



2024

SAFETY PLAN

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ABOUT CALIFORNIA DISTRICT 51 LITTLE LEAGUE

California District 51 (CA-51) serves as the administrative seat for Little League Baseball & Softball, Inc. in Southeastern California.

Formed from California District 16 in 1961, District 51 was comprised of a half-dozen local leagues in the Palmdale/Lancaster area of Southern California. CA-51 has grown since that time to now represent 16 local leagues covering over 300 miles. Today there are approximately 5,000 children participating in the baseball and softball programs offered by these local leagues.

The District is managed by District Administrator, Jeff Ahrens, and his staff of approximately sixteen volunteers who work year-round to provide an enjoyable, competitive, yet safe Little League Baseball & Softball environment in the communities where its boundaries exist.

PURPOSE & SCOPE

The purpose of this Safety Plan is to cover Girls Senior League Softball program as it is operated by the District rather than any individual League within the District. This plan is a standalone plan, but also works in conjunction with each League's Safety Plan within California District 51.

This manual will cover the points as required by Little League Baseball & Softball, Inc. It will be updated on an annual basis and submitted via the required method(s) in use at the time of submission, (currently electronic submission through District 51 Data Center) provided the District continues the operation of the program. It will be distributed to each manager and coach involved in the operation of this program.

As a final point, this manual also includes information related to driving safety while traveling between Interleague locations and post season tournament sites. This information will be distributed through each Safety Officer within this District for their individual leagues.

VOLUNTEER APPLICATION AND BACKGROUND CHECKS

Managers, coaches, and all volunteer assistants will have a completed volunteer application (Attachment 1) on file with District 51 Little League. The volunteer application will be provided to the District Administrator prior to appointment and approval.

Once processed and cleared (per Little League Child Protection Program Guidelines) said individual shall be afforded the opportunity to manage, coach, or assist in the operation of the appointed Girls Senior League Softball team.

Background checks will be performed on all individuals associated with the District operated program. This check will be conducted by the District Administrator and shall remain confidential.

This background check shall be conducted using JDP (or an equivalent type of program) and Live Scan (per California State requirements) which includes a Sex Offender Registry search and a criminal background search. Any adverse results will be discussed with the individual concerned, and a determination made by the District Administrator as to that person's ability to assist in the operation of the California District 51 Girls Senior League Softball program.

New California Background Check Law

The text of the new law is contained in Business and Professions Code section 18975, which is available [here](#).

Some of the key provisions of the bill include the following:

- The new law took effect January 1, 2022.
- The law requires administrators and "regular volunteers" to complete child abuse and neglect reporting training [BPC § 18975(a)]. "Regular volunteers" are those 18 years of age or older who have direct contact with, or supervision of, children for more than 16 hours per month or 32 hours per year. The free online training is available at:
 - For administrators (Board members) click [here](#).
 - For regular volunteers (non-Board members) click [here](#).
- The law requires administrators and regular volunteers to be Live Scan (fingerprint) background checked [BPC § 18975(b)].
- The law requires policies to ensure the reporting of suspected incidents of child abuse to persons or entities outside of the organization [BPC § 18975(c)(1)].
- The law mandates policies requiring, "to the greatest extent possible," the presence of at least two "mandated reporters" whenever administrators, employees, or volunteers are in contact with, or supervising, children [BPC § 18975(c)(2)]. A "mandated reporter" is an administrator or employee of a public or private youth center, youth recreation program, or youth organization [Penal Code section 11165.7(a)(7)].
- The law provides that an insurer can require proof of compliance with the law before writing liability insurance for the organization [BPC § 18975(d)].



Little League® Volunteer Application – 2024

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



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

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

All RED fields are required.

Name _____ Date _____
First Middle Name or Initial Last

Address _____

City _____ State _____ Zip _____

Social Security # (mandatory) _____

Cell Phone _____ Business Phone _____

Home Phone: _____ E-mail Address: _____

Date of Birth _____

Occupation _____

Employer _____

Address _____

Special professional training, skills, hobbies: _____

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

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

1. Do you have children in the program? ☐ Yes ☐ No

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? ☐ Yes ☐ No

Driver's License#: _____ State _____

4. Have you ever been charged with, convicted of, plead no contest, or guilty to any crime(s) involving or against a minor, or of a sexual nature? ☐ Yes ☐ No

If yes, describe each in full: _____

(If volunteer answered yes to Question 4, the local league must contact Little League International.)

5. Have you ever been convicted of or plead no contest or guilty to any crime(s)? ☐ Yes ☐ No

If yes, describe each in full: _____

(Answering yes to Question 5, does not automatically disqualify you as a volunteer.)

6. Do you have any criminal charges pending against you regarding any crime(s)? ☐ Yes ☐ No

If yes, describe each in full: _____

(Answering yes to Question 6, does not automatically disqualify you as a volunteer.)

7. Have you ever been refused participation in any other youth programs and/or listed on any youth organization ineligible list? ☐ Yes ☐ No

If yes, explain: _____

(If volunteer answered yes to Question 7, the local league must contact Little League International.)

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

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

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

Name/Phone _____

IF YOU LIVE IN A STATE THAT REQUIRES A SEPARATE BACKGROUND CHECK BY LAW, PLEASE ATTACH A COPY OF THAT STATE'S BACKGROUND CHECK. FOR MORE INFORMATION ON STATE LAWS, VISIT OUR WEBSITE: LittleLeague.org/8qStateLaws

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

Applicant Signature _____ Date _____

If Minor/Parent Signature _____ Date _____

Applicant Name (please print or type) _____

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

LOCAL LEAGUE USE ONLY:

Background check completed by league officer _____ on _____

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

Review the Little League Regulation 1(c)(9) for all background check requirements

☐ JDP (Includes review of the U.S. Center of SafeSport's Centralized Disciplinary Database and Little League International Ineligible/Suspended List)*

OR

☐ National Criminal Database check ☐ U.S. Center of SafeSport's Centralized Disciplinary Database and Little League International Ineligible/Suspended List

☐ National Sex Offender Registry

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

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

☐ Proof of completion of Abuse Awareness Training for Adults provided to league

Last Updated: 10/25/23

The decision of the District Administrator is **final**.

ACCIDENT REPORTING & TRACKING

Within twenty-four (24) hours of notifying emergency service personnel, the manager of the team will fill out an Injury Tracking Report (Attachment 5) and provide said report to the District Safety Officer (DSO) and/or District Administrator (DA). A scanned copy of the report will be provided to the appropriate Assistant District Administrator (ADA) for Senior League Softball. A scanned copy of the report will be kept on file for a period of at least three (3) years by the District Administrator.

Upon receipt of the Injury Tracking Form, the DSO or DA will prepare a preliminary Accident Notification Form and provide said form to the parents of the player(s) involved. The DSO or DA will explain the purposes of the form and the requirements for submission of the form to the parents of the player(s).

The image displays four forms used in the accident reporting process:

- General Liability Claim Form (Attachment 2):** A form for filing a claim, including sections for claimant information, incident details, and a declaration of the claim.
- Medical Release Form (Attachment 3):** A form for releasing medical information, including sections for patient information, medical history, and a declaration of the release.
- Accident Notification Form (Attachment 4):** A form for notifying the appropriate authorities, including sections for accident information, player information, and a declaration of the notification.
- Incident/Injury Tracking Form (Attachment 5):** A form for tracking the incident and injury, including sections for incident information, player information, and a declaration of the tracking.

From Left to Right

General Liability Claim Form (Attachment 2)
 Medical Release Form (Attachment 3)
 Accident Notification Form (Attachment 4)
 Incident/Injury Tracking Form (Attachment 5)

FIRE/SHERIFF DEPARTMENT NUMBERS

When calling the numbers listed below, the operator that answers will have specific questions that need to be answered. The operator will, at a minimum, ask the **TYPE** of emergency, the **LOCATION** of the emergency, and **WHO** you are.

Please answer any and all questions asked and provide as much information as required.

<i>EMERGENCY SERVICE 911</i>	<i>FIRE DEPARTMENTS</i>	<i>SHERIFF DEPARTMENTS</i>
Los Angeles County	Quartz Hill, American Indian Palmdale, Sierra, West Lancaster	
Lancaster	(661) 948-2631	(661) 948-8466
Palmdale	(661) 272-2400	(661) 947-2111
Kern County	Eastern Sierra California City, Kern River Valley, Mojave, Rosamond, Tehachapi, Boron & Edwards Air Force Base Little Leagues	
Cal City	(760) 379-2626	(760) 373-8606
Lake Isabella	(760) 377-4261	(760) 549-2100
Mojave	(661) 824-4581	(661) 824-7130
Rosamond	(661) 256-2401	(661) 256-9700
Tehachapi	(661) 822-5533	(661) 822-4078
Boron	(760) 762-6167	(760) 762-6666
Edwards AFB	Consult Base Ops Procedures	
Inyo County	Eastern Sierra Bishop, Owens Valley Little Leagues	
Bishop	(760) 873-5811	(760) 873-5866
Eastern Sierra	(760) 873-5811	(760) 873-5866
Big Pine	(760) 938-1110	(760) 873-7887
Mono County	Eastern Sierra Mono County Little League	
Eastern Sierra	(760) 932-5234	(760) 934-2011
Mammoth Lakes	(760) 932-5234	(760) 934-2011

DISTRICT 51 CONTACTS & TELEPHONE NUMBERS

CALIFORNIA DISTRICT 51 — EMERGENCY CONTACTS				
League President (P)				
League ID	League Name	Contact		Telephone
405-51-01	Inyo	Scott Kemp	P	(530) 400 - 6448
405-51-02	Bishop	Zachary Barnes	P	(760) 920 - 1763
405-51-03	Boron	Michelle Vidales	P	(760) 338 - 1436
405-51-04	Sierra Youth	Nick Coonis	P	(661) 510 - 2230
405-51-05	Edwards AFB	Sidney Melvin	P	(760) 373 - 0582
405-51-08	West Lancaster	Lenore Sherman	P	(661) 965 - 2855
405-51-10	Tehachapi	Jim Lundy	P	(661) 304 - 0473
405-51-11	Mojave	Nate Bristol	P	(661) 232 - 8861
405-51-12	American Indian	Frankie Yopez Jr.	P	(661) 839 - 3386
405-51-13	Palmdale	Alfonso Ruelas	P	(661) 285 - 2166
405-51-14	Quartz Hill	Jeff Kellogg	P	(661) 810 - 0534
405-51-16	Rosamond	Paul Shank	P	(661) 547 - 7210
405-51-18	California City	Nate Davis	P	(760) 514 - 6885
405-51-19	Kern River Valley	Charity Quinn	P	(760) 812 - 7650
405-51-20	Mono County	Neil McConnell	P	(760) 709 - 0675
00292109	Eastern Sierra	Lisa Manuelito	P	(760) 937 - 6888
DISTRICT 51 — POINTS OF CONTACT				
District Administrator:		Richard Odermatt	(661) 916 - 4110	
District Safety Officer:		Justino Perez	(626) 234 - 4791	
District Information Officer, Treasurer:		Jeffrey Ahrens	(661) 206 - 9552	
District Player Agent:		Dawn Bathgate	(661) 965 - 2195	
Central ADA:		Robert Bennett	(760) 373 - 3908	
North Assistant UIC:		Dan Gaunce	(661) 221 - 2567	
District Auxiliary Chairperson:		John Gillilan	(661) 341 - 6878	
Southern District UIC:		Richard Gonzalez	(661) 802 - 2573	
Major/Minor Baseball ADA:		Jeff Kellogg	(661) 810 - 0534	
District UIC:		Scott Moseley	(818) 307 - 0227	
ADA-Softball Little League:		Brittany Porter	(661) 316 - 9650	
ADA Jr. Baseball & Sr. League:		Angela Sanchez	(661) 916 - 2528	
Northern ADA:		Joe Sheridan	(760) 703 - 4139	

FIRST AID TRAINING

Once again, for the most part, first aid training is provided to the managers, coaches, and volunteers through the chartered Little League from which these individuals are obtained. First Aid training of these persons is covered in the individual Safety Plans for the chartered Little leagues within California District 51.

Should an individual not associated with a chartered Little League be appointed, that individual will be afforded the opportunity to obtain First Aid training through the local chapter of the American Red Cross. This training shall take place during the month of May for the current season. The training will be paid for through District funding and/or funds donated to the District for that purpose.

FIRST AID KITS

First Aid kits for each team in the Girls Senior League Softball program shall be provided to the managers at no cost to them or the team. These kits shall meet minimum requirements for contents as outlined by Little League Baseball & Softball, Inc.® These kits will be maintained in proper condition and shall be present at every game played by that team. It is recommended that the manager carry this kit with the equipment for the team. It is further recommended that the manager and/or coach for the team inspect the kit at least once each week.

LITTLE LEAGUE RULES & REGULATIONS

All managers, coaches, umpires, and volunteers associated with the California District 51 Girls Senior League Softball program are responsible for ensuring that all Little League Baseball & Softball, Inc.® Rules & Regulations are properly adhered to during the entire season.

These rules and regulations shall also be adhered to during any preseason games, post season games, or special games. All Rules & Regulations pertaining to the All-Star team shall also be adhered to during the International Tournament.

Failure to comply with these Rules & Regulations is subject to disciplinary action by the District Administrator. This action could result in the dismissal of said individual from the appropriate program.

The decision of the District Administrator during the regular season shall be **final**.

The decision of the **Charter Committee** in Williamsport shall be final during International Tournament play.

MANAGERS AND COACHES TRAINING

For the most part, training of managers and coaches for the California District 51 Girls Senior League Softball program shall be conducted through the Chartered Little League from which the manager and/or coaches are selected.

Each of the Safety Plans for the Chartered Little Leagues in District 51 shall contain a section concerning training for managers and coaches in that League. At least one adult shall be trained during each season per team (manager and/or coach).

Should an individual be selected as a manager and/or coach that is not affiliated with an existing Chartered Little league in District 51, training shall be provided by the remaining managers and/or coaches in the appropriate program during the month of May for the current season.

Should this training prove to be insufficient, training material approved by Little League Baseball & Softball, Inc.® shall be provided to those individuals.

This training will take place prior to the first game of the season.

PREGAME REQUIREMENTS

Prior to the beginning of every game played, the managers of each team and the umpire(s) will “**walk the field**” looking for possible hazardous situations.

The managers and umpire(s) will correct said situations as they are found. These individuals are looking for at least the following (this list is not meant to be all inclusive):

1. Holes
2. Rocks in the infield/outfield
3. Fence lines in disrepair.
4. Home plate solidly set into the ground.
5. All bases even with the ground and are breakaway.
6. Field properly chalked.
7. Pitching rubber properly seated in the ground.
8. No glass objects in the dugouts or playing area.
9. All playing equipment in serviceable condition.

Any hazardous issues will be written down and provided to the District Safety Officer and District Administrator. The DSO and/or DA will immediately notify the League Safety Officer or the appropriate school district about the possible hazardous situations. They will also request an estimated repair date for these hazardous situations.

If the hazard is of sufficient worry, and cannot be repaired at the time of discovery, the game will be played on a different field or postponed until the hazard can be repaired. At no time shall the player’s safety be placed in jeopardy to simply “get the game in”.

EQUIPMENT INSPECTION AND REPLACEMENT

Each manager and coach for every team in the appropriate program is responsible for the weekly inspection of the team's playing equipment. This inspection shall also include individual equipment owned by the players. All playing equipment, whether private or District owned, shall meet the requirements as set forth by Little League Baseball & Softball, Inc.©

Any equipment owned by the District shall be removed from the dugout and equipment bag. Said equipment shall be replaced by the District. If the piece of equipment belongs to an individual, the manager shall ensure that the player does not bring the piece of equipment to any games or practices in the future. Prior to each game, the umpire(s) shall inspect all equipment and make a determination as to the serviceability of said equipment. Any piece of equipment not meeting specifications shall be removed from the dugout area. The decision of the umpire(s) is final.

CONCESSION STAND OPERATION AND SAFETY

There is currently no concession stand located at the facility being utilized for the operation of the Girls Senior League Softball program. At such time as a concession stand is constructed at this facility, the individuals operating the concession stand shall be trained in accordance with the requirements of the State of California in food handling and preparation. These individuals shall also be instructed in the proper utilization of any equipment that may be present within the concession stand.

These individuals shall be trained in accordance with the Safety Plan directions in effect at their individual leagues. Since the concessions will require the possible utilization of propane powered grills, these individuals shall also be familiar with the operation of said grills.

This familiarization shall include, but not be limited to, the following guidelines:

1. Proper inspection procedures for all connections.
2. Proper ignition of said grills.
3. Emergency shutdown procedures for these grills.
4. Safe distances from the grills to prevent injury to bystanders.
5. Proper shutdown procedures.
6. Location of fire extinguisher(s)

ANNUAL LITTLE LEAGUE FACILITY SURVEY

The Little League facility survey for the current season shall be filled out online through the District 51 Little League website by the District Administrator or District Safety Officer. This survey will become part of the Safety Plan when submitted to Williamsport for certification.

The current Facility Survey will be completed and submitted through the Little League Data Center (as required) and will not be attached to this Safety Plan.

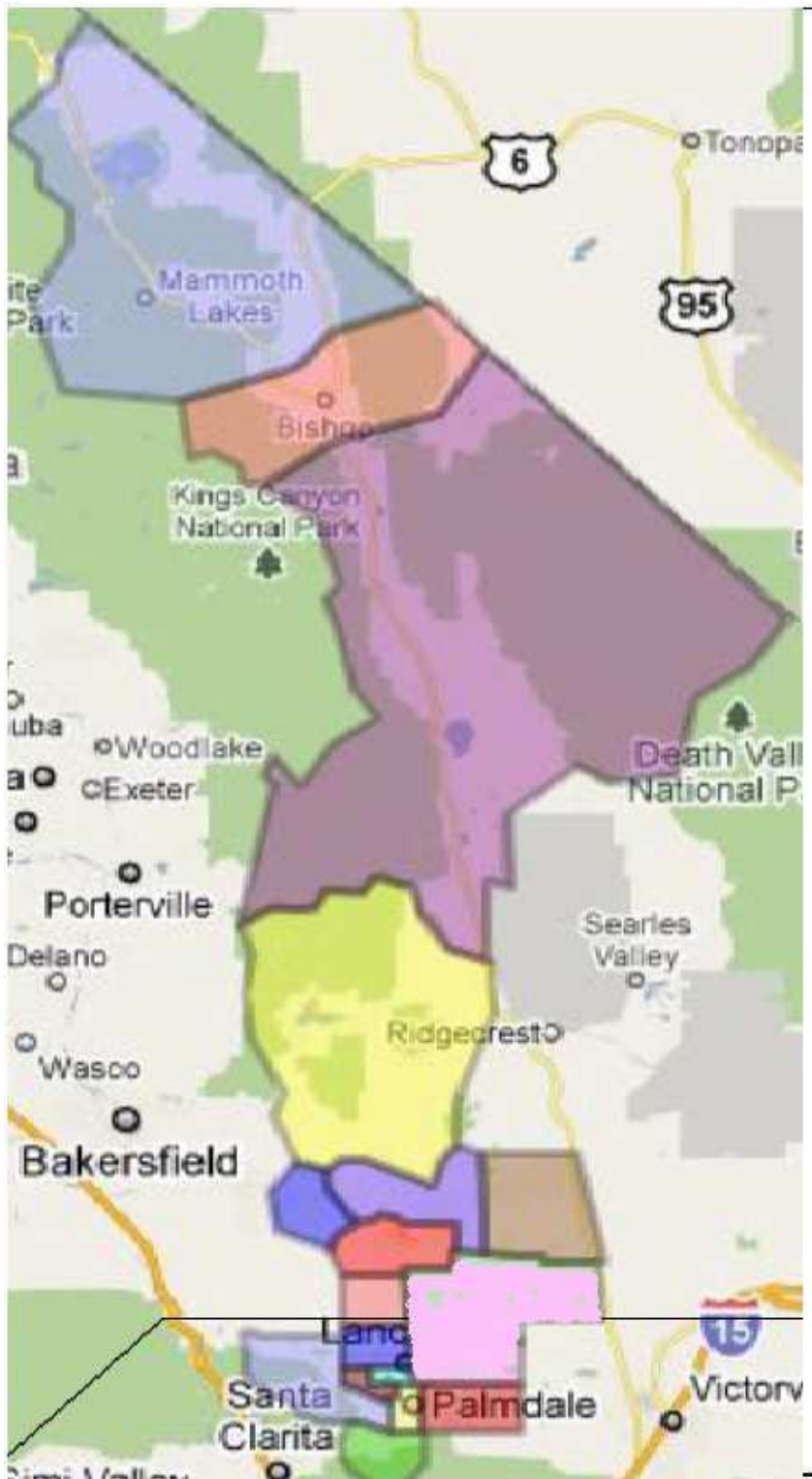
ROAD SAFETY

Safety – in its most basic definition is “the condition of being safe from undergoing or causing hurt or injury or loss”. From the perspective of a District Safety Officer, this not only applies to safety on the field of play or operating a League in a safe manner, it also means staying safe on the road.

Seventeen local Little Leagues make up California District 51, one of the largest Districts in the Western Region. From its most Southern Little League in Acton, California, District 51 extends 300 miles North through Los Angeles, Kern, Inyo-Kern, Inyo, and Mono counties to Bridgeport, California. The total area covers 22,000 square miles of Mojave Desert and the Eastern Sierra Nevada Mountains.

District 51 has several unique qualities, specifically in its geography, where it is unlike any other in the Western Region:

- 🚦 District 51 is transparently split into two areas – North and South
- 🚦 The Southern portion contains seven (7) Little Leagues, all located in close proximity in or around the cities of Palmdale and Lancaster. With the exception of Quartz Hill and Palmdale Little Leagues, the remaining five (American Indian, The Lakes, El Dorado, Sierra, and West Lancaster) typically function in an “Interleague Play” environment. Player rosters here average between 100 and 800 registered players.
- 🚦 The Northern portion could be described as a polar opposite of the Southern portion. Local Leagues here are smaller, sparsely located in small towns a great distance from each other. Leagues in the Northern portion also participate in Interleague play.
- 🚦 The purpose of this information is to assist League Safety Officers in reminding managers, parents, and fans traveling these long distances between game locations. Some examples of these reminders:
 - 🚦 Drive safely at all times while traveling between game locations
 - 🚦 Leave early with time to spare, avoid speeding to make the game on time.
 - 🚦 Pull off the road occasionally and stretch, get coffee or refreshments
 - 🚦 Know the road, especially at night while driving long segments of highway 🚦
 - Have a backup plan or means to call for help



With an area this large, the need to keep communication lines open between District Staff and Local League members is essential to a safer Little League environment.

Interleague and post season travel between Leagues is common for the players, parents, and volunteers in District 51. This is especially true in Leagues with less than 200 players, and Interleague play is in effect.

300 MILES
The players, parents, and volunteers, most from the North, make 3-5 hour long journeys to participate in tournament play. Drivers fatigue sets in easily, placing them and those they are conveying at particular risk of accidents.

The DSO will coordinate with League SO's to conduct "Safety Awareness" while traveling. Safety Officers will receive a copy of this Safety Plan and make available this information to all who travel.

Make roadside "pitstops" to pull over, rest awhile. Avoiding fatigue ensures everyone makes it home alive and well.

PLACES TO STOP AND REST

Long distance travel between several Leagues in the North area of District 51 is common during regular season Interleague play and post season tournament play. This information has been provided by the President of Mono County Little League. This is the Northern most League in District 51 and the League that drives furthest for the post season tournaments.

- Mammoth Lakes to Bishop is approximately 42 miles. (Mammoth Lakes is a resort town with all amenities)
- Bishop to Big Pine is 15 miles (Big Pine has gas stations, a school, and ball fields in order to get out and stretch).
- Big Pine to Independence is 26 miles. (Independence has two parks, one on each end of town. There is a Subway there also).
- Independence to Lone Pine is 17 miles. (Lone Pine has Carl's Jr., McDonalds, and a park on the Northern end of town).
- Lone Pine to Coso Junction is 40 miles. (Coso is a roadside rest area).
- Coso Junction to Pearsonville is 17.5 miles. (Pearsonville has a gas station and a Subway. There is a lot of desert here to get out and stretch).
- Pearsonville to Mojave is 58.2 miles. (Mojave has all amenities).

From Kern River Valley Little League, travel to any League is only possible by driving East or West on California Highway 178,

California 178 West terminates at California Highway 58 near Bakersfield, then traveling East to Tehachapi and Mojave. At Mojave, travel North on California 14 to US 395 or South on California 14 to Rosamond, Lancaster, and Palmdale.

California 178 East to California 14 near Inyo-Kern:

- 14 North to Mono, Inyo, or Bishop Little Leagues
- 14 South to California 58 to Boron Little League
- 14 South to California City, Mojave, Rosamond, Lancaster, and Palmdale Places to eat, rest, and get fuel will be found in any of the towns mentioned here.

CONCUSSION INFORMATION

Starting in 2016 California State Law placed certain requirements on Youth Sports Activities within the State. These requirements were designed to parallel the existing requirements for sports activities conducted in the California School system. These laws have placed certain requirements upon all youth sports activities within the state and have necessitated the completion of certain forms and certifications.

The first requirement is that ALL managers, Coaches, umpires and volunteers obtain a CDC certification in concussion protocols. This certificate (Attachment 7) is obtainable on-line through the CDC website and is free of charge. All District 51 district level managers, coaches, umpires (certified), and volunteers will obtain said certificate. A copy of this certification will be maintained by the District Administrator and will be renewed on a yearly basis.

The second requirement is an information sheet (Attachment 8) that is to be completed by the parent(s) of each player as well as the players themselves. Prior to being allowed to participate in the District Senior Softball program, this form will be completed by each parent and player and will become part of the registration package for that player for the current season.

To conform with the California Law requirements, Little League Headquarters (in Williamsport) created a certification form (Attachment 9) to be completed by the All-Star manager and coaches. This form will be completed and included in the District Senior Softball All-Star book on an annual basis.

The California Law (AB2007) generating these requirements is included in this Safety Plan as Attachment 10.

SUDDEN CARDIAC ARREST (SCA) INFORMATION

What most parents and educators don't know about sudden cardiac arrest (SCA) is that it's the #1 killer of student athletes and the leading cause of death on school campuses.

Thousands of youth are affected annually by a heart condition that often has unrecognized warning signs. In fact, an American Board of Family Medicine study found that 72% of students who suffered a cardiac arrest were reported by their parents to have had at least one cardiovascular symptom before the event. *They just didn't recognize it as life threatening.*

While there is growing protection from concussions for student athletes, there was no legislation to help to safeguard young hearts. Yet as reported by the National Center for Catastrophic Sports Injury Research, *more athletes die from a cardiac arrest than from incurring injuries while playing sports.*

A 2015 CIF survey of California high school athletic directors underscored the importance of education and training on school campuses. The survey revealed that at least 15% of schools were aware of one or more SCA incidents having occurred in their student community—that translates to hundreds of youth in our state alone lost to a silent killer. A January 2016 study by the Sudden Cardiac Arrest Foundation confirmed that there is an urgent need to counteract the dangerously low awareness of SCA in order to prevent more needless death.

Through new education and awareness protocol, the Eric Paredes Sudden Cardiac Arrest Awareness Act seeks to remedy this gap in student safety requirements as set forth in the current education code. Thank you for embracing this life-saving protocol and joining us in our mission to protect young hearts.

California law mandates Sudden Cardiac Arrest Prevention training for school and community youth sports coaches, officials and administrators.

AB1639 The Eric Paredes Sudden Cardiac Arrest Prevention Act (2016)

Initially a California Interscholastic Federation by-law affecting high school school sports programs, this law now applies to our state’s public, private and charter K-12 schools. It includes mandatory Sudden Cardiac Arrest Information sheets that are signed by parent/guardian and student athletes, bi-annual SCA prevention training and new removal/return to play protocol for student athletes who faint/pass out or exhibit a suspected cardiac condition.

AB379 Concussion and Sudden Cardiac Arrest Prevention Protocol (2020)

This law extends the protocol introduced in AB1639 to community youth sports programs, with the addition that sports officials (referees, umpires, etc.) and administrators also take mandatory Sudden Cardiac Arrest prevention training. This law applies to an organization, business, non-profit entity, school or local governmental agency that sponsors or conducts amateur sports competitions, training, camps or clubs for those under 18.

STEPS TO CREATE EMERGENCY RESPONSE PLAN

STEP 1

Appoint a Cardiac Emergency Response Team

The onsite team helps document the plan, conduct drills and be the first responders. Identify team members who are/will be CPR/AED certified.

Develop a Cardiac Emergency Response Team (CERT)

What is a Cardiac Emergency Response Team?

The Cardiac Emergency Response Team is a group of staff members who have current CPR/AED training and are designated to respond to and provide basic life support during a cardiac emergency. The CERT should be established prior to the start of each year to plan, implement, and evaluate the adopted Cardiac Emergency Response Plan (CERP).

Who are potential members of a Cardiac Emergency Response Team?

Potential team members include:

- Staff members with current CPR/AED training
- Administrators
- Health and physical educators
- Managers, Coaches, or event advisors

What are the roles of a Cardiac Emergency Response Team?

Roles of the team include:

- Communicate with administration annually to receive outcome of the medical and legal counsel review of the plan to ensure that the adopted Cardiac Emergency Response Plan is consistent with local, state and federal law.
- Read the Cardiac Emergency Response Plan to implement action steps in the following categories
 - Automated external defibrillators (AEDs)
 - Activation of Cardiac Emergency Response Team during an identified cardiac emergency
 - Communication of the plan
 - Training plan for AED use and cardiopulmonary resuscitation (CPR)
 - Local Emergency Medical Services (EMS) integration
 - Annual review and evaluation of the plan
 - Protocol for All Cardiac Emergency Response Responders
- Evaluate the Cardiac Emergency Response Plan annually and provide feedback & data for the Improvement Plan and for the American Heart Association
- Update the Improvement Plan Action Steps regarding the Cardiac Emergency Response Plan annually

In addition it is recommended that a minimum of 10% of overall staff, 50% of managers and coaches should have current CPR/AED certification.

STEP 2

Document Emergency Response Plan

Include CERP in your District ASAP. Personalize the plan to document the exact emergency action relevant to your league. Evaluate your plan annually.

EMERGENCY RESPONSE PLAN

Person finding unresponsive individual designates someone near the victim to call 9-1-1.

Anyone nearest to the AED should remove the AED from its' location and take to the victim's location.

All other available AED Team Members report to the victim's location.

First person on scene immediately starts hands-only CPR.

When AED arrives, it is activated as per the audio/written instructions.

One or two individuals wait outside to direct EMS to the victim.

STEP 3

Install & Maintain AEDs Properly

AEDs must be properly installed and never locked away—always accessible. Properly install AED and register with manufacturer and EMS. Establish protocol to conduct monthly checks & keep batteries and pads current.

AED Site Assessment

AED placement is crucial to the efficacy of the chain of survival. Determining the location of the AED, particularly if only one device is purchased, should be completed by the CPR-AED coordinator, league administration, EMS and medical director. Many times, local EMS or Fire Departments are willing to help conduct the assessment. Your AED maintenance provider or AED manufacturer may be available to assist in conducting your site assessment.

The American Heart Association (AHA) recommends the AED should be available to shock the victim within **three minutes** of a person falling to the ground. Therefore, it is extremely important the AED is placed for quick and easy access in an emergency. (All should be circled “YES” to effectively place the AED.)

CRITERIA

1. Is the AED accessible during all hours the site is open? YES NO
2. Are all trained personnel able to access the AED unit? YES NO
3. Is the AED highly visible? YES NO
4. Is the AED retrievable within two minutes (brisk walking)?* YES NO
5. Are all barriers cleared to gain access to the AED? YES NO
6. Is the AED near a telephone that is clearly marked for use? YES NO
7. Is the location of the AED able to handle the wall case/wiring (if applicable)? YES NO

STEP 4

Conduct Life-Saving Drills

CERPS only work if you practice them. Test your leagues' readiness and your plan's effectiveness. Plan your annual cardiac emergency drill (like fire drills) & involve local EMS. Evaluate your drills and make improvements.

DRILL SUMMARY CHECKLIST

Date:

Drill #:

Location of the Victim:

Time from Victim down to found (min/sec):

Time from Victim down to shock (min/sec):

Goal: Complete the drill in under 3 minutes

Y	N	N/A	
			Communication of emergency is clear and without delay?
			Team responded with urgency?
			Scene checked for safety?
			Victim checked for responsiveness?
			Someone directed to call 9-1-1?
			Staff sent to wait for EMS?
			Victim checked for breathing 5-10 seconds?
			CPR started with chest compressions?
			Compressions at least 2 inches deep and at a rate of approx. 30 compressions in 18 seconds?
			2 breaths given with just enough air to make the chest rise?
			Nose was pinched while giving breaths?
			Compressions resumed immediately after 2 breaths administered?
			AED arrived at scene within 3 minutes?
			AED pads applied immediately and without pause in compressions except to apply pads?
			Team members communicated with each other throughout drill?
			Shift of roles completed smoothly?

Questions for post-drill review:

What did the Cardiac Emergency Response Team do right?

What could the Cardiac Emergency Response Team do better?

What was easy to remember?

What was difficult to remember?

STEP 5

Share Plan

Educate players, parents, staff, coaches and facility users how they can be prepared to save a life. Send notices about SCA awareness and your CERP. Circulate and post AED locations.

SAMPLE EMAIL COMMUNICATION

Sudden Cardiac Arrest (SCA) in youth is not a rare occurrence. It is the #1 killer of young Athletes and the leading cause of death on school campuses. One of the biggest misconceptions about SCA is that “it just happens” and there’s nothing you can do to stop it. The truth is that SCA IS preventable—but that doesn't happen by chance.

- Recognize the warning signs of a potential heart condition
- Get a preventative heart screening for your child
- Learn hands-only CPR
- Know where your league’s AED is (the only device that will restart a heart)
- Know the Cardiac Chain of Survival
- Early recognition of SCA
- Call 9-1-1
- Begin CPR immediately
- Retrieve and begin use of an AED immediately
- Early Advanced Care from first responders
- Know your league’s Cardiac Emergency Response Plan so you’re ready to act within the critical 3 to 5-minute window for a child to be saved

Visit EPSaveALife.org for more information.