



NORTHERN LIGHTS
LITTLE LEAGUE, INC.
4060210

2026 SAFETY MANUAL

13950 YORK STREET
THORNTON, CO 80602

www.northernlightslittleleague.com

This Safety Plan is designed to assist all players, managers, coaches, and league members in having an enjoyable and safe season. Please refer to this plan and keep it with your manager's handbook. A copy will be emailed to all Managers/Coaches and will be stored at the concession stand.

Prepared by Randy Good, Safety Officer and Dave Kulmann, President

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League Contact Information

For safety related issues, please contact the Safety Officer and escalate only if necessary.

<u>2026 NLLL Safety Contacts</u>		
Randy Good, Safety Officer	rgood126@gmail.com	720-220-6607
Tim Cronk, General Manager	nlllcolorado@gmail.com	303-656-3493
	<u>Colorado District #2 Little League</u>	
Colorado District #2	colodist2@aol.com	303-252-0176

League information and forms can be found at:

www.northernlightslittleleague.com

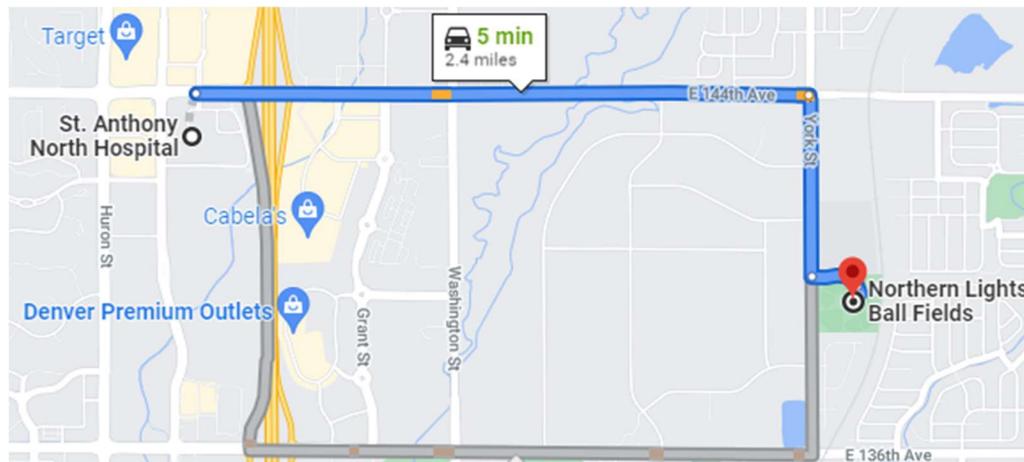
EMERGENCY INFORMATION

For ALL Emergencies (Police / Medical / Fire), dial 9-1-1

- Go to the nearest Hospital Emergency Room for severe injuries and illness, such as abdominal pain, chest pain, severe headache, shortness of breath, head injury, poisoning or severe bleeding.
- Go to the nearest Urgent Care center for minor injuries and illness, such as sprains, possible broken bones, or lacerations.
- Consult <https://www.uhealth.org/services/emergency-care/>

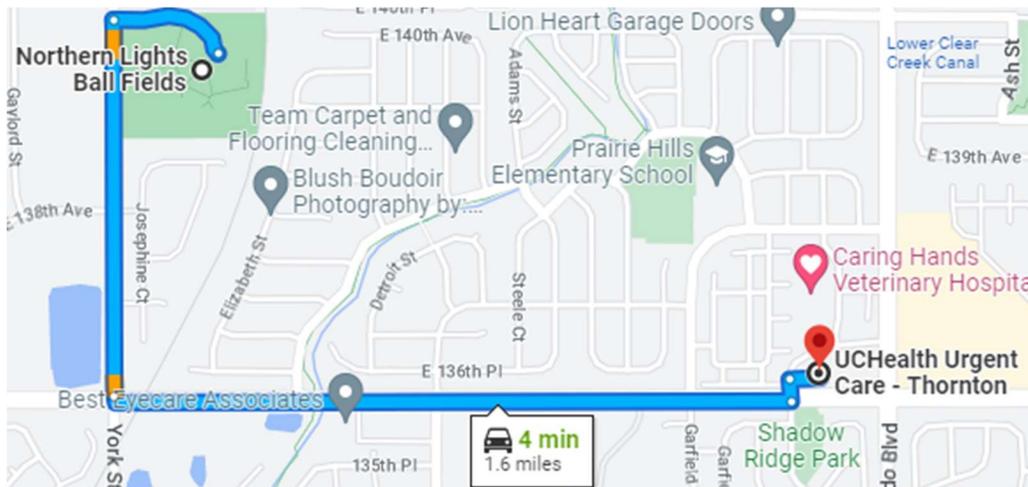
Nearest Hospital Emergency Room: St. Anthony North Hospital

14300 Orchard Parkway



Nearest Urgent Care: UHealth Urgent Care Thornton

13631 Colorado Blvd



Important Safety Phone Numbers

St. Anthony North Hospital	720-627-0000
UCH Urgent Care Thornton	303-252-2960
Fire Non-Emergency	303-538-7602
Thornton Police Non-Emergency	720-977-5124

Little League SAFE to Play Resources

New in 2026, Little League has launched enhanced safety materials available at <https://www.littleleague.org/university/>

- We **highly encourage** all coaches to take this free training offered by Little League!
- Use the same portal and log-in used for the mandatory Abuse Awareness course

Automated External Defibrillator (AED)

If a victim is not responsive, not breathing, and has no pulse, CALL 9-1-1 IMMEDIATELY, then proceed to locate the AED. Northern Lights has an AED on-site at the concession stand. It looks like this:



This AED features Fully automatic shock and includes a “RescueCoach” that provides user paced instruction using voice and text prompts. The unit self-tests and shows it’s ready with a green indicator in the upper right corner. Make sure to select the right size electrodes (Adult or Pediatric).

Safety Procedures

Northern Lights is dedicated to injury prevention! **All accidents shall be reported promptly to the NLLL Board Member on duty AND within 48 hours submit a completed Incident Tracking Form to the NLLL Safety Officer (Randy Good 720-220-6607).**

Forms are available at the concessions stand and at:

<https://dt5602vnjxv0c.cloudfront.net/portals/21510/docs/little-league-incident-tracking-report.pdf>.

League Personnel Requirements

- All adult members of Northern Lights Little League are to assure compliance with the Safety Policies and Guidelines.
- A copy of this Northern Lights Annual Safety Plan shall be distributed to all board members, coaches, and volunteers. The plan includes local emergency contacts as well as board member contact information.
- Managers, coaches, and umpires should have training in first aid. Do NOT administer any medication!
- Each year, the league shall conduct background checks on all volunteers using the Little League approved volunteer application form.
- The Board of Directors requires that all managers/coaches attend one mandatory meeting, such as Baseball Utility/ Coaches Corner Webinar or <https://positivecoach.org>, before the season.
- All managers/coaches should attend a Coaching training at least once every three years.
- The Board of Directors requires that all board members, managers and coaches complete "Abuse Awareness" training through USA Baseball. The training consists of Mandatory Reporting, Emotional and Physical Misconduct (including Bullying and Hazing), Sexual Misconduct, Interaction Policies. Completion by required members will be tracked by the league president.

On the Field

- Coaches, have your player medical clearance forms with you at all practices and games.
- First Aid: Coaches, familiarize yourself with the first aid kit contents! First aid kits are issued to each team and are also located in the Concession Stand. Each team is expected to have this kit present at all games. Kits may be restocked from supplies at the Concession Stand as needed.
- No games or practices should be held when weather or field conditions are poor, or when lighting is not adequate.

- Managers, coaches, and umpires should watch for lightning in the area, and utilize the WeatherBug app to determine if lightning is within 8 miles of the field. See Lightning Safety Plan for further details.
- At the start of each game, coaches and umpires shall inspect the fields for holes, damage, stones, glass, and any other foreign objects. Report any present or potential safety hazard to the NLLL Board Member on Duty (ask for them at the Concessions Stand) and the NLLL Safety Officer.
- All team equipment should be stored within the team dugout, or behind screens, and not within the area defined by the umpires as “in play.”
- Only players, managers, coaches, and umpires are permitted on the playing field during games and practices.
- During practice and games, all players should be alert and watching the batter on each pitch.
- During warm up drills, players should be spaced so that no one is endangered by wild throws or missed catches.
- All pre-game warm-ups should be performed within the confines of the playing field or adjacent bull pen (if applicable).
- At no time should "horse play" be permitted on the playing field.

Equipment

- Equipment should be inspected regularly for condition as well as proper fit.
- Batters must wear Little League approved protective helmets during batting practice and games.
- Catchers must wear catcher's helmet, throat guards, mask, long chest protector, shin guards and protective cup with athletic supporter (males) for all practices and games. **NO EXCEPTIONS!**
- Managers should encourage all male players to wear protective cups and supporters for practices and games.
- Managers should encourage infielders to wear a mouthpiece.
- Parents of players who wear glasses should be encouraged to provide "safety glasses."
- Players must not wear watches, rings, pins, or metallic items during practices and games.

Injuries

Assessing the Injury:

- STOP play, keep others away.
- LOOK for signs of injury (Blood, bruising, deformity of a joint, etc.)
- LISTEN to the injured. Calm and comfort the child, then ask “What happened?” and “What hurts?”
- FEEL gently and carefully the injured area for signs of swelling or broken bone.
- DECIDE: Mild injury (treat) or Severe Injury (Call 9-1-1), then contact the parent.

Severe Injury: Call 9-1-1

- Loss of consciousness? Call 9-1-1!
- Hit in the head and looks or acts wrong? Call 9-1-1!
- Deformity (dislocation, fracture)? Call 9-1-1!
- Eye injury? Call 9-1-1!
- Knocked-out tooth? Call 9-1-1!

Mild Injury:

- **R – I – C – E! Rest, Ice, Compression, Elevation**
- Hit below the head? (RICE)
- Strain or sprain (RICE)
- Bleeding (laceration): Put on gloves, press gauze pad on wound to stop bleeding, bandage.
- Bloody nose: Squeeze nostrils and apply ice.
- Bee sting (remove stinger, ice; 9-1-1 if allergic)
- Heat illness: seek shade, lay on back, remove shirt, apply cold pack to pits or water on body.
- Provide only water to the injured player. Do not provide food or other beverages.

Concussion Protocol

Northern Lights follows concussion return to play guidelines set forth by the CDC. **After a concussion, an athlete may only return to practices and games with the approval and under the supervision of their health care provider.** Coaches must receive a clearance note from the child's health care provider. Reference: https://www.cdc.gov/headsup/basics/return_to_sports.html

Northern Lights recommends following the six steps below to help safely return an athlete to play. This is a gradual process, and steps should be completed over days, weeks or months.

Step 1: Back to regular activities (such as school)

Athlete is back to their regular activities (such as school) and has the green-light from their healthcare provider to begin the return to play process. An athlete's return to regular activities involves a stepwise process. It starts with a few days of rest (2-3 days) and is followed by light activity (such as short walks) and moderate activity (such as riding a stationary bike) that do not worsen symptoms. You can learn more about the steps to return to regular activities at: https://www.cdc.gov/headsup/basics/concussion_recovery.html.

Step 2: Light aerobic activity

Begin with light aerobic exercise only to increase an athlete's heart rate. This means about 5 to 10 minutes on an exercise bike, walking, or light jogging. No weightlifting at this point.

Step 3: Moderate activity

Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (less time and/or less weight from their typical routine).

Step 4: Heavy, non-contact activity

Add heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).

Step 5: Practice

Young athlete may return to practice and full contact (if appropriate for the sport) in controlled practice.

Step 6: Competition

Young athlete may return to competition.

Lightning Safety Plan



- All Managers, Coaches, Umpires, and Board Members should install the **WeatherBug app** on their phones.
- The WeatherBug app has a lightning strike map that displays the closest lightning strike from the location of the phone.
- If at any time this WeatherBug app shows a lightning strike **within eight (8) miles** from the field, all baseball activities must be stopped and playing fields cleared immediately.
- Any adult Umpire, Manager, Coach, or NLLL Board Member can stop these activities once the 8-mile limit has occurred.
- All individuals should evacuate the field and go into a safe structure.
NOTE: Dugouts and park shelters are NOT safe structures! Safe structures are:
 - Any four-wall building with a roof and electrical and/or plumbing lines to the ground. (Concession Stand and Equipment Building)
 - A motor vehicle.
- Play may resume after at least **30 minutes** have elapsed since a lightning strike occurred within eight (8) miles of the field. Timing will be kept by adult umpire(s) and Board Member(s).
- Play may resume upon unanimous agreement between the adult umpire(s) and Board Member on Duty.

Communicable Disease Procedures

While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood born infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to, the following:

- The bleeding must be stopped, the open wound must be covered, and uniform must be changed if there is blood on it before the player can continue.
- Use gloves provided in the first-aid kit to prevent contact with blood or other body fluids.
- Immediately wash hands and other skin surfaces if contaminated with blood or other body fluids.
- Clean all blood contaminated surfaces and equipment with an appropriate disinfectant before competition resumes. If not in the first-aid kit, see the concession stand for supplies.
- Contaminated towels should be properly disposed of or disinfected.
- Follow accepted guidelines in the immediate control of bleeding and disposal when handling bloody articles and other items containing body fluids.

COVID-19 Procedures:

Northern Lights Little League will follow guidance released by the CDC ([cdc.gov](https://www.cdc.gov)) and Adams County Health ([adamscountyhealthdepartment.org](https://www.adamscountyhealthdepartment.org)) related to COVID safety protocols. This may include mask mandates for players, parents, coaches, and umpires or may limit who can attend the games.

Vomit/Fecal Clean Up Procedure

To clean up vomit or fecal matter, follow these steps:

- Protect yourself: Wear disposable gloves, a mask, and an apron if available.
- Cover the vomit: Use paper towels or an absorbent powder to soak up the liquid.

- Remove the absorbent material: Use a scoop or scraper to remove the paper towels or powder. Put them in a separate plastic bag.
- Wash the area: Use a soapy water solution to wash the area. You can also use a cleaning solution of warm water, dishwashing soap, and white vinegar.
- Disinfect the area: Use a chlorine bleach solution or another disinfectant.
- Dispose of the waste: Throw away the gloves, mask, apron, and any soiled material in a plastic bag.
- Wash your hands: Wash your hands thoroughly after cleaning up the vomit.

Concession Stand Safety

Opening Daily Concessions:

Prior to opening the concession stand for that day:

- Check/refill the First Aid Kit and assure adequate supplies to restock team kits.
- Check the operation of the Public Address (PA) system.
- Assure the availability of blank Incident/Injury Tracking Report forms.
- Assure that the Board Member on Duty is available at the Northern Lights Complex. Make sure their cell phone is operable.
- Remove any trash and assure that floor areas are clean and clear. Be sure that all cooking areas are clean and ready for use.

During operation:

- During all hours of operation, the designated person in charge shall have an active Food Protection Manager certificate on file from an accredited provider.
- No children under the age of 13 are to be permitted to work at the Concession Stand.
- All Concession Stand workers must wash hands before starting work and frequently during their shift.
- Proper food handling procedures shall be followed at all times.
- All workers shall wear plastic/latex gloves at all times when handling food.
- All Concession Stand Equipment shall be stored safely and checked regularly for proper operation.
- All chemicals shall be stored according to local health codes.
- Two people will be present at closing every night.
- Follow the guidelines below from Adams County Health Department and the State.

Food Allergen Notification:

A written notification will be provided for the nine major food allergens found in unpackaged foods: Milk, Eggs, Fish, Crustacean shellfish, Tree nuts, Peanuts, Wheat, Soybeans, Sesame. This notice is displayed on a placard close to the menu and concessions counter.

Northern Lights Little League operates a concession stand on premise and follows these guidelines set forth by the Tri County Health Department and the State:

1. Hand washing: A hand washing station must be provided in each food booth. Service of food items will not be allowed without proper hand washing station. All wastewater must be disposed of to the sanitary sewer system.
2. Bare-hand contact: Direct hand contact with ready-to-eat foods is prohibited. Serving utensils or gloves must be used to prevent bare- hand contact. Employees must wash their hands before putting on gloves and when changing gloves. Gloves do not replace the need for hand washing.
3. Hot/cold holding: Potentially hazardous foods, such as meats, poultry, fish, eggs, dairy products, sauces, cooked rice, pasta, potatoes, and beans, must be always maintained at 41F and below or 135F and above during the event. Food items may not be served if they are not at proper temperatures.
4. Food thermometer: An accurate food probe thermometer (OOF to 220F range) must be used to monitor food temperatures.
5. Transport: Cold foods must be transported and held in approved units capable of maintaining foods at less than 41F. Only smooth, easily cleanable, non-absorbent ice coolers or approved food-grade containers may be used for the storage of food, ice, or drinks. Containers or coolers made from Styrofoam are not approved for use.
6. Cooling: Cooling of foods at the event is prohibited. All advanced cooling must be done at the commissary. Foods must be rapidly cooled from 135F to 70F within 2 hours, then to 41F within 4 hours. Food prepared at room temperature must be cooled to 41F within 4 hours. Approved methods are: shallow 2-4" deep containers of food uncovered in the refrigeration; ice bath stirred often; ice paddle used with ice bath or refrigeration.
7. Dishwashing: On-site washing in tubs/basins or 3 compartment sinks is not allowed. Extra serving utensils must be provided so that soiled utensils can be changed every four (4) hours.
8. Produce: All produce must either be washed at an approved commissary in a food prep sink or be received prewashed (i.e. lemons for lemonade, potatoes for fries, or apples for caramel apples).
9. Storage: Food, utensils, equipment, and single-use items must be protected from dust, insects, customers, and other contamination while being transported,

stored, used, and/or served. All food, paper products, and utensils must be stored at least 6" above the ground. Sneeze guards, covers, or other barriers shall be provided to protect food from customers and other sources of contamination.

10. Wiping Cloths: Wiping cloths must be used with sanitizer solution and must be stored in the sanitizer between uses. Test kits must be provided and used. Sanitizer concentration requirements are as followed: Chlorine (bleach): 50-200 ppm/ Quaternary ammonium: 200 ppm or as per label.
11. Potable Water: Potable water must be available and used. A food grade hose must be used when connecting to a potable water supply.
12. Wastewater: All liquid waste, except drainage from clean potable ice, must be stored in a properly sized retention tank and be discharged into an approved wastewater disposal system.
13. Garbage: Any solid waste, such as food debris or wastepaper, must be collected and disposed of at an approved commercial establishment. A clean trash receptacle must be provided in the food booth.