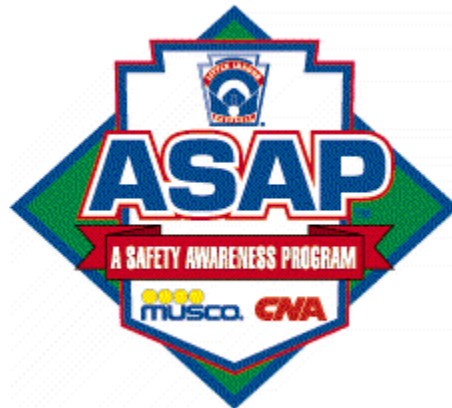




POWAY NATIONAL LITTLE LEAGUE SAFETY PLAN 2023



League ID #: 4053123



POWAY NATIONAL LITTLE LEAGUE SAFETY PLAN

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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 before the start of each season. Poway National Little League annually fulfills this requirement.

Poway National Little League Safety Awareness Program

The purpose of the Poway National 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, PNLL 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 PNLL 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.

The 2023 Safety Officer is Adam Bembenek. An official Safety Officer / Safety Committee email account has been established for safety related reporting, issues, and concerns (safety@pnll.org). Adam Bembenek is on file with the Little League Headquarters as the League's Safety Officer.

A copy of the safety plan will be listed on the PNLL website – www.pnll.org.

Safety Officer & Committee

The Safety Officer is an elected Member of the Poway National Little League Board of Directors. This individual acts as the PNLL 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 prior to each upcoming season.

The League President and Safety Officer have primary responsibility for ensuring compliance with the Safety Plan. However, the entire Poway National 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 Poway National 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 PNLL and its managers, coaches, umpires, team safety officers, players, spectators, and any other third parties within the complex regarding safety matters, rules, and regulations.

The Safety Committee:

For 2023, the Poway National Little League will maintain a Safety Committee composed of the Safety Officer, VP, Equipment Manager, Field Directors, and Umpire in Chief. 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. The 2023 League Safety Committee consists of the following members:

Safety Officer – Adam Bembenek safety@pnll.org	VP – Doug Bear
Equipment Manager – Steven Wilson	Field Director – Nick Pince
Assistant Field Director – Josh Green	Umpire in Chief – Brian Scher

The Poway National Little League Safety Officer's and the Safety Committee's responsibilities include:

- Coordinating with the individual Team Managers/Coaches to provide the safest environment possible for all.
- Assisting parents and individuals with insurance claims and will act as the liaison between the Little League International and District, 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 assist where accidents and injuries are occurring, to whom, in which divisions (Major, Minor A, B, C, Rookies, and TeeBall), 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.
- Restocking 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.
- Acting immediately in resolving unsafe or hazardous conditions once a situation has been brought to the attention of the committee.
- Marking 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 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 2023 PNLL Board of Directors:

All board members can be reached by email at board@pnll.org.

President - Jenn Brigham president@pnll.org	Vice President - Doug Bear
Safety Officer - Adam Bembenek safety@pnll.org	Secretary - Carla Berry-Ulrich
Treasurer - Marcie Clauss	Team Parent Coordinator - Vanessa Glover
Snack Shack Director - Emily Abremski	Communications Director - Aaron Szawielenko
Special Events Director - Cheryl Pruetting	Field Director - Nick Pince
Assistant Field Director - Josh Green	Umpire in Chief - Brian Scher & Shannon LaCom UIC@pnll.org
Lower Division Player Agent - Chris Tubbs	Upper Division Player Agent - Eric Davis
Registrar - Jamie Coleman admin@pnll.org	Equipment Director - Jeremy Meadows
Sponsorships - John Carlsen	Uniforms - Steve Wilson uniforms@pnll.org
Member at Large - Liesl Barraza	Member at Large - Bryan Ferguson

Manager & Coach Responsibilities

Managers and Coaches must:

- Take possession of this Safety Manual and the First Aid Kit supplied by PNLL and bring each to all practices and 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 PNLL. 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.
- Ensure all their coaches and volunteers have submitted completed current year volunteer application forms and background checks through J.D. Palatine (JDP), accompanied by government ID and a completed LiveScan and not permitting anyone to assist with practice or games or have substantial contact with PNLL children who have not complied with this requirement.
- 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 children.

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, holes, 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 a PNLL Board Member.
- Work with the umpires 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 players warm up prior to the game, are ready to play, and 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 dugout 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. 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 PNLL. If there is an injury, make sure all accident report forms are filled out and promptly provide this form and information to the PNLL President and 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 a member of the Safety Committee.
- Ensure players utilize baseball equipment appropriate for age, division, ability, and as allowed under Little League Baseball and Poway National 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.)
- Maintain discipline at all times.

After the Game, Managers & Coaches will:

- Do not leave the field until every team member has been picked up by a known family member or designated driver.
- Notify parents if a child has been injured, no matter how small or insignificant the injury may be.
- Discuss any safety problems with the Safety Officer or a Board Member.
- Return the field to its pre-game condition.

Storage Shed Procedures:

The following applies to all the storage sheds used by the Poway National Little League and to anyone who has been authorized to use those sheds.

- All individuals authorized use of the 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 be familiar with correct 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 within these equipment sheds will be separated from the areas used to store machinery and gardening equipment 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 as possible to prevent accidental poisoning.

Safety Code

The Board of Directors has adopted the Poway National 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 members, 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.

Poway National Little League Safety Code:

- Little League Rules and the Safety Manual will be utilized at all league activities.
- Each player, manager, coach, and umpire shall use proper reasoning and care to prevent injury to him/herself and to others.
- Only league approved managers and coaches are allowed to practice teams and supervise batting cages.
- Managers and coaches will never leave a child unattended 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.
- First Aid Kits are issued to each team manager and shall be present at each Little League game or practice. A more comprehensive first aid kit can be found at each field and at the snack shack. Notify the Safety Officer or Equipment Manager if items need to be restocked in any first aid kit.
- 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.
- 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 areas 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.
- Only players, managers, coaches, and umpires are permitted on the playing field or in the dugout during games and practice sessions.
- Players and spectators should be alert for foul balls and errant throws. Foul balls batted out of the playing area will be returned to the scorekeeper, not thrown over the fence during a game.
- During practice and games, all players should be alert and watch the batter on each pitch.
- Only a player on the field called to bat by the umpire may swing a bat (ages 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 batter’s 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 or throwing balls 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.
- Shoes with metal spikes or cleats are not permitted. Shoes with molded cleats are permissible.
- 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.
- Catchers must wear a 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 a 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.
- Managers and coaches may not catch from a pitcher before or during a game, this includes standing at the backdrop during practice as informal catcher for batting practice.
- Except when a runner is returning to base, headfirst slides are not permitted.
- During sliding practice, bases should not be strapped down or anchored.
- Double First Base and 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. Exception: jewelry that alerts medical personnel to a specific condition is permissible and this must be taped in place and visible.
- 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, 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 and indoor practices.
- Players are to be encouraged to drink water or sports drinks in moderation during practice and games.
- No alcohol, drugs, smoking, or animals (except service animals) are permitted within the facility or on the grounds at any time.
- No children under the age of 13 are permitted in the snack bar.
- No climbing, playing on, or swinging from fences, field equipment, landscaped areas, or dugout roofs.
- No running allowed in bleachers or walkways.
- Observe all posted signs.

- No one is allowed on the premises with open wounds at any time. Wounds should be treated and properly bandaged.
- 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.
- Promptly report any present or potential safety hazard to the Safety Officer or a PNLL 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 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 properly equipped, especially batters and catchers. And check your team's equipment often.

Parent and Spectator Personal Safety Responsibilities:

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

Safety Guidelines for Batting Cage Use:

- Adult supervision is always required when the batting cage is in use.
- No food or drink will be consumed inside the batting cages.
- Only PNLL Managers or Coaches can throw batting practice.
- Only one batter and one pitcher are allowed in the cage at a time when in use.
- The pitcher must use an "L" fence protector or screen.
- Access doors into the cage will be shut and latched prior to any pitch being thrown.
- The batting cages access doors will be locked whenever they are not being used by a PNLL team.
- Helmet use by batters is mandatory.
- 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.
- 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 PNLL batting cages.

Emergency Plan: 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.

POWAY NATIONAL LITTLE LEAGUE FIELDS ADDRESS

Pomerado Elementary School
13400 Pomerado Road | Poway, CA 92064

For non-emergency calls contact:

Poway Sheriff: (858) 513-2800 / (858) 565-5200
Poway Fire: (858) 668-4460
Palomar Medical Center Poway (858) 613-4000
Public Works (Water): (858) 668-4700 / (858) 668- 4751
Gas Emergency: 1-800-611-7343
Electrical Emergency: 1-800-411-7343
Poway Unified School District: (858) 521-2800
Poison Control: (800) 222-1222

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 Safety Officer. 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.

When and How to Report:

All such incidents described above must be reported to the Safety Officer and League President within 48 hours of the incident and entered onto the League’s Safety Database, using the shared GoogleDoc. Email contact information is: Safety@pnll.org

Include the following information when reporting on the League’s Safety Database:

- **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.**
- **Contact information for any witnesses to the injury.**
- **The name and phone number of the individual reporting the incident.**

Safety Officer/Safety Committee Responsibilities:

The League Safety Officer will receive this injury report and ensure it is properly entered into the League’s Safety Database. Within 48 hours of receiving the incident report, the Safety Officer or

member of the Safety Committee 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 Poway National Little League's insurance coverage and the provisions for submitting any claims.

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 an 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.

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

Do...

- Activate 9-1-1 as needed to summon professional emergent help.
- Access the injury. Look for signs of injury (blood, black/blue, deformity, etc.).
- 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.
- Talk to your team afterwards about the situation if it involves them. Often players are upset and worried when another player is injured. They need to feel safe and understand why the injury occurred.

Do NOT...

- Administer any medication.
- 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.

Suspected Head Injuries:

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 healthcare professional. To help recognize a concussion, coaches, parents, and players should watch for the following two things among athletes:

1. A forceful blow to the head or body that results in rapid movement of the head
– And –
2. Any change to the athlete’s behavior, thinking, or physical functioning.

Signs Observed by Coaching Staff	Symptoms Reported by Athlete
<ul style="list-style-type: none">▪ 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	<ul style="list-style-type: none">▪ 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

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 must participate.
- Routine use of gloves or other precautions to prevent exposure when contact with blood or other bodily fluids is anticipated.
- Immediately wash hands and other skin surfaces if contaminated with blood or other body fluids. Wash hands immediately after removing gloves.
- Clean all blood-contaminated surfaces and equipment with a 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 bodily fluids.

COVID-19 Safety Plan and Procedures:

The goal of Poway National Little League is to create a safe environment for PNLL players, managers, coaches, volunteers, and spectators while on PNLL fields and engaging in PNLL activities. The PNLL Safety Committee will ensure all PNLL safety practices and procedures align with the San Diego County Public Health Services, the CA Department of Public Health Outdoor Recreational Sports guidance, and the Poway Unified School District COVID protocol. PNLL reserves the right to change or adjust requirements to conform to future guidelines as conditions change.

- Attendance at PNLL 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 PNLL. Returning to practices/games is completely voluntary. PNLL has added 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.

General Requirements/Guidelines:

- Recommend parents and guardians MONITOR player temperature prior to attending any PNLL 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.
- WEAR face coverings as recommended when required by State and County guidelines.
- CLEAN and SANITIZE hands and equipment on a regular basis.
- COMMUNICATE with the safety officer or safety committee immediately if a coach, parent, or participant has symptoms of, or test positive for, COVID-19. Confidentiality will be maintained. No one with symptoms or who is in isolation or quarantine for COVID-19 is permitted to attend practices or competitions.
- STAY HOME when feeling sick.
- VACATE the fields as soon as possible after the conclusion of a game or practice.

Field Practice/Game Guidelines:

- All players, managers, coaches, and umpires must wear a mask or appropriate face covering on the field and in the dugout when required by State and County guidelines.
- Managers and coaches should encourage no-contact communication amongst players and coaching staff including verbal encouragement, tip the cap, wave, thumbs up, signs, etc.
- Sharing of equipment without proper sanitation is not allowed.

Safety/First Aid Training:

The league schedules annual first aid training for managers, coaches, and PNLL board members. This training covers basic first aid, contact information, AED use, and concussion/head injury awareness. Each team receives a First Aid Kit to be taken to every practice and game. At least one team representative is required to attend each year (either coach or manager). **Safety Training is scheduled for Saturday, February 11, 2023 at 0800 hours.**

Managers & Coaches Fundamentals Training:

To ensure that PNLL coaches and managers are well prepared for the task of coaching little league baseball. They are required to annually attend both the safety training and the fundamentals training. **Fundamentals Training is scheduled for Saturday, February 11, 2023 at 0800 hours.**

Adverse Weather Evacuation Procedures

Rain:

If it begins to rain:

- Evaluate the strength of the rain. Is it a light drizzle or is it pouring?
- Determine the direction the storm is moving.
- Evaluate the playing field as it becomes more and more saturated.
- Stop practice if the playing conditions become unsafe – use common sense. If playing a game, consult with the other manager and the umpire to formulate a decision.

Lightning:

If you can HEAR, SEE, or FEEL a Thunderstorm:

- Stop Game/Practice immediately.
- Stay away from metal fencing, bleachers (including dugouts).
- Do not hold a metal bat.
- Get players to walk, not run, to their parent's car and wait for an official Umpire decision on whether or not to continue the game or the coach's determination to continue practice.

Hot Weather:

Precautions must be taken in order to make sure the players do not dehydrate or hyperventilate.

- Suggest players take drinks of water when coming on and off the field between innings.
- If a player looks distressed while standing in the hot sun, substitute that player and get him/her into the shade of the dugout ASAP.
- If a player should collapse as a result of heat exhaustion, call 9-1-1 immediately. Get the player to take sips of water and use the instant ice packs to cool him/her down until the emergency medical team arrives.

Ultraviolet Ray Exposure:

This kind of exposure increases an athlete's risk of developing a specific type of skin cancer known as melanoma. The American Academy of Dermatology estimates that children receive 80% of their lifetime sun exposure by the time that they are 18 years old. Therefore, PNLL recommends the use of sunscreen with a SPF of at least 15 as a means of protection from damaging ultraviolet light.

Concession Stand Safety Procedures

Poway National 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 PNLL Board Members. Those volunteers or assignees operating the PNLL concession stand will operate such under the approval of the PNLL Snack Bar Coordinator, Safety Officer, and Team Parent Coordinator. Volunteers will have the standard required background check performed. Volunteers shall be 13 years old or older.

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

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

All potentially hazardous foods should be kept at 41°F or below (if cold) or 140°F or above, if hot. If reheat required, rapid reheat potentially hazardous foods to 165°F. Do not attempt to heat foods in crock pots, steam tables, sterno units, or other holding services. If cooling is required, food must be cooled to 41°F as quickly as possible and held at the temperature until ready to serve.

The concession stand shall have a fully stocked First Aid Kit, and at least one fire extinguisher will be placed in the concession stand in a visible and unblocked location when any hot food is served.

Hand Washing – Anyone working in the concession stand shall wash their hands before handling any food, and after using the restroom, touching raw food, smoking a cigarette, or coughing or sneezing into your hands.

Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never reuse disposable dishware. Ideally, dishes and utensils should be washed in a four-step process; (1) Wash in hot soapy water; (2) Rinse in clean water; (3) Chemical or heat sanitizing; and (4) Air dry.

No glass containers shall be sold at the concession stand.

The use of hair restraints is recommended to prevent hair from ending up in the food.

The concession stand shall be cleaned, and all trash shall be removed from the concession stand at the end of the day. Rubber gloves should be worn by staff while handling the trash.

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