

San Ramon Valley Little League



2019
Safety Manual League ID# 405-57-04

“Creating A Safe and Fun Baseball Experience”

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Preamble

San Ramon Valley Little League, as a chartered organization, shall abide by the Safety Procedures of Little League Baseball, Inc. SRVLL Safety Manual shall not conflict with, or supersede, Little League Baseball, Inc. Safety Manual.

Policy Statement

SRVLL will submit a Yearly Safety Plan and Survey to Little League Headquarters to assist in the reduction of insurance rates. A copy will be given to the District Administrator yearly. The District Safety Officer will give guidance to the leagues as needed to help them in compliance. San Ramon Valley Little League will carry insurance coverage for all Local League Players, Volunteers, and League Assets are to be covered under the Little League Incorporated Insurance Policy Carrier paid for by SRVLL. The League Safety Officer will conduct pre-season safety inspections before try-outs. The District Safety Officer will make inspections throughout the year. All Safety Hazards will be addressed and completed before the beginning of the season. Training of the Board of Directors, Volunteers, and Players of the San Ramon Valley Little League's Safety Code must be completed before the season. Safety inspections will be made before every game and all hazards will be corrected before the game begins.

San Ramon Valley Little League Safety Plan Requirements

- League Safety Officer: Charles Preston on file with Little League Headquarters.
- San Ramon Valley Little League will distribute a paper copy of this Safety Manual to all managers and coaches, league volunteers and the District Administrator.
 - This list will be posted in the concession area.
 - The San Ramon Little League will use the Official Little League Volunteer Application form to screen all of our volunteers.
- **Fundamentals Training:** February 2nd, 2019
 - At least one manager/coach from each team must attend the training. Every manager/coach will attend this training at least one every 3 years.
- **Safety Training:** February 6th, 2019
 - SRVLL will require at least one manager/coach from each team to attend. Every manager/coach must attend this training once every three years. Charles Preston will conduct the training at Los Cerros Middle School.
- The League Safety Officer will inspect all equipment in the pre-season.
 - Managers/Coaches will inspect equipment prior to each game
 - Umpires will be required to inspect equipment prior to each game
- Coaches will be required to walk/inspect the fields prior to the practices and Games. Umpires will also be required to walk the fields for hazards before each game.
- SRVLL will require ALL TEAMS to enforce ALL Little League Rules, including proper equipment.
 - No On-Deck batters
 - Coaches will not warm up pitchers
 - Bases will disengage on all fields
 - Enforce use of approved USA Bats.
- Concession Stand Safety:
 - Menu shall be posted and approved by the Safety Officer and the League President.
 - Our Concession Safety Procedures will be posted several times in the stand.
 - Enclosed is a copy of the SRVLL Concession Stand Safety Procedures.
- Implementing Prompt Accident Reporting
 - The League will use the provided incident tracking form from the LL website and will provide completed Accident forms to the Safety Officer within 24-48 hours of incident. Please see copy of accident Reporting form.
 - Each Team will be issued an updated First Aid Kit and is required to have it at every practice and game.
- SRVLL has completed and updated the Facility Survey on-line.
- League Player Registration Data or Player Roster Data and Coach and Manager Data.

- League Player Registration Data or Player Roster Data and Coach and Manager Data must be submitted via the Little League Data Center at WWW.Littleleague.org

General Information

Safety Procedures

Responsibility for Safety procedures should be that of an adult member of SRVLL

- Arrangements should be made in advance of all games and practices for emergency medical services.
- Managers, coaches and umpires should have training in first-aid. First-aid kits are issued to each team manager and located at each concession stand, and score booth.
- All managers, coaches, and concession staff shall receive a copy of the San Ramon Valley Little League Safety Manual.
- No games or practices should be held when weather or field conditions are not good, particularly when lighting is inadequate.
- All team equipment should be stored within the team dugout, or behind screens, and not within the area defined by the umpires as "in play".
- Only players, managers, coaches, and umpires are permitted on the playing field 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.
- During practice and games, all players should be alert and watching the batter on each pitch.
- During warm-up drills players should be spaced so that no one is endangered by wild throws or missed catches.
- All pre-game warm-ups should be performed within the confines of the playing field and not within areas that are frequented by, and thus endanger spectators (i.e., playing catch, pepper, swinging bats, etc.).
- Equipment should be inspected regularly for the condition of the equipment as well as for proper fit.
- Batters must wear Little League approved protective helmets during batting practice and games.
- No decals, stickers, or paint other than those applied by the manufacturer, are allowed on batting helmets.
- Catcher must wear catcher's helmet, mask, throat guard, long model chest protector, shin guards and protective cup with athletic supporter at all times (males) for all practices and games. NO EXCEPTIONS. Female Catchers are encouraged to wear Jill Pads.
- Except when 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".

- Player must not wear watches, rings, earrings, pins or metallic items during games and practices.
- The Catcher must wear catcher's helmet and mask with a throat guard in warming up pitchers. This applies between innings and in the bullpen during a game and during practices.
- Managers and Coaches may not warm up pitchers before or during a game.
- On-deck batters are not permitted.
- All Managers are required to attend League sponsored Manager's Clinic and all coaches are invited as well.
- SRVLL runs background checks on all managers, coaches and other applicable volunteer applicants.

Walk Fields for Hazards Prior to Games

- Prior to the beginning of each game managers and umpires shall walk the fields of play looking for and removing any rocks, glass, holes or other hazards.
- Any non-routine safety hazards or concerns should be reported to the league safety officer in a timely manner.

Annual Little League Facility Survey

In an effort to help leagues find and correct facility concerns, the safety officer shall submit an annual Little League Facility Survey to Little League International. Surveys are available on the Little League website: www.littleleague.org/programs/asap/index.asp or can be requested via e-mail at: asap@musco.com. SRVLL will keep surveys on file for future needs.

ASAP – A Safety Awareness Program

What is it?

In 1995, ASAP (A Safety Awareness Program) was introduced with the goal of re-emphasizing the position of Safety Officer "to create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of the Little League Baseball". This manual is offered as a tool to place some important information at manager and coaches fingertips.

Some Important Do's and Do Nots

Do...

- Reassure and aid children who are injured, frightened, or lost.
- Provide, or assist in obtaining, medical attention for those who require it.
- Know your limitations.
- Carry your first-aid kit to all games and practices.
- Keep your "Prevention and Emergency Management of Little League Baseball and Softball Injuries" booklet with your first-aid kit.
- Assist those who require medical attention – and when administering aid, remember to...
 - **LOOK** for signs of injury (Blood, Black-and-Blue, Deformity of Joint etc.).
 - **LISTEN** to the injured describe what happened and what hurts, if conscious. Before questioning, you may have to calm and soothe an excited child.
 - **FEEL** gently and carefully the injured area for signs of swelling, or grating of broken bone.
- Have your players' Medical Clearance Forms with you at all games and practices.
- Make arrangements to have a cellular phone available when your game or practice is at a facility that does not have any public phones.

Do Not...

- Administer any medications.
- Provide any food or beverages (other than water).
- Hesitate in giving aid when needed.
- Be afraid to ask for help if you are not sure of the proper procedures (i.e., CPR, etc.).
- Transport injured individuals except in extreme emergencies.
- Leave an unattended child at a practice or game.
- Hesitate to report any present or potential safety hazard to the Safety Officer immediately.

Code of Conduct

- **Speed Limit 5 mph** in roadways and parking lots while attending and SRVLL function. Watch for small children around parked cars.
- **No alcohol allowed** in any parking lot, field, or common areas during any SRVLL function.
- **No SMOKING or Tobacco products** of any kind (including spit tobacco) allowed in any common areas within the SRVLL Little League complex.
- **No Playing in parking lots** at any time.
- **No Playing on and around** lawn equipment.
- **Use Crosswalks** when crossing roadways. Always be alert for traffic.
- **No Profanity** please.
- **No Swinging Bats or throwing baseballs** at any time within the walkways and common areas of SRVLL complex.

- **No throwing balls** against dugouts or against backstop. Catchers must be used for all batting practice sessions.
- **No throwing** rocks.
- **No horse-play** in walkways at any times.
- **No climbing** fences.
- **Pets must be on a leash at all times** at SRVLL games or practices.
- **Only a player on the field** and at bat may swing a bat (Age 5-12). Juniors (Age 13) on the field at bat or on deck may swing a bat. Be alert of area around you when swinging bat while in the on deck position.
- **Observe all posted signs.** Players and spectators should be alert at all times for Foul Balls or Errant Throws.
- **During game**, players must remain in the dugout area in an orderly fashion at all times.
- **After each game, each team must clean up trash** in dugout and around stands.
- **All gates to the field must remain closed** at all times.
- **No children under the age of 12** are to be permitted in the Snack Bars.

Failure to comply with the above may result in expulsion from the SRVLL fields or complex.

Concussion Awareness Training

As required by California State Law:

- All managers and coaches must take online concussion training and provide the league with their certificate of completion. Training is free can be found at <https://www.cdc.gov/headsup/youthsports/training/index.html>
- All **parents** must **read and sign** the CDC's Concussion Awareness Information sheet located at https://www.cdc.gov/headsup/pdfs/youthsports/parent_athlete_info_sheet-a.pdf. Signed sheets should be given to the team's manager and stored in the team binder.
- All **players** must **read and sign** the CDC's Concussion Awareness information sheet located at https://www.cdc.gov/headsup/pdfs/youthsports/parent_athlete_info_sheet-a.pdf. Signed sheets should be given to the team's manager and stored in the team binder.

Maintenance and Storage Shed Procedures

The following applies to all of the storage sheds used by SRVLL and apply to anyone who has been issued a key and access to all our facilities.

- All individuals with keys to the SRVLL equipment sheds (i.e., Managers, Umpires, etc.) are aware of their responsibilities for the orderly and safe storage of rakes, shovels, bases, etc.
- Before you use any machinery located in the shed (i.e., lawnmowers, 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 SRVLL sheds shall be properly marked and labeled as to its contents.
- All chemicals or organic materials (i.e., lime, fertilizer, etc.) stored within these equipment sheds will be separated from the areas used to store machinery and gardening equipment (i.e., rakes, shovels, etc.) to minimize the risk of puncturing storage containers.
- Any witnessed “loose” chemicals or organic materials within these sheds should be cleaned up and disposed of as soon as possible to prevent accidental poisoning.

Concession Stand Safety

- The following applies to Snack Bar/Concession Stand used by SRVLL and applies to anyone who has access to this area.
- Where is the telephone located? Are emergency numbers posted?
- Where is the Fire Extinguisher located?
- Where is the First Aid Kit? Is it fully stocked?
- Check to see if appliances are in good condition. No plugs taped or extension cords frayed. No loose cords to trip on.
- Unplug and turn off all appliances and gas.
- No one under the age of 12 is allowed to work in the Snack Bar/Concession stand.
- Think PASS!
 - **P**ull Ring
 - **A**im at Base of Fire
 - **S**queeze Lever
 - **S**weep Side to Side

Safe Food Preparation

Health and Hygiene

Only healthy workers should prepare and serve food. Anyone who shows symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, jaundice, etc.) or who has open sores or infected cuts on the hands should not be allowed in the food concession area. Workers should wear clean outer garments and should not smoke in the concession area. The use of hair restraints is recommended to prevent hair ending up in food products.

Food Handling

Avoid hand contact with raw, ready to eat foods and food contact surfaces. Use an acceptable dispensing utensil to serve food. Touching food with bare hands can transfer germs to food.

Dishwashing

Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never reuse disposable dishware. Wash in a four-step process:

- Washing in hot soapy water;
- Rinsing in clean water;
- Chemical or heat sanitizing; and
- Air drying

Ice

Ice used to cool cans/bottles should not be used in beverage cups and should be stored separately. Use a scoop to dispense ice; never use the hands. Ice can become contaminated with bacteria, viruses and cause forborne illness.

Wiping Cloths

Rinse and store your wiping cloths in a bucket of sanitizer (example: 1 gallon of water and ½ teaspoon of chlorine bleach). Change the solution every two hours. Well sanitized work surfaces prevent cross-contamination and discourage flies.

Insect Control and Waste

Keep foods covered to protect them from insects. Store pesticides away from foods. Place garbage and paper wastes in a refuse container with a tight fitting lid. Dispose of wastewater in an approved method (do not dump it outside). All water used should be potable water from an approved source.

Food Storage and Cleanliness

Keep foods stored off the floor at least six inches. After your event is finished, clean the concession area and discard unusable food.

BBQ Safety

http://www.littleleague.org/Assets/forms_pubs/asap/Barbeque_Safety.pdf

Communicable Disease Procedures

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

- The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
- Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated.
- Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
- Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
- Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
- Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth- to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
- Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
- Contaminated towels should be properly disposed of/disinfected.
- Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards and other articles containing body fluids.

Emergency Treatment of Dental Injuries

Professionally-made, properly fitted custom mouth guards greatly reduce the risk and severity of mouth injuries. Mouth guards are recommended injury prevention equipment for all at-risk sports.

AVULSION (Entire Tooth Knocked Out)

- Avoid additional trauma to tooth while handling. Do not handle tooth by the root. Do not brush or scrub tooth. Do not sterilize tooth.
 - If debris is on tooth, gently rinse with water.
- If possible, re-implant and stabilize by biting down gently on a towel or handkerchief. Do only if athlete is alert and conscious.
 - If unable to re-implant:

- First – (BEST) place tooth in Hank’s Balanced Saline Solution, i.e. “Save-A-Tooth”.
- Second – (DO IF FIRST NOT AVAILABLE) place tooth in milk. Cold whole milk is best, followed by 2% milk.
- Third – (IF SECOND NOT AVAILABLE) Wrap tooth in saline-soaked gauze.
- Fourth – (IF THIRD NOT AVAILABLE) place tooth under athlete’s tongue. Do this ONLY if athlete is conscious and alert.
- Fifth – (IF FOURTH NOT AVAILABLE) Place tooth in cup of water.

Time is important. Re-implantation within 30 minutes has the highest degree of success rate.

TRANSPORT IMMEDIATELY TO DENTIST.

FRACTURE (Broken Tooth)

- If tooth is totally broken in half, save the broken portion and bring to the dental office as described under Avulsion, Item 4. Stabilize portion of tooth left in mouth by gently biting on towel or handkerchief to control bleeding.
- Should extreme pain occur, limit contact with other teeth, air or tongue. Pulp nerve may be exposed, which is extremely painful to athlete.
- Save all fragments of fractured tooth. **IMMEDIATELY TRANSPORT PATIENT AND TOOTH FRAGMENTS TO DENTIST.**

Lightning Evacuation Procedures

- Stop Game/Practice.
- Avoid open areas. Stay away from trees, towers, and utility poles. Lightning tends to strike the taller objects.
- Stay away from metal bleachers, backstops and fences. Lightning can travel long distances through metal.
- Do not resume activities until 30 minutes after the last thunder was heard.

Active Shooter Plan - Homeland Security



Click on link for Homeland Security How to Respond:

https://www.dhs.gov/xlibrary/assets/active_shooter_booklet.pdf

Emergency Phone Numbers

Emergency Phone Number: **911**

Local Police Emergency: **925-973-2779** Local Fire Emergency: **925-838-6691**

AMBULANCE

Pacific Coast Ambulance Service 510-247-2070

(Substation in San Ramon)

HOSPITALS

John Muir Medical Center WC 925-939-3000

Valley Care Pleasanton 925-847-3000

San Ramon Regional Medical Center 925-275-9200

Kaiser (Pleasanton) 925-847-5367

Accident Reporting Procedure

What to Report – An incident that causes any person to receive any Medical Treatment or First Aid. This must be reported to the Director of Safety.

When to Report – All such incidents shall be reported to the Safety Director within 48 hours of the incident. (510) 282-3125 or Safety@srvll.org

How to Report – All incidents shall be reported by filling out an injury report. Forms are located online and in this safety packet.

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

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

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

SRVLL Safety Officer is:

NAME: Charles Preston

E-Mail Address: safety@srvll.org

Within 48 hours of receiving report, the Safety Officer will contact the injured party or the party's parents/guardian and

1. Verify the information received.
2. Obtain any other information deemed necessary,
3. Check on the status of the injured party and
4. In the event that the injured party required other medical treatment (i.e. Emergency Room visit, doctor's visit, etc) will advise the parent or guardian of the Little League Insurance coverage and the provisions for submitting any claims. If the extent of the injuries is more than minor in nature, the Safety Officer shall periodically call and check on the status of the injuries and to check if any other assistance is necessary in areas such as submission of insurance forms, etc. until such item as the incident is considered

“closed” (i.e. no further claims are expected and/or the individual is participating in the league again).

2019 San Ramon Valley Little League Injury Report

Date of Injury _____
Time of Injury _____
Name of Injured (First & Last Name) _____
Home Address of Injured _____
Injured Phone Number _____
Age _____ Sex _____
Field Injury Occurred _____ Game / Practice / Other _____
Exact location on field injury occurred _____

Please explain in detail to document the injury. What was the injured individual doing when the incident occurred? Was anyone else involved? If so, who? What specific part(s) of the body were injured?

Immediate Action Taken
No Treatment of injury ()
First Aid Administered () Type of First Aid _____
Taken to Physician () Name of person escorting _____
Taken to Hospital () Hospital Name _____

Was a parent / guardian / relative notified? _____
If "Yes" provide name & relationship to injured individual _____
Please explain any follow up action taken by the manager / coach _____

Additional comments / suggestions how the injury can be avoided in the future _____

Name & Phone Number of Person filling out Injury Report _____

Sport Parent Code of Conduct

We, the SRVLL, have implemented the following Sport Parent Code of Conduct for the important message it holds about the proper role of parents in supporting their child in sports. Parents should read, understand and sign this form prior to their children participating in our League. Any parent guilty of improper conduct at any game or practice will be asked to leave the sports facility and be suspended from the following game. Repeat violations may cause a multiple game suspension, or the season forfeiture of the privilege of attending all games.

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
- Good Citizenship

The highest potential of sports is achieved when competition reflects these “six pillars of character.”

I Therefore Agree:

- I will not force my child to participate in sports.
- I will remember that children participate to have fun and that the game is for youth, not adults.
- I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
- I will learn the rules of the game and the policies of the league.
- 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.
- I (and my guests) will not engage in any kind of un-sportsman like conduct with any official, coach, player, or parent such as booing and taunting, refusing to shake hands, or using profane language or gestures.
- I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
- I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.

- 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.
- I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
- I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
- 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.
- 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.
- 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.
- I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and will refrain from their use at all sports events.
- 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

A Parent's Guide to the Little League Child Protection Program

Introduction

The backbone of Little League® is the adult volunteer. One million strong, it is this corps of dedicated people who coach the teams, umpire the games, work in the concession stands, serve on the local board of directors, and serve at the District level. These people, who live in every U.S. state and more than 100 other countries, make Little League the world's largest and most respected youth sports organization.

We know that the greatest treasure we have is a child. As adults, we must ensure that these young people are able to grow up happy, healthy and, above all, safe. Whether they are our children, or the children of others, each of us has a responsibility to protect them.

The Little League Child Protection Program seeks to educate children and volunteers in ways to prevent child abusers from becoming involved in the local league. Part of that education has been to assist local Little League volunteers in finding effective and inexpensive ways to conduct background checks. Little League regulations now say: "No local league shall permit any person to participate in any manner, whose background check reveals a conviction for any crime involving or against a minor." (Reg. I [c] 9.)

Background checks were optional until the 2003 season. Effective in 2007, the local league must conduct a nationwide search that contains the applicable government sex offender registry data. Advances in computer technology – allowing greater access to public records – make it possible for background checks (at a minimum, to see if an individual is a registered sex offender in any given state) to be conducted in every U.S. state. Local Little League programs are now required to annually conduct a background check of Managers, Coaches, Board of Directors 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. (Reg. I [b], Reg. I [c] 9.)

First purpose of these background checks is primarily to protect children. Second, they maintain Little League as a hostile environment for those who would seek to harm children. Third, they will help to protect individuals and leagues from possible loss of personal or league assets because of litigation.

The United States Department of Justice National Sex Offender Public Registry is free and available at www.nsopr.gov.

What Can Parents Do?

Most children have been warned about the dangers of talking to strangers. However, for many children someone they know commits sexual molestation. In fact, 80 to 85 percent of all sexual abuse cases in the U.S. are committed by an individual familiar to the victim, according to statistics compiled by Big Brothers & Big Sisters of America.

The truth is, child sex offenders can come from every background, every occupation, every race, and every level of education. They may be married, and they may have children of their own. It is dangerous to believe that the only threat is the stranger in a long raincoat, lurking behind a tree.

In fact, the promotion of this myth may contribute to the problem. Sometimes, a child who is molested by a known and “trusted” person will feel so guilty about not reacting the “right” way that he or she never reports the problem.

Sadly, we have all seen too many reports in which teachers, police officers, clergy, youth sports volunteers, etc., trusted by all, have violated that trust and molested children in their care. Of course, this must never be tolerated in Little League or anywhere else.

In many of these situations, the young victims are actually seduced, sometimes over a period of months or even years. The child’s family is lulled into believing the unusual attention being lavished is a bond of friendship between the adult and the child. In fact, the adult abuser often uses gifts, trips, attention and affection as part of a courtship process. Sometimes, the courtship process extends to the child’s parent(s), but the real target is the child.

Often, but not always, the victim of this type of child sex offender is the child of a single parent. In these cases, the single parent sees the child’s adult friend as a surrogate parent – a God-send. The very opposite is true.

Two good rules of thumb for all local Little Leagues and parents

Generally, a person involved in a local Little League program should not put himself or herself in a one-on-one situation involving a child who is not their own. Of course, some isolated situations may arise where one-on-one situations could take place. However, a one-on-one situation should not be actively sought out by the adult, and should not be an ongoing occurrence.

Generally, a person involved in a local Little League program should not provide unwarranted gifts, trips, attention and affection to individual children who are not their own. The key word is *unwarranted*.

Warning Signs of a Seducer

While it remains important to teach young children about the dangers of accepting items from strangers, or talking to them, we should all beware of the danger posed by the “seducer-type” child sex offender.

Each of the individual signs below means very little. Taken as a group, however, the signs MAY point to this type of child sex offender, and should be applied to anyone who has repetitive access to, or contact with, children.

- Provides unwarranted gifts, trips, affection and attention to a specific child or small group of children
- Seeks access to children
- Gets along with children better than adults
- Hangs around children more than adults
- Has items at home or in vehicle specifically appealing to children of the ages they intend to molest, such as posters, music, videos, toys, and even alcohol or drugs
- Displays excessive interest in children (may include inviting children on camping trips or sleepovers)
- Single, over 25 years old (but could be married, sometimes as a “cover,” and could be any age)
- Photographs or videotapes children specifically
- Lives alone, or with parents
- Refers to children as objects (“angel,” “pure,” “innocent,” etc.)
- Manipulates children easily

Again, each of these items, by themselves, is relatively meaningless. Taken together, however, they may indicate a problem.

What to Watch For In Your Child

We have seen the signs that could point to a child sex offender, but what about the signs a child might display when he or she has been sexually abused or exploited. Some of these symptoms may be present in a child who has been or is being sexually abused, when such symptoms are not otherwise explainable: sudden mood swings, excessive crying, withdrawal, nightmares, bed-wetting, rebellious behavior, fear of particular people or places, infantile behavior, aggressive behavior, and physical signs such as pain, itch, bleeding, fluid or rawness in private areas.

Getting More Information

These items are meant solely as a general guide and should not be used as the only means for rooting out child sex offenders.

- Parents can access more information on child abuse through the National Center for Missing and Exploited Children (a non-profit organization founded by John Walsh, <http://www.missingkids.com/>)
- The Child Welfare and Information Gateway (part of a service of the Children’s Bureau, within the Administration on Children, Youth and Families, Administration for Children

and Families, U.S. Department of Health and Human Services,
<https://www.childwelfare.gov/>).

How to Report Suspected Child Maltreatment

The Child Welfare and Information Gateway advises this: If you suspect a child is being maltreated or if you are a child who is being maltreated, call the Child Help USA National Child Abuse Hotline at 1-800-4-A-CHILD (1-800- 422-4453; TDD [text telephone] 1-800-2-A-CHILD). This hotline is available 24 hours a day, seven days a week. The Hotline can tell you where to file your report and can help you make the report.

Or, for a list of states' toll-free telephone numbers for reporting suspected child abuse, visit the "More Tools and Resource Listings" section at <https://www.childwelfare.gov/>.

Talk to Your Kids; Listen to Your Kids

It is important that you as a parent talk frankly to your children. If a child reports sexual abuse, statistics show he or she is probably telling the truth.

Unfortunately, the sexually molested child often sees himself or herself as the one "at fault" for allowing abuse to happen. Your children **MUST** know that they can come to you with this information and that you will support them, love them, and *believe* them.

If there is an allegation of sexual abuse of a minor, the crime should be reported immediately. The criminals who steal childhood **MUST BE STOPPED!**

What Parents Should Know About Little League Insurance

Little League Insurance is designed to afford the best possible protection to all participants at the most economical cost to the local league. It supplements other insurance carried under the family policy or provided by the parent's employer. If the family policy or employee policy does not pay the cost in full, Little League insurance will pick up the difference. If there is no other coverage, Little League Insurance, which is purchased by the League not the Parents, takes over and pays all injury treatment cost up to the maximum benefits. This unique plan makes it possible for Little League to offer unmatched low cost protection with assurance to parents that adequate Coverage is in force all during the season.

The Little League Insurance Program is designed to afford protection to all participants at the most economical cost to the local league. The Little League Player Accident Policy is an excess coverage, accident only plan, to be used as a supplement to other insurance carried under a family policy or insurance provided by parent's employer. If there is no primary coverage, Little League insurance will provide benefits for eligible charges, up to Usual and Customary allowances for your area, after a \$50.00 deductible per claim, up to the maximum stated benefits.

This plan makes it possible to offer exceptional, affordable protection with assurance to parents that adequate coverage is in force for all chartered and insured Little League approved programs and events. If your child sustains a covered injury while taking part in a scheduled Little League Baseball or Softball game or practice, here is how the insurance works:

- The Little League Baseball and Softball accident notification form must be completed by parents (if the claimant is less than 19 years of age). League official and forwarded directly to Little League Headquarters within 20 days after the accident. A photocopy of the form needs to be kept by the parent/claimant. Initial medical/dental treatment must be rendered within 30 days of the Little League accident.
- Itemized bills, including description of service, date of service, procedure and diagnosis codes for medical services/supplies and/or other documentation related to a claim for benefits are to be provided within 90 days after the accident. In no event shall such proof be furnished later than 12 months from the date the initial medical expense was incurred.
- When other insurance is present, parents or claimant must forward copies of the Explanation of Benefits or Notice/Letter of Denial for each charge directly to Little League Headquarters, even if the charges do not exceed the deductible of the primary insurance program.
- Policy provides benefits for the eligible medical expenses incurred within 52 weeks of the accident, subject to Excess Coverage and Exclusion provisions of the plan.

- Limited deferred medical/dental benefits may be available for the necessary treatment after the 52-week time limit when: a) Deferred medical benefits apply when necessary treatment requiring the removal of a pin/plate, applied to Transfix a bone in the year of the injury, or scar tissue removal, after the 52-week time limit is required. The company will pay the Reasonable Expense incurred, subject to the Policy's maximum limit of \$100,000 for any one injury to any one insured. However, in no event will any benefits be paid under this provision for any expenses incurred more than 24 months from the date the injury was sustained. b) If the insured incurs injury to sound, natural teeth, and necessary treatment requires treatment for that injury be postponed to a date more than 52 weeks after the injury due to, but not limited to, the physiological changes of a growing child, the company will pay the lesser of 1. A maximum of \$1,500, or 2. The deferred dental treatment. Reasonable expenses incurred for the deferred dental treatment are only covered, if they are incurred on or before the Insured's 23rd birthday. Reasonable Expenses incurred for the deferred root canal therapy are only covered if they are incurred within 104 weeks after the date of the Injury occurs. No payment will be made for deferred treatment unless the Physician submits written certification, within 52 weeks after the accident, that the treatment must be postponed for the above stated reasons. Benefits are payable subject to the Excess Coverage and the Exclusions provisions of the Policy. We hope this brief summary has been helpful in a better understanding of an important aspect of the operation of the Little League endorsed insurance program.

Are Your “Expectations” Reasonable and Consistent?

WHAT DO I EXPECT FROM MY PLAYERS?

- To be on time for all practices and games.
- To always do their best whether in the field or on the bench.
- To be cooperative at all times and share team duties.
- To respect not only others, but themselves as well.
- To be positive with teammates at all times.
- To try not to become upset at their own mistakes or those of others...we will all make our share this year and we must support one another.
- To understand that winning is only important if you can accept losing, as both are important parts of any sport.

WHAT CAN YOU AND YOUR CHILD EXPECT FROM ME?

- To be on time for all practices and games.
- To be as fair as possible in giving playing time to all players.
- To do my best to teach the fundamentals of the game.
- To be positive and respect each child as an individual.
- To set reasonable expectations for each child and for the season.
- To teach the players the value of winning and losing.
- To be open to ideas, suggestions or help.
- To never holler at any member of my team, the opposing team or umpires. Any confrontation will be handled in a respectful, quiet and individual manner.

WHAT DO I EXPECT FROM YOU AS PARENTS AND FAMILY?

- To come out and enjoy the game, cheer to make all players feel important.
- To allow me to coach and run the team.
- To try not to question my leadership. All players will make mistakes and so will I.
- Do not yell at the players, the umpires or me. We are all responsible for setting examples for our children. We must be the role models in society today. If we eliminate negative comments, the children will have an opportunity to play without any unnecessary pressures and will learn the value of sportsmanship.
- If you wish to question my strategies or leadership, please do not do so in front of the players or fans. My phone number will be available for you to call at any time if you have a concern. It will also be available if you wish to offer your services at practice. A helping hand is always welcome.
- Finally, do not expect the majority of children playing Little League baseball to have strong skills. We hear all our lives that we learn from our mistakes. Let us allow them to make their mistakes, but always be there with positive support to lift their spirits.

San Ramon Valley Little League

Mandatory for All Team Managers and Coaches

Safety Training Dates:

Date: February 6th, 2018

Time: 7:00 pm

Place: Los Cerros

Managers and Coaches Clinic:

Date: Saturday 2/2/18

Los Cerros

San Ramon Valley Little League

Volunteer Code of Conduct

The SRVLL Board of Directors has mandated the following Code of Conduct.

All coaches and managers will read this Code of Conduct and sign in the space provided below, acknowledging that he or she understands and agrees to comply with the Code of Conduct.

Tear the signature sheet on the dotted line and mail to Chip Congdon, Safety Officer.

San Ramon Valley Little League Code of Conduct:

No board member, manager, coach, player or spectator shall, **at any time**:

- Lay a hand upon, push, shove, strike, or threaten to strike an official.
- Be guilty of heaping personal verbal or physical abuse upon any official for any real or imaginary belief of a wrong decision or judgment.
- 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 un-sportsman-like action.
- Be guilty of using unnecessarily rough tactics in the play of a game against the body of an opposing player.
- Be guilty of a physical attack upon any board member, official manager, coach, player or spectator.
- Be guilty of the use of profane, obscene or vulgar language in any manner at any time.
- Appear on the field of play, stands, or anywhere on the Little League complex while in an intoxicated state. Intoxicated will be defined as an odor or behavior issue.
- Be guilty of gambling upon any play or outcome of any game with anyone at any time.
- Smoke while in the stands, on the playing field, or in any dugout. Smoking only permitted in designated areas, which will be 20 feet from any spectator stands or dugouts.
- Be guilty of publicly discussing with spectators in a derogatory or abusive manner any play, decision or a personal opinion on any players during the game.
- As a manager or coach, be guilty of mingling with or fraternizing with spectators during the course of the game.
- Speak disrespectfully to any manager, coach, official or representative of the league.
- Be guilty of tampering or manipulating any league rosters, schedules, draft positions or selections, official 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 expulsion from the game.

The Board of Directors will review all infractions of the Code of Conduct. Depending on the seriousness or frequency, the board may assess additional disciplinary action up to and including expulsion from the league.

I have read the San Ramon Valley Little League Code of Conduct and promise to adhere to its rules and regulations.

Print name of Manager Team name and division

Signature of Manager Date

Coach #1

Coach #2



ID# 405-57-04

**San Ramon Valley Little League PO Box 161, Danville, CA
94526**

Ball Fields:

Alamo School
Green Valley
Los Cerros 1 and 2
Monte Vista HS
St. Isidore School
Sycamore
Diablo Vista
Rancho Romero

President: Maheesh Jain 510-282-3125

SRVLL Board of Directors 2019

President	Maheesh Jain	president@srvll.org
VP, Baseball Operations	Doug Thompson	vp.administration@srvll.org
Secretary	Heather Thorner	vp.secretary@srvll.org
Treasurer	Michael Rothschild	vp.finance@srvll.org
League Player Agent	Carl Peterson	playeragent@srvll.org
League Umpire-in-Chief	Charlene Kiley	vp.umpire@srvll.org
Director, Safety	Charles Preston	safety@srvll.org

2019 Board Members:

Administrative Board		
Director, League Information	Brad Langley	webpage@svll.org
Director, Uniforms	Chuck Schneck	uniforms@svll.org
Director, Equipment	Jeff Veit	equipment@svll.org
Director, Fields	John Bryan	vp.fieldoperations@svll.org
Director, Registration	John Panagotacos	registration@svll.org
Director, Merchandising	Kirsten Hazard	merchandising@svll.org
Director, League Training	Bobby Dawes	training@svll.org
Director, Tryouts	Eric Christenson	tryouts@svll.org
Director, Volunteers	Bobby Dawes	volunteers@svll.org
Director, Sponsorships	Andy Hansen	sponsors@svll.org
Director, Junior/Senior Program	Maheesh Jain	juniors.seniors@svll.org
Director, Majors	Doug Thompson/Matt Green	majors@svll.org
Director, AAA	Matt Green	aaa@svll.org
Director, AA	Derek Holmberg	aa@svll.org
Director, A	Rich Hooper	aball@svll.org
Director, Rookie	Justin Grilli	rookie@svll.org
Director, T-Ball	Josh Roden	tball@svll.org
Director, All-Stars	John Nelson	all-stars@svll.org
Director, Postseason (Summer/Fall)	John Nelson	postseason@svll.org
Director, Challenger Program	Mike Giosso	challenger@svll.org
Coach Coordinator	Andy Wiegand	