen escrito haya sido de ayuda para el mejor entendimiento de un importante aspecto de la operación del programa de seguro aprobado de las Pequeñas Ligas.

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Concussion INFORMATION SHEET



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

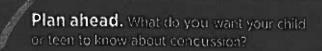
What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- · Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion.
 Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- * Can't recall events prior to or after a hit or fall

Symptoms Reported by Children and Teens

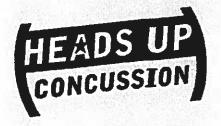
- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that it's better to miss one game than the whole season.



A Fact Sheet for

YOUTH SPORTS OFFICIALS



One of the main jobs of a sports official is keeping athletes safe. This sheet has information to help you protect athletes from concussion or other serious brain injury, learn how to spot a concussion, and know what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain Injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep Athletes Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. As a youth sports official, your actions (including strict officiating) help set the tone for safe play and can help lower an athlete's chances of getting a concussion or other serious injury. Aggressive and/or unsportsmanlike behavior among athletes can increase their chances of getting a concussion or other serious injury. Here are some ways you can help keep athletes safe:

Create a culture of safety at a game or competition:

- Enforce the rules of the sport for fair play, safety, and sportsmanship.
- Penalize athletes for unsafe actions such as:
 - Striking another athlete in the head.
 - Using their head or helmet to contact another athlete.
 - Making illegal contacts or checking, tackling, or colliding with an unprotected opponent.
 - Trying to injure or put another athlete at risk for injury.
- At the pre-game or event meeting, remind coaches to talk with athletes about concussion so that athletes feel that it is their job to report a concussion or other injury right away.

Watch out for possible concussions.

- Use injury timeouts to ensure that an athlete with a possible concussion is removed from play. When in doubt, sit them out!
- Enforce the rule that an athlete with a possible concussion cannot return to play on the same day of the injury and until seen and cleared by a health care provider.

Keep up to date on concussion information:

- Review your state, league, and/or organization's concussion guidelines.
- Take a training course on concussion. CDC offers concussion training at no cost at www.cdc.gov/HEADSUP.
- Download CDC's HEADS UP app or a list of concussion signs and symptoms that you can keep on hand.
- Talk with other sports officials and review game film to help learn about the ways to enforce safe and fair play.

Check out the equipment and sports facilities:

- Work with the game or event administrator to ensure the sports facilities provide a safe playing environment (e.g., remove tripping hazards, ensure goal posts have padding that is in good condition, etc.).
- When appropriate for the sport or activity, work with the game or event administrator and coach to make sure all athletes wear a helmet that fits well and is in good condition. There is no "concussion-proof" helmet, so it is important to enforce rules that protect athletes from hits to the head and when a helmet falls off during a play.



CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

तिका विका प्राप्ति ।

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

Children and teens who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a literage. It can even be fatal.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

- 1. Remove your child or teen from play.
- 2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
- 3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to Cdc.gov/HEADSUP





Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below. Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

O I learned about concussion and talked with my parent or coach about w	Date:
Athlete's Name Printed:	
Athlete's Signature:	
A Transport of the Control of the Co	and the state of t
O I have read this fact sheet for parents on concussion with my child or te	en, and talked about what to do it they have a concussion of
other serious brain injury.	
O I have read this fact sheet for parents on concussion with my child or tender serious brain injury. Parent or Legal Guardian's Name Printed:	

Sportsmanship: Model it. Expect it. Enforce it.



Enforce Safe Play. You Set the Tone for Safety.

How Can I Spot a Possible Concussion?

Athletes who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Sports Officials, Parents, or Coaches

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.
- Can't recall events prior to or ofter a hit or fall.

Symptoms Reported by Athletes

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

What Are Some More Serious Danger Signs to Look Out Far.

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or ensure that an athlete is taken to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs.

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.
- Children and teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal.

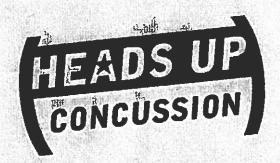
The information provided in this fact sheet or through linkages to other sites is not a substitute for medical or professional care.

Questions about diagnosis and treatment for concussion should be directed to a physician or other health care provider.



To learn more, go to www.cdc.gov/HEADSUP

You can also download the CDC HEADS UP app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.





SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs or symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

> SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- · Is confused about assignment or position
- Forgets an instruction
- · Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- · Loses consciousness (even briefly)
- · Shows mood, 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
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- · Sensitivity to light
- Sensitivity to noise
- · Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusior
- Just not "feeling right" or is "feeling down"

ACTION PLAN

As a coach, if you think an athlete may have a concussion, you should:

- 1. Remove the athlete from play.
- Keep an athlete with a possible concussion out of play on the same day of the injury and until cleared by a health care provider. Do not try to judge the severity of the injury yourself.
 Only a health care provider should assess an athlete for a possible concussion.
- Record and share information about the injury, such as how it happened and the athlete's symptoms, to help a health care provider assess the athlete.
- Inform the athlete's parent(s) or guardian(s) about the possible concussion and refer them to CDC's website for concussion information.
- 5. Ask for written instructions from the athlete's health care provider about the steps you should take to help the athlete safely return to play. Before returning to play an athlete should:
 - > Be back to doing their regular school activities.
 - Not have any symptoms from the injury when doing normal activities.
 - Have the green-light from their health care provider to begin the return to play process.

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.



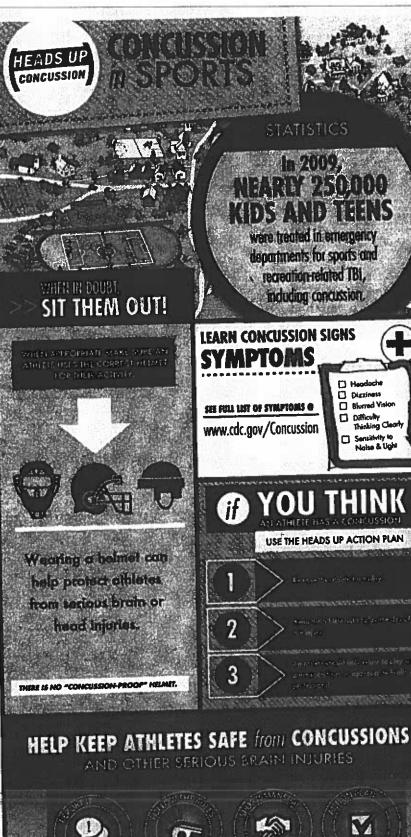
For more information and to order additional materials free-of-charge, visit: www.cdc.gov/HEADSUP.

You can also download the CDC HEADS UP app to get concussion information at your fingertips, just scan the QR code pictured at left with your smartphone.

The information provided in this document or through bridges to other sizes it met a substitute for medical or professional case. Quantification are discovered and professional case for announces in substitute of the provider and professional and professional case provides.



Centers for Disease Central and Prevention Instant Center for Ing we Prevention and Control







U.S. Department of positioned feature 6.5 - 49 LEARN more AT:
www.cdc.gov/Concussion



Little League Volunteer Application - 2023



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

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

A COPY OF VALID GOVERNMENT ISSUED PHOTO IDENTIFICATION MUST BE ATTACHED TO

All RED fields are required. Name Date
CityStoleZip
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? If yes, list full name and what level?
2. Special Certification (CPR, Medical, etc.)? If yes, list: \ Yes \ No
3. Do you have a valid driver's license? Driver's License#:
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?
If yes, describe each in full: \tag{Yes} \tag{\text{No}} \tag{\text{If volunteer answered yes to Question 4, the local league must contact Little League International.}
5. Have you ever been convicted of or plead no contest or guilty to any crime(s)?
(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)? If yes, describe each in full:
(Answering yes to Question 6, does not automatically disqualify you as a volunteer.)

If Minor/Parent Signature

Dale Date

Applicant Signature

of Little League policies or principles.

Applicant Name (please print or type)

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

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 officers, employees and volunteers thereof, or any other person or organization that may provide such information. I also understand

hat, regardless of previous appointments, Little League is not obligated to appoint me to a volunteer position. If appointed, I understand

creed, color, national origin, marital status, gender, sexual orientation or disability.

NOTE: The local Little League and Little League Boseball, Incorporated will not discriminate against any person on the basis of race

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 registres (some of	NTEERING, I give permission for Je to be active with the organiza	AS A CONDITION OF VOLUN
if you live in a state that requires a separate background check by law, rease attach a copy of that state's background check for more information on state laws, visit our website: <u>libibleogue.org/bgSidiglows</u>	OUIRES A SEPARATE BACKGRO	IF YOU LIVE IN A STATE THAT RE
		Name/Phone
Please list three references, at least one of which has knowledge of your participation as a volunteer in a youth program:	at least one of which has kno	Please list three references, youth program:
☐ Scorekeeper ☐ Other	Field Maintenance	☐ Coach
☐ Manager ☐ Concession Stand	☐ Umpire	League Official
(Check one or more.)	In which of the following would you like to participate? (Check one or more.)	In which of the following w
(If volunteer answered yes to Question Z , the local league must contact Little League International.)	yes to Question 7, the local le	(If volunteer answered
7. Have you ever been refused participation in any other youth programs and/or listed on any youth organization ineligible list? Yes No If yes, explain:	d participation in any other y	7. Have you ever been refuse ineligible list? If yes, explain:

☐ National Criminal Database check ☐ National Sex Offender Registry	☐ JDP (Includes review of the US. Center of SafeSp League International Ineligible/Suspended List)*	System(s) used for background check (minimum of one must be checked): Review the Little League Regulation 1(c)(9) for all background check requirements	LOCAL LEA Background check completed by league officer_
U.S. Center of SafeSport's Centralized Discplinary Database and Little League International Ineligible/Suspended List	☐ JDP (Includes review of the US. Center of SafeSport's Centralized Discplinary Database and Little League International Ineligible/Suspended List)*	of one must be checked): for all background check requirements	LOCAL LEAGUE USE ONLY:

containing information regarding all the criminal records associated with the name, which may not necessarily be the league volunteer 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 Only attach to this application copies of background check reports that reveal convictions of this application.

	ē		
			(2)

Concession Stand Tips

Requirement 9

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 stemo 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, readyto-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. lcd

lce 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.

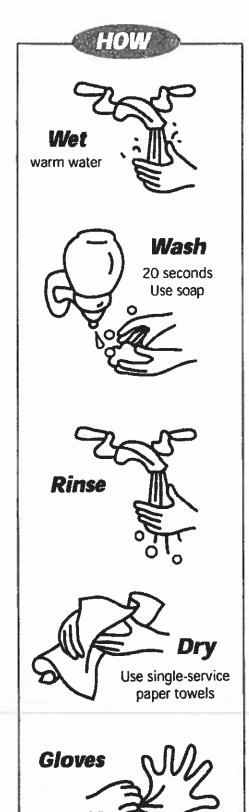
12. Food Storage and Cleanliness. Keep foods stored off the floor at least six inches. After your event is finished,

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





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.



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
- Damage to screens or fences, including holes, sharp edges, or loose edges
- 4. Unsafe conditions around backstop, pitcher's mound, or warning track
- 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
- 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:

- 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
- Stress the importance of paying attention, no "horse playing allowed"
- Instruct the players on proper fundamentals of the game to ensure safe participation
- Each practice should have at least
 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
- Postpone outdoor activities if storms are imminent

Approaching Thunderstorm

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

- Move to a safe environment immediately. Do not go under a tree or stay in the dugout.
- 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.
- 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

- Find a low spot away from trees, fences, light poles, and flagpoles. Make sure the site you pick is not prone to flooding.
- 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

- 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.
- If breathing and/or heartbeat have stopped, perform CPR until EMS arrives.
- Contact the league Safety Officer or President ASAP.

8 January-February 2004



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

North Issaquah, Washington, Little League

- Inspect playing field for unsafe conditions
 - Discuss the strike zone Discuss the innings pitched by a pitcher rule by the players Discuss unsportsmanlike conduct
 - Clarify calling the game due to weather or darkness
- Discuss legal pitching motions or Discuss no head-first slides balks, if needed

no on-deck circle rules

- Get two game balls from home team any jeweny Be sure players are not wearing
- Inspect equipment for damage and to (shirts in, hats on) Be sure players are in uniform

· Ensure that games start promptly

meet regulations

Meet at home plate Before the Game

- Introduce plate and base umpires. managers/coaches
- · Receive official lineup eards from Discuss any local playing rules each team (time limit, playing boundaries, etc.)
- Pitchers warming up in foul territory safety and playability must have a spotter and catcher with

Continually monitor the field for

Make sure eatchers are wearing the

brober salety equipment

- Keep game moving one nunute or eight pitches to warm up the fuli equipment
- Make ealls loud and clear, signalling each properly of mid-mning replacement pitcher between innings or in case
- Umpires should be in position to make the call
- No protesting of any judgment calls by the umpire
- · Encourage everyone to think Managers are responsible for keeping "Salety Eurst!" behavior their tans and players on their best

During the Game —

 Encourage coaches to help speed play Umpires and Coaches by having catchers and players on the field with two outs bench prepared and ready to take the

Facility and Field Inspection Checklist & Hazard Reporting Form

Facility-Field Name	
Reporting Party	
DateTime	
Holes, damage, rough or uneven spots	
Slippery areas, long grass	
Class, rocks and other debris & foreign objects	
Damage to screens, fences edges or sharp fencing	
Unsafe conditions around backstop, pitcher's mound	
Warning Track condition	
Dugouts condition before and after games	
First Aid Kit Missing Items	
Bleachers	
General Garbage clean-up	
Conditions of restrooms and restroom supplies	
Other Hazard NOTES/ HAZARDS	
RP Contact	

Equipment Checklist Keep Your Players Safer

Do you know what equipment is required for player safety on the field? Do you know which optional items can help keep players safer? Check out the following list for ideas and reminders.

REQUIRED	PLAYER	EQUIPMENT
Defence		

- ☐ Athletic supporter -- all male players
- Metal, fiber, or plastic type cup all male catchers
- ☐ Catcher's helmet and mask, with "dangling" throat guard; NO skull caps all catchers; must be worn during pitcher warm-up, infield practice, while batter is in box
- ☐ Catcher's mitt all baseball catchers
- Chest protector and leg protectors all catchers; must be worn while batter is in box; long model chest protector required for Little League (Majors) and younger catchers

Offense

- ☐ Helmet meeting NOCSAE standards all batters, base runners, and players in coaches boxes
- Helmet chinstrap all helmets made to have chinstrap (with snap buttons, etc.)
- ☐ Regulation-sized ball for the game and division being played; marked RS for regular season or RS-T for regular season and tournament in baseball
- ☐ Regulation-sized bat all batters; Little League (Majors) and younger baseball divisions must have bat marked with BPF 1.15 beginning in 2009
- Non-wood bats must have a grip of cork, tape, or composite material, and must extend a minimum of 10 inches from the small end. Slippery tape is prohibited.

REQUIRED FIELD EQUIPMENT

- 1. 2 and 3 bases that disengage from their anchors
- Pitcher's plate and home plate
- ☐ Players' benches behind protective fences
- Protective backstop and sideline fences

OPTIONAL PLAYER EQUIPMENT Defense

- Pelvic protector any female, esp. catchers
- Heart Guard/XO Heart Shield/Female Rib Guard any defensive player, esp. pitchers. infielders
- ☐ Game-Face Safety Mask any player, esp. infielders
- ☐ Goggles/shatterproof glasses any player, esp. infielders or those with vision limitations

Offense

- ☐ Helmet adults in coaches boxes
- ☐ Helmet with Face Guards or C-Flap meeting NOCSAE standards all batters, esp. in younger divisions
- ☐ Mouth guard batters, defensive players
- ☐ Goggles/Shatterproof glasses any player, esp. those with vision limitations
- ☐ Batters vest/Heart Guard/Heart Shield/Female Rib Guard any batter
- ☐ Regulation-sized reduced impact ball

OPTIONAL FIELD EQUIPMENT

- Double 1* base that disengages from its anchor
- Baseball mound for pitcher's plate
- Portable pitchers baseball mound with pitcher's plate
- ☐ Protective/padded cover for fence tops
- ☐ Foul ball return in backstop fencing

MPORTANT:

BPF RULE GOES INTO EFFECT FOR BASEBALL DIVISIONS

Buying bats for your league's baseball divisions? If it is composite metal, make sure it has the BPF 1.15 label. Bats in use in Little League Baseball (Majors Division and younger) must have the new bat performance factor listed on the bat.

Unless this marking is present, the bat will be removed from games.

Little League officials are aware some bats do not have the required markings but are Little League approved. And some of the bats on the approved bat list may not carry the required BPF 1.15 marking, depending on when they were manufactured and licensed.

Little League is building a list of bats that are approved but do not have the BPF marking due to special circumstances. For these bats, the eligibility for play will be extended until December 31, 2009. As Little League is made aware of bats that meet the BPF rule for this extension, the bats will be added to the list.

ONLY bats with a BPF 1.15 marking or that are listed below will be allowed for use in the Little League (Majors) Baseball and younger divisions in 2009.

Non-BPF-marked bats approved until Dec. 31, 2009:

Adidas - Vanquish (blue design) A newer model of this bat, also named Vanquish with copper and black markings, has the proper labeling, so is therefore not subject to the one-year rule.

DeMarini - Black Coyote, Rogue, Distance, Rumble, Tengu, Mach 10, Patriot

Easton - LZ-810, LZ-800, Stealth Optiflex LST 1,

Louisville Slugger - YB31

NIKE - Areo

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NWCTSBLL Code of Conduct for Coaches, Players and Parents

- All coaches and players must conduct themselves in a sportsman-like manner. Head
 Coaches will take responsibility for the action of themselves, assistants, players, and parents at all Little League events in which they are participating.
- <u>Bullying will absolutely not be tolerated!!</u> Bullying is to be reported directly to NWCTSBLL Board of Directors for immediate sanction.
- No profanity or misconduct (i.e., fighting) is permitted or tolerated at Little League sponsored events
- All umpire judgment calls will be honored and are not subject to protests. The Head Coach
 may protest the decision of an umpire if there is reasonable doubt that the umpire's
 decision may be in conflict with the Little League Baseball rulebook or provision contained
 within this document. (See Chapter 4.19 of the Little League Baseball Rules and Regulations
 regarding protests)
- At the Chief of Umpire's discretion and in accordance with Little League rules, any coach, player, or fan can be ejected or asked to leave the game or playing area. Any person ejected or asked to leave a game must leave the playing field immediately. The Chief of Umpire's will then file a return report to the League Director of Operations. If any coach, player, or fan is ejected, then a mandatory minimum 1 game suspension, to be carried out on the next game, will apply.
- The use of ALCOHOL (alcohol on the breath), TOBACCO products, or DRUGS is explicitly PROHIBITED at practices, games, or any other league sponsored events.

Players Code of Conduct

As a player in the NWCTSBLL I understand that I am expected to abide by the Player's Code of Conduct guidelines described below:

- I will respect the game, my teammates, my coaches and the umpires.
- I will never argue an umpire's call.
- I will not make comments to an umpire from the field or bench.
- I will never argue a coach's decision.
- I will settle disagreements with coaches and other players in a confidential / private manner after games and practices and away from other players.
- I will never fault other players when mistakes occur.
- I will always listen to and look at a coach while they are talking.
- I will always be in control of my temper.
- I understand that swearing, throwing equipment (bats and helmets) or any other actions that detract from the game will result in immediate removal from the game and possible suspension.
- I will work hard for myself and my team.
- I will take pride in myself and everything I do on the ball field.
- I will make ever effort to maximize my playing ability.
- I will lead by being an example for my teammates.

- I will ALWAYS play by the rules.
- I will always show up on time for games and practices.
- I understand that the goals of playing NWCTSBLL are to have fun and develop my baseball skills and create team spirit.

Coaches Code of Conduct

As a manager or coach of a NWCTSBLL team, I hereby pledge to provide positive support, care, and encouragement for each child participating in Clark Little League by following this Code of Conduct:

- I will encourage good sportsmanship by demonstrating positive support for all children, managers and coaches (including those of an opposing team). This applies to every game, practice, or any other NWCTBSLL event I will encourage good sportsmanship by demonstrating positive support for all umpires, league officials and parents at every game or event.
- I will place the emotional and physical well-being of all children on all teams ahead of any personal desire to win.
- I will ask my players to treat all other players, coaches, umpires, league officials, and parents with respect.
- I promise to help my players enjoy NWCTSBLL by being respectful to all players, coaches, umpires league officials, and parents.
- I will insist that my players are in a safe and healthy environment.
- I will demand a drug, alcohol, and tobacco-free sports environment for my players and agree to assist by refraining from their use at all NWCTBSLL games, practices and events.
- I will remember that NWCTBSLL baseball is for children and not for adults.
- I will do all I can to make the game fun and safe for all the children involved in Clark Little League.
- I understand that NWCTSBLL is a volunteer organization that requires all parents to
 participate in activities, such as field preparation, umpiring, snack-bar duty, and
 scorekeeping. I therefore agree to enlist the support of all the parents of my players
 in this effort.
- I agree to be trained in the responsibilities of being a NWCTSBLL Manager or Coach, including attending all manager meetings and training clinics.

Parents Code of Conduct

As a parent of a child playing in the NWCTSBLL, I agree to and will comply with the Parent's Code of Conduct outlined below:

- I will remember that my child plays for his or her enjoyment, not for mine.
- I will always encourage my child to play by the rules.
- I will always encourage my child to respect the coaches, their teammates and the umpires.
- I will never criticize umpire's judgment or direct negative comments towards them.
- I will not be a "Grand Stand" Manager during games or practices.
- I will always address any questions or concerns to the Coaching staff at the appropriate time, defined as after games or practices and away from the players.
- I will do my best to be a supportive, involved parent without interfering with the operation of the team.
- I realize that I have enrolled my child to have fun, develop their baseball skills and have a positive team experience and will do my best to support these objectives.
- I understand that the game of baseball is very difficult to learn and play.
- I will remember that children learn best by example. I will applaud the good plays by both my child's team and their opponents.
- I will teach my child that trying their hardest despite the score or situation is extremely important.
- I understand that the goals of playing Clark Little League are to have fun, develop my child's baseball skills and create team spirit.
- I understand that MY not abiding by the guidelines of this Parents Code of Conduct
 or by displaying any other inappropriate conduct will result in my being asked to
 leave the ball park and may possibly result in my child not playing

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