



OCEAN VIEW LITTLE LEAGUE

SAFETY MANUAL

2024

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In 1995, Little League Incorporated introduced ASAP (A Safety Awareness Program) to create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League and with the goal of re-emphasizing the primary importance of safety to local little leagues around the United States. To be an ASAP compliant league, a Little League approved Safety Plan that meets certain acceptance criteria must be filed with Williamsport before the start of each season. Ocean View Little League annually fulfills this requirement.

Ocean View Little League Safety Awareness Program

The purpose of the Ocean View Little League Safety Plan is to develop guidelines for increasing the safety of activities, equipment, instruction and facilities through education, compliance, and reporting. In support of this goal, OVLL also commits itself to providing the necessary organizational structure and focus to develop, monitor, and enforce compliance with all aspects of the plan.

The Safety Plan includes the Safety Code adopted by the OVLL Board of Directors. This document outlines specific safety related policies and procedures of the League. All participants, volunteers, employees, spectators, and guests are bound by the guidelines set forth in these documents.

Safety Officer & Committee

The Safety Officer is an elected Member of the Ocean View Little League Board of Directors. This individual acts as the OVLL primary point of contact for the safety issues and is responsible to review, modify and communicate the League's Safety Plan each year. The plan is presented to the Board for approval and ratification in January prior to each upcoming season.

The League President and Safety Officer have primary responsibility for ensuring compliance with the Safety Plan. However, the entire Ocean View Little League Board of Directors, appointed members and Board Approved Managers and Coaches share in the responsibility to ensure awareness and compliance with the Safety Plan relative to their respective position or office.

The Safety Officer:

The Safety Officer of Ocean View Little League is mainly responsible for the development and implementation of the League's safety program. The Safety Officer is the link between the Board of Directors of OVLL and its managers, coaches, umpires, team safety officers, players, spectators, and any other third parties on the complex regarding safety matters, rules, and regulations.

The Ocean View Little League Safety Officer's and the Safety Committee's responsibilities include:

- Coordinating with the individual Team Managers/Coaches Officers to provide the safest environment possible for all.
- Assisting parents and individuals with insurance claims and will act as the liaison between Little League International and District 62, the insurance company and the parents and individuals.
- Explaining insurance benefits to claimants and assisting them with filing the correct paperwork.
- Keeping the First Aid Log. This log will list where accidents and injuries are occurring, to whom, in which divisions (major, minor A, B, C, Farm, and Tee ball), at what times, and who was under what supervision at the time of the injury.
- Correlating and summarizing the data in the First-Aid Log to determine proper accident prevention in the future.
- Ensuring that each team receives its Safety Manual and its First-Aid Kit at the beginning of the season.
- Re-stocking the first aid kits as needed.
- Make Little League's "no tolerance with child abuse" clear to all.
- Checking fields with the Managers and listing areas needing attention.
- Scheduling a Safety Clinic for all managers, designated coaches, umpires, player agents and team safety officers during the pre-season.
- Creating and maintaining all signs at the ball fields, including No Parking signs, No Smoking signs, No Pets Allowed, batting cage rules, cautionary signs etc....
- Acting immediately in resolving unsafe or hazardous conditions once a situation has been brought to his/her attention.
- Making spot checks at practices and games to make sure all managers have their First-Aid Kits and Safety Manuals.
- Tracking all injuries and near misses to identify injury trends and report to Little League District 62, Little League International and insurers as needed.
- Making sure that safety is a monthly Board Meeting topic, allowing experienced people to share ideas on improving safety with the Board, coaches, volunteers, and members, and keeping current on safety equipment.

The Safety Committee:

For 2024, the Ocean View Little League will maintain a Safety Committee comprised of the Safety Officer, Coaching Coordinator, President, Umpire in Chief, Field Maintenance Representative, and the Equipment Manager. This committee will have the primary responsibility for the initial annual review of the Safety Plan and to monitor the number of injuries and accidents that occur during the season. The Safety Committee will recommend courses of action regarding any safety issues that may present itself to the League. For example, it is envisioned that this committee will meet to assist the League Safety Officer in preparing revisions and updates to the League Safety Plan, which will then be distributed to the Board for comment. The 2024 League Safety Committee consists of the following members:

Safety Officer– Joe Dillard Cell- 714 728-0064 Speedway714@gmail.com	President – mcwilson21@gmail.com Cell- 562-631-0414
Coaching Coordinator – Don Trapp Seanstowell@gmail.com 714-875-6596	Equipment Manager – Josh Sewell Cell- 714-889-9973
Umpire in Chief – Cell-	Field Maintenance- Scott Harris

Volunteer Application

Ocean View Little League requires that all of the following personnel have annually submitted a fully completed official "Little League Volunteer Application" www.ovll.org and a copy of valid government issued photograph identification to the President or Safety Officer for conducting a national background check that at a minimum includes review of sex offender registries, child abuse and criminal history records for approval of such volunteer, prior to the applicant assuming his/her duties for the current season: Board of Director members, Umpires, Managers, Coaches, and any other persons, volunteers or hired workers, who provide regular service to the league and/ or have repetitive access to, or contact with, players or teams. For 2024, the application will be via the online service: www.ovll.org . Failure to submit a completed Little League Volunteer Application for the current year with a copy of valid government issued photograph identification and social security number as required by the league and upon request makes that adult unable to maintain OVLL membership and that adult or child volunteer is unable to volunteer in any capacity with OVLL. The "Little League Volunteer Application" must be maintained by the president of the OVLL's board of directors for all personnel named above, for a minimum of the duration of the applicant's service to the league for that year. Failure to comply with this regulation by OVLL may result in the suspension or revocation of tournament privileges and/or the Ocean View Little League's charter by action of the Charter or Tournament Committee in Williamsport.

OVLL will conduct an annual national background check on all personnel that are required to complete a "Little League Volunteer Application" prior to the applicant assuming his/her duties for the current season. OVLL shall not permit any person to participate in any manner, whose background check reveals a conviction or guilty plea for any crime involving or against a minor. OVLL may prohibit any individual from participating as a volunteer or hired worker if the league deems the individual unfit to work with minors. OVLL must conduct a search of the applicable government operated statewide sex offender registry and nationwide sex offender registry. Failure to comply with this regulation may result in the suspension or revocation of tournament privileges and/or the Ocean View Little League's charter by action of the Charter of Tournament Committee in Williamsport, PA. If OVLL becomes aware of information, by any means whatsoever, that an individual including, by not limited to, volunteers, players and hired workers, has been convicted of or pled guilty to any crime involving or against a minor, the local league must contact the applicable government agency to confirm the accuracy of the information. Upon confirmation of a conviction for, or guilty plea to, a crime against or involving a minor, the local league shall not permit the individual to participate in any manner.

Additionally, no individual may serve as OVLL treasurer or have any OVLL bank or other financial account signor authority or status who has any history of any criminal conviction for theft, forgery, conversion of property, possession of stolen property, robbery, burglary, moral turpitude, other similar misdemeanor, or felony conviction history.

Little League® "Basic" Volunteer Application – 2022

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



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

All RED fields are required.

Name

Address

City State Zip

Home Phone: Cell Phone

Work Phone: E-mail Address:

Driver's License#:

- 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 1, the local league must contact the Little League Security Manager.)
- 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 2, does not automatically disqualify you as a volunteer.)
- Do you have any criminal charges pending against you regarding any crime(s)? ☐ Yes ☐ No
If yes, describe each in full: (Answering yes to Question 3, does not automatically disqualify you as a volunteer.)
- 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 4, the local league must contact the Little League Security Manager.)
- In which of the following would you like to participate? (Check one or more.)
☐ League Official ☐ Field Maintenance ☐ Concession Stand
☐ Coach ☐ Manager ☐ Other
☐ Umpire ☐ Scorekeeper

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

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

Occupation:

Employer:

Address:

Special professional training, skills, hobbies:

Special Certifications (CPR, Medical, etc.):

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

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

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

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

Applicant Name (please print or type)

Applicant Signature Date

If Minor/Parent Signature Date

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

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 List)*

OR

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

☐ National Sex Offender Registry

*Please be advised that if you use JDP and there is a name match in the law 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.

Managers & Coaches Responsibilities

Managers & Coaches Must:

- Take possession of this Safety Manual and the First-Aid Kit supplied by OVLL and bring each to all practice or games.
- Make sure that telephone access is available at all activities including practices. It is required that a cellular phone always be on hand for emergencies.
- Attend a **mandatory** training session on Safety, concussion/head injuries, injury prevention and First Aid given by OVLL. At least one team representative is required to attend each year (either coach or manager)
- Attend the fundamentals training (at least one coach or manager) from each team must attend annually (training qualifies the volunteer for three years but one team representative must attend annually)
- Teach players the **fundamentals** of the game while advocating safety, including but not limited to:
 - Catching fly balls
 - Sliding correctly
 - Proper fielding of ground balls
 - Simple pitching motion for balance, mechanics, and technique
 - Batting positioning, loading, swinging, ball contact and safety
- Not expect more from their players than what the players are capable of.
- Notify a parent if a child is injured, sustains a suspected concussion, or ill, he or she cannot return to practice unless they have a note from their doctor. This **medical release** protects you if that child should become further injured or ill. **There are no exceptions to this rule.**
- Encourage players and volunteers to bring *water bottles* to practices and games. Also, strongly encourage parents that they bring sunscreen for themselves and their child.
- Insure all their coaches and volunteers have submitted completed current year volunteer application forms accompanied by social security number and government issued picture identification to the Safety Officer for background checks and not permit anyone to assist with practice or games or have substantial contact with OVLL children who have not complied with this requirement.
- Ensure all Concussion Information, Medical Release, and Parent/Player Code of Conduct forms are executed by players and parents and supplied to you before a player may attend practice or games with OVLL.

Prior to the Game Managers & Coaches will:

- Work with the umpire to walk the field prior to the game for hazards. Look for rocks, glass, holds etc. and correct if feasible. It is the managers/coaches' **responsibility** to assure the players safety during the game. If there is a facility issue, report that issue to the officer of the day or board member.
- Work with the umpire to inspect the player's equipment before use. If a player has bad equipment: it is recommended it be made unusable to stop the player from "saving" it from waste.
- Ensure the players warm up prior to the game, are ready to play, are not injured or sick
- Make sure there is a phone and a first aid kit immediately available.



During the Game Managers & Coaches will:

- Make sure that players carry all gloves and other equipment off the field and to the dugout when their team is up at bat. No equipment shall be left lying on the field, either in fair or foul territory.
- Keep players **alert** and always maintain discipline.
- Be **organized**. Keep players and substitutes sitting on the team's bench or in the dugout unless participating in the game or preparing to enter the game.
- Make sure catchers are wearing the **proper equipment**.

- Encourage everyone to think ***Safety First***.
- Observe the “***no on-deck***” rule for batters and always keep players behind the screens. No player should handle a bat in the dugouts at any time.
- Keep players off the fences. No one should be climbing the fences; this is a preventable injury.
- Get players to ***drink*** often so they do not dehydrate. Get players to apply a generous amount of sunscreen.
- **Never allow children to play if they are ill, sustained a suspected concussion or head injury, or are injured.**
- Do not allow players to use ill-fitting or defective equipment, it is highly recommended that the player’s equipment is made unusable to prevent a player from “saving” their equipment from discard. If it is league owned, arrange to have it replaced by the equipment manager.
- Always attend to children that become injured in a game. You must ***notify parents if their child has been injured*** no matter how small or insignificant the injury is. ***There are no exceptions to this rule.*** This protects you, Little League Baseball, Incorporated and OVLL. If there was an injury, make sure all accident report forms are filled out and promptly provide the forms and information to the OVLL Safety Officer.
- Supervise ejected, ill or injured players until released to the parent, guardian, or person the parent or guardian designates.
- Discuss any safety problems that occurred before, during or after the game with the OVLL Safety Officer.
- Ensure players utilize baseball equipment appropriate for age, division, ability and as allowed under Little League Baseball and Ocean View Little League local rules. (This is intended to encompass all Little League rules on composite bat restrictions and managers are to keep themselves updated on website updates during the season for such).



Safety Code

The Board of Directors has adopted the Ocean View Little League Safety Code. All league officers, participants, members, and volunteers are required to abide by this code. On game day and during practices it is expected that team managers, coaches and umpires will take actions necessary to comply with this code. The League Safety Officer will monitor compliance and revise the Safety Code from year to year, as necessary.

Ocean View Little League Safety Code

- Little League Rules and the Safety Manual will be in force at all league activities.
- To contact emergency medical services access to a mobile telephone is required for every league activity. Such arrangements should be confirmed prior to starting all games and practices.
- Managers and coaches will never leave an attended child at a practice or a game.
- Managers, coaches, and umpires will be provided with basic training in first aid, concussion and head injury detection and issues, proper mechanics/fundamentals, and Little League philosophy. More advanced training is available to coaches and teams upon request.
- First-aid kits are issued to each team manager and shall be present at each Little League game or practice. An additional first aid kit can be found in the snack bar. Notify the Safety Officer or Officer of the Day if items are missing from the first aid kit.
- No games or practices should be held when weather or field conditions are not good, particularly when lighting is inadequate.

- Managers and/or umpires shall walk the fields and inspect for hazards prior to using the field. Play area should be inspected frequently for holes, damage, rocks, glass, and other foreign objects that could cause injury.
- All team equipment should be stored within the team dugout, or behind screens, and not within areas defined by the umpires as "in play".
- Responsibility for keeping bats and loose equipment off the field of play should be that of a player assigned for this purpose or the team's manager and coaches.
- During practice and games, all players should be alert and watching the batter on each pitch.
- Only a player on the field called to bat by the umpire may swing a bat (Age 5 - 12). No on deck position or swings are permitted. And only when called to bat by an umpire may a player pick up a bat, proceed to the batters' box and take a couple of practice swings along the way. At all times, players need to be alert of the area around them when swinging bats.
- No swinging bats at any time within the walkways, common areas, on deck position and dugouts.
- During warm-up drills, establish enough space between players so that no one is endangered by wild throws or missed catches.
- Equipment should be inspected regularly for condition, proper fit, and compliance with Little League Baseball rules and regulations.

Batters must wear Little League approved protective helmets during batting practice and games. No modifications can be made to the helmet unless done by the helmet manufacturer.

- Catcher must wear catcher's helmet, mask, throat guard, long model chest protector, shin guards and protective cup with athletic supporter (males) always for all practices and games. NO EXCEPTIONS. Managers should encourage all other male players to wear protective cups and supporters for practices and games.
- The Catcher must wear catcher's helmet and mask with a throat guard while warming up pitchers. This applies to before games, between innings and in the bullpen during all games and practices. NO EXCEPTIONS.
- Except when runner is returning to a base, headfirst slides are not permitted.
- During sliding practice, bases should not be strapped down or anchored.
- Breakaway bases only are placed on Major and Minor level league fields. Anchored bases are not allowed.
- At no time should "horse play" be permitted on the playing field.
- Parents of Players who wear glasses should be encouraged to provide "safety glasses".
- Remove watches, rings, pins or other jewelry during games and practices.

- Managers and coaches are encouraged to have their players do stretching and light warm up exercises before starting practices or games to reduce the chance of injury.
- Pre-game warm-ups should be performed within the confines of the playing field and not within areas that are frequented by, and thus, endanger spectators (i.e., playing catch, pepper, swinging bats, etc.).
- Managers will ensure that the use of age-appropriate baseball for practices and games are utilized.
- Reduced impact balls are to be used for T-ball, Farm and Minor C level play.
- Players are to be encouraged to drink water, or sports drinks in moderation during practice and games.
- No children under the age of 12 are to be permitted in the snack bar.
- The flood control channel can cause serious injury to children who want to try and retrieve baseballs that have landed there. No access should be allowed into these areas.
- Equipment sheds are only to be accessed by managers, coaches, or appointed members. These sheds shall be locked when not in use. Children should never have access to the tools and equipment.
- Restrooms are outside of the common area at the OVLL fields. Managers and coaches are encouraged to have a team parent or adult monitor any child who needs to use the restroom during a practice or game.
- Promptly report any present or potential safety hazard to the Officer of the Day or any OVLL Board Member.
- When in doubt of an issue not addressed by this safety plan or Little League rules, common sense and discretion should be your guide.
- ***Remember, safety is everyone's job. Prevention is the key to reducing accidents to a minimum. Report all hazardous conditions to the League Safety Officer or another Board member immediately. Do not play on a field that is not safe or with unsafe playing equipment. Be sure your players are fully always equipped, especially catchers and batters. And check your team's equipment often.***

Reporting Accidents & Injuries

All managers, coaches, parents, umpires, and volunteers should use the following procedures for reporting injuries:

Emergency Phone numbers –

Call 9-1-1 in any emergency or for urgent medical assistance. Stay on the line and provide information requested by the dispatcher including the location of the field or practice area you are calling from.

Field Address for Emergency dispatch

****OCEAN VIEW LITTLE LEAGUE FIELDS****

16666 Tunstall Lane

Huntington Beach, California 92647

For non-emergency calls contact:

HB POLICE:	714-960-8825	MURDY COMMUNITY CENTER:	714-960-8895
HB FIRE/PARAMEDICS:	714-536-5411	OCEAN VIEW SCHOOL DISTRICT:	714-847-2551
GAS COMPANY:	800-427-2200	POISON CONTROL:	800-876-4766
SO. CAL EDISON:	800-611-1911		
HB WATER DEPT:	714-536-5921		

What to report –

Any incident that causes any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid must be reported to the Director of Safety. The terms "medical treatment and/or first aid" include any injury that (a) causes a player to miss any practice or game time; or (b) any event that has the potential to require the medical assistance of a physician for evaluation and diagnosis must be reported promptly. Use the initial/incident reporting form to obtain as much information as possible.

When to report –

All such incidents described above must be reported to Joe Dillard, OVLL Safety Officer, within 48 hours of the incident. Contact information is: Cell: 714.728.0064

Email/Scan to: speedway714@gmail.com

Use the AIG Insurance Little League Baseball Accident Notification Form to Report injuries

The form is available for download from the Safety section of the League web site:

www.ovll.org

In completing the form make sure the following information is provided:

- Our League name is: Ocean View Little League and League I.D. No.: 4056205
- The name and phone number of the individual involved (and their parents).
- The date, time, and location of the incident.
- As detailed a description of the incident as possible.
- The preliminary estimation of the extent of any injuries.
- The name and phone number of the individual reporting the incident.

Safety Officer responsibility for injury reporting –

The League Safety Officer will receive this injury report and will enter it into the league's safety database. Within 48 hours of receiving the incident report, the Safety Officer will contact the injured party or the party's parents and (1) verify the information received; (2) obtain any other information deemed necessary; (3) check on the status of the injured party; and (4) in the event that the injured party required other medical treatment (i.e., Emergency Room visit, doctor's visit, etc.) will advise the parent or guardian of the Ocean View Little League's insurance coverage's and the provisions for submitting any claims for reimbursement. The League Safety Officer will forward the completed Accident Notification Form to the President, Little League District 62 who will file a copy of the notice and forward it to appropriate League Official(s) for processing.

If the extent of the injuries is more than minor in nature, the Safety Officer may periodically call the injured party to check on the status of any injuries and to check if any other assistance is necessary such as submission of insurance forms, the medical release form, etc. or until such time as the incident is considered "closed" (i.e. no further claims are expected and/or the individual is participating in the league again).

Returning to Play Following Injury or illness –

According to Little League Baseball National Headquarters Regulation III (D) for all levels of baseball and softball:” When a player misses more than seven (7) continuous days of participation for an illness or injury, the team Manager must receive written permission given by a physician or other medical provider for a return to full baseball activity.”

Physician or other medical provider permission must also be secured following a concussion or head injury as outlined in the Concussion Information Sheet parents and players are required to review and sign in the registration process before play with the league and as attached.

Some Important Do's and Don'ts for an Injured Player

Do ...

- Activate 9-1-1 as needed to summon professional emergent help
- Reassure and aid children who are injured, frightened, or lost.
- Provide, or assist in obtaining, medical attention for those who require it.
- Know your limitations.
- Carry your first-aid kit to all games and practices.
- Assist those who require medical attention - and when administering aid, remember to ...
- **LOOK** for signs of injury (*Blood, Black-and-blue deformity of joint etc.*).
- **LISTEN** to the injured describe what happened and what hurts if conscious. Before questioning, you may have to calm and soothe an excited child.
- **FEEL** gently and carefully the injured area for signs of swelling or grating of broken bone.
- Plan to have a cellular phone available when your game or practice is at a facility that does not have any public phones.

Do not ...

- Administer any medications.
- Provide any food or beverages (other than water).
- Hesitate in giving aid when needed.
- Be afraid to ask for help if you are not sure of the proper procedures (i.e., CPR, etc.)
- Transport injured individuals except in extreme emergencies.

Head Injuries

THE FACTS

- A concussion is a **brain injury**.
- All concussions are **serious**.
- Concussions can occur **without** loss of consciousness.
- Concussions can occur **in any sport**.
- Recognition and proper management of concussions when they **first occur** can help prevent further injury or even death.

WHAT IS A CONCUSSION?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost, even if they do not directly hit their head.

The potential for concussions is greatest in athletic environments where collisions are common. Concussions can occur, however, in any organized or unorganized sport or recreational activity. As many as 3.8 million sports and recreation-related concussions occur in the United States each year.

RECOGNIZING A POSSIBLE CONCUSSION

To help recognize a concussion, you should watch for the following two things among your athletes:

1. A forceful blow to the head or body that results in rapid movement of the head.
-and-
2. Any change in the athlete’s behavior, thinking, or physical functioning. (See the signs and symptoms of concussion.)

SIGNS AND SYMPTOMS

SIGNS OBSERVED BY COACHING STAFF

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

SYMPTOMS REPORTED BY ATHLETE

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Does not “feel right”
- Confusion
- Concentration/Memory Problems

Athletes who experience any of these signs or symptoms after a bump or blow to the head should be kept from play until given permission to return to play by a **health care professional** (see Licensed Health Care Provided list below) with experience in evaluating for concussions. Signs and symptoms of concussion can last from several minutes to days, weeks, months, or even longer in some cases.

Remember, you cannot see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. If you have any suspicion that your athlete has a concussion, you should keep the athlete out of the game or practice.

PREVENTION AND PREPARATION

As a coach, you can play a key role in preventing concussions and responding to them properly when they occur. Here are some steps you can take to ensure the best outcome for your athletes and the team:

- **Educate athletes and parents about concussion.** Talk with athletes and their parents about the dangers and potential long-term consequences of concussion. For more information on long-term effects of concussion, view the following online video clip: http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm#Video. Or <http://www.cdc.gov/concussion/HeadsUp/youth.html>. Explain your concerns about concussion and your expectations of safe play to athletes, parents, and assistant coaches. Pass out the concussion fact sheets for athletes and for parents at the beginning of the season and again if a concussion occurs.
- **Insist that safety comes first.**
Teach athletes safe playing techniques and encourage them to follow the rules of play. Encourage athletes to always practice good sportsmanship. Make sure athletes wear the right protective equipment for their activity (such as cups, mouth guards, catching gear). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly. Review the athlete fact sheet with your team to help them recognize the signs and symptoms of a concussion.
- **Teach athletes and parents that it is not smart to play with a concussion.**
Sometimes players and parents wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Do not let athletes persuade you that they are “just fine” after they have sustained any bump or blow to the head. Ask if players have ever had a concussion.
- **Prevent long-term problems.** A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage, and even death. This more serious condition is called second impact syndrome. Keep athletes with known or suspected concussion

from play until they have been evaluated and given permission to return to play by a health care professional with experience in evaluating for concussion. Remind your athletes: “It’s better to miss one game than the whole season.”

ACTION PLAN

WHAT SHOULD A MANAGER OR COACH DO WHEN A CONCUSSION IS SUSPECTED?

1. Remove the athlete from play. Look for the signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head. Athletes who experience signs or symptoms of concussion must not be allowed to return to play. When in doubt, keep the athlete out of play.
2. Ensure that the athlete is evaluated right away by an appropriate health care professional. Do not try to judge the severity of the injury yourself. Health care professionals have several methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:
 - Cause of the injury and force of the hit or blow to the head
 - Any loss of consciousness (passed out/knocked out) and if so, for how long
 - Any memory loss immediately following the injury
 - Any seizures immediately following the injury
 - Number of previous concussions (if any)
3. Inform the athlete’s parents or guardians about the possible concussion and give them the fact sheet on concussion. Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.
4. Allow the athlete to return to play only with permission from a health care professional with experience in evaluating for concussion. A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long-term problems. Prevent common long-term problems and the rare second impact syndrome by delaying the athlete’s return to the activity until the player receives appropriate medical evaluation and approval for return to play.

If you think your athlete has sustained a concussion...take him/her out of play and have the parent/ guardian, seek the advice of a health care professional experienced in evaluating for concussion.

General Health

Physical Exams –

Regarding the general health of its participants, Ocean View Little League includes the following wording in its Registration Booklet:

"While physical exams are not required by league policy, National Little League strongly recommends that participants be in good general health. If your child has a physical impairment that the league should be aware of, PLEASE note the information on the registration form, and contact your leagues' Player Agent. Items such as allergies, eye problems, diabetes, etc., will be kept confidential, except that your child's manager and coach will be aware of any potential problem."

Communicable Disease Procedures –

While the risk of one participant infecting another with a blood borne infectious disease during league activities is small, there is a remote risk that a communicable disease can be transmitted. Managers and coaches should anticipate such a situation to arise during practice or games and gloves are provided in the safety kit issued to each team. Procedures for reducing the potential for transmission of infectious agents should include, but not limited to the following:

- Bleeding must be stopped, the open wound covered and if there is any excess amount of blood on the uniform, it must be changed before an athlete may participate.
- Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated.
- Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
- Clean all blood-contaminated surfaces and equipment with a solution made from a proper dilution of household bleach or other disinfectant before competition resumes.
- Practice proper disposal procedures to prevent injuries caused by needles and other sharp instruments or devices.
- Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.

- Managers, coaches, umpires, and volunteers with bleeding or oozing skin should refrain from all direct athletic activity and team contact until condition is resolved.
- Contaminated towels should be disposed of or disinfected properly.
- Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings and other articles containing body fluids. Basic Training and Safety Clinic for Managers/Coaches & Players

Safety/First Aid Training

- The league schedules annual first aid training for managers, coaches and OVLL board members. This training covers basic first aid, important emergency contact information, AED use and storage as well as concussion/head injury prevention. 2024 OVLL Safety Manual is on our website.

All managers are required to complete the following:

- Watch the following online videos at the link below:
<https://www.cdc.gov/headsup/resources/videos.html>

Managers / Coaches Training

To ensure that OVLL Coaches and Managers are well prepared for the task of coaching little league baseball. They are required to annually attend both the safety clinic and one or more instructional clinics offered internally or in district around the start of practice in February. These clinics provide instruction on proper warm-up exercises, basic first aid, injury prevention and head injuries, coaching techniques, and instructional methods to teach proper hitting, throwing, and catching mechanics.

Parent and Spectator Personal Safety Responsibilities

1. Always have personal safety in mind and use good judgment when outside of the Foul Lines during a live game or practice.
2. Never enter a field during a game or practice without the knowledge and permission of the Manager or Coach responsible at the time.
3. Never place themselves in a position of potential injury to themselves or others during a live game or practice.
4. All the above applies to the Oceanview Little League facility and all off site practice facilities where a league approved manager is supervising an approved practice.

Guidelines for Batting Cage Use

1. Adult supervision is always required when the batting cage is in use.
2. No food or drink will be consumed inside the batting cages. Including sunflower seeds.
3. Only OVLL Managers or OVLL Coaches can throw batting practice
4. Only one batter and one pitcher are allowed in the cage at a time when in use.
5. The pitcher must use an "L" fence protector or screen.
6. Access doors into the cage will be shut and latched prior to any pitch being thrown.
7. The batting cages access doors will be locked whenever they are not being used by an OVLL team.
8. Cleats are not allowed inside the cages.
9. Helmet use by batters is mandatory
10. The only one to hold a bat will be the batter in the cage; all others will leave the bats on the ground, i.e., no swinging bats outside the batting cage.
11. After use, ensure all trash is thrown away and the cages have been locked.

****Any violation of these rules will result in the loss of the privilege to use the OVLL batting cages****

Storage Shed Procedures

The following applies to all the storage sheds used by Ocean View Little League and apply to anyone who has been issued a key by Ocean View Little League to use those sheds.

- All individuals with keys/combinations to the Ocean View Little League equipment sheds (i.e., Managers, Umpires, etc.) are aware of their responsibilities for the *orderly and safe storage of rakes, shovels, bases, etc.*
- Before you use any machinery located in the shed (i.e., lawn mowers, weed whackers, lights, scoreboards, public address systems, etc.) please locate and read the written operating procedures for that equipment. There will be no child utilization, riding on or operation of such equipment in any manner.
- All chemicals or organic materials stored in Ocean View Little League sheds shall be properly marked and labeled as to its contents.
- All chemicals or organic materials (i.e., lime, fertilizer, etc.) stored within these equipment sheds will be separated from the areas used to store machinery and gardening equipment (i.e., rakes, shovels, etc.) to minimize the risk of puncturing storage containers.
- Any witnessed "loose" chemicals or organic materials within these sheds should be cleaned up and disposed of as soon possible to prevent accidental poisoning.

Adverse Weather Evacuation Procedures

When anywhere near the vicinity of the field:

- Stop Game/Practice immediately.
- Stay away from metal fencing, bleachers (including dugouts)
- Do not hold a metal bat.
- Walk, do not run to car, and wait for an official Umpire decision on whether or not to continue the game or coach determination to continue practice.
- Websites to check for assistance:
- [NOAA National Weather Service](#)
- [NOAA Lightning Safety](#)
- [NOAA Severe Weather Photos](#)
- [NOAA Storm Watch](#)

Concession Stand Safety Procedures

Ocean View Little League operates a concession stand (snack bar) at our fields. This is done when we have league games as well as playoff, TOC, and all-star tournament play.

Concession stands will be supervised by adult volunteers. Minor volunteers may work in the snack bar with the approval of the OVLL Auxiliary Rep or Snack Bar Manager. Those volunteers or assignees operating the OVLL concession stand will operate such under the approval of the OVLL Auxiliary Rep, Snack Bar Manager and Safety Officer. All volunteers will have the standard required background check performed. Volunteers shall be 12 years old or older.

All unpackaged food must be handled with paper towels or plastic wrap. Staff members may wear plastic/rubber gloves while working. All staff members must wash their hands on a frequent basis and/or use sanitizer.

The concession stand shall be cleaned at the end of each day, shall have a fully stocked First Aid Kit and no glass containers shall be sold at the concession stand.

Only working staff will be allowed in the concession stand. No coach, staff, Umpires, or others shall loiter in the area.

All trash shall be removed from the concession stand at the end of each day. Rubber gloves may be worn by staff while handling the trash.

At least one fire extinguisher will be placed in the concession stand in a visible and unblocked location when any hot food is served. All staff shall be instructed on the use of the fire extinguishers prior to working in the stand.

A list of emergency numbers and key league personnel phone numbers shall be available in the concession stand for emergency use.

2024 Ocean View Little League Executive Board

President	Marc Wilson	mcwilson21@gmail.com
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Co- Vice President	Sean Stowell	seanstowell@gmail.com
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Treasurer	Carl Lopez	loper13@gmail.com
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Coaching Coordinator	Don Trapp	dontrapp@cs.com
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Lower Player Agent	Traci Larson	traci.s.larson@gmail.com
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Field Supervisors/Equipment Manager/Umpire in Charge/Commissioners

Field Supervisor	Scott Harris	spscotch@yahoo.com
Equipment Manager	Josh Sewell	sewell.josh09@gmail.com
UIC		
Majors		
Minor A		
Minor B		
Minor C		
Farm		
Tee Ball		

COVID-19 Safety Plan and Procedures for 2024 Season

Purpose: To create a safe environment for OVLL players, managers/coaches, volunteers, and spectators while on OVLL fields/engaging in OVLL activities

Goal: Ensure all OVLL safety practices and procedures align with Orange County Health Agency guidelines according to CA Department of Public Health Outdoor Recreational Sports guidance.

- Attendance at OVLL fields means you knowingly and freely assume all risks, known and unknown, as well as take full responsibility for your player(s) and family's participation in Little League Baseball at OVLL. Returning to practices/ games is completely voluntary. OVLL is adding safety measures to reduce the risks and to help protect players and families from COVID-19, however, we cannot guarantee your safety. If you are concerned or an at-risk individual, please do not come to the fields.

I. General Requirements/Guidelines

- MONITOR temperature prior to attending any Little League events. No one with a fever, cough, active COVID-19 infection or known direct contact with an individual testing positive for COVID-19 should attend a game/practice until evaluated by a medical provider and given clearance to do so.
- CLEAN and SANITIZE hands and equipment on a regular basis.
- COMMUNICATE with the safety officer immediately if a coach, parent, or participant has symptoms of, or tests positive for, COVID-19. Confidentiality will be maintained; however, the coach and league must notify the team and any other known person that could have interacted with the person on our facilities that they could have been exposed to COVID-19. No one with symptoms of COVID-19 or who is in isolation or quarantine for COVID-19 is permitted to attend practices or competitions.
- STAY HOME when feeling sick.
- CLEAN and SANITIZE hands and equipment on a regular basis

II. Field Practice/Game Guidelines

- All Managers, coaches and umpires should sanitize their hands immediately upon entering the field.
- Managers should encourage no-contact communication amongst players and coaching staff including verbal encouragement, tip the cap, wave, thumbs up, signs, etc.
- Catcher position eliminated from Tee ball and Farm for the 2024 season.
- Sharing of equipment, gear, or drink bottles is not allowed.
- Upper divisions will use the dugout and bullpens to keep players at a social distance.

- Lower divisions will use foul territory to have players at a social distance.
- 1st or 3rd base coach will pick up the bat of the player that just hit. They will return it back to the dugout coach that is responsible for that player.
- Umpires will call balls and strikes from behind home plate or the mound at their discretion. Junior umpires are required to wear a full caged mask when working a major's game behind the mound

III. Snack Bar

- Snack bar sales will follow social distancing and sanitation guidance.
- Only Board members and/or Officer of the Day allowed in Snack Bar.
*Game volunteer pick-up/drop-off: Umpires (league issued equipment/gear), scorekeeper (scorebook, scoreboard remote).

OVLL reserves the right to change or adjust requirements to conform to future city, county or state guidelines as conditions change.