Homer Little League



A Safety Awareness Program (ASAP)
"Where Safety Comes First"

Homer, Alaska

League ID#: 4020112

Table of Contents

Requirement 1	2025 Board of Directors	3
	League Safety Officer Information	3
Requirement 2	Distribution of Safety Manual	3
Requirement 3	Emergency Phone Numbers	4
	Covid-19 Guidelines	4
Requirement 4	Volunteer Background Checks	6
	NEW 2025 Abuse Awareness Training	8
	Safe Sports Act	9
Requirement 5	Coach Fundamental Training	10
Requirement 6	Safety Manual & First-Aid Training	10
Requirement 7	Field Inspections and Storage Procedures	10
	Pregame Check List	11
Requirement 8	Annual Facility Survey	12
Requirement 9	Concession Stand Guidelines	12
Requirement 10	Inspection of Equipment	13
Requirement 11	Accident Reporting Procedure	14
	League Safety Officer Information	14
Requirement 12	First Aid Kits	15
	Communicable Disease Procedures	15
Requirement 13	Enforcement of Little League Rules	15
Lighting & Weather		17
Hydration		18
Requirement 14	Submitting Player, Manager and Coach Data	19
Requirement 15	Complete survey questions in the LL Data Center	19
Concussions	Concussion Prevention Policy	19
Accident Notification Form		21

Homer Little League Safety Program

Safety Mission Statement

Homer Little League (HLL) is a non-profit organization run by volunteers whose mission is to provide an opportunity for our community's children to learn the game of baseball in a safe and friendly environment.

2025 Board of Directors

Requirement 1:

<u>Title</u>	Name	Phone Number
President	Shelby Sims	(907) 299-7354
Vice President	Corey Geysbeek	(907) 435-7239
Secretary	Sarah Richarson	(907) 299-5909
Treasurer	Hope Geysbeek	(907) 435-7669
Safety Officer	Misty Kincaid	(706) 832-2303
Information Officer	Lacy Epperson	(907) 399-3154
Player's Agent	Elvy Martinez	(907) 299-3292
Umpire in Chief	Corey Geysbeek	(907) 435-7239
Coaches Coordinator	Corey Geysbeek	(907) 435-7239
Equipment Manager	Ely Martinez	(907) 299-3292
Field Manager	Richard Gregoire	(907) 399-1526
Marketing/PR Manager	Madilyn Robinson	(907) 299-4876

Distribution of Safety Manual

Requirement 2:

Each team will receive a paper copy of this safety manual. Managers and or Team Safety Officers should have a copy of the safety manual at all league functions.

EMERGENCY PHONE NUMBERS

Requirement 3:

Police Emergencies	911
Non-threat Emergency	311
Fire	911
Poison Control	(800) 222-1222
Police Department (Non-Emergency)	(907) 235-3150
Homer Little League Safety Officer	(706) 832-2303

EMERGENCY CARE:

South Peninsula Hospital

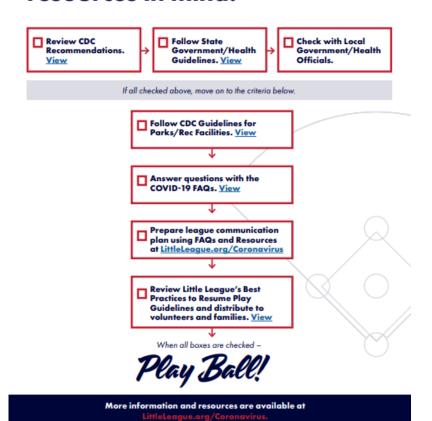
4300 Bartlett Street, Homer, AK 99603 (907) 235-8101

GENERAL CARE:

Homer Medical Center

4136 Bartlett Street, Homer, AK 99603 (907) 235-8586

As your local league considers returning to play, keep these resources in mind:



STAY SAFE ON AND OFF THE FIELD



Stay home if you are sick.



Bring your own equipment and gear (if possible)



Cover your coughs and sneezes with a tissue or your elbow.



Wash your hands or use sanitizer before and after events and sharing equipment.



Tell a coach or staff member if you don't feel well.





cdc.gov/coronavirus

Background Checks & Abuse Awareness Training

Requirement 4:

Little League International has established criteria for each chartered league's performance of an investigation into the background of all individuals who volunteer in any capacity. Each volunteer will be required to complete a volunteer application from and provide a copy of their government issued photo identification. The minimum requirement for these background investigations is verification that volunteers are not registered sex offenders. To provide additional protection to the children we will submit a list of all volunteers to JDP. A background investigation that will list any convictions nationwide will be completed. Upon clearance of individual background investigations all volunteers will be notified by The Board of Directors. Background Checks Regulation 1 Annual October 1 to September 30

Little League Do not use forms from p		eer Applica aper to complete if addit			
This volunteer application should only be used if a league is <u>manually</u> entering in this FORM SHOULD NOT BE COMPLETED IF A LEAGUE IS UTILIZING THE JDP QU	information into JDP. IICKAPP.	ineligible list?		outh programs and/or l	isted on any youth organization Yes No
Visit LittleLeague.org/LocalBGcheck for more information.		If yes, explain:			Leanus laterration - 1 \
A COPY OF VALID GOVERNMENT ISSUED PHOTO IDENTIFICATION MUST BE <u>ATT</u> COMPLETE THIS APPLICATION.	ACHED TO	(If volunteer answered	yes to Question 7, the local le	eague must contact Little	League International.)
All RED fields are required.		In which of the following w	vould you like to participate?	(Check one or more.)	
	Barra	League Official	Umpire	■ Manager	☐ Concession Stand
Name First Middle Name or Initial Last	Date	☐ Coach	Field Maintenance	☐ Scorekeeper	Other
Address Zip City State Zip		Please list three references, youth program:	at least one of which has kno	owledge of your particip	pation as a volunteer in a
		Name/Phone			
Social Security # (mandatory) Cell Phone Business Phone		-,			
Cell Phone Business Phone Home Phone: E-mail Address:					
Date of Birth Occupation					EASE ATTACH A COPY OF THAT STATE'S
Cocupation					EBSITE: <u>LittleLeague.org/BgStateLaws</u> ation to conduct background check(s) on
Address		me now and as long as I contin	ue to be active with the organiza	ation, which may include a r	review of sex offender registries (some of
		history records. I understand that	t, if appointed, my position is conc	ditional upon the league rece	may not be me), child abuse and criminal eiving no inappropriate information on my
Special professional training, skills, hobbies:		officers, employees and volunte	ers thereof, or any other person (or organization that may pro	, Little League Baseball, Incorporated, the ovide such information. I also understand
Community affiliations (Clubs, Service Organizations, etc.):		that, regardless of previous appo	ointments, Little League is not obliq y term, I am subject to suspensior	gated to appoint me to a voli	unteer position. If appointed, I understand val by the Board of Directors for violation
Previous volunteer experience (including baseball/softball and year):					
					Date
Do you have children in the program? If yes, list full name and what level?	□ Yes □ No				Date
, .,			int or type)		
2. Special Certification (CPR, Medical, etc.)? If yes, list:	- □ ^{Yes} □ No		and Little League Baseball, Incorp arital status, gender, sexual orien		e against any person on the basis of race,
3. Do you have a valid driver's license? Driver's License#: State	□ Yes □ No	Cooc, nanonar orgin, m			
A House and the second of the	al involving an area			GUE USE ONLY:	`
4. Have you ever been charged with, convicted of, plead no contest, or guilty to any crime minor, or of a sexual nature?	s) involving or against a	Background check con	npleted by league officer		on
If yes, describe each in full:	_ Yes No	Review the Little Leag	gue Regulation 1(c)(9) for a	III background check re	quirements
(If volunteer answered yes to Question 4, the local league must contact Little League In	ternational.)		Check Completed (Includes		
5. Have you ever been convicted of or plead no contest or guilty to any crime(s)?	□ Yes □ No	Discplinary Data	base and Little League Interr	national Ineligible/Susp	ended List)*
If yes, describe each in full: (Answering yes to Question 5, does not automatically disqualify you as a volunteer.)		*Please be advised the searches can be perfor JDP in compliance with	nt if you use JDP and there is med you should notify volun the Fair Credit Reporting Act	a name match in the few teers that they will recei- containing information r	w states where only name match we a letter or email directly from regarding all the criminal records er.
6. Do you have any criminal charges pending against you regarding any crime(s)?	□ Yes □ No				
If yes, describe each in full:			ication copies of background ion of Little League Abuse Av		l convictions of this application.
			ning Course is available at Lit		,
	I	muldulory Irdin	accusa is available of the		
					Last Updated: 12/4/2024

O YALTY

I trust in God I love my country And will respect its laws I will play fair And strive to win But win or lose I will always do my best

Little League® "Basic" Volunteer Application – 2025



This volunteer application can be used <u>as a reference</u> for leagues utilizing the JDP Quick App. Visit <u>LittleLeague.org/LocalBGcheck</u> for more information.

Name	Middle Name or Initial	Last
		LOSI
Address		7:-
City		
Home Phone:		
Work Phone:		
Driver's License#:		
Have you ever been charged with, a	consisted of plead to contest or military	s to any crime(s) involving or again
a minor, or of a sexual nature?	convicted or, plead no contest, or guilty	y to any crime(s) involving or agai
If yes, describe each in full:		☐ Yes ☐ No
	estion 1, the local league must contact	
	•	•
2. Have you ever been convicted of or		(s)? Yes No
If yes, describe each in full: (Answering yes to Question 2. de	oes not automatically disqualify you as	a volunteer.)
3. Do you have any criminal charges per		
If yes, describe each in full:		les 🗆 140
(Answering yes to Question 3, d	oes not automatically disqualify you as	a volunteer.)
4. Have you ever been refused particip	ation in any other youth programs and	or listed on any youth organization
ineligible list?	, , , , , , , , , , , , , , , , , , , ,	☐ Yes ☐ No
If yes, explain:		
	estion 4, the local league must contact	
In which of the following would	I you like to participate? (Check one	or more.)
League Official	☐ Field Maintenance ☐	Concession Stand
Coach		Other
Umpire	Scorekeeper	
A COPY OF VALID GOVERNMENT COMPLETE THIS APPLICATION (N		
Please provide updated informa		
requesting a new position.	mon below ir mere are any cho	inges from previous years o
Occupation:		
Employer:		

Special professional training, skills, hobbies:	
Special Certifications (CPR, Medical, etc.):	
Special Affiliations (Clubs, Services Organizations, etc.) :	
Previous volunteer experience (including baseball/softball an	d years (s)):
IF YOU LIVE IN A STATE THAT REQUIRES A SEPARATE BACKGROUND C BACKGROUND CHECK. FOR MORE INFORMATION ON STATE LAV	
AS A CONDITION OF VOLUNTEERING, I give permission for the lair me now and as long as I continue to be active with the organization, we commend the continue of	hich may include a review of sex offender registries (son ag generated that may or may not be me), child obtain as conditional upon the league receiving no inappropria armless from labelity the local Little League, Little League, Little League, Little League, Little League is not abligated to appoint me to a volunte Little League is not abligated to appoint me to a volunte m, I am subject to suspension by the President and remov
Applicant Name (please print or type)	
Applicant Signature	Date
If Minor/Parent Signature	Date
NOTE: The local Little League and Little League Baseball, Incorporated race, creed, color, national origin, marital status, gender, sexual orients	
LOCAL LEAGUE U	
Background check completed by league officer	
Review the Little League Regulation 1(c)(9) for all backgr	•
□ JDP Background Check Completed (Includes review of Disciplinary Database and Little League International Includes)	
*Please be advised that if you use JDP and there is a name r searches can be performed you should notify volunteers that JDP in compliance with the Fair Credit Reporting Act containing associated with the name which have not necessarily be the	ng information regarding all the criminal records

Last Updated: 12/4/202



VOLUNTEER BACKGROUND CHECKS & SAFETY

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

Proof of completion of Little League Abuse Awareness Training for Adults provided to league.

Mandatory Training Course is available at LittleLeague.org/AbuseAwareness

Volunteer Background Checks & Safety

Little League® Baseball and Softball has always strived to create a safe and healthy environment for all Little Leaguers and their families.

In 2018, the "Protecting Young Victims from Sexual Abuse and SafeSport Authorization Act of 2017" became Federal law. The mission of the U.S. Center for Safesport is to make the athlete well-being the centerpiece of our nation's sports culture. All athletes deserve to participate in sports free from bullying, hazing, sexual misscanduct, or any form of emotional or physical abuse. Education and owareness are the most critical components to creating safe and respectful sporting environments, free of abuse and horeasment. There are certain requirements from the SafeSport Act that Utilite League International and all local little league programs must adhere to. To learn about SafeSport and how it impacts your league, visit LittleLeague.org/SafeSport.

As a condition of service to any Little League program, the following groups of individuals must submit a Little League Volunteer Application and complete an annual background screening prior to involvement in the league in any fashion:

- Board Members
- Managers and Coaches
- Umpires
- Any other volunteer or hired worker who provide regular service to the league and/or have repetitive access to, or contact with, players or teams

Any individual with a conviction, guilty plea, no contest plea, or admission of guilty to a crime against or involving a minor may not participate in the Little League program.

On overage, leagues can estimate the number of background checks that should be completed by multiplying the total number of teams in the league by six. To assist leagues in completing this requirement, Little League provides 125 free searches through an agreement with J.D. Palantine (JDP). Additional searches are ovalable for a naminal cast.

Learn More About Background Checks:

LittleLeague.org/BackgroundCheckQuestions

time teague international has corrected with Jun Bocagound Screening to provide local leagues and districts with a special web site that allows members to instantly search a criminal records database of more than 450 million criminal records. This site provides searches of available criminal records from various repository sources and statelevel sex offender registries. The fire for the first 125 searches per chantered league and district is free to the local league and district as the cost for these searches to being provided by tiffe League International. Any additional searches shove 125 will cost the league or district a minimal fie.



Liffe League International requires all leagues in the United States to conduct background checks that titles DIP Background Screening, or another provider that is comparable to JDP in accessing background check records for sex offender registry data and criminal records Leagues must include a review of the U.S. Center for Sa68-ports. Centralized Disciplinary Database and Little League International Ineligible List as part of the background check process (JDP includes this additional review as a part of the standard background check). The JDP National Criminal File database that contains more than 450 million records, including criminal and sex offender registry records covering 50 states and the District of Columbia, and meets the current regulation requirement. Leagues are not required to use the JDP website, but may also use a dhemate resources. However the alternate resources must equal or exceed the services provided by JDP.

For More Information on JDP and Background Check Process:

· LittleLeague.org/LocalBGChec



Requirement 4 Abuse Awareness Training:

Beginning with the 2024 Little League regular season, <u>Abuse Awareness Training</u> will be a mandatory part of the annual Little League Volunteer Application and background check. This requirement will also be incorporated into the ASAP program. During the ASAP Submission process in the Little League Data Center, leagues will be asked to provide information about how they are implementing and tracking this requirement in their local league program.

- 1. All volunteers in your league are required to complete Abuse Awareness.
- 2. Please provide the number of volunteers in your league that have completed the training.
 - Our league will require 100% of our volunteers to complete the training.
- 3. Please share how your league monitored compliance.

 Volunteers are required to complete Abuse Awareness training each year.

 NEW for 2025 Little League has launched the new Little League Abuse Awareness
 Course, available for all volunteers to complete at LittleLeague.org/AbuseAwareness.

 This course, which serves as a replacement for the programs previously available through third-party organizations like USA Baseball, is custom to the Little League program and provides an easier learning experience for volunteers. This course is required to be completed by all volunteers each year.
- 4. The following training methods have been used:
 - SafeSport
 - Little League Abuse Awareness Training



GRANTED TO

Valarie Walton

FOR SUCCESSFULLY COMPLETING

Abuse Awareness





Safe Sports Act

- "Protecting Young Victims from Sexual Abuse and SafeSport Authorization Act of 2017" became federal law in 2018
- The goal of SafeSport is to protect children from abusive situations by engaging more people in the reporting and education processes
- A volunteer now can be held legally responsible if they have firsthand knowledge and fail to report any type of Child Abuse to the correct parties
- SafeSport covers all types of Child Abuse both physical and psychological
- Little League International and all local little league programs must adhere to the following requirements from the SafeSport Act:
- Reporting of Abuse involving a minor to the proper authorities
- All volunteers of a local league are now mandated reporters and could face criminal charges if the league chooses to ignore, or not report to the proper authorities, any witnessed act of child abuse, including sexual abuse, within 24 hours.
- Local leagues must be aware of the proper procedures to report any type of abuse in their state. Please reference www.LittleLeague.org/ChildAbuse
- Leagues must adopt a policy that prohibits retaliation for "good faith" reports of child abuse.
- Leagues must adopt a policy that limits one-one-one contact with minors.

https://www.littleleague.org/player-safety/child-protection-program/safesport-resources-parents/

League Training Dates and Times

Requirement 5: Date Location Time

Coach Fundamental Training: 4/22/25

527 Grubstake Ave Homer, Alaska 5:00 p.m.

Requirement 6: Date Location Time

Safety Manual & First-Aid Training: 4/22/25

527 Grubstake Ave Homer, Alaska 5:00 p.m.

Requirement 2: Each team will receive a paper copy of this safety manual. Managers and or Team Safety Officers should have a copy of the safety manual at all league functions.

Field Inspections and Storage Procedures

Requirement 7:

BERORE THE SEASON STARTS

- ✓ Familiarize yourself with the safety materials.
- ✓ Appoint a Safety Parent for your team. They need to be at all the games and have a cellular phone. It can be an Assistant Coach.

PRIOR TO EACH GAME

- ✓ Complete a field safety checklist. Report any problems to your commissioner. Or to the League Safety Officer.
- ✓ Check the team equipment for any problems. Report any equipment problems to the Equipment Manager.
- ✓ Check the contents in your team's first aid kit. Contact the League Safety Officer for any items that need to be replaced.

STORAGE SHED

The following applies to the entire storage shed used by the League and applies to anyone who has been issued a key to use those sheds.

- ✓ All individuals are aware of their responsibility for the orderly and safe storage of rakes, shovels, and bases.
- ✓ Before you use any equipment located in the shed (lights, scoreboards, etc.) please read the written operating procedures for that equipment.
- ✓ All chemicals or organic materials stored in the sheds shall be properly marked and labeled as to its contents.
- ✓ Any witnessed "loose" chemicals or organic materials within these sheds should be cleaned up and disposed of as soon as possible to prevent accidental poisoning.

PRE-GAME FIELD INSPECTION CHECK LIST

MANAGER'S NAME:

FIELD:

DATE: Time:

Field Condition	Yes	No	Catchers Equipment	Yes	No
Backstop Intact			Hockey Catchers Helmet		
Home Plate Intact			Dangling Throat Guard		
Bases Secure			Helmets		
Pitcher's Mound Safe			Catcher's Mitt		
Batter Box Lined/Level			Chest Protector		
Infield Fence Repair			Shin guards		
Outfield Fence Repair			Dugouts	Yes	No
Foul Lines Marked			Fencing Needs Repair		
Infield Need Repairs			Bench Needs Repair		
Outfield Need Repairs			Trash Cans		
Warning Track			Clean Up Is Needed		
Coaches' boxes Lined					
Free of Foreign Objects			Spectator Area	Yes	No
Grass Surface Even			Bleachers Need Repair		
			Protective Screens Ok		
Player Equipment	Yes	No	Bleachers Clean		
Batting Helmets			Parking Area Safe		
Jewelry Removed			Safety Equipment	Yes	No
Shoes/Bats Inspected			First-aid Kit Each Team		
Face Mask (Minor/Mjrs)			Medical Release Forms		
Proper Cleats			Ice Pack/Ice		
Athletic Cups (boys)			Safety Manual		
Full Uniform			Injury Report Forms		
Bats Meet Standards			Drinking Water		

REPORT ANY PROBLEMS TO YOUR COMMISSINER OR SAFETY OFFICER.

Turn this form into the concession stand or to your division Rep.

Requirement 8:

Annual Little League Facility Survey will be submitted in the Data Center.

Currently for the 2025, HLL will not be providing a concession stand this season. If resources and volunteers become available, this Safety Plan will be updated as needed.

Concession Stand Guidelines

Requirement 9:

Every worker must be instructed on these guidelines before they can work.

Wash your hands regularly:

- Use soap and warm water.
- Rub your hands vigorously as you wash them.
- Wash all surfaces including the backs of hands wrists, between fingers and under fingernails.
- Rinse hands well.
- Dry hands well.
- Dry hands with paper towels.
- Turn off water using paper towels, instead of your bare hands.

Wash your hands in this fashion before you begin work and especially after performing any of these activities:

- After touching bare human body parts other than clean hands and clean exposed portions of arms.
- After using restrooms.
- After caring for or handling animals.
- After coughing, sneezing, using a handkerchief or disposable tissue.
- After touching soiled surfaces.
- After drinking, using tobacco, or eating.
- During food preparation.
- When switching from raw to ready to eat foods.
- After engaging in activities that contaminate the hands.

Basic Rules:

- 1. Menu... smaller is better. No salads cut up fruit or vegetables, no food prepared at home.
- 2. Cook food thoroughly. Use a meat thermometer. Keep hotdogs and burgers at 41 degrees when cold and cook to 155 degrees or above when hot.

- 3. Rapidly reheat foods to 165 degrees. Slow cooking devices may activate bacteria and never reach killing temperatures.
- 4. All foods that require refrigeration must be cooled to 41 degrees F. as quickly as possible and held there until ready to use. To cool foods quickly, use the ice water bath (60% ice and 40% water), stir the product frequently, or place their food in shallow pans no more than 4 inches in depth and refrigerate. Pans should not be stored one a top of the other and lids should be off or afar until the food is completely cooled. Check the temperature periodically to see if the food is cooling properly. DO NOT LEAVE FOOD OUT AT ALL!!
- 5. FREQUENT AND THOROUGH HANDWASHING IS REQUIRED.
- 6. Only healthy people should prepare and serve food. Anyone with any symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, cough etc.) or who has open sores or infected cuts on the hands should not be allowed in the food concession area. Workers' clothes should be clean, and they should not smoke in the concession area. Hair restraints are recommended.
- 7. Food handling: Avoid hand contact with raw food, ready-to-eat foods, and food contact surfaces. Use a utensil and/or glove.
- 8. Use disposable utensils for food service. Keep your hands away from food contact surfaces and never reuse disposable dishware. Ideally utensils should be washed in a four-step method: (1) Hot soapy water, (2) Rinsing in clean water, (3) Chemical or heat sanitizing, (4) Air drying.
- 9. Ice that is used to cool cans/bottles should not be used in cup beverages. And it should be stored separately. Use scoop to dispense ice, never use hands.
- 10. Wiping clothes should be rinsed and stored in a bucket sanitizer. (1-gallon water and ½ tsp. chlorine bleach. Change the solution every 2 hours.
- 11. Insect control and waste. Keep food covered to protect it from insects. Store pesticides away from food. Place garbage and paper waste in a refuse container with a lid that fits tightly. Dispose of all water in the restrooms, do not pour outside. All water that is used should be potable from an approved source.
- 12. Keep food stored off the floor at least 6 inches. After your event is finished, clean the concession area and discard any unusable food. Do not save food for reheating.

THE TOP SIX CAUSES FOR ILLNESS

- 1. Inadequate cooling and cold holding.
- 2. Preparing food too far in advance of service.
- 3. Poor personal hygiene and infected personnel.
- 4. Inadequate reheating.
- 5. Inadequate hot holding.
- 6. Contaminated raw foods and ingredients.



Requirement 10:

- This Little League requires regular inspection of playing equipment.
- Unsafe equipment should not be given in team equipment bags.
- Manager's Coaches and Umpires are required to inspect equipment prior to each use.
- Bad equipment will be logged and will be removed and destroyed.

Accident Reporting Procedure

Requirement 11:

<u>What to Report:</u> An incident that causes a Player, Manager, Coach or Umpire to receive medical treatment or first aid must be reported to The Safety Officer.

When to Report: All such incidents described above must be reported to The Safety Officer within 24 to 48 hours of the incident.

The Safety Officer is NAME: Misty Kincaid

Cell Number: 706-832-2303 Home Number: same as cell Email: mma3266@gmail.com

How to Make a Report: Reporting incidents can come in a variety of forms. Most typically they are telephone conversations. At a minimum, the following information is needed.

- 1. The name and address of the injured person.
- 2. The date, time, and location of the incident.
- 3. A completely detailed description of the incident as possible.
- 4. The preliminary estimation of the extent of the injury.
- 5. The name and phone number of the person making the report.
- 6. Names and phone numbers of any witnesses.

In your safety packet you will find the injury report forms. If your Safety Parent is there, he/she can assist you in getting the front of the form filled out. Then a call is to be made to The Safety Officer reporting the incident within 48 hours. Little League insurance is supplemental insurance to the insured's own insurance. There is a small deductible.

<u>How to Replace the Injury Report Forms:</u> The forms can be replaced by The Safety Officer or downloaded from www.leagueleague.org found under forms and publications.

FIRST AID KITS

Requirement 12:

Each team is provided with a league issued first aid kit. Each kit includes the following.

- (10) Adhesive sterile bandage
- (2) Extra-large adhesive sterile bandage
- (2) Non-adherent pads 2 x 3
- (2) Gauze pad 12-ply 3 x 3 sterile
- (1) Adhesive tape
- (2) Instant cold compress 4 x 4
- (3) Triple antibiotic ointment
- (3) Antiseptic towelette
- 1/8 oz. Burn Cream
- (3) Sting relief wipes
- (1) Tweezers

Communicable Disease Procedures

- 1. Bleeding must be stopped, the open wound covered, and the uniform changed if there is blood on it before the athlete may continue.
- 2. Routinely use gloves to prevent mucous membrane exposure when contact with blood or other body fluids is anticipated (Provided in the first aid kit).
- 3. Immediately wash hands and other skin surfaces if contaminated with blood.
- 4. Clan all blood contaminated surfaces and equipment.
- 5. Managers, Coaches, and Volunteers with open wounds should refrain from all direct contact until the condition is resolved.
- 6. Follow accepted guidelines in the immediate control of bleeding and disposal when handling bloody dressings, mouth guards and other articles containing body fluids.

Enforcement of Little League Rules

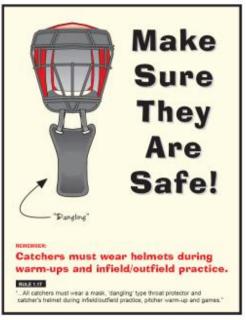
Requirement 13:

- All volunteers must have a volunteer application filled out and on file with the League. Our league will provide annual background checks.
- No laminated bat shall be used... (rule 1.10)
- The traditional batting donut is not permissible... (rule 1.10)
- A pitcher shall not wear any items on his/her hands, wrists or arms which may be a distraction to the batter. White long sleeve shirts are not permitted... (rule 1.11)
- Pitcher shall not wear sweat bands on his/her wrists... (rule 1.15)
- Players must not wear jewelry... (rule 1.11)
- Catcher must wear a catcher's mitt... (rule 1.12)

- All batters must wear protective batting helmets, all helmets must bear the NOCAE stamp, No painting, or stickers on helmets... (rule 1.16)
- All male players must wear athletic supporters. Male catchers must wear the metal, fiber, or plastic type protective cup.
- A catcher's helmet must have the dangling type of throat protector and catcher's helmet during infield/outfield practice, pitcher warm-up and games.
- Skull caps are not permitted... (rule 1.17)
- Each team is allowed three coaches in the dugout...
- Coaches are encouraged to discourage "horseplay"
- No on deck batters are allowed in the Majors and below... (rule 1.08)







Lighting and Weather

Consider the following facts:

- The average lightning stroke is 6-8 miles long.
- The average thunderstorm is 6-10 miles wide and travels about 25 miles an hour.
- On average, thunder can only be heard over 3-4 miles, depending on humidity, terrain, and other factors. This means that by the time you hear the thunder, you are already in the risk area for lighting strikes.

Rule of Thumb: The ultimate truth about lighting is that it is unpredictable and cannot be prevented. Therefore, a manager or coach who feels threatened should contact the head umpire and recommend stopping play and clearing the field. In our league the umpire makes the decision as to whether play is stopped. Once play is stopped, take the kids to safety until play resumes or the game is called.

Where to Go? No place is safe from lightning threat, but some places are safer than others. Constructed buildings are usually the safest. Most people will find shelter in a fully enclosed metal vehicle with the windows rolled up. If you are stranded in an open area, put your feet together, crouch down and put your hands over your ears to prevent eardrum damage.

Where not to go? Avoid high places and open fields, isolated trees, unprotected gazebos, rain or picnic shelters, dugouts, flagpoles, light poles, bleachers, metal fences and water.

First Aid for a Lightning Victim:

- Call 911 immediately.
- Typically, the lightning victim has similar symptoms as that of someone having a heart attack. Consider: will moving cause more injury. If the victim is in a high-risk area, determine if movement is necessary. Lightning does strike twice in the same place. If you are not at risk, and moving is a viable option, you should move the victim.
- If the victim is not breathing, start mouth to mouth resuscitation. If it is decided to move the victim, give a few quick breaths prior to moving the victim.
- Determine if the victim has a pulse. If no pulse is detected, start cardiac compressions as well.

NOTE: CPR should only be administered by a person knowledgeable and trained in the technique.

Remember: Safety is everyone's job. Prevention is the key to reducing accidents to a minimum. Report all hazardous conditions to the Safety Officer or another Board Member immediately. Do not play on an unsafe field or with unsafe equipment. Check the team's equipment prior to each use.

Hydration

Managers are required to bring water to each practice and game. Players are encouraged to bring bottled water or sports drinks.

Tips to Prevent Heat Illness:

- Know that once you are thirsty you are already dehydrated.
- Drink before you become thirsty.
- Drink plenty of liquids like water, or sports drinks every 15 minutes.
- Water seems to be the preferred beverage. Water has many critical functions in the body that are important for performance. They include carrying oxygen and nutrients to exercise muscles.
- Do not drink beverages with caffeine before practice or games. Caffeine can increase the rate of dehydration.
- Do not exercise vigorously during the hottest time of the day.
- Practice in the morning and during the latter part of the evening.
- Wear light color loose cloths.
- Use sunscreen to prevent sunburn.
- If you begin to feel faint or dizzy stop your activity and cool off by sitting in the shade, air-conditioned car or using a wet rag to cool you off.

How is it treated?

Emergency medical treatment is necessary. If you think someone has heatstroke, call 911 or a doctor immediately. In the meantime, give first aid as follows:

- Move the person to a shady area.
- Cover the person with a wet sheet and keep the sheet wet for cooling from evaporation.
- Fan the person with paper or an electric fan (preferably not cold air).
- Sponge down the body, especially the head, with cool water.
- Continue giving first aid until the body feels cool to the touch.
- If the person is conscious, let them sip water, fruit juice, or a soft drink.



Submitting Player, Manager and Coach Data

Requirement 14:

Player, Manager, and Coach information will be submitted through the Little League Data Center at www.littleleague.org

DEADLINES: March 24, 2025, for early submission deadline

April 7, 2025, for league deadline

Requirement 15:

We will answer the survey questions in the Little League Data Center.

Concussions

All 50 states have laws specific to the management of concussions and head injuries. Some states require not just the leagues but DA's, ADAs, and umpires to undergo annual training.

- Some states may affect only school-based activities, but many also address any group using school facilities or grounds for athletic purposes.
- Little League has developed a concussion overview page for each state that will be like the Child Abuse page.
- The CDC (Centers for Disease Control and Prevention) website is a great tool for leagues to encourage their managers/coaches, parents, and players to review concussion information www.cdc.gov/concussion/HeadsUp/youth.html Concussions
- DA's and local league volunteers must also be aware of their state's respective laws, especially during any Special Games events or International Tournament games being hosted by the district.
- Failure to adhere to these laws could expose the district and/or host to unwanted liability and penalties Some states require that the participant and a parent/guardian must sign and acknowledge that they understand the risks of concussions before they can participate
- The majority of states also require immediate removal from competition if a person has sustained a concussion and that they cannot return until being released in writing by a medical professional.





YOUR Little League Concussion Prevention, Treatment and Management Policy

The Legislature enacted a law which requires youth sports organizations to adopt a policy concerning the prevention and treatment of injuries to the head which may occur during a youth's participation in competitive sports, including, without limitation, a concussion of the brain.

A concussion is a brain injury that results from a bump, blow or jolt to the head or body which causes the brain to move rapidly in the skull and which disrupts normal brain function. The Centers for Disease Control and Prevention of the United States Department of Health and Human Services estimates that as many as 3.8 million concussions occur each year in the United States which are related to participation in sports and other recreational activities. Athletes who continue to participate in an athletic activity while suffering from a concussion or suffering from the symptoms of an injury to the head are at greater risk for catastrophic injury to the brain or even death. Ensuring that a Little League player who sustains or is suspected of sustaining a concussion or other injury to the head receives appropriate medical care before returning to baseball activity will significantly reduce the child's risk of sustaining greater injury in the future.

THEREFORE, **YOUR Little League** hereby adopts the following policy for purposes of prevention, treatment, and management of injuries to the head that may occur during a player's participation in the Little League program, including, without limitation, a concussion of the brain:

- 1. Prior to a team's first practice each season, every manager, coach, and adult assistant shall:
- a) Familiarize themselves with the CDC publication "Heads Up Concussion in Youth Sports A Fact Sheet for Coaches". This publication will be provided to all such individuals by the League Safety Officer or other Board members: and.
 - **b)** Complete the CDC on-line training course at: https://www.train.org/cdctrain/course/1089818/

A copy of the Certificate of Completion for each of the above individuals shall be submitted to the League Safety Officer.

- **2.** If a Little League player sustains, or is suspected of sustaining, an injury to the head while participating in any Little League game or even the player must:
- a. Be immediately removed from the game or event; and
- **b.** May only return to Little League activity if the parent or legal guardian of the player provides a signed statement from a provider of health care indicating that the youth is medically cleared for Little League participation and the date on which the player may return to participation.
- **3.** The Little League player and his or her parent or legal guardian must sign the statement below acknowledging that they have read and understand the terms and conditions of the policy and agree to be bound by the policy.

YOUR Little League Concussion Prevention, Management and Treatment Policy Player and Parental Acknowledgement

We, the undersigned, acknowledge that we have been provided with a copy of the YOUR Little League Concussion Prevention, Management and Treatment Policy, and that we have read and understand the policy, or it has been read to us and we understand the same. We hereby agree to follow all procedures set forth in said Policy at all times during which our son or daughter participates in Little League activities and events.

Dated:		
	Player	
Dated:		
Parent/Legal Guardian	Parent/Legal Guardian	

Accident Notification Form Page 1 (Parent/Guardian Statement)

AIG

ACCIDENT NOTIFICATION FORM INSTRUCTIONS

Send Completed Form To: Little League International 539 US Route 15 Hwy, PO Box 3485 Williamsport PA 17701-0485 Accident Claim Contact Numbers:

Phone: 570-327-1674

Accident & Health (U.S.)

- This form must be completed by parents (if claimant is under 19 years of age) and a league official and forwarded to Little League
 Headquarters within 20 days after the accident. A photocopy of this form should be made and kept by the claimant/parent. Initial medical/
 dental treatment must be rendered within 30 days of the Little League accident.
- Itemized bills including description of service, date of service, procedure and diagnosis codes for medical services/supplies and/or other documentation related to claim for benefits are to be provided within 90 days after the accident date. In no event shall such proof be furnished later than 12 months from the date the medical expense was incurred.
- When other insurance is present, parents or claimant must forward copies of the Explanation of Benefits or Notice/Letter of Denial for each charge directly to Little League Headquarters, even if the charges do not exceed the deductible of the primary insurance program.
- Policy provides benefits for eligible medical expenses incurred within 52 weeks of the accident, subject to Excess Coverage and Exclusion provisions of the plan.
- Limited deferred medical/dental benefits may be available for necessary treatment incurred after 52 weeks. Refer to insurance brochure provided to the league president, or contact Little League Headquarters within the year of injury.
- 6. Accident Claim Form must be fully completed including Social Security Number (SSN) for processing.

League Name							League I.I	D.	
Name of Injured Person/Clain	nant	SSN	PART 1	Date of Birt	h (MM/DD)	~~\	Age	Sex	
Name of mjured Person/Claim	nant			Date of Bill	II (IVIIVI/DD/	11)	Age	Female	□ Male
Name of Parent/Guardian, if (Claimant is a Minor			Home Phor	ne (Inc. Are	a Code)	Bus. Phor	ne (Inc. Area	
				()			()		
Address of Claimant			Ad	dress of Parent	/Guardian,	if differen	nt		
The Little League Master Acci per injury. "Other insurance pr employer for employees and f	ograms" include fam	nily's perso	nal insurance	e, student insur-	ance throu	gh a scho	ool or insu	rance throug	
Does the insured Person/Pare	ent/Guardian have ar	ny insuran	ce through:	Employer Plar Individual Plar		□No □No	School Dental		
Date of Accident	Time of Acciden	ıt T	ype of Injury						
	□AM	□РМ							
Check all applicable response BASEBALL SOFTBALL CHALLENGER TAD (2ND SEASON)	CHALLENGER (4 T-BALL (4 MINOR (6 LITTLE LEAGUE(9	1-7)	PLAYER MANAGER, VOLUNTEER PLAYER AG OFFICIAL SO SAFETY OFFI VOLUNTEER	R UMPIRE ENT COREKEEPER FICER	□ PRAC □ SCHI □ TRAN □ TRAN	OUTS CTICE EDULED /EL TO /EL FRO RNAMEN ER (Desc	IT	(NOT GAM	IES) GAME(S) copy of val from ue
I hereby certify that I have reacomplete and correct as herei I understand that it is a crime submitting an application or fil I hereby authorize any physic that has any records or knowl Little League and/or National as effective and valid as the o	in given. for any person to intelling a claim containir ian, hospital or other edge of me, and/or t Union Fire Insurance	entionally and a false of medically the above of Company	attempt to de or deceptive : related facili named claim y of Pittsburg	fraud or knowir statement(s). So ty, insurance co ant, or our healt h, Pa. A photos	ngly facilital ee Remark empany or o th, to disclo tatic copy o	te a fraud s section other orgo ose, wher of this au	against a on revers anization, never requ thorization	in insurer by se side of form institution or sested to do s a shall be con	n. person so by
Date Cla	imant/Parent/Guard	ian Signati	ure						

Accident Notification Form Page 2 (League Use Only)

For Residents of California:

Any person who knowingly presents a false or fraudulent claim for the payment of a loss is guilty of a crime and may be subject to fines and confinement in state prison.

For Residents of New York:

Any person who knowingly and with the intent to defraud any insurance company or other person files an application for insurance or statement of claim containing any materially false information, or conceasis for the purpose of misleading, information concerning any fact material thereto, commits a fraudulent insurance act, which is a crime, and shall also be subject to a civil penalty not to exceed five thousand dollars and the stated value of the claim for each such violation.

For Residents of Pennsylvania:

Any person who knowingly and with intent to defraud any insurance company or other person files an application for insurance or statement of claim containing any materially false information or conceals for the purpose of misleading, information concerning any fact material thereto commits a fraudulent insurance act, which is a crime and subjects such person to criminal and civil penalties.

For Residents of All Other States:

Any person who knowingly presents a false or fraudulent claim for payment of a loss or benefit or knowingly presents false information in an application for insurance is guilty of a crime and may be subject to fines and confinement in prison.

PART 2 - LEAGUE STATEMENT (Other than Parent or Claimant)						
Name of League	Name of Injured P	Verson/Claimant	League I.D. Number			
Name of League Official	·		Position in League			
Address of League Official			Telephone Numbers (Inc. Area Codes) Residence: () Business: () Fax: ()			
	f any known witnesses to the reporte					
	ite items below. At least one item in a					
POSITION WHEN INJURED	INJURY	PART OF BODY	CAUSE OF INJURY			
01 1ST 02 2ND 03 3RD 04 BATTER 05 BENCH 06 BULLPEN 07 COACHING BOX 10 DUGOUT 11 MANAGER 12 ON DECX 13 OUTFIELD 14 PITCHER 15 RUNNER 16 SCOREKEEPER 17 SHORTSTOP 18 TOFROM GAME 19 UMPIRE 20 OTHER 21 UNKNOWN 22 WARMING UP	01 ABRASION 02 BITES 03 CONCUSSION 04 CONTUSION 05 DENTAL 06 DISLOCATION 07 DISLOCATION 08 EPIPHYSES 09 FATALITY 10 FRACTURE 11 HEMATOMA 12 HEMORNHAGE 13 LACERATION 14 PUNCTURE 15 RUPTURE 15 SPRAIN 17 SUNSTROKE 18 OTHER 19 UNKNOWN 12 DARALYSIS/ 19 PARALYSIS/ 19 PARALYSIS/ 10 PARALYSIS/ 11 PARALYSIS/ 12 PARALYSIS/ 13 PARALYSIS/ 14 PARALYSIS/ 15 PARALYSIS/ 16 PARALYSIS/ 17 PARALYSIS/ 18 OTHER	01 ABDOMEN 02 ANKLE 03 ARM 04 BACK 05 CHEST 06 EAR 07 ELBOW 08 EYE 09 FACE 10 FATALITY 11 FOOT 12 HAND 13 HEAD 14 HIP 15 KNEE 16 LEG 17 LIPS 18 MOUTH 19 NECK 19 NOSE 21 SIDE 22 SIDE 22 SIDE 22 SIDE 22 SIDE 22 SIDE 23 TEETH 24 TESTICLE 25 WRIST 26 UNOWN	O1 BATTED BALL O2 BATTING O3 CATCHING O4 COLLIDING O5 COLLIDING WITH FENCE O6 FALLING O7 HIT BY BAT O8 HORSEPLAY O9 PITCHED BALL O10 RUNNING O11 SHARP OBJECT O12 SLIDING O13 TAGGING O15 THROWN BALL O16 OTHER			
Does your league use batting he if YES, are they DMandatory	or DOptional At wh	DYES DNO at levels are they used?				
I hereby certify that the above named claimant was injured while covered by the Little League Baseball Accident Insurance Policy at the time of the reported accident. I also certify that the information contained in the Claimant's Notification is true and correct as stated, to the best of my knowledge.						
Date Leagu	e Official Signature					