



# **2024**

# **Safety Plan**

A Safety Awareness Program (ASAP)

## Safety Officer

The Safety Officer is a Board position responsible for creating awareness and educating the league on the opportunities to provide a safer environment for children and all participants of Little League.

Education: programs should be used to educate players, coaches, umpires, volunteers, and parents on safety and safety procedures.

Safety Plan: The Safety Officer will prepare and submit a safety plan each year for the league and make sure that the plan is used.

Compliance: establish and promote a culture of safety within the league.

Reporting: ensure that incidents and near-misses are recorded, as it helps Little League International in developing new rules in regards to player safety.

## Safety Manual

The Dexter Little League Safety Plan is accessible to all league personnel including; coaches, managers, board members and any other volunteer in the league.

All staff associated with the Dexter Little League shall maintain and educate themselves as to the content of the Safety Plan.

Downloadable files of the Safety Plan are distributed via the Dexter Little League web-site and email.

## 1. Emergency Plan

Emergency	911
Poison Control Center	800-764-7661
Renee Shelton, Safety Director <i>**track/report injuries*</i>	309-241-7371
Bill Logan, President	623-810-8863
Mark Stevens, Baseball Commissioner	517-206-7027
Beau Nelson, Softball Commissioner	734-546-6910
TBD, Field Manager	
Frank Dice, Equipment Manager	210-213-9637

#### 4. Volunteer Application

[littleleague.org/downloads/volunteer-application/](http://littleleague.org/downloads/volunteer-application/)

All managers, coaches, board members, and any other persons, volunteers or hired workers who provide regular services to the league and/or have repetitive access to or contact with players or teams, must complete the Little League Volunteer Application as well as provide a government-issued photo identification card for ID verification; League should check name spelling and numbers for accuracy. This application is typically completed during registration, electronically, via Sports Connect.

Anyone refusing to complete an application is ineligible to be a league member.

Nationwide background checks, utilizing JDP or a provider comparable to JDP, in assessment background check records for sex offender registry data and other criminal records.

An appointed position is conditional on the league receiving no inappropriate information on the individuals' background.

An appointed individual is subject to suspension and removal by the board of Directors for violation of Little League policies or principles prior to the expiration of the term.

#### 5. Fundamentals Training

At least one coach, or manager, from each team are required to attend the coach's clinic. This clinic will cover fundamentals of hitting, sliding, fielding, pitching, etc. The 2024 Coaches Clinic Date is TBD.

Although this training qualifies volunteers for 3 years; one team representative is required each year.

#### 6. First Aid Training

At least one coach or manager, unless their profession qualifies them otherwise, (doctors, nurses, paramedics, etc.) should complete first aid training.

Concussion education will be included in mandatory coaches meeting, as well as, posted on the Dexter Little League website.

[Michigan Sport-Related Concussion Training Certification | Coursera](#)

## 7. Field Conditions

The coaches and the umpires will be responsible for inspecting the field before games. Coaches will be responsible for inspecting the field before practices. Use common sense to look for:

- properly positioned and secured bases
- large rocks or dirt clumps on the field
- properly positioned pitching rubber
- standing water on the field or sink holes
- exposed sprinkler heads or drainage grates
- litter, broken glass, or other unsightly and unsafe material
- splintered benches or bleachers
- protruding wire on fencing
- stinging insects

Field inspection problems that cannot be immediately rectified and do not pose an immediate safety threat will be directed to the Safety Commissioner, Field Manager.

## 8. Facility Survey

An annual Little League Facility Survey will be submitted in the LL Data Center. This survey will be a guideline for necessary and future facilities improvement.

## 9. Concession Stand Safety

We are not offering concessions at this time.

## 10. Equipment Check

Coaches will be responsible for regular inspection of all equipment.

All equipment shall be inspected before each use. Regular safety inspection of equipment is essential. Any equipment deemed unsafe must be returned to the Commissioner or Equipment Manager.

All coaches and umpires will enforce the requirement for catcher's gear and batting helmets during practice and warm-ups.

Required player equipment:

- Defense - mandatory
  - o Athletic supporter – all male players
  - o Metal, fiber, or plastic type cup – all male catchers

- o 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
- o Catcher's mitt – all baseball catchers
- o 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
- Defense - optional
  - o Metal, fiber, or plastic type cup – any player, esp. infielders
  - o Pelvic protector – any female, esp. catchers
  - o Heart Guard/XO Heart Shield/Female Rib Guard – any defensive player, esp. pitchers, infielders
  - o Game-Face Safety Mask – any player, esp. infielders
  - o Goggles/shatterproof glasses – any player, esp. infielders or those with vision limitations
- Offense - mandatory
  - o Helmet meeting NOCSAE standards – all batters, base runners, and players in coaches boxes
  - o Helmet chinstrap – all helmets made to have chinstrap (with snap buttons, etc.)
  - o 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
  - o Softball Bats
    - Non-wood bats shall be printed with a BPF (bat performance factor) of 1.20. Bats may be taped or fitted with a sleeve for a distance not exceeding 16 inches from the small end. Colored bats are acceptable. A non-wood bat must have a grip of cork, tape, or composition material, and must extend a minimum of 10 inches from the small end. Slippery tape or similar material is prohibited. An illegal or altered bat must be removed.
  - o Baseball Bats
    - Non-wood and laminated bats used in the Little League (Majors) and below, Intermediate (50-70) Division, and Junior League divisions, shall bear the USA Baseball logo signifying that the bat meets the USABat – USA Baseball's Youth Bat Performance Standard. All BPF – 1.15 bats are prohibited. The bat diameter shall not exceed 2<sup>5</sup>/<sub>8</sub> inches for these divisions of play. Bats meeting the Batted Ball Coefficient of Restitution (BBCOR) standard may also be used in the Intermediate (50-70) Division

and Junior League Division. Additional information is available at [LittleLeague.org/batinfo](http://LittleLeague.org/batinfo).

- Offense – optional
  - 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

Required field equipment:

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

Optional field equipment

- Double 1st 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

Umpires will be responsible for assuring that catcher's gear is properly worn and that bats and balls are legal under the rules of the league.

Further rules on equipment and uniforms may be referenced in the Official Regulations and Playing Rules for all Divisions of Little League Baseball

## 11. Accident Reporting

Coaches are required to complete an incident/injury report after an injury/incident or near-miss involving one of their players and submit to the Safety Officer within 48 hours.

The Safety Officer will track “near-misses” as a proactive tool to evaluate practices and avoid future injuries.

The Safety Officer will share information on accidents and “near-misses” with district staff.

## 12. First Aid Kits

Each coach will be issued a First Aid Kit containing gloves, cleaning supplies, bandages and cold packs. These kits are to be kept with the team at all times. If re-supplies are required coaches should contact the Safety Officer.

## 13. Enforce Little League Rules

Most Little League rules have a basis in safety – follow them.

Coaches and managers should enforce rules at practices as well as games.

Ensure players always have required equipment including catchers warming up on the field

Make sure all fields have bases that dis-engage their anchor as required by Little League rules

Enforce rule that coaches and managers are not allowed to catch/warm-up pitchers (Rule 3.09); this includes standing at the backstop during practice as an informal catcher for batting practice.

Coaches should read and agree to abide by the Coaches Code of Conduct.

## 14. **Mandatory Abuse Awareness Training**

Annual Abuse Awareness Training, in compliance with Little League Regulation I(c)(10), is required to be conducted by every individual before assuming *any* of his/her duties for the current season. Each local league is permitted to determine which specific abuse awareness training program should be completed by their league. The Abuse Awareness training provided by USA Baseball is hosted by former Chicago Cubs catcher, David Ross. The free Abuse Awareness for Adults course provides resources to create a positive and safe environment for all athletes, coaches, parents, legal guardians, and umpires 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. The interactive Abuse Awareness training should take approximately 30 minutes. The training can be accessed at [USABDevelops.com/page/3532/courses](https://USABDevelops.com/page/3532/courses).

Leagues may consider other Abuse Awareness trainings such as the trainings provided by:

U.S. Center for SafeSport – [USCenterForSafeSport.org](https://USCenterForSafeSport.org)

Darkness to Light – [D2L.org](https://D2L.org)

Abuse Prevention – [AbusePreventionSystems.com](https://AbusePreventionSystems.com)

The league is responsible for verifying that each required individual has completed the training by obtaining certificates of completion from each individual and retaining a copy of the certificate. The training must be completed on or after October 1 of each year to be considered valid for the upcoming season. It is important that all volunteers in a league complete the training on an annual basis. Even though it may be a training the individual has completed in the past, it is important to keep the information that comes from this training fresh in everyone's mind. The more individuals in a league or involved in a league that have the information that the Abuse Awareness Training provides, the better.

<b>15. Player/Coach Data</b>
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All player registration and volunteer data is submitted to the Little League Data Center via Sports Connect.



<b>Parent and Fan Code of Conduct</b>
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Expected behavior from spectators:

1. Absolutely no tobacco, alcohol or illegal drug use at the Dexter Little League Fields.
2. No dogs or other pets at the fields.
3. Support all athletes and coaches equally.
4. Obscene or demeaning language is not acceptable at any time.
5. Arguing with umpires, game officials, coaches, players and (or) other fans is not acceptable at any time.
6. Return all foul balls to an umpire or game official.
7. Remove all trash from spectator areas after each game.
8. Remain in designated spectator areas. Do not go out onto the field or into the dugouts.
9. Leave all coaching decisions and instructions to the coaches.
10. Maintain an even temperament regardless of the score or the situation on the field.
11. Have fun and enjoy watching Dexter Baseball or Softball.

**If you chose not to respect the rules, you can expect the following:**

1. Verbal warning.
2. Ejection from the game and (or) fields for 1 or multiple games.

<b>Player Code of Conduct</b>
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Expected behavior from baseball and softball players:

1. Absolutely no tobacco, alcohol, or illegal drug use at the Dexter Little League Fields.
2. Support your teammates and opponents at all times.
3. Obscene or demeaning language is not acceptable at any time.
4. Arguing with umpires, game officials or opposing players or fans is not accepted.
5. Never attempt to physically or verbally harm your opponents.
6. Remove all trash from dugout and spectator areas after each game.
7. Play within the rules of the game. Display a positive attitude at all times.
8. Play hard at games regardless of the score.
9. Hustle in between innings.
10. Have fun and enjoy playing Dexter Baseball or Softball.

**If you chose not to respect the rules, you can expect the following:**

1. Verbal warning.
2. Ejection from the game and (or) fields for 1 or multiple games.

<b>Coach Code of Conduct</b>
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Expected behavior from coaches, scorekeepers and other adults on the field:

1. Absolutely no tobacco, alcohol or illegal drug use at the Dexter Little League Fields.
2. Place the development of the player (mentally and physically) above winning.
3. Obscene or demeaning language is not acceptable at any time.
4. Arguing with umpires is not acceptable behavior. Treat umpires with respect and professional courtesy.
5. Address inappropriate parent and fan behavior in a calm and subtle manner.
6. Remove all trash from dugout and spectator areas after each game.
7. Promote good sportsmanship by honoring the rules of the game and displaying a positive attitude.
8. Arguing with opposing coaches, players or supporters is not accepted.
9. Encourage hustle from your players. Each team should spend no more than 2 minutes in between innings.
10. Have fun and enjoy coaching Dexter Baseball or Softball.

**If you chose not to respect the rules, you can expect the following:**

1. Verbal warning.
2. Ejection from the game and (or) fields for 1 or multiple games.

<b>Umpire and Game Official Code of Conduct</b>
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Expected behavior from umpires and game officials:

1. Absolutely no tobacco, alcohol or illegal drug use at the Dexter Little League Fields.
2. Place the development of the player (mentally and physically) above all other concerns.
3. Obscene or demeaning language is not acceptable at any time.
4. Be fair and unbiased regardless of the score.
5. Arguing with coaches or fans is not acceptable behavior. Be firm but respectful in making all calls. Treat coaches with respect and professional courtesy.
6. Remember that you are there as a teacher. It is your role to teach players and coaches to respect the rules of the game.
7. Take control of the situation on the field. Address inappropriate parent, coach and fan behavior in a calm and subtle manner. Do not hesitate to stop a game and seek assistance from the Head Umpire or other Dexter LL officials.
8. Promote good sportsmanship by honoring the rules of the game and displaying a positive attitude.
9. Have fun and enjoy officiating Dexter Baseball or Softball.

**If you chose not to respect the rules, you can expect the following:**

1. A verbal warning from the Head Umpire.
2. Removal from the game and (or) the umpire rotation for 1 or multiple games.

DLL League resources

[littleleague.org/downloads/medical-release-form/](http://littleleague.org/downloads/medical-release-form/)

[littleleague.org/downloads/accident-claim-form/](http://littleleague.org/downloads/accident-claim-form/)

[littleleague.org/downloads/volunteer-application/](http://littleleague.org/downloads/volunteer-application/)  
[littleleague.org/downloads/incident-injury-tracking-form/](http://littleleague.org/downloads/incident-injury-tracking-form/)





# 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.

**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 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](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](http://www.littleleague.org/Assets/forms_pubs/asap/GLClaimForm.pdf).

Prepared By/Position: \_\_\_\_\_ Phone Number: (    ) \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_