



2023 SAFETY MANUAL

4S Ranch Little League (#177127)
CA District 31

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 fun environment.

(Updated January 2023)

CONTACT INFORMATION

4S Ranch Little League

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Web: www.4srll.com

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 4SRLL Safety Officer, Wilma Clapper.....858.337.7381
 Williamsport Accident Claim Office.....570.327.1674

Emergency:

Police /Fire/Emergency9-1-1
 San Diego Sheriff(4S Ranch Substation)858.565.5200
 Poison Control System.....2-1-1 or 800.876.4766
 Animal Control Dispatch.....619.236.4250
 4S Ranch Community Parks Main Office.....858.673.3990
 Palomar Medical Center (Poway).....858.485.6511
 Rady's Children's Hospital.....858.576-1700

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Vice President	Brian Wilson	vice.president@4srll.com
Treasurer	Veronica Callaghan	treasurer@4srll.com
Secretary	Heather Traficonte	secretary@4srll.com
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Player Agent (Upper Divisions)	Craig Morrison	upper.divisions@4srll.com
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Safety Officer	Wilma Clapper	safety@4srll.com
Umpire In Chief	Colin Smith	uic@4srll.com
Scheduler	Paul Schneider	scheduler@4srll.com
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Volunteer Coordinator	Heather Traficonte	volunteers@4srll.com
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Division	Member	Contact E-Mail
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Double-A	Kurt Oreshack	aa.coordinator@4srll.com
Triple-A	Brian Wilson	aaa.coordinator@4srll.com
Majors	Mark Tulkki	majors.coordinator@4srll.com
Managers	Tom Watson	managers.coordinator@4srll.com

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LEAGUE SAFETY OVERVIEW

Since the opening of 4S Ranch Park in February 2005, through fundraising, sponsorship, and generous donations, the 4SRLL Board has been able to provide the following additional items that have enhanced, and made safer, the 4S Ranch Park facility: (2) separate fully enclosed batting/pitching cages, (2) large remote controlled scoreboards, (4) batting machines, (2) PVC ball return tubes for each enclosed field, yellow safety capping on all outfield fences, separate storage/Knaack box on each field for storage of equipment and safety supplies, professionally prep'd fields, and low impact balls used for T-Ball. Additionally, the 4SRLL Board has purchased and installed an AED in the Snack Bar.

All 4SRLL volunteers must pass a national criminal background and sex offender registry check prior to being on the fields or in the dugouts during practices and games. Our league is dedicated to educating all Managers and coaches through CPR/AED Certification classes as well as adhering to California law and Little League International requirements by mandating all Managers and Coaches to be certified in Concussion training. Managers are certified in USA Baseball Safesport Abuse Training.

There is always room for improvements and the 4SRLL Board Members value your contributions. Please report any conditions you observe that appear unsafe, or provide any suggestions for enhancing safety to our league Safety Coordinator, Wilma Clapper (858.337.7381 or safety@4srll.com).

SAFETY MANUAL AND FIRST AID KITS

Little League International developed the ASAP (A Safety Awareness Program) over 30 years ago and includes the Safety Plan. Each league is required annually to develop, submit and get approval on their leagues Safety Plan. The Safety Plan manages 15 standard requirements which can be explained in further detail at <https://www.littleleague.org/player-safety/asap/>

The 2023 4SRLL Safety Plan provides the guidelines and instructions for the safe operations of our league and has been approved by Little League International. A copy will be accessible for viewing at www.4srll.com. It will also be summarized at manager's and parent's meetings. We expect all 4SRLL volunteers, players, and parents to abide by the plan and make safety a high priority in all league activities.

The Safety Manual will include all safety issues and procedures and include local hospital information and other emergency services, the phone numbers and emails for all 4SRLL Board Members, the 4SRLL Codes of Conduct, and how to treat injured players.

First Aid Kits

Each team will be issued a First Aid Kit at the beginning of the season at equipment handout. *It is the managers responsibility to ensure first aid kits and ice packs are brought to all practices and games! Additional supplies or restocking of items are available per request at any time during the season by contacting the Safety Officer. Each First Aid Kit will include the necessary

items (ice packs, bandages, gauze, tape, antibiotic ointment, scissors and latex gloves and more) to treat an injured player until professional help arrives.

AED

An AED is located outside the Snack Bar at 4S Ranch Park for use in an emergency. The AED will be monitored by Project Heartbeat, a San Diego based AED Program Management organization.

VOLUNTEERS

BACKGROUND CLEARANCE- SECURITY MEASURES

The safety and well being of the children involved in 4SRLL is of utmost importance to our organization. As a result, the 4SRLL Board has adopted the following requirements for any adult volunteer in our league and are compliant with the ASAP Program.

- Managers, coaches, board members, 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 must apply for a background clearance as well as provide a government-issued photo identification card for ID verification. League should check name spellings and numbers for accuracy.
- Anyone refusing to fill out a Volunteer Application is ineligible to be a league member.
- Must conduct a nationwide background check utilizing JDP in accessing background check records for sex offender registry data and other criminal records. **This is to be completed annually.**
- **No adult shall be allowed on the fields or in the dugouts during any practice or game**, unless they have been cleared and approved by the league Safety Officer. **NO exceptions!**

Safety and Security Policy for Volunteers

Procedure for selecting caring, competent, and safe volunteers

Before the season begins, prospective volunteers including but not limited to- Board Members, Coaches, Managers, Team Parents, Scorekeepers, pitch counters-must register on 4srll.com and complete the JDP Background link application. The application must include full name, residence information, DOB and social security number to be submitted. All potential volunteers will be asked about prior criminal convictions, and whether they have ever been refused participation in any other youth program. The application indicates that 4SRLL has no obligation to appoint a person to a voluntary position, and that all positions are conditional based on the background checks.

If there is a problem with a background check for any 4SRLL adult volunteer (e.g. sex offender, incident involving child abuse, or anything the Board deems as dangerous to the well being of a child), that prospective volunteer will be terminated immediately.

The 2023 “**Volunteer Application**” can be completed via the JDP quick app (secure link sent individually by 4SRLL Safety Officer, once the volunteer has registered as a volunteer for the current season on www.4srll.com)

Note: All background checks will remain confidential and only seen by the 4SRLL President and Safety Officer. Once entered by the volunteer, all sensitive information such as SSN and DOB will be partially blocked for security purposes.

CONCUSSION TRAINING CERTIFICATION

California law requires all coaches and managers to be certified and complete a concussion training. HEADS UP Concussion in Youth Sports is a free, online course available at: <https://www.cdc.gov/headsup/youthsports/training/index.html>.

*A Certificate of Completion (given at end of course) must be uploaded as a file under the volunteer portion of your 4SRLL account. Please contact our Safety Coordinator, Wilma Clapper (858.337.7381 or safety@4srll.com) with questions.

Additionally, 4SRLL is also mandated to have a signed concussion sheet by the parents of all players prior to the first practice. This is collected electronically during registration but can also be found on www.4srll.com.

SAFESPORT TRAINING CERTIFICATION

The “Protecting Young Victims from Sexual Abuse and Safe Sport Act of 2017” mandates that all amateur sports organizations, whose membership includes any adult who is in regular contact with an amateur athlete who is a minor must report suspected child abuse, including sexual abuse, within 24 hours to law enforcement. An individual who is required, but fails, to report suspected child sexual abuse is subject to criminal penalties.

ALL MANAGERS AND BOARD MEMBERS must complete the USA Baseball Adult Abuse Training and submit their certification prior to the start of the season.

For more info on Safe Sport or to take the training, please refer to <https://www.littleleague.org/player-safety/child-protection-program/safesport-resources-parents/>

CODES OF CONDUCT

4SRLL has a Zero Tolerance Policy toward unsportsmanlike behavior of any kind. That is why 4SRLL has adopted the “Parent/Volunteer Code of Conduct”, in addition to the “Parent and Coaches County of San Diego Parks and Recreation Code of Conduct” that all parents, volunteers and coaches must sign before their children are allowed to play. A violation of the code of conduct will result in the offending party being brought immediately before the 4SRLL Board for judgment.

SPORT PARENT CODE OF CONDUCT

Preamble:

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games, and practices, unless I am one of the official coaches of the team.

Parent/Guardian Signature

Parent/Guardian Signature

Date

VOLUNTEER CODE OF CONDUCT

The 4SRLL Board has mandated the following Code of Conduct. All Board Members, Volunteers, Coaches and Managers will read and be familiar with it.

No Board Member, Volunteer, Manager, or Coach shall:

- ⇒ Lay a hand upon, push, shove, strike, or threaten to strike an official, or anyone attending a game or practice.
- ⇒ Speak disrespectfully or physically abuse any Board Member, Umpire, Manager, Coach, Player, or Spectator.
- ⇒ Be guilty of an objectionable demonstration of dissent at an official's decision by throwing of gloves, helmets, hats, bats, balls, or any other forceful unsportsmanlike action.
- ⇒ Use unnecessarily rough tactics in the play of a game against the body of an opposing player.
- ⇒ Use profane, obscene or vulgar language in any manner at any time.
- ⇒ Appear on the field of play, bleachers, or anywhere on any 4SRLL complex while in a drug or alcohol impaired condition. Impaired condition will be defined as someone with an odor of alcohol on their breath, or someone exhibiting inappropriate, bizarre behavior.
- ⇒ Gamble upon any play or outcome of any game with anyone at any time
- ⇒ Use tobacco of any kind while in the stands, on the field, or in the dugout.
- ⇒ Discuss publicly with spectators in a derogatory or abusive manner, any play, decision, or personal opinion of any player during the game.
- ⇒ As a Manager or Coach, be guilty of mingling with or fraternizing with spectators during the course of the game.
- ⇒ Tamper or manipulate any league rosters, schedules, draft positions or selections, score books, rankings, financial records or procedures.
- ⇒ Challenge an Umpire's authority. The Umpires shall have the authority and discretion during a game to penalize the offender according to the infraction up to and including removal from the game.

4SRLL SAFETY CODE

The Board of the 4S Ranch Little League has mandated the following **Safety Code**. Each manager, coach, and TSO will read and be familiar with this **Safety Code**.

- Responsibility for safety procedures belong to every adult member of 4S Ranch Little League. **Prevention is the key to accident reduction.**
- Each player, manager, coach, umpire, and team safety officer shall use proper reasoning and care to prevent injury to himself/herself and to others.
- Only league approved managers and/or coaches are allowed to run a team practice
- Only league approved managers and/or coaches will supervise batting cages.
- Managers and coaches will be eligible to attend a Coaches Clinic, and are encouraged to attend an Umpire Clinic, before the start of the season. First Aid/CPR/AED training is mandatory and is being held Thursday, February 2, 2023 in person.
- Managers must attend the Managers meeting given in January 2023.
- First Aid Kits are issued to each team manager during the pre-season.

- No games or practices will be held when weather or field conditions are poor, particularly when lighting is inadequate.
- The field of play will be inspected by the managers and umpires, before games and practices, for damage and potentially hazardous objects.
- Team equipment should be stored within the team dugout or behind screens, and not within the area defined by the umpires as "in play."
- Only players, managers, coaches and umpires are permitted on the playing field or in the dugout, during games and practice sessions.
- 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.
- Foul balls batted out of the playing area will be returned to the field via the PVC ball return that is installed on all AAA fields and above.
- During practice and games, all players should be alert and watching the batter on each pitch.
- During batting practice coaches should pitch behind an "L" net, for protection from batted balls.
- During warm-up drills, players should be spaced so that no one is endangered by wild throws or missed catches.
- All pre-game warm-ups should be performed within the confines of the playing field and not within areas that are frequented by, and thus endangering spectators (i.e., playing catch, pepper, swinging bats, etc.).
- Equipment should be inspected regularly, by the manager, to ensure it is in good condition and fits properly.
- Batters must wear Little League approved protective helmets that bear the NOCSAE seal during batting practice and games.
- Except when a runner is returning to a base, headfirst slides are not permitted.
- During sliding practice, bases should not be strapped down or anchored.
- 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" for their children.
- On-deck batters are not permitted.
- Managers will only use the official Little League balls supplied by 4SRLL.
- Once a ball has become discolored or nicked, it will be discarded.
- All male players will wear protective cups and a long model chest protector during games and practices.
- Female catchers must wear long or short model chest protectors.
- All catchers must also wear chest protectors, shin guards and catcher's helmet/mask/throat protector during practices and game. Note: Skullcaps are not permitted.
- Catchers must wear a catcher's mitt (not a first baseman's mitt or fielder's glove) of any shape, size or weight consistent with protecting the hand.
- Shoes with metal spikes or cleats are not permitted in lower divisions. They are allowed in Junior/Senior divisions only. Shoes with molded cleats are advisable for Tee Ball through Major divisions.
- Players will not wear watches, rings, pins, jewelry or other metallic items during practices or games. (Exception: Jewelry that alerts medical personnel to a specific condition is permissible and this must be taped in place.)
- No food or drinks in the dugouts. (Exception: water or sports drinks).
- Managers will never leave a child unattended at a practice or game.

- Never hesitate to report any present or potential safety hazard to the 4SRLL Safety Officer or other Board Member.
- Make arrangements to have a cellular phone available at all times, but especially when a game or practice is at a facility that does not have public phones.
- Speed Limit is 5 MPH in roadways and parking lots adjacent to playing fields.
- No smoking, alcohol or drugs allowed on the premises at any time.
- No medication will be taken at the facility unless administered directly by the child's parent. This includes aspirin and Tylenol.
- No swinging bats or throwing baseballs at any time within the walkways and common areas of the complex.
- No throwing rocks, climbing fences, or swinging on dugout roofs.
- Players and spectators should be alert for foul balls and errant throws.
- All gates to the fields must remain closed at all times. After players have entered or left the playing field, gates should be closed and secured
- No running allowed on the bleachers.
- No one is allowed on the complex with open wounds at any time. Wounds should be treated and properly bandaged
- The "emotional safety" of players is as important as the "physical safety."

TRAINING PROGRAMS

Every team must have at least one manager or coach participate in a Coaches Clinic offered prior to the start of the season.

4SRLL Coaches Clinic

4SRLL offers a comprehensive clinic for coaches and managers. The agenda includes training in fundamental skills, positive coaching, league rules and operations, as well as safety issues, first aid, and distribution of the Safety Manuals each year.

The 4SRLL Board goes to great lengths to provide experienced, veteran coaches at our Coaches Clinic, many of which have played professional or college baseball, and are a wealth of knowledge to those who attend.

The league is to provide each year the First Aid/CPR portion of the clinic, complete with AED displays, rescue breathing mannequins, and a variety of First Aid supplies.

A signup sheet serves as the official record of attendance. Division Directors enforce and document this participation, and supply the League President and Safety Officer their lists of those who attended.

4SRLL and LLI mandates that at least one manager or coach attends this clinic each year.

Managers and Coaches Training

Managers and coaches training is available within the Southern California area, and many of our coaches take advantage of the opportunity.

CPR/AED Certification

4SRLL requires that one representative from each team (either the manager or one of the designated and approved coaches) have current CPR training. The designated representative must attend the League first aid training (February 2, 2023) and be current on their CPR Certification within the last 3 years.

4SRLL has an Automatic External Defibrillator (AED) unit located outside of the Snack Bar, in a locked box, at the County Fields. 4SRLL requires that one representative from each team (either the manager or one of the designated and approved coaches) have current AED training provided on a yearly basis by Rancho Sante Fe Fire Protection. The 2023 AED training will be given on February 2, 2023

CALIFORNIA CONCUSSION LAW

The California Law is titled “Youth Sports Concussion Protocols,” became effective January 1, 2017, and is found in the California Health Safety Code under the section referencing “Adolescent Health” (Cal Health and Safety Code §124235). Section 124235 applies to “youth sports organizations” which includes any organization, business, non-profit entity or local government agency that sponsors or conducts amateur sports competitions, training camps, or clubs in which persons seventeen (17) years of age or younger participate: youth sports organizations are required to immediately remove an athlete who is suspected of sustaining a concussion or other head injury in an athletic activity for the remainder of the day. The athlete shall not be permitted to return to the athletic activity until being evaluated by, and receiving written clearance to return to athletic activity from, a licensed health care provider. An athlete who has sustained a concussion shall complete a graduated return to play protocol of not less than seven (7) days in duration under the supervision of a licensed health care provider. If an athlete seventeen (17) years of age or younger has been removed from athletic activity due to a suspected concussion, the youth sports organization shall notify a parent or a guardian of that athlete of the time and date of the injury, the symptoms observed and any treatment provided to that athlete for the injury. On an annual basis, a youth sports organization shall provide a concussion and head injury information sheet to each athlete. The information sheet shall be signed and returned by the athlete and, if the athlete is seventeen (17) years of age or younger, shall also be signed by the athlete’s parent or guardian before the athlete initiates practice or competition. The information sheet may be sent and returned through an electronic medium including, but not limited to, facsimile or electronic mail. On a yearly basis, the youth sports organization shall offer concussion and head injury education, or related educational materials or both, to each coach and administrator of the youth sports organization. Each coach and administrator shall be required to successfully complete the concussion and head injury education offered at least once, either online or in person, before supervising an athlete in an activity of the youth sports organization. Additional California concussion law is found under the California Education Code (Cal. Educ. Code Section 35179.1 (c)(6), known as the 1998 California High School Coaching Education and Training Program) and requires coaches be certified in CPR and first aid and have a basic understanding of the signs and symptoms of concussions and the appropriate response to concussions. The California law is found at sections 38131(6) and 49475 of the Education Code. (Cal. Educ. Code §35179.1(c)(6), § 38131(6)), and §49475

ACCIDENT REPORTING PROCEDURE

What to report:

An incident that causes any player, manager, coach, umpire, volunteer or spectator to receive medical treatment and/or first aid must be reported to the 4SRLL Safety Officer. This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury. If an ice pack is applied, a report needs to be made. Near misses need to be reported also.

When to report:

All such incidents described above must be reported to the 4SRLL Safety Officer ***within 24 hours of the incident.*** 4SRLL Safety Officer contact info:

Wilma Clapper

Cell: 858-337-7381

Email: saftey@4srll.com

The 4SRLL Safety Officer's contact information will be posted in each First Aid Kit and on the league website www.4SRLL.com.

How to make a report

The Manager or listed coach will fill out the "***Incident/Injury Tracking Report***" Form (found on the next page and under Safety /Forms on www.4srll.com) and submit it to the 4SRLL Safety Officer ***within 24 hours of the incident.***

Accidents occurring outside the team (i.e., spectator injuries, concession stand injuries and third party injuries) shall be handled the same as player/team injuries

4SRLL Safety Officer's Reporting Responsibilities:

Within 24 hours of receiving the "***Incident/Injury Tracking Report***" Form, the 4SRLL 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. EMT/Ambulance, Hospital Emergency Room, Doctor's visit), advise the parent or guardian of Little League International's insurance coverage with AIG Insurance. If the injured party has medical insurance, than their company will be the "Primary" coverage, and AIG will be "Secondary". If the injured party does not have medical insurance, than AIG will be the "Primary" coverage. There is a **\$50 deductible per claim.**

If the extent of the injuries is more than minor in nature, the 4SRLL Safety Officer shall periodically call the injured party to:

- a) Check on the status of any injuries, and
- b) Check if any other assistance is necessary in 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).

Activities/Reporting

A Safety Awareness Program's Incident/Injury Tracking Report

League Name: _____ League ID: ____ - ____ - ____ Incident Date: _____

Field Name/Location: _____ Incident Time: _____

Injured Person's Name: _____ Date of Birth: _____

Address: _____ Age: _____ Sex: Male Female

City: _____ State _____ ZIP: _____ Home Phone: () _____

Parent's Name (If Player): _____ Work Phone: () _____

Parents' Address (If Different): _____ City _____

Incident occurred while participating in:

- A.) Baseball Softball Challenger TAD
- B.) Challenger T-Ball (5-8) Minor (7-12) Major (9-12) Junior (13-14)
 Senior (14-18) Big League (18-18)
- C.) Tryout Practice Game Tournament Special Event
 Travel to Travel from Other (Describe): _____

Position/Role of person(s) involved in incident:

- D.) Batter Baserunner Pitcher Catcher First Base Second
 Third Short Stop Left Field Center Field Right Field Dugout
 Umpire Coach/Manager Spectator Volunteer Other: _____

Type of injury: _____

Was first aid required? Yes No If yes, what: _____

Was professional medical treatment required? Yes No If yes, what: _____

(If yes, the player must present a non-restrictive medical release prior to to being allowed in a game or practice.)

Type of incident and location:

- A.) On Primary Playing Field Base Path: Running or Sliding
 Hit by Ball: Pitched or Thrown or Batted
 Collision with: Player or Structure
 Grounds Defect
 Other: _____
- B.) Adjacent to Playing Field Seating Area
 Parking Area
C.) Concession Area Volunteer Worker
 Customer/Bystander
- D.) Off Ball Field Travel:
 Car or Bike or
 Walking
 League Activity
 Other: _____

Please give a short description of incident: _____

Could this accident have been avoided? How: _____

This form is for Little League purposes only, to report safety hazards, unsafe practices and/or to contribute positive ideas in order to improve league safety. When an accident occurs, obtain as much information as possible. For all claims or injuries which could become claims, please fill out and turn in the official Little League Baseball Accident Notification Form available from your league president and send to Little League Headquarters in Williamsport (Attention: Dan Kirby, Risk Management Department). Also, provide your District Safety Officer with a copy for District files. All personal injuries should be reported to Williamsport as soon as possible.

Prepared By/Position: _____ Phone Number: () _____

Signature: _____ Date: _____

LITTLE LEAGUE INSURANCE POLICY

Coverage by AIG Insurance

Little League accident insurance covers only those activities approved or sanctioned by Little League International.

4S Ranch Little League (Majors), Minor League and Tee Ball participants shall not participate as a Little League (Majors), Minor League and Tee Ball team in games with other teams of other programs or in tournaments, except those authorized by Little League International, without preparing the form

“Request for Interleague” found on the District 31 website

(<http://www.eteamz.com/californiadistrict31/index.cfm>)

4S Ranch Little League Insurance Policy is designed to supplement a parent’s existing family policy.

4S Ranch Little League (Majors), Minor League and Tee Ball participants may participate in other programs during the Little League (Majors), Minor League and Tee Ball regular season and tournament provided such participation does not disrupt the Little League (Majors), Minor League and Tee Ball season or tournament team.

Unless expressly authorized by the Board of Directors of 4SRLL, games played for any purpose other than to establish a League champion or as part of the International Tournament are prohibited. (See IX - Special Games, pg. 15 in the Rule Book for further clarification)

Explanation of Coverage:

The AIG Little League’s insurance policy (see *Insurance Section*) is designed to afford protection to all participants at the most economical cost to 4SRLL. It can be used to supplement other insurance carried under a family policy or insurance provided by a parent’s employer. If there is no other coverage, AIG Little League insurance - which is purchased by the 4SRLL, not the parent - takes over and provides benefits, after a *\$50 deductible* per claim, for all covered injury treatment costs up to the maximum stated benefits.

This plan makes it possible to offer exceptional, low-cost protection with assurance to parents that adequate coverage is in force at all times during the season.

How the insurance works:

1. First have the child’s parents file a claim under their insurance policy, Blue Cross, Blue Shield or any other insurance protection available.
2. Should the family’s insurance plan not fully cover the injury treatment, the Little League AIG Policy will help pay the difference, after a *\$50 deductible* per claim, up to the maximum stated benefits.
3. If the child is not covered by any family insurance, the Little League AIG Policy becomes primary and will provide benefits for all covered injury treatment costs, after a *\$50 deductible* per claim, up to the maximum benefits of the policy.
4. Treatment of *dental injuries* can extend beyond the normal fifty-two week period if dental work must be delayed due to physiological changes of a growing child. Benefits will be paid at the time treatment is given, even though it may be some years later. Maximum dollar benefit is \$500 for eligible dental treatment after the normal fifty-two week period, subject to the \$50 deductible per claim.

Filing a Claim:

When filing a claim, all medical costs should be fully itemized. If no other insurance is in effect, a letter from the parent's/guardian's or claimant's employer explaining the lack of Group or Employer insurance must accompany a claim form.

(<http://www.littleleague.org/learn/forms.htm#asap>)

On dental claims, it will be necessary to fill out a Major Medical Form, as well as a Dental Form; then submit them to the insurance company of the claimant, or parent(s)/guardian(s), if claimant is a minor. "Accident damage to whole, sound, normal teeth as a direct result of an accident" must be stated on the form and bills. Forward a copy of the insurance company's response to Little League Headquarters. Include the claimant's name, League ID, and year of the injury on the form.

Claims must be filed with the 4SRLL Safety Officer. The Safety Officer completes and forwards them to LL International, PO Box 3485, Williamsport, PA 17701. Claim officers can be contacted at (570) 327-1674 and fax (570) 326-9280.

Contact the 4SRLL Safety Officer for more information or visit <http://www.littleleague.org/learn/forms.htm#asap>.

4SRLL FORMS

All forms used by 4SRLL are found in the Safety Manual and/or online at 4srll.com and click on "Safety/Forms."

4S Ranch Little League Documents

- 2023 Medical Release Form
This must be printed and turned in prior to start of practices/season.
- 4S Parent & Volunteer Code of Conduct
- SD County Coach Code of Conduct
- San Diego County Coach Code of Conduct
- Incident/Injury tracking form

To get the most up to date Little League International forms online go to:

<http://www.littleleague.org/learn/forms.htm#asap> and check the "Table of Contents"

- * Incident/Injury Tracking Report
- * AIG Accident Claim Form
- * Return to Play
- * Field Game Safety Check List

The "**Medical Release" form** is filled out by a parent during the initial baseball sign up, and kept on file by 4SRLL. Once teams are formed, the form is provided to the manager, who must have it present at every game and practice. This form will help managers, coaches, and TSO's know if there are any pre-existing medical conditions concerning players on their team, such as (asthma, diabetes, ADD, etc.), and it extends parents' permission for medical treatment by a physician if the parent cannot be reached. The form also will have important contact numbers and insurance information on it. Please read the form carefully on the following pages and familiarize yourself with it.

The **"Return to Play" form** should be given to parents of players who have become injured during the course of the season, whether at 4SRLL or somewhere else. The player must have this form signed before they are allowed to play or practice again at 4SRLL. Managers must enforce this!



RETURN TO PLAY



Name: _____ Date of birth: _____

Age: _____ Sex: _____

Name of parent or guardian: _____

Telephone: _____

Home Address: _____ City: _____ State: _____

ZIP: _____

Team _____ Division _____

Coach _____

Injury Diagnosis:

To Whom It May Concern:

I HAVE EXAMINED THE ABOVE NAMED ATHLETE AND HEREBY CERTIFY THAT HE/SHE IS CLEARED TO RESUME PLAY IN LITTLE LEAGUE BASEBALL. TO THE BEST OF MY KNOWLEDGE, HE/SHE HAS HAD SUFFICIENT HEALING AND/OR REHABILITATION OF THEIR INJURY TO SAFELY RESUME PLAY WITHIN A REASONABLE DEGREE OF MEDICAL CERTAINTY.

SIGNATURE _____ MD / DO/ CNRP / PA

DATE: _____



Little League' Baseball and Softball MEDICAL RELEASE



NOTE: To be carried by any Regular Season or Tournament
Team Manager together with team roster or International Tournament affidavit.

Player: _____ Date of Birth: _____ Gender (M/F): _____

Parent (s)/Guardian Name: _____ Relationship: _____

Parent (s)/Guardian Name: _____ Relationship: _____

Player's Address: _____ City: _____ State/Country: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

PARENT OR LEGAL GUARDIAN AUTHORIZATION: _____ Email: _____

In case of emergency, if family physician cannot be reached, I hereby authorize my child to be treated by Certified
Emergency Personnel. (I.e. EMT, First Responder, E.R. Physician)

Family Physician: _____ Phone: _____

Address: _____ City: _____ State/Country: _____

Hospital Preference: _____

Parent Insurance Co: _____ Policy No.: _____ Group ID#: _____

League Insurance Co: _____ Policy No.: _____ League/Group ID#: _____

If parent(s)/legal guardian cannot be reached in case of emergency, contact:

Name Phone Relationship to Player

Name Phone Relationship to Player

Please list any allergies/medical problems, including those requiring maintenance medication. (i.e. Diabetic, Asthma, Seizure Disorder)

Medical Diagnosis	Medication	Dosage	Frequency of Dosage

Date of last Tetanus Toxoid Booster: _____

The purpose of the above listed information is to ensure that medical personnel have details of any medical problem which may interfere with or alter treatment.

Mr./Mrs./Ms. _____
Authorized Parent/Guardian Signature Date:

FOR LEAGUE USE ONLY:

League Name: _____ League ID: _____

Division: _____ Team: _____ Date: _____

WARNING: PROTECTIVE EQUIPMENT CANNOT PREVENT ALL INJURIES A PLAYER MIGHT RECEIVE WHILE PARTICIPATING IN BASEBALL/SOFTBALL
Little League does not limit participation in its activities on the basis of disability, race, color, creed, national origin, gender, sexual preference or religious preference.

SAFETY RESPONSIBILITIES BY ROLE:

The 4SRLL President:

The President of 4SRLL is responsible for ensuring that the policies and regulations of the 4SRLL Safety Officer are carried out by the entire membership to the best of his abilities.

4SRLL Safety Officer:

The main responsibility of the 4SRLL Safety Officer is to develop, implement, and enforce the League's Safety Program.

The 4SRLL Safety Officer is the link between the 4SRLL Board and its managers, coaches, umpires, team safety officers (TSO), players, spectators, and any other third parties on the complex, in regards to safety matters, rules and regulations, and (s)he must be dedicated to safety through information and communication.

Although 4SRLL has a Safety Officer, it must be remembered that player agents, managers, coaches, and umpires must carry out their own duties and responsibilities. Any difference of opinion on safety policy should be referred to the league president rather than argued. Further questions may be taken up with the District Safety Officer, Connie Hunt. The latter may refer such problems to Little League Headquarters.

The 4SRLL Safety Officer's responsibilities include:

- **Implementing** the individual Team Safety Officer (**TSO**) voluntary position in order to add another level of safety to each team.
- **Acting as a liaison** between the insurance company and parents.
- **Explaining insurance benefits** to claimants, and assisting them with filing the correct paperwork.
- **Keeping the First Aid Log**, which lists the location where accidents and injuries occurred, parties involved, age/division involved, nature of injury, treatment, and the date/time of occurrence.
- **Tracking accidents/injuries**, via the First Aid Log, and making suggestions to prevent further injuries.
- **Writing/Updating the Safety Manual annually**, having it reviewed by the District Safety Officer, and submitting the plan to Little League International for review. Once it is approved, it is distributed prior to the start of the season.
- **Providing First Aid Kits** to all teams at the beginning of the season. The kits will be restocked as needed.
- **Inspecting the snack bar**, checking fire extinguishers, first aid kits, and the AED, and instructing volunteers how to use them
- **Checking the playing field** with a manager, umpire, and TSO, and addressing areas needing immediate attention, as well as notifying the Field Maintenance Coordinator about areas needing improvement.
- **Encouraging First Aid Clinics and CPR/AED certification classes** for managers, coaches, umpires, player agents, and team safety officers, as well as any other parent, player, or spectator whose training could only enhance the level of help available during an emergency. **Each team should have at least one team representative certified in CPR/AED.**

- **Acting immediately to correct unsafe or hazardous conditions** once a situation has been recognized.
- **Making spot checks** at practices and games to make sure all managers have their First-Aid Kits and Safety Manuals, that any volunteer having contact with players has filled out a “**Volunteer Form**”, and that each team is conducting activities with safety in mind while adhering to the Safety Manual.
- **Visiting other leagues** to gain a different perspective on safety, while continuing to strive to improve through vision and goals.
- **Attending tryouts** to make sure they are safe for all involved, especially new kids that have never played baseball before.
- **Making sure that “Safety” is on the agenda of every monthly 4SRLL Board Meeting**, and encouraging people to share ideas on improving safety.
- **Ensuring that the league submits the player registration data/player roster data and coach and manager data** by the deadline set forth by Little League International. Submission of data is through the Little League Data Center at www.LittleLeague.org.

4SRLL Board Members:

The 4SRLL Board Members will adhere to and carry out the policies as set forth in this safety manual.

4SRLL Web Master:

The 4SRLL Web Master is responsible for maintaining 4SRLL’s website at 4SRLL.com and updating any pertinent safety information on a weekly basis.

Managers and Coaches:

The Manager is a person elected by the 4SRLL Board to be responsible for his/her team’s actions on the field, and to represent the team in communications with the umpire and the opposing team.

- (a) The Manager shall always be responsible for the team’s conduct, observance of the official rules, and deference to the umpires.
- (b) The Manager is also responsible for the safety of his/her players. (S)he is also ultimately responsible for the actions of designated coaches and the Team Safety Officer (TSO).
- (c) If a Manager is unavailable, that Manager shall designate a Coach as a substitute, and such Substitute Manager shall have the duties, rights and responsibilities of the Manager.

Pre-Season: Managers:

- **Obtain and review the Safety Manual** supplied by the 4SRLL Safety Officer.
- **Obtain the team equipment, the First Aid Kit, and the Official Little League Rule Book** from the 4SRLL Equipment Manager.
- **Appoint a volunteer parent as Team Safety Officer (TSO)**. The TSO must be able to be present at all games, or assign an alternate, and must own or have access to a **cell phone** for emergencies.

**** IF A MANAGER HAS NOT APPOINTED A TSO THEN HE OR SHE MUST ASSUME THOSE RESPONSIBILITIES.**

- **Read the Official Little League Rule Book, and your Division Operations.**
- **Hold a Parent's Meeting** to discuss your coaching philosophy and goals for the season, 4SRLL rules/policies, as well as safety issues and any questions or concerns by the parents
- Cover the **basics of safe play** with your team, while teaching the rules and fundamentals of baseball.
- Ensure helmets are worn at all times while batting, or running the bases.

Reinforce the message that **BAT = HELMET !!!!**

- **Teach players how to slide before the season starts.** A board representative will be available to teach these fundamentals if the manager or designated coaches do not know them.
- Notify parents that if a child is ever injured or ill for more than a week, they can't return to practice unless they have a note from their doctor. The "**Return to Play**" form (see "Forms Section") protects you if the child should become further injured or ill. **There are no exceptions to this rule!**
- Encourage players to **report any unusual encounters with adults.**
- Encourage players to bring **water bottles** to all practices and games.
- Remind parents to bring **sunscreen** for themselves and their child.
- Inform your parents and players on the benefits of wearing **mouth protection and heart guards.**
- Never leave any player with a non-family member, or leave before all the players have been picked up.

***Note: First time Managers and Coaches** are requested to read books or view video on Little League Baseball mechanics furnished on a library loan-out basis from 4SRLL, or on the 4SRLL website

Season Play: Managers:

- Work closely with the TSO to make sure **equipment** is in first-rate working order, and free of any defects.
- Make sure that a **cell phone** is on hand at all games and practices.
- Don't expect more from your players than what the players are capable of.
- Teach the **fundamentals** of the game to players
 - * Hitting techniques
 - * Proper fielding of ground balls
 - * Catching fly balls
 - * Sliding correctly
 - * Basic pitching motion with balance
- Be open to ideas, suggestions or help.
- Ensure any and all volunteers have submitted the "**Volunteer Application**" to the 4SRLL Safety Officer
- Enforce **prevention** as the key to reducing accidents.
- Suggest players wear sliding pads if they have cuts or scrapes on their legs.
- Always have a First-Aid Kit, the Safety Manual, and each player's completed "**Medical Release**" on hand.
- Use common sense to create a fun and safe environment.

Pre-Game and Practice

Managers:

- Make sure that players are healthy, rested and alert
- Make sure that players returning from being sick or injured for more than a week have a **“Return to Play”** form signed by their doctor. Without it they can't play.
- Make sure players are wearing the proper uniform, using the proper equipment, and male catchers are wearing a protective cup.
- **Inspect the equipment** with the TSO, to ensure it is in good working order and is safe. Arrange with the Equipment Manager to replace defective equipment.
- **Inspect the field** for damage or debris prior to the start of practice or game

Players Pre-Game Regimen:

Have the players stretch, and then do a light jog around the field before throwing. Their warm-ups should then follow this order.

- Light tosses short distance.
- Light tosses medium distance.
- Light tosses large distance.
- Medium tosses medium distance.
- Regular tosses medium distance.
- Field ground balls.
- Field pop flies.

Break Away Bases Regimen

4S Ranch Little League complies with breakaway bases on all of its Little League Fields.

During the Game:

Managers:

- Make sure that players carry all gloves and other equipment completely off the field and into 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 ready with **“step...step....balls coming to me”**.
- **Maintain discipline** at all times, and 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, and **ensure that fingers are kept out of and away from all fencing**.
- Make sure catchers are wearing the **proper equipment**.
- Encourage everyone to think **Safety First**.
- Observe the **“no on-deck”** rule for batters and keep players behind the screens at all times. **No player should handle a bat in the dugouts at any time**.
- Keep players from climbing on fences.
- Get players to **drink fluids** often so they do not dehydrate.
- Don't play children that are ill or injured.
- Work with the TSO to attend to children that become injured in a game.
- Don't engage in conversation with parents and passersby, as it will cause you to be distracted and lose focus, thus putting the children at risk.

Post Game

- Encourage those who throw regularly (pitchers and catchers) to ice their shoulders and elbows.
- Remain at the field until every team member has been picked up by a known family member or designated driver.
- **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, 4SRLL, and Little League International.
- Discuss any safety problems with the Team Safety Officer that occurred before, during or after the game.
- If there was an injury, make sure an “**Incident/Injury Tracking Report**” was filled out and forwarded to the 4SRLL Safety Officer **within 24 hours**.
- Return the field to its pre-game condition, per 4SRLL policy.

If a manager knowingly disregards safety, he or she will come before the 4SRLL Board to explain his or her conduct

Umpires Duties:

Before a game starts, the umpire shall:

- Check equipment in dugouts of both teams. Equipment that does not meet specifications must not be used in the game, or pre-game practice.
- Make sure catchers are wearing a helmet/mask/throat protector/protective cup/and proper catcher’s mitt when warming up pitchers.
- Run your hands along bats to make sure there are no cracks or splinters.
- Make sure that bats have grips, and that they are not loose or dangling.
- Make sure there are foam inserts in helmets, and that helmets meet Little League **NOCSAE** specifications and bear Little League’s seal of approval.
- Inspect helmets for cracks or damage.
- Walk the field for hazards and obstructions (e.g. rocks and glass).
- Check players to see if they are wearing jewelry, and if observed, instruct them to remove
- Check players to see if they are wearing metal cleats (only allowed in Juniors and Seniors Division).
- Make sure that all playing lines are marked with non-caustic lime, chalk or other white material easily distinguishable from the ground or grass.
- Retrieve official 4SRLL balls for play.
- Review basic ground rules with the managers prior to the start of the game.
 - Line up each team on their respective foul lines, and have the players recite the “**Little League Pledge**”, found on the back of the Official Little League Rulebook.
 - Use the “**Field Safety Check List**” (Sample found in the “General Facility” Section) to document that all of the above was carried out.

During the Game The Umpire Will:

- Govern the game as mandated by Little League rules and regulations, and respective 4SRLL Division Operations.
- **Check baseballs** for discoloration and nicks, and declare a ball unfit for use if necessary.

- Act as the **sole judge as to whether and when play shall be suspended or terminated during a game, because of unsuitable weather** conditions or the unfit condition of the playing field; as to whether and when play shall be resumed after such suspension; and as to whether and when a game shall be terminated after such suspension.
- Act as the sole judge as to whether and when play shall be suspended or terminated during a game because of **low visibility** due to atmospheric conditions or darkness.
- Enforce the rule that **no spectators shall be allowed on the field** during the game.
- Make sure catchers are wearing the proper equipment.
- Continue to monitor the field for safety and playability.
- Make the calls loud and clear, signaling each call properly.
- Make sure players and spectators keep their **fingers out of the fencing**.

Post Game: The Umpire will:

- Check with the managers of both teams regarding safety violations.
- Report any unsafe situations to the 4SRLL Safety Officer by telephone or email

Fields Coordinator:

This 4SRLL Board Member is responsible to ensure the fields and structures used by 4SRLL meet the safety requirements as set forth in this manual.

Equipment Manager:

This 4SRLL Board Member is responsible for providing managers with stocked equipment bags at the beginning of the season, and for getting damaged equipment repaired or replaced during the season. This replacement will happen in a timely manner. The Equipment Manager will also exchange equipment if it doesn't fit properly.

Player Agents & Division Directors –All Divisions:

The 4SRLL Upper/Lower Player Agents & Division Directors for All Divisions are responsible for helping to get managers and coaches to comply with this manual. Furthermore, Division Directors will help to coordinate the First Aid/CPR/AED training with the 4SRLL Safety Officer, and act as the liaison between the 4SRLL Safety Officer and Managers and Coaches during pre-season safety activities.

Team Safety Officer (TSO):

In the pre-season, the TSO must:

- **Acquire this Safety Manual** from the team manager, or view it on the 4SRLL website. Read it, be familiar with it, and refer to it as necessary.
- **Act as a liaison** between your team and the 4SRLL Safety Officer.
- **Have a cell phone available at all practices and games.** Arrange for an alternate to be at any practice/game that you cannot attend, and ensure they have a cell phone available
- Have parents fill out emergency **“Medical Release” form**, and ensure that the forms are present at all practices/games. (Sample found in “Forms Section”).
- **Inspect the equipment** when the Equipment Manager issues it to your team. Request a replacement of any equipment that looks unsafe, or doesn't fit properly.

- **Find out if a child is taking any kind of medication**, or has a medical condition you or the manager need to know about.
- **Assist players to stretch and do warm up exercises** before each practice/game.

During the season, the TSO will:

- **Help managers and coaches give First Aid**, if needed, and call 911 for an ambulance when needed. Also be aware of how to clean up exposed blood.

Note: Player injured with illegal bat or damaged equipment could void an AIG/Little League insurance claim, and lead to 4SRLL being sued.

- **Report any safety concerns or player injuries or near misses** to the 4SRLL Safety Officer as well as any supplies used or needing replacement, via phone or email, **within 24 hours**.
- Prepare an **“Incident/Injury Tracking Report”** (Sample found in the “Forms Section”), *whether or not* there is an injury requiring medical attention, and provide a copy to the 4SRLL Safety Officer.
- **Assist parents** if child must go to a hospital or to see a doctor.
 - **Provide insurance documentation** to the hospital if necessary.

**** IF A MANAGER HAS NOT APPOINTED A TSO THEN HE OR SHE MUST ASSUME THOSE RESPONSIBILITIES.**

The TSO is a:

- ◆ Role model to younger children.
- ◆ Defender of safety.
- ◆ Liaison between the team and the 4SRLL Safety Officer.
- ◆ Hero when taking safety seriously prevents injuries.

Insurance Riders:

Insurance riders are needed if any practices, games, or events involving baseball on or off the 4SRLL complex take place before or after the regularly scheduled season and “All Star” post season.

Insurance riders are also necessary if non-Little League teams practice, play games, or hold tournaments at the 4SRLL facility.

The insurance rider must be presented as designated by the Field Use Permit.

SAFETY FIRST!

BE ALERT!

CHECK PLAYING FIELD FOR HAZARDS

PLAYERS MUST WEAR PROPER EQUIPMENT

ENSURE EQUIPMENT IS IN GOOD SHAPE

MAINTAIN CONTROL OF THE SITUATION

MAINTAIN DISCIPLINE

BE ORGANIZED

KNOW PLAYERS' LIMITS AND DON'T EXCEED THEM

MAKE IT FUN!

CONDITIONING & STRETCHING

Conditioning is an intricate part of *accident prevention*. Extensive studies on the effect of conditioning, commonly known as “warm-up,” have demonstrated that:

- The *stretching* and *contracting* of muscles just before an athletic activity improves general control of movements, coordination and alertness.
- Such *drills* also help develop the *strength* and *stamina* needed by the average youngster to compete with minimum accident exposure.

The purpose of stretching is to increase *flexibility* within the various muscle groups and prevent tearing from *overexertion*. Stretching should never be done forcefully, but rather in a gradual manner to encourage looseness and flexibility.

Hints on Stretching:

- * Stretch necks, backs, arms, thighs, legs and calves.
- * Don't ask the child to stretch more that he or she is capable of.
- * Hold the stretch for at least 10 seconds.
- * Don't allow bouncing while stretching. This tears down the muscle rather than stretching it.
- * Have one of the players lead the stretching exercises

Hints on Calisthenics:

- * Repetitions of at least 10.
- * Have kids synchronize their movements
- * Vary upper body with lower body.
- * Keep the pace up for a good cardiovascular workout.

PITCHING AND INJURIES

Pitch Count Rule

Dr. Glenn Fleisig at the American Sports Medicine Institute has finalized the results of a study funded by USA Baseball that evaluated pitch counts in skeletally immature athletes as they relate to both elbow and shoulder injuries. The study included 500 athletes, ages 9-14, from the Birmingham, Alabama area.

THE STUDY HAS DEMONSTRATED THE FOLLOWING:

- A significantly ***higher risk of elbow injury*** occurred ***after pitchers reached 50 pitches/outing.***
- A significantly ***higher risk of shoulder injury*** occurred ***after pitchers reached 75 pitches/outing.***
- ***A total of 450 pitches or more in one season,*** led to ***cumulative injury to the elbow and the shoulder.***
- The ***mechanics***, whether good or bad, ***did not*** lead to an increased incidence of arm injuries.
- The pitchers who limited their pitching repertoire to the fastball and change-up had the ***lowest rate of injury*** to their throwing arm.
- A ***slider increased the risk of both elbow and shoulder problems.***
- ***4SRLL strongly recommends against the teaching or throwing of curveballs under the age of 13.*** If a curveball is taught, the Manager should instruct the child to throw the curveball like a football without snapping the arm or the wrist.
- Based on the study, Little League International has instituted a ***new "Pitch Count" requirement/limit,*** to reduce the number of pitches allowed per day.
- Ice is a universal First-Aid treatment for minor sports injuries. Ice controls the pain and swelling. Pitchers should be taught how to ice their arms at the end of the game. If the manager or coach is unsure how to do this, he can consult teaching materials or contact a 4SRLL board member for further instruction.

A child cannot be expected to perform like an adult!

Little League managers and coaches are usually quick to teach their pitchers how to get movement on the ball. Unfortunately the technique that older players use is not appropriate for children thirteen (13) years and younger. The snapping of the arm used to develop this technique will most probably lead to serious injuries to the child as he/she matures.

Arm stress during the acceleration phase of throwing affects both the inside and the outside of the growing elbow. On the inside, the structures are subjected to distraction forces, causing them to pull apart. On the outside, the forces are compressive in nature with different and potentially more serious consequences.

The key structures on the inside (or medial) aspect of the elbow include the tendons of the muscles that allow the wrist to flex and the growth plate of the medial epicondyle ("Knobby" bone on the inside of the elbow). The forces generated during throwing can cause this growth plate to pull away (avulse) from the main bone. If the distance between the growth

plate and main bone is great enough, surgery is the only option to fix it. This growth plate does not fully adhere to the main bone until age 15!

Similarly, on the outside (or lateral) aspect of the elbow, compressive forces can damage the two bony surfaces during throwing. This scenario can lead to a condition called ***Avascular Necrosis or Bone Cell Death***, caused by compromising the local blood flow to that area. This disorder is permanent and often leads to fragments of the bone breaking away (loose bodies), which float in the joint and can cause early arthritis. This loss of elbow motion and function often precludes further participation.

Studies have demonstrated that curveballs cause most problems at the inside of the elbow due to the sudden contractive forces of the wrist musculature. Fastballs, on the other hand, place more force at the outside of the elbow. Sidearm delivery, in one study, led to elbow injuries in 74% of pitchers compared with 27% in pitchers with a vertical delivery style.

Bat Rules

As of January 1, 2018, the new [USA Baseball Bat Standard](#) was implemented. For more information on the USABat standard and a complete list of bats approved through the USABat Standard, [visit usabat.com](#).

Rule 1.10 – Baseball

The bat must be a baseball bat which meets the USA Baseball Bat standard (USABat) as adopted by Little League. It shall be a smooth, rounded stick, and made of wood or of material and color tested and proved acceptable to the USA Baseball Bat standard (USABat).

Beginning with the 2018 season, non-wood and laminated bats used in the Little League (Majors) and below, Intermediate (50-70) Division, Junior League divisions, and Challenger division shall bear the USA Baseball logo signifying that the bat meets the USABat – USA Baseball's Youth Bat Performance Standard. All BPF – 1.15 bats will be prohibited beginning with the 2018 season. Additionally, starting in 2018, the bat diameter shall not exceed 2⁵/₈ inches for these divisions of play. Additional information is available at [LittleLeague.org/batinfo](#).

Tee Ball:

Under the USABat standard, certified Tee Ball bats (26" and shorter) will feature the USA Baseball mark and text which reads ONLY FOR USE WITH APPROVED TEE BALLS. All Tee Ball bats must feature the USA Baseball mark and accompanying text. Tee Ball bats that were produced and/or purchased prior to the implementation of the new standard can be certified using an Approved Tee Ball Sticker via the USA Baseball Tee Ball Sticker Program ([USABaseballShop.com](#)) beginning September 1, 2017.

Minor/Major Divisions:

It shall not be more than 33 inches in length; nor more than 2⁵/₈ inches in diameter, and if wood, not less than fifteen-sixteenths (15/16) inches in diameter (7/8 inch for bats less than 30") at its smallest part.

Wood bats taped or fitted with a sleeve may not exceed sixteen (16) inches from the small end.

NOTE: Solid one-piece wood barrel bats do not require a USA Baseball logo.

Intermediate (50-70) Division and Junior League:

It shall not be more than 34" inches in length; nor more than 2⁵/₈ inches in diameter, and if wood, not less than fifteen-sixteenths (15/16) inches in diameter (7/8 inch for bats less than 30") at its smallest part.

Wood bats taped or fitted with a sleeve may not exceed eighteen (18) inches from the small end.

NOTE: Solid one-piece wood barrel bats do not require a USA Baseball logo.

Batting Regulations

- The traditional batting donut is not permissible.
- Only composite bats approved and on the Little League waiver list are allowed to be used in all divisions of Little League Baseball.
- Non-wood bats may develop dents from time to time. Bats that have cracks or sharp edges, or that cannot pass through the approved Little League bat ring for the appropriate division must be removed from play. The 2¼-inch bat ring must be used for bats labeled 2¼. The 2½-inch bat ring must be used for bats labeled for 2½.
- An illegal bat must be removed. Any bat that has been altered shall be removed from play.
- In all divisions, non-wood bat must have a grip of cork, tape, or composition material, and must extend a minimum of 10 inches from the small end. Slippery tape or similar material is prohibited

HEALTH AND MEDICAL - Giving First-Aid

What is First Aid?

First Aid means exactly what the term implies -- it is the **first care** given to a victim. It is **usually performed by the first person** on the scene, and continued until professional medical help arrives (ex. ambulance/paramedics). **At no time should anyone administer First Aid beyond his or her capabilities. Know your limits!**

The **average response time on emergency calls is 5-7 minutes**. While enroute, paramedics are in constant communication with the local hospital, preparing them for whatever emergency action might need to be taken. Because you do not have the same capabilities, **never attempt to transport a victim to the hospital**. Perform whatever First Aid you can, and wait for the paramedics.. See page 43 for field addresses.

First Aid Training

Every year the Safety Officer arranges a First Aid/CPR/AED training session which is mandatory for at least one representative from each team to attend (preferably a manager or coach) . The training session for the 2021 season is being held on March 17, 2021 via zoom. This session is for any and all managers, coaches, TSO's, and umpires, in addition to any parent, player, or league volunteer who would like to attend.

First Aid Kits

The First Aid Kit will become part of the Team's equipment package and shall be taken to all practices, batting cage practices, games, and any other 4SRLL Little League event where children's safety is at risk.

To **replenish materials in any First Aid Kit**, the manager, coaches or the Team Safety Officer will contact the 4SRLL Safety Officer.

First Aid Kits and this Safety Manual must be turned in at the end of the season, along with your equipment bag.

GOOD SAMARITAN LAWS:

There are laws to protect you when you help someone in an emergency situation. The "**Good Samaritan Laws**" give legal protection to people who provide reasonable and prudent emergency care to ill or injured persons. This legal immunity protects you, as a rescuer, from

being sued and found financially responsible for the victim's injury. For example, a reasonable and prudent person would --

- ◆ Move a victim only if the victim's life was endangered.
- ◆ Ask a conscious victim for permission before giving care.
- ◆ Check the victim for life-threatening emergencies before providing further care.
- ◆ Call **9-1-1**.
- ◆ Continue to provide care until more highly trained personnel arrive.

Good Samaritan laws were developed to encourage people to help others in emergency situations. They require that the "Good Samaritan" use common sense and a reasonable level of skill, not to exceed the scope of the individual's training in emergency situations. They assume each person would do his or her best to save a life or prevent further injury.

PERMISSION TO GIVE CARE:

If the victim is conscious, you must have his/her permission before giving first aid. To get permission you **must tell** the victim who you are, how much training you have, and how you plan to help. Only then can a conscious victim give you permission to give care.

Do not give care to a conscious victim who refuses your offer to give care. If the conscious victim is an infant or child, permission to give care should be obtained from a supervising adult when one is available. **If the condition is serious, permission is implied if a supervising adult is not present. Permission is also implied if a victim is unconscious or unable to respond.** Meaning that you can assume that if the person could respond, he or she would agree to care.

TREATMENT AT SITE:

Some Important Do's and Don'ts

Do . . .

- ⇒ **Assess** the injury. If the victim is conscious, find out what happened, where it hurts, watch for shock.
- ⇒ **Know** your limitations.
- ⇒ **Call** 9-1-1 immediately if person is unconscious or seriously injured.
- ⇒ **Look** for signs of *injury (blood, black-and-blue, deformity of joint, etc.)*
- ⇒ **Listen** to the injured player 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.
- ⇒ **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.

Don't . . .

- **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're not sure of the proper procedure, (i.e., CPR, AED etc.)
- **Transport** injured individual except in extreme emergencies.

SAFETY PROCEDURES

BLEEDING IN GENERAL

Before initiating any First Aid to control bleeding, **be sure to wear the latex gloves** included in your First-Aid Kit, in order to avoid contact of the victim's blood with your skin.

If a victim is bleeding:

- **Act quickly.** Have the victim lie down. Elevate the injured limb higher than the victim's heart unless you suspect a broken bone.
- **Control bleeding** by applying direct pressure on the wound with a sterile pad or clean cloth.
- If bleeding is controlled by direct pressure, **bandage firmly** to protect wound. Check pulse to be sure bandage is not too tight.
- If bleeding is not controlled by use of direct pressure, **apply a tourniquet** as a last resort and call **9-1-1** immediately.

NOSE BLEED

Treatment: Have the victim **lean forward** and pinch the nostrils together until bleeding stops.

INSECT STINGS

Symptoms of allergic reaction: May include nausea, severe swelling, breathing difficulties, bluish face/lips/fingernails, shock or unconsciousness.

Treatment: In highly sensitive persons, do not wait for allergic symptoms to appear. **This is a true emergency.** Get professional medical help immediately. Call **9-1-1**. If breathing difficulties occur, start rescue breathing.

HEAT EXHAUSTION:

Symptoms: May include: fatigue, irritability, headache, faintness, a weak, rapid pulse, shallow breathing, cold, clammy skin, profuse perspiration.

Treatment: Have victim lie down in a cool, shaded area, and elevate his feet. Give cool water every 15 minutes, and assist victim when they first sit up.

SUNSTROKE (HEAT STROKE)

Symptoms may include: extremely high body temperature (106°F or higher); hot, red, dry skin; absence of sweating; rapid pulse; convulsions; unconsciousness.

Treatment: Call 911 immediately, as this is a true emergency. Have victim lie down in a cool, shaded area, and elevate his feet. Wrap victim in cold, wet towels to try to reduce body temperature until ambulance arrives.

COMMUNICABLE DISEASE PROCEDURES:

While risk of one athlete infecting another with *HIV/AIDS* or the *hepatitis B or C virus* during competition is close to non-existent, there is a remote risk other blood borne infectious disease can be transmitted. Procedures for guarding against transmission of infectious agents should include, but not be limited to the following:

- A bleeding player should be removed from competition as soon as possible.
- Bleeding must be stopped, the open wound covered, and the uniform changed if there is blood on it before the player may re-enter the game.

- Use latex gloves provided in the First aid Kits to prevent mucous membrane exposure, when contact with blood or other body fluid is anticipated.
- Immediately wash hands with antibacterial soap if contaminated by blood.
- Clean all blood contaminated surfaces and equipment with a one-to-one solution of Clorox Bleach (a cap full of Clorox (2.5cc) and 8 ounces of water).
- Managers, coaches, and volunteers with open wounds should refrain from all direct contact with others until the condition is resolved.
- Follow accepted guidelines in the immediate control of bleeding, and the disposal of bloody dressings, mouth guards and other articles containing body fluids.

PRESCRIPTION MEDICINE

Do not, at any time, administer any kind of prescription medicine. This is the parent's responsibility, and 4SRLL does not want to be held liable, nor do you, in the event the child has an adverse reaction to the medication. ***This includes aspirin and Tylenol.***

HYDRATION

We usually think about ***dehydration*** in the summer months when hot temperatures shorten the time it takes for children to become overheated. But keeping children well hydrated is just as important in the winter months. Additional clothing worn in the colder weather makes it difficult for sweat to evaporate, so the body does not cool as quickly. It does not matter if it's January or July; thirst is not an indicator of fluid needs. Therefore, ***children must be encouraged to drink fluids even when they don't feel thirsty.***

Managers and coaches should schedule drink breaks every 15 to 30 minutes during practices on hot days, and should encourage players to drink between every inning.

Caffeinated beverages (tea, coffee, colas) should be avoided because they are diuretics and can dehydrate the body further. ***Avoid carbonated drinks***, which can cause gastrointestinal distress and may decrease fluid volume.

WEATHER

Most of our days in Southern California are warm and sunny but there are those days when the weather turns bad and creates ***unsafe weather conditions.***

RAIN:

If it begins to rain:

1. Evaluate the strength of the rain. Is it a light drizzle or is it pouring?
2. Determine the direction the storm is moving.
3. Evaluate the playing field if it becomes more and more saturated.
4. 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.
5. No electricity is allowed (pitching machines, scoreboards) if there is rain

LIGHTNING:

The average lightning stroke is 5-6 miles long with up to 30 million volts at 100,000 amps flowing in less than a tenth of a second. The average thunderstorm is 6-10 miles wide and moves at a rate of 25 miles per hour.

Once the leading edge of a thunderstorm approaches to within 10 miles, you are at immediate risk due to the possibility of lightning strokes coming from the storm's overhanging anvil cloud. This fact is the reason that many lightning deaths and injuries occur with clear skies overhead.

On average, the thunder from a lightning stroke can only be heard over a distance of 3-4 miles, depending on terrain, humidity and background noise around you. By the time you can hear the thunder, the storm has already approached to within 3-4 miles!

The sudden cold wind that many people use to gauge the approach of a thunderstorm is the result of down drafts and usually extends less than three miles from the storm's leading edge. By the time you feel the wind, the storm can be less than 3 miles away!

If you can HEAR, SEE OR FEEL a THUNDERSTORM:

1. ***Suspend all games and practices immediately.***
2. ***Stay calm.*** Remember that you are the one in charge.
3. Have players immediately ***discard metal objects***, and anything with metal pieces, like baseball caps.
4. Stay away from metal, including fencing and bleachers.
5. Do not hold metal bats.
6. Avoid unsafe shelter areas.
7. Avoid trees, water, open fields and using the telephone.
8. If lightning is severe, consider evacuating the park. If not, get players to walk, not run, to their parent's or designated driver's cars and wait for a decision on whether or not the game or practice will be resumed.
9. If someone is struck by lightning, start CPR and attach the AED immediately if qualified, while having someone call ***9-1-1***.

PEOPLE STRUCK BY LIGHTNING DO NOT CARRY AN ELECTRICAL CHARGE AND ARE SAFE TO HANDLE.

HOT WEATHER:

One thing we do get in Southern California is hot weather. Precautions must be taken in order to make sure the players on your team do not ***dehydrate*** or ***hyperventilate***.

1. Suggest players take drinks of water when coming on and going off the field between innings.
2. If a player looks distressed while standing in the hot sun, substitute that player and get him/her into the shade of the dugout as soon as possible!
3. If a player should collapse as a result of heat exhaustion, call ***9-1-1*** immediately. Get the player to drink water and use the instant ice bags supplied in your First-Aid Kit to cool him/her down until the emergency medical team arrives. (*See First Aid Section*)

Ultra-Violet 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, 4SRLR recommends the use of ***sunscreen with a SPF (sun protection factor) of at least 15*** as a means of protection from damaging ultra-violet light.

EARTHQUAKES:

Earthquakes cannot be predicted. When they happen you must:

1. ***Suspend all games and practices immediately.***
2. ***Stay calm.*** Remember, you're the one in charge.
3. Keep everyone together.
4. Avoid unsafe shelter areas. Huddling around 2nd base is probably the safest place for you and your team.
5. Avoid trees, dugouts, bleachers, and the snack bar.
6. If someone is injured during the earthquake, administer First Aid as needed. If injury is severe call ***9-1-1***.

Evacuation Only if player's family members are present and scene safety allows it.

COMMON SENSE

- **Playing safe** comes down to using **common sense**. For instance, if you witnessed a strange person walking around the 4SRLL complex who looked like he/she didn't belong there, report the incident to a Board Member. There will usually always be a Board Member on site (*see the telephone number list in the beginning of this manual to identify them or check the 4SRLL website*). The 4SRLL Board Member, after hearing your concerns, would investigate the matter and have the person in question removed before anything could happen if, indeed, that person did not belong there.

- Another example of **common sense** – You witness kids throwing rocks or batting rocks on the 4SRLL complex. They are having fun but are unknowingly endangering others. Don't just walk on by figuring that someone else will deal with the situation. Stop and explain to the kids that what they are doing is wrong and ask them to stop.

**** If you witness something that is not safe, do something about it!** ...And encourage all volunteers and parents to do the same.

EQUIPMENT

- The Equipment Manager is an elected 4SRLL Board Member and is responsible for purchasing and distributing equipment to the individual teams. This equipment is checked and tested when it is issued, but it is the Manager's responsibility to maintain it. Managers should inspect equipment before each game and each practice. The 4SRLL Equipment Manager will promptly replace damaged and ill-fitting equipment.

- Furthermore, kids like to bring their own gear. This equipment can only be used if it meets the requirements as outlined in this Safety Manual and the Official Little League Rule Book.

- At the end of the season, all equipment must be returned to the 4SRLL Equipment Manager. That includes First-Aid kits and Safety Manuals as well.

- Each team, at all times in the dugout, shall have six (6) protective helmets, which must meet NOCSAE specifications and standards. These helmets will be provided by 4SRLL at the beginning of the season. If players decide to use their own helmets, they must meet NOCSAE specifications and standards.
- Each helmet shall have an exterior warning label. **NOTE:** The warning label cannot be embossed in the helmet, but must be placed on the exterior portion of the helmet and be visible and easy to read.
- Use of a helmet by the batter and all base runners is mandatory.
- Use of a helmet by a player/base coach is mandatory.
- Use of a helmet by an adult base coach is optional.
- All male players must wear athletic supporters or protective cups.
- Male catchers must wear the metal, fiber or plastic type cup and a long-model chest protector.
- Female catchers must wear long or short model chest protectors.
- All catchers must wear a chest protector, shin guards, catcher's helmet/mask/throat protector, and a catcher's mitt, all of which must meet Little League specifications and standards.
- All catchers must wear a mask/helmet/"dangling type" throat protector and catcher's mitt during practice, and pitcher warm-up. Male catchers must wear a protective

cup. **NOTE: Skullcaps are not permitted.**

- If the gripping tape on a bat becomes unraveled, the bat must not be used until it is repaired.
- Bats with dents, or that are fractured in any way, must be discarded.
- Only Official 4SRLL balls will be used during practices and games.
- No wooden bats are allowed at any time.
- Make sure that the equipment issued to you is appropriate for the age and size of the kids on your team. If it is not, get replacements from the Equipment Manager.
- Make sure helmets are properly sized, and fit snugly.
- Replace questionable equipment immediately by notifying the 4SRLL Equipment Manager.
- Pitchers can no longer wear multi-colored gloves.
- Have additional catcher's helmet/mask/throat protector available for players to warm up pitchers during games, but coaches may warm up a pitcher as well.

STORAGE SHED/KNAACK BOX

The following applies to all of the storage sheds and Knaack boxes used by 4SRLL, and anyone issued keys by 4SRLL to use these storage areas:

- Keys will be returned to the 4SRLL President immediately once someone ceases to have responsibilities for storage sheds.
- All storage sheds will be kept locked at all times.,.,.,.
- All individuals with keys to the storage sheds are aware of their responsibility for the orderly and safe storage of heavy machinery, hazardous materials, fertilizers, poisons, tools, etc.
- Before the use of 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.
- All chemicals or organic materials stored in storage sheds shall be properly marked and labeled and stored in its original container if available.
- Any witnessed "loose" chemicals or organic materials within these sheds should be cleaned up and disposed of immediately to prevent accidental poisoning.
- Keep products in their original container with the labels in place.
- Use poison symbols to identify dangerous substances.
- Dispose of outdated products as recommended.
- Use chemicals only in well-ventilated areas.
- Wear proper protective clothing, such as gloves or a mask, when handling toxic substances.

MACHINERY

Tractors, lawn mowers and any other heavy machinery will:

- * Be operated by appointed staff only.
- * Never be operated under the influence of alcohol or drugs (including medication)
- * Not be operated by any person under the age of 18.
- * Never be operated in a reckless or careless manner.
- * Be stored appropriately when not in use, with the brakes in the on position, the blades retracted, the ignition locked, and the keys removed.
- * Never be operated or ridden in a precarious or dangerous way (i.e. riding on the fenders of a tractor).
- * Never be left outside the storage sheds if not in use.

GENERAL FACILITY

- All 4SRLL volunteers are responsible for helping to maintain the general facility.
- All bleachers will have safety rails.
- All bleachers will have protective awnings to stop fly balls.
- All dugouts will have bat racks.
- The backstops will always be padded and painted green for the safety of the catcher.
- The dugouts will be clean and free of debris at all time.
- Dugouts and bleachers will be free of protruding nails and wood splinters.
- Home plate, batter's box, bases and the area around the pitcher's mound will be checked periodically for tripping and stumbling hazards.
- Materials used to mark the field will consist of a non-irritating white pigment (no lime).
- Field prep will be done by the home team before the game, and raked by the visiting team at the end of the game.
- Chain-link fences will be checked regularly for holes, sharp edges, and loose edges, and will be repaired or replaced accordingly.
- The yellow safety caps on chain-link fences will be checked regularly for cracks, and will be repaired or replaced accordingly.
- The Fields Coordinator will have a dedicated day during the week to do maintenance on the fields. Managers and Coaches cannot override this to practice on the field
- Children are not allowed on the fields, at any time, while it is being maintained.
- If fields are treated badly by Managers and Coaches, those Managers and Coaches will lose practice time at the facility.
- A Park Ranger, hired by San Diego County Parks Department as a Field Coordinator, is responsible for day to day operation of the facility.

FIELD AND GAME SAFETY CHECKLIST

All umpires, managers, coaches and TSO's are responsible for checking field safety conditions before each game.

<i>Field Condition</i>	Yes	No	<i>Catchers Equipment</i>	Yes	No
Backstop repair			Shin guard OK		
Home plate repair			Helmets OK		
Bases Secure			Face masks OK		
Bases repair			Throat protector OK		
Pitchers mound			Catchers cup (boys)		
Batters box level			Chest protector		
Batters box marked			Catchers mitt (boys)		
Grass surface (even)					
Gopher holes					
Infield fence repair					
Outfield fence repair			<i>Safety Equipment</i>		
Infield need to be dragged, too hard			First-Aid Kit in home team dugout		
Foul lines marked			Ice packs for injuries		
Sprinkler condition			Medical Release forms		
Warning track			Accident Report forms		
Coaches boxes level			4SRLL Safety Manual		
Coaches box marked			AED available		
Dirt Needed					
<i>Dugouts</i>	Yes	No	<i>Players Equipment</i>	Yes	No
Fencing needs repair			Batting helmets OK		
Bench needs repair			Jewelry removed		
Roof needs repair			Bats inspected		
Bat racks			Shoes checked		
Helmet racks			Uniforms checked		
Trash cans			Athletic cups (boys)		
Clean up needed			Little League patch		
<i>Spectator Areas</i>	Yes	No	<i>Scorekeeper Area</i>	Yes	No
Bleachers need repair			Scoreboard in working order		

Hand rails need repair			Scorekeepers view obstructed		
Bleachers clean					
Quiet Zone behind home					
Protective fencing OK			(Form updated 3/07)		
No smoking enforced					

CONCUSSIONS:

HOW CAN I SPOT A POSSIBLE CONCUSSION?

Athletes who show or report one or more of the signs and symptoms listed below—or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

SIGNS OBSERVED BY COACHES OR PARENTS:

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.
- Can’t recall events prior to or after a hit or fall.

SYMPTOMS REPORTED BY ATHLETES:

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not “feeling right”, or “feeling down”.

NOTE: Concussion signs and symptoms often show up soon after the injury, but it can be hard to tell how serious the concussion is at first. Some symptoms may not be noticed or may not show up for hours or days.

WHAT ARE SOME MORE SERIOUS DANGER SIGNS TO LOOK FOR?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or ensure an athlete is taken to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

CONCUSSIONS AFFECT EACH ATHLETE DIFFERENTLY.

While most athletes with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with an athlete's parents if you notice their concussion symptoms come back after they return to play.

WHAT SHOULD I DO IF I THINK AN ATHLETE HAS A POSSIBLE CONCUSSION?

As a coach, if you think an athlete may have a concussion, you should:

REMOVE THE ATHLETE FROM PLAY. When in doubt, sit them out! KEEP AN ATHLETE WITH A POSSIBLE CONCUSSION OUT OF PLAY ON THE SAME DAY OF THE INJURY AND UNTIL CLEARED BY A HEALTH CARE PROVIDER.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess an athlete for a possible concussion. After you remove an athlete with a possible concussion from practice or play, the decision about return to practice or play is a medical decision that should be made by a health care provider.

As a coach, recording the following information can help a health care provider in assessing the athlete after the injury:

- Cause of the injury and force of the hit or blow to the head or body.
- Any loss of consciousness (passed out/knocked out) and if so, for how long.
- Any memory loss right after the injury.
- Any seizures right after the injury.
- Number of previous concussions (if any).

INFORM THE ATHLETE'S PARENT(S) ABOUT THE POSSIBLE CONCUSSION. Let them know about the possible concussions. ASK FOR WRITTEN INSTRUCTIONS FROM THE ATHLETE'S HEALTH CARE PROVIDER ON RETURN TO PLAY. These instructions should include information about when they can return to play and what steps you should take to help them safely return to play.

SAFESPORT:

All athletes deserve to participate in sports free from bullying, hazing, sexual misconduct, or any form of emotional or physical abuse. Education and awareness are the most critical components to creating safe and respectful sporting environments, free of abuse and harassment.

The "Protecting Young Victims from Sexual Abuse and Safe Sport Act of 2017" ***mandates*** that all amateur sports organizations, whose membership includes any adult who is in regular contact with an amateur athlete who is a minor must **report suspected child abuse, including sexual abuse, within 24 hours to law enforcement. An individual who is required, but fails, to report suspected child sexual abuse is subject to criminal penalties.**

If an individual suspects a case of abuse within their league, they should report it to the appropriate child services organization and/or local law enforcement as well as, their League President and Safety Officer. Information regarding reporting child abuse can be found, at: LittleLeague.org/player-safety.

To read more about mandatory reporting, with a summary of state reporting laws, visit:

http://www.childwelfare.gov/systemwide/laws_policies/statutes/manda.cfm

Little League Baseball and Softball has always strived to create a safe and healthy environment for all Little Leaguers and their families. There are certain requirements from the SafeSport Act that Little League International and all local little league programs must adhere to.

- Reporting of Sexual Abuse involving a minor to the proper authorities

- Local leagues must be aware of the proper procedures to report sexual abuse in their state. Please reference LittleLeague.org/ChildAbuse
- Leagues must adopt a policy that prohibits retaliation on “good faith” reports of child abuse
- Leagues must adopt a policy that limits one-one-one contact with minors
- Leagues are highly encouraged to complete the Abuse Awareness training provided by USA Baseball and SafeSport which can be found on littleleague.org (child protection/SafeSport)

FREQUENTLY ASKED QUESTIONS ABOUT SAFETY

The following are some of the most common concerns and questions asked by parents regarding the safety of their children, when it comes to playing baseball. We have included appropriate answers below the questions.

1- I'm worried that my child is too small or too big to play on the team/division he has been assigned to. Little League has rules concerning the ages of players on T-Ball, Farm, Minor, Major, Junior and Senior teams. 4SRLL observes those rules, and then places children on teams according to their skills and abilities based on their try-out ratings at the beginning of the season. If for some reason you do not think your child belongs in a particular division, please contact the 4SRLL Player Agent and share your concerns with him or her.

2- Should my child be pitching as many innings per game? Little League has **new rules regarding pitch count** which all managers and coaches must follow. The limits are different depending on the age of the player, but these rules are there to protect children from injury.

3- Do mouth guards prevent injuries? A mouth guard can prevent serious injuries such as concussions, cerebral hemorrhages, incidents of unconsciousness, jaw fractures and neck injuries by helping to avoid situations where the lower jaw gets jammed into the upper jaw. Mouth guards are effective in moving soft tissue in the oral cavity away from the teeth, preventing laceration and bruising of the lips and cheeks, especially for those who wear orthodontic appliances.

4- How do I know that I can trust the volunteer managers and coaches not to be child molesters? 4SRLL requires Volunteer Applications for all Board Members, managers, coaches, TSO's, and umpires before appointing them. Additionally, all other volunteers who have regular contact with the players are required to fill out Volunteer Applications. These applications give 4SRLL the information and permission it needs to complete a thorough background check. If 4SRLL receives inappropriate information on a Volunteer, via a background check, that volunteer will be immediately terminated.

5- How can I complain about the way my child is being treated by the manager, coach, or umpire? You can directly contact the 4SRLL Player Agent for your division or any 4SRLL Board Member. The complaint will be brought to the 4SRLL President's attention immediately, and your allegation investigated.

6- Will that helmet on my child's head really protect him while at bat and running around the bases? The helmets used at 4SRLL must meet NOCSAE

standards as evidenced by the exterior label. These helmets are certified by Little League International, and are the safest protection for your child. The helmets are checked for cracks and defects at the beginning of each game, and replaced if need be.

7- Is it safe for my child to slide into the bases? Sliding is part of baseball. Managers and coaches teach children to slide safely in the pre-season.

8- My child has been diagnosed with ADD or ADHD - is it safe for him to play? The primary concern is, of course, safety. Children must be aware of where the ball is at all times. Managers and coaches must work together with parents in order help ADD and ADHD children focus on safety issues.

9- Why can't I smoke at the field? You can smoke but not within 20 feet of the dugouts, bleachers and concession stands. There are posted signs throughout the park. The 4SRLL Board voted this rule on smoking into effect after the studies on second-hand smoke came out. Please obey the rules as they are there for the safety of our children.

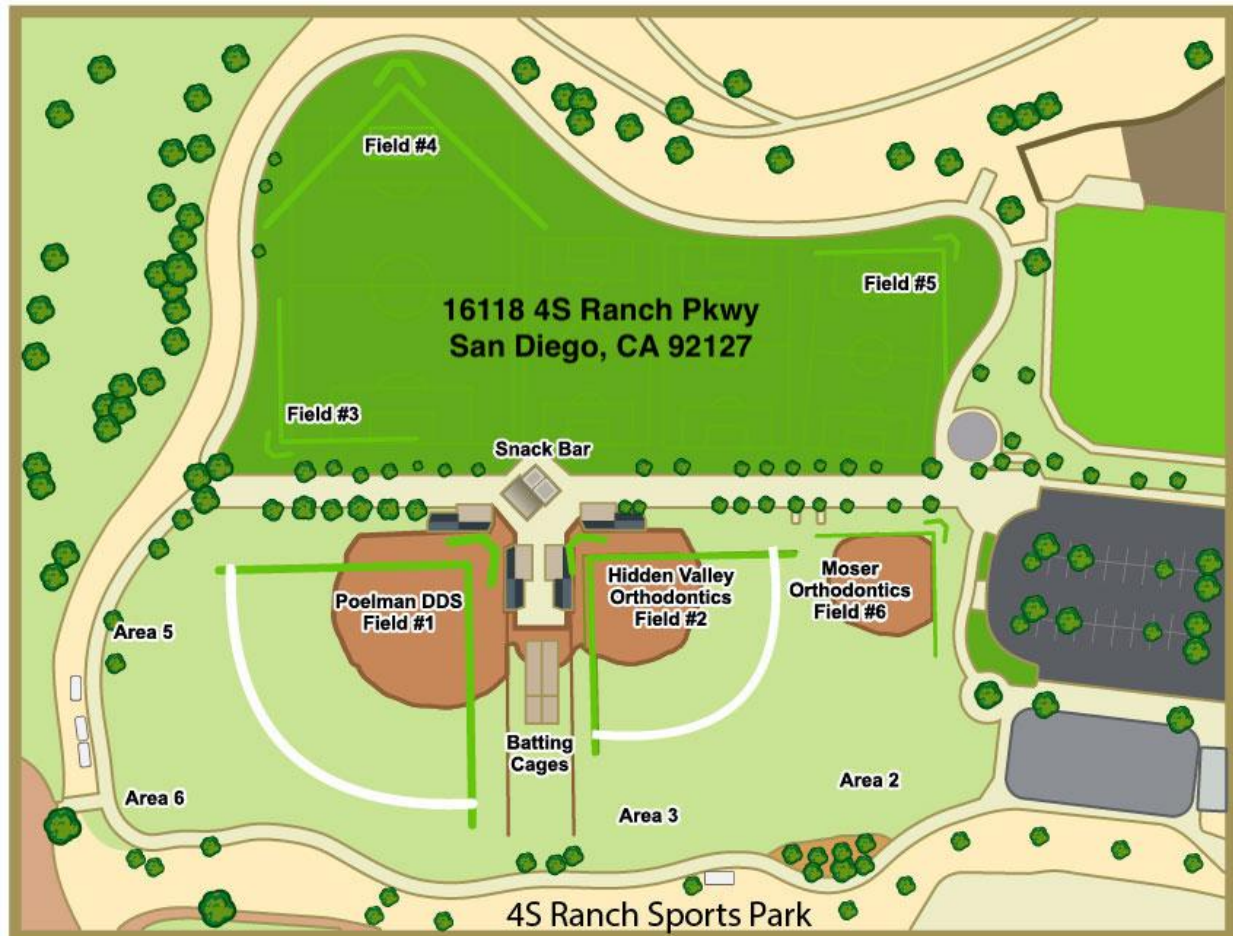
SUBMIT YOUR IDEAS FOR SAFETY

Your safety ideas are encouraged at 4SRLL. Please email them to the 4SRLL Safety Officer. If your safety idea requires further investigation, you will be contacted. Safety ideas that are implemented at our ballparks will appear in next year's Safety Manual under Safety Contributions, and the contributor will be acknowledged for his or her suggestion.

Additionally you can submit ***safety ideas*** to the Little League International ASAP (A Safety Awareness Program) ***24 hour hotline at (800) 811-7443.***

Note- Sign up online for the monthly ASAP newsletter at www.littleleague.org

4SRLL Fields



4S Sports Park:

16118 4S Ranch Pkwy
San Diego, CA 92127

Kaeser Field:

10241 Camino San Thomas
San Diego California 92127

Liberty Park:

17750 Hunters Ridge Road
San Diego, CA 92127