



VISTA AMERICAN LITTLE LEAGUE

VISTA AMERICAN LL 2026 SAFE SUMMARY

League Location: Vista, CA

League ID: 4052810

VISTA AMERICAN LL 2026 SAFE SUMMARY

Dear Volunteers, Parents/Guardians, and Players:

VISTA AMERICAN LL is committed to providing a safe, welcoming environment where every player, volunteer, and family feels supported. Safety is an important part of every season, and we believe it is a shared responsibility that helps everyone enjoy the game with confidence and peace of mind.

As part of Little League SAFE, our league has confirmed the steps we take to protect children, prepare volunteers, and maintain safe facilities and playing conditions. From equipment checks and emergency planning to strong child protection practices and volunteer training, our goal is to create a positive, fun, and secure experience for every participant.

Thank you for being part of a community that puts kids first and works together to help ensure a safe, memorable Little League season.

Sincerely,

VISTA AMERICAN LL Board of Directors

LEAGUE LEADERSHIP AND CONTACTS

Keeping contact information up to date helps volunteers know exactly who to reach when questions or safety concerns arise.

Primary Contacts

Dustin Smith

League President

president@vallbaseball.com

[760-717-0460](tel:760-717-0460)

Chris Brown

League Safety Officer

Safety@vallbaseball.com

[760-877-1576](tel:760-877-1576)

MIKE RATERMANN

District Administrator

da@cadistrict70.com

James Whiteside

District Safety Officer

james@cadistrict70.com

Best Practice: Share a simple "Who to Contact" list with managers, coaches, and volunteers so everyone knows where to go for help during the season.

CHILD PROTECTION

Little League requires every chartered league to follow a set of core child protection policies to help keep children safe. Protecting players is our highest priority, and these policies ensure volunteers understand their responsibilities both on and off the field.

Your league has confirmed that all of the following policies are in place:

1. Annual Background Checks

VISTA AMERICAN LL confirms that all volunteers with regular contact with players complete annual background checks through J.D. Palatine (JDP), as required by Little League Regulation I(c) 8 and 9. Anyone with a disqualifying offense is prohibited from participating in any Little League activity. Background check laws vary across the country, and any additional requirements that apply to your league can be found at <https://www.littleleague.org/player-safety/child-protection-program/state-laws-background-checks-leagues/>. Your league is responsible for understanding and complying with any applicable state laws regarding background checks.

2. Annual Abuse Awareness Training

VISTA AMERICAN LL requires all volunteers to complete the Little League Abuse Awareness Training each year before assuming any duties. This training helps volunteers recognize, prevent, and respond to misconduct and abuse. Little League Abuse Awareness Training can be found at <https://www.littleleague.org/university/articles/abuse-awareness-training-course/>

3. Mandatory Reporting of Child Abuse

VISTA AMERICAN LL acknowledges that all volunteers are mandatory reporters under federal law and must report suspected child abuse, including sexual abuse, to the proper authorities within 24 hours. Reports should also be shared with the League President and District Administrator. State reporting requirements vary, and any laws that apply to your league can be found at <https://www.littleleague.org/player-safety/child-protection-program/state-specific-information-child-abuse/>. Your league is responsible for understanding and complying with any applicable state laws.

4. Non-Retaliation Policy

VISTA AMERICAN LL has adopted a policy that prohibits retaliation against anyone who makes a good-faith report of suspected abuse or misconduct. This ensures volunteers feel safe coming forward with concerns.

5. One-on-One Interaction Policy

VISTA AMERICAN LL has adopted the Little League One-on-One Interaction Policy, which requires that all interactions between adults and minors be observable and interruptible by another adult. This reduces opportunities for misconduct while still supporting positive mentoring relationships.

Best Practice: Reinforce child protection expectations clearly and consistently so volunteers know what to do and who to contact.

- Review expectations with all volunteers at the start of each season.
- Make reporting steps clear and easy to follow.
- Keep child protection policies easily accessible.

Additional information provided by your league:

Best Practice: Reinforce child protection expectations clearly and consistently so volunteers know what to do and who to contact.

Mandatory Safety and League Policy Training for all Managers and Coaches before the 1st week of Practices start

Review expectations with all volunteers at the start of each season.

Make reporting steps clear and easy to follow.

Keep child protection policies easily accessible.

Child Protection Resources:

- Little League Abuse Awareness Training (<https://www.littleleague.org/university/articles/abuse-awareness-training-course/>)
- Full Little League Child Protection Program (<https://www.littleleague.org/player-safety/child-protection-program/>)
- State-Specific Background Check Laws (<https://www.littleleague.org/player-safety/child-protection-program/state-laws-background-checks-leagues/>)
- State - Specific Mandatory Reporting Laws (<https://www.littleleague.org/player-safety/child-protection-program/state-specific-information-child-abuse/>)
- J.D.Palatine(JDP) Background Checks (<https://www.littleleague.org/player-safety/child-protection-program/local-league-background-check-information/>)
- USA Baseball – Abuse Awareness Resources (<https://usabdevelops.com/page/4834/base>)
- U.S.Center for SafeSport – Reporting and Education (<https://www.littleleague.org/player-safety/child-protection-program/safesport-resources-parents/>)
- ChildHelp National Child Abuse Hotline (1-800-4-A-CHILD)

EMERGENCY PREPAREDNESS

Being prepared for unexpected situations helps keep players, volunteers, and families safe. The information below highlights the emergency procedures and contacts in place during all league activities.

Emergency Contacts

- In any emergency situation, volunteers should immediately **call 911**
- Poison Control is also available nationwide at **1-800-222-1222**

Emergency Action Plan

Emergencies can happen when you least expect them. A clear and accessible EAP helps volunteers respond quickly, communicate effectively, and take the right steps to keep players and families safe.

VISTA AMERICAN LL has an Emergency Action Plan in place. Regularly reviewing this plan with volunteers and players helps ensure everyone knows how to respond quickly and confidently during an emergency.

Additional information provided by your league:

EMERGENCY CONTACT PROCEDURES FOR VALL

The most important help you can provide to a victim who is seriously injured is to call for professional medical help. Make the call quickly, preferably from a cell phone near the injured person. If this is not possible, send someone else to make the call from a nearby telephone. Be sure that you or another caller follow these steps.

1. First dial 9-1-1.
2. Give the dispatcher the necessary information.

Answer any questions that he or she might ask. Most dispatchers will ask:

- The exact location or address of the emergency? Include the name of the city or town, nearby intersections, landmarks, etc. as well as the field name and location of the facility, if applicable. Our address is: Vista Sports Park 1600 Sports park Way, Vista
- The telephone number from which the call is being made?
- The caller's name?
- What happened? i.e., a baseball-related accident, bicycle accident, fire, falls, etc.?
- How many people are involved?
- The condition of the injured person i.e., unconscious, chest pains, or severe bleeding?
- What help is being given (first aid, CPR, etc.)?

3. Do not hang up until the dispatcher hangs up. The dispatcher may be able to tell you how to best care for the victim.

4. Continue to care for the victim until professional help arrives.

5. Appoint someone to go to the street and look for the ambulance or fire engine and flag them down if necessary. This saves valuable time. Remember, every minute counts.

Accident Reporting

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

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

The VALL Safety Officer is: Chris Brown

Cell Number: 760-877-1576

Email: safety@vallbaseball.com

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

1. The name and address of the injured person.
2. The date, time, and location of the incident.
3. 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 Safety Parent is there, he/she can assist you in getting the front of the form filled out. Then a call is to be made to The Safety Officer reporting the incident within 48 hours. Little League insurance is a supplemental insurance to the insured's own insurance. There is a small deductible.

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

LIGHTNING FACTS AND PROCEDURES

Consider the following facts:

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

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

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

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

First Aid for a Lightning Victim:

- Call 911 immediately.

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

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

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

Emergency Preparedness Resources:

- Little League Lightning & Severe Weather Safety Guidelines
(<https://www.littleleague.org/university/articles/staying-safe-from-lightning-at-the-field/>)

FIRST AID & INJURY PREVENTION

A prepared volunteer is better equipped to respond when injuries or medical situations occur. Below is an overview of the first aid training, equipment, and safety practices in place for the season.

First Aid Training

First aid training helps volunteers respond effectively when injuries or emergencies happen. These trainings reinforce skills such as:

- Treating minor injuries
- Managing bleeding and nosebleeds
- Recognizing potential fractures or serious injuries
- Identifying head-injury symptoms
- Responding to heat-related illness
- Treating allergic reactions
- Knowing when to call 911

First aid training requirements for VISTA AMERICAN LL:

- Little League First Aid Awareness Training: **Recommended**
- Formal First Aid Certification: **Required**
- CPR Certification and AED Use Training: **Required**

First Aid Kits

Accessible first aid supplies help volunteers respond quickly when an injury occurs. Keeping first aid kits stocked and easy to reach helps volunteers respond quickly during games and practices. Every team in VISTA AMERICAN LL has a first aid kit available at games and practices.

Recommended First Aid Kit Contents:

- Adhesive bandages (various sizes)
- Sterile gauze pads and rolled gauze
- Antiseptic wipes
- Instant cold packs
- Elastic wraps
- Tweezers and disposable gloves
- Nosebleed supplies (gauze, tissues)
- Small splint or finger splint
- CPR mask or face shield
- Allergy/sting relief wipes
- Cold Packs
- Tape and scissors

Best Practice: Each team should receive its first aid kit at the start of the season. First aid kits should travel with the team and be kept in an easy-to-reach spot during both games and practices.

Concussion Awareness

VISTA AMERICAN LL has confirmed that it follows required concussion training and has a protocol in place for recognizing and responding to potential head injuries during practices and games. Little League encourages all volunteers to follow the "When in doubt, sit them out" approach so players are removed from play immediately if a concussion is suspected.

Common signs and symptoms of a possible concussion include:

- Headache or pressure in the head
- Dizziness or balance problems
- Confusion, memory issues, or appearing "out of it"
- Nausea or vomiting
- Blurred vision or sensitivity to light or noise
- Behavior that seems unusual for the player

State concussion laws vary across the country. Some apply only to school athletics, while others apply to all youth sports organizations. State-specific information can be found at: <https://www.littleleague.org/player-safety/concussions-youth-athletes/>. Your league is responsible for understanding and complying with any applicable state laws.

Best Practice: If a concussion is suspected, volunteers should follow these steps:

- Remove the player from play immediately
- Ensure the player is monitored by an adult
- Refer the player to a licensed health care professional for evaluation
- Do not allow return to play on the same day
- Require written medical clearance before the player resumes practices or games

Access to Automated External Defibrillators (AED)

AEDs can play a lifesaving role during sudden cardiac emergencies, and clear access helps volunteers respond quickly when every second matters.

VISTA AMERICAN LL has reported that it does not currently have any AEDs available and is working toward establishing an AED program.

Best Practice: AEDs are most effective when:

- Volunteers know the exact location of each device
- Devices are accessible during practices and games
- Batteries and pads are checked and replaced as needed
- Multiple volunteers are trained in basic AED use

State laws addressing AED access and sudden cardiac arrest (SCA) training can vary across the country. Some requirements apply only to school facilities or interscholastic athletics, while others extend to youth sports organizations or municipal fields. State-specific requirements for AEDs can be found at: <https://www.littleleague.org/player-safety/state-laws-on-automated-external-defibrillators/>

State specific requirements for SCA training can be found at: <https://www.littleleague.org/player-safety/state-laws-on-sudden-cardiac-arrest-training/>.

Your league is responsible for understanding and complying with any applicable state laws.

Additional information provided by your league:

FIRST AID KITS

The contents of the first-aid kit are inspected regularly to ensure that the expended items are promptly replaced. The contents of the first-aid kits are arranged to be quickly found and remain sanitary. First-aid dressings are sterile in individually sealed packages for each item. The minimum first-aid supplies are determined by the Safety Officer.

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

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

Replacement supplies will be available at the Concession stand

Naloxone

(Kit located in the snack shop)

What is naloxone?

It is an opioid overdose reversal medication. Administering the medication can make all the difference to an overdose victim's survival.

How does it work?

It temporarily reverses the effects of an opioid overdose by blocking opioid receptors in the body. This returns normal breathing to someone whose breathing has slowed or stopped because of the overdose. The medication pauses an overdose for 30-90 minutes but doesn't remove opioids from the body.

Recognizing an overdose

Signs and symptoms of an opioid overdose can include:

- o Unresponsiveness

- o Slow, shallow or difficulty breathing
- o Pinpoint pupils that don't react to light
- o Seizures
- o Cold or clammy skin
- o Blue/gray lips and skin
- o Blue nail beds

*Call 911 immediately if you suspect someone has overdosed

Administering naloxone

- o Nasal sprays are the most common form of naloxone and are available over the counter. Begin giving naloxone as quickly as possible as you wait for emergency responders to arrive.
- o If a victim isn't breathing, begin CPR and use an AED when available. If the person doesn't respond to an initial dose of naloxone within two to three minutes, deliver a second dose in their other nostril.

Naloxone should be stored in the snack shop first aid kit. Which means you need to make sure every volunteer is aware of where the naloxone is stored and how to use it. Refill naloxone after doses are administered, as well as if the casing is damaged or the drug is expired or near its expiration date.

"Naloxone is not a replacement for seeking emergency medical assistance"

COMMUNICABLE DISEASE PROCEDURES

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

*Recommend Training Course: Bloodborne Pathogens Certification

<https://nationalcprfoundation.com/courses/standard-bloodborne-pathogens-2/>

Designed to educate individuals about the risks associated with exposure to blood and other potentially infectious materials. It's a great add to your 1st Aid and CPR training.

HYDRATION

Managers are required to bring water to each practice and game.

Players are encouraged to bring bottled water or sports drinks.

Tips to Prevent Heat Illness:

- Know that once you are thirsty you are already dehydrated.
- Drink before you become thirsty.
- Drink plenty of liquids like water, or sports drinks every 15 minutes.
- Water seems to be the preferred beverage. Water has many critical functions in the body that are important for performance, including carrying oxygen and nutrients to exercise muscles.
- Do not drink beverages with caffeine before practice or games. Caffeine can increase the rate of dehydration.
- Do not exercise vigorously during the hottest time of the day.
- Practice in the morning and during the latter part of the evening.
- Wear light color loose cloths.
- Use sunscreen to prevent sunburn. Re-apply every 30 minutes
- If you begin to feel faint or dizzy stop your activity and cool off by sitting in the shade, air-conditioned car or using a wet rag to cool you off. INFORM YOUR COACH.

Notes: Encourage players to eat "potassium" in the morning and throughout the day.

* Fruits- apricots, bananas, kiwis, oranges and pineapples

* Vegetables- leafy greens, carrots and potatoes

* Lean Meats * Whole Grains * Beans & Nuts

How is it treated?

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

EMERGENCY RESPONSE

1. Check the player(s) symptoms and conditions
2. Call Emergency Response and your Safety Officer (give clear directions to the location you are at)
3. Get the player into a shaded area or an air-conditioned building
4. Apply any 1st aid till emergency medical service arrive (Trained Personnel only)

5. Follow the steps below based on the symptoms:

Heat Stroke

Symptoms

- Confusion
- Fainting
- Seizures
- Excessive Sweating or red, hot, dry skin
- Very High Body Temperature

First Aid:

CALL 911

(While waiting for help)

- Place player in shady, cool area
- Loosen clothing, remove outer clothing
- Fan air on player; cold packs in armpits
- Wet player with cool water; apply ice packs, cool compresses, or ice if available
- Provide water
- Stay with player until help arrives

Heat Exhaustion

Symptoms

- Cool Moist skin
- Heavy Sweating
- Headache
- Nausea or Vomiting
- Dizziness
- Light Headed
- Weakness
- Thirst

- Irritability
- Fast Heart beat

First Aid:

CALL 911

- Have the player sit or lie down in a cool, shady area
- Give the player plenty of water or other cool beverages to drink
- Cool the player with cold compresses/ice packs
- Take to clinic or emergency room for medical evaluation or treatment if signs or symptoms worsen or do not improve within 60 minutes.

First Aid & Injury Prevention Resources:

- First Aid Kit Checklist (<https://www.littleleague.org/university/articles/first-aid-kits-an-items-list/>)
- Little League First Aid Awareness Training (<https://www.littleleague.org/university/articles/first-aid-awareness-training-course/>)
- CDC Heads Up – Concussion Resources (<https://www.cdc.gov/heads-up/>)
- State-Specific Concussion Laws (<https://www.littleleague.org/player-safety/concussions-youth-athletes/>)
- State-Specific AED Laws (<https://www.littleleague.org/player-safety/state-laws-on-automated-external-defibrillators/>)
- State-Specific SCA Training Laws (<https://www.littleleague.org/player-safety/state-laws-on-sudden-cardiac-arrest-training/>)

EQUIPMENT SAFETY

Safe, well-maintained equipment helps prevent injuries and supports a positive playing experience. The information below reflects how playing equipment is inspected and monitored throughout the season.

Batting Helmets

All batting helmets must be NOCSAE-certified and free of cracks, dents, or deteriorating padding.

- Helmets are inspected at the start of the season and as needed
- Damaged or ill-fitting helmets are removed from use immediately
- Non-OEM (non-manufacturer) modifications are prohibited
- Properly fitted, undamaged helmets play an important role in preventing head injuries

Catcher's Gear

Catcher's equipment must be complete, well-maintained, and properly fitted for each player. A full set includes:

- Helmet with full face mask
- Dangling throat guard (required)
- Chest protector
- Leg guards

Equipment Inspections

At VISTA AMERICAN LL, coach or manager carry out regular equipment inspections throughout the season. These checks help identify items that should be repaired or removed from use.

- Unsafe or excessively worn equipment should be removed immediately
- Routine inspections help ensure players are always using equipment that will keep them safe from injury

Best Practice: Teach players to do quick self-checks of their helmets and gear before practices and games. Helping players look for cracks, loose padding, or missing pieces builds good habits and supports a shared culture of safety.

Additional information provided by your league:

INSPECTION OF EQUIPMENT/EQUIPMENT STORAGE SHED SAFETY

- This Little League requires pre and post inspection of playing equipment for practice, games, and before and after the season ends.
- Unsafe equipment should not be given in team equipment bags.
- Managers, Coaches and Umpires are required to inspect equipment prior to each use.
- Bad equipment will be logged and will be removed and destroyed.
- All individuals with keys to the equipment sheds (i.e., Managers, Coaches, etc.) are aware of their responsibilities for the orderly and safe storage of tools such as rakes, shovels, and chalking equipment. All items taken from the sheds must be returned and placed back in an organized fashion.
- Before the use of any machinery located in the sheds (i.e., lawn mowers, pitching machines, etc.). Contact the Equipment Manager or President for proper training in the operation of a machine.
- Chemicals or organic materials stored in the equipment sheds will be in the original container with labels and onsite with the manufacture's safety data sheets (SDS).
- All chemicals or organic materials stored in the sheds will be separated from the storage of machinery and gardening equipment, to minimize the potential for puncturing the containers and/or spilling their contents.
- No unauthorized hazardous materials will be stored in these sheds.
- Minors cannot handle any chemicals (i.e., fertilizer, gas, and/or chalk) stored in these sheds.
- Any spilled chemicals or organic materials within these sheds should be cleaned up as soon as possible to prevent accidental poisoning. First observer needs to act or report the problem to the Safety Officer.

Equipment Safety Resources:

- Equipment and Facility Check-Ups (<https://www.littleleague.org/university/articles/make-regular-equipment-facility-check-ups-a-year-round-endeavor-for-your-league-or-district/>)

FACILITY SAFETY

Safe, well-maintained facilities help create a positive experience for players, families, and volunteers. Your league has shared the steps it takes to help keep playing conditions safe throughout the season.

Seasonal Facility Inspection

VISTA AMERICAN LL completes a thorough review of all fields and facilities at the beginning and end of each season. This inspection helps the league:

- Identify needed repairs
- Document safety concerns
- Plan for maintenance or improvements
- Confirm that fields and common areas are ready for use

Ongoing Facility Checks

VISTA AMERICAN LL conducts regular in-season checks to help ensure facilities remain safe and ready for play. These checks typically look for:

- Loose or damaged fencing
- Worn or broken bases
- Slick, uneven, or poorly drained surfaces
- Broken or unstable bleachers
- Lighting or electrical concerns
- Hazards in dugouts, walkways, or spectator areas

Field Safety

Before every game and practice, fields and dugouts should be reviewed to ensure safe playing conditions. These quick checks help volunteers:

- Spot hazards early
- Prevent injuries
- Address small issues before they become larger concerns
- Confirm that field equipment, playing surfaces, and dugout areas are safe and ready for use

At VISTA AMERICAN LL, coach or manager carry out field and dugout safety checks before games and practices.

Annual Little League Facility Survey

Each year, leagues complete the Little League Annual Facility Survey, which records the condition of each field, identifies maintenance or safety needs, and documents key details about layout, features, and emergency equipment.

A report generated from VISTA AMERICAN LL's completed facility survey is included with this SAFE Summary.

Best Practice: Create a simple, shared inspection checklist for coaches and volunteers to use before games and practices. Consistent use of the same checklist helps ensure issues are spotted early and reported quickly.

Additional information provided by your league:

VALL Uses a "Pre-Game" Field Inspection Checklist. All Managers and Coaches are to inspect and fill out before games.

Operations and Field maintenance is a joint effort with the City of Vista and VALL Operations Staff.

Fields are inspected and maintained daily by both the City and Vall

For more information about facility safety at VISTA AMERICAN LL, or to report a concern, please contact:
Operations Manager

Facility Safety Resources:

- Day to Day Safety Checklist (<https://www.littleleague.org/university/articles/the-safest-little-league-experience-comes-from-doing-common-tasks/>)
- Pre-Season Facility Checkup (<https://www.littleleague.org/university/articles/conduct-a-facilities-safety-check-before-the-season-starts/>)

CONCESSION STAND SAFETY

Concession stands add to the game day experience, but they also involve equipment, heat sources, and food handling, all of which require clear safety procedures. The information below summarizes how VISTA AMERICAN LL helps maintain a safe concession operation throughout the season.

VISTA AMERICAN LL has confirmed that its concession stand(s):

- Follow all applicable local health and safety regulations
- Provide volunteers with guidance in safe food handling and equipment use
- Maintain a working fire extinguisher that is readily available
- Keep first aid supplies in the concession stand
- Do not allow minors to work in or remain inside the concession stand during operating hours

Best practice: Post simple safety reminders inside the concession stand so volunteers can quickly review expectations before each shift, including:

- Handwashing steps
- Safe food temperatures
- Equipment shut-off procedures
- Location of the fire extinguisher
- Emergency contact information

Additional information provided by your league:

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

Wash your hands regularly:

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

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

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

Basic Rules:

1. Menu... smaller is better. No salads cut up fruit or vegetables, no food prepared at home.
2. Cook food thoroughly. Use a meat thermometer. Keep hotdogs and burgers at 41 degrees when cold and cook to 160 degrees or above when hot.
3. Rapidly reheat foods to 165 degrees. Slow cooking devices may activate bacteria and never reach killing temperatures.
4. All foods that require refrigeration must be cooled to 41 degrees F. as quickly as possible and held there until ready to use. To cool foods quickly, use the ice water bath (60% ice and 40% water), stirring the product frequently, or place their food in shallow pans no

more than 4 inches in depth and refrigerate. Pans should not be stored on top of each other, and lids should be off or ajar until the food is completely cooled. Check the temperature periodically to see if the food is cooling properly. DO NOT LEAVE FOOD OUT AT ALL!

5. FREQUENT AND THOROUGH HANDWASHING IS REQUIRED.

6. Only healthy people should prepare and serve food. Anyone with any symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, cough etc.) or who has open sores or infected cuts on the hands should not be allowed in the food concession area. Workers' clothes should be clean, and they should not smoke in the concession area. Hair restraints are recommended.

7. Food handling: Avoid hand contact with raw food, ready-to-eat foods and food contact surfaces. Use a utensil and/or glove.

8. Use disposable utensils for food service. Keep your hands away from food contact surfaces and never reuse disposable dishware. Ideally utensils should be washed in a four-step method: (1) Hot soapy water, (2) Rinsing in clean water, (3) Chemical or heat sanitizing, (4) Air drying.

9. Ice that is used to cool cans/bottles should not be used in cup beverages. And should be stored separately. Use a scoop to dispense ice, never use hands.

10. Wiping cloths should be rinsed and stored in a bucket sanitizer. (1-gallon water and ½ tsp. chlorine bleach. Change the solution every 2 hours.

11. Insect control and waste. Keep foods covered to protect from insects. Store pesticides away from food. Place garbage and paper waste in a refuse container with a lid that fits tightly.

12. Dispose of all water in the restrooms, do not pour outside. All water that is used should be potable and from an approved source.

13. Keep food stored off the floor at least 6 inches. After your event is finished, clean the concession area and discard any unusable food. Do not save food for reheating.

THE TOP SIX CAUSES FOR ILLNESS

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

For more information about concession stand safety at VISTA AMERICAN LL, or to report a concern, please contact: Certified Food Safety Manager - Gabriela Ramirez

Concession Stand Safety Resources:

- Concession Stand Safety (<https://www.littleleague.org/university/articles/concession-stand-safety-tips-12-steps-to-safe-sanitary-food-service/>)
- Concession Stand Safety Checklist (<https://www.littleleague.org/university/articles/concession-stand-inspection-checklist/>)

TRAINING & EDUCATION

When volunteers are trained and prepared, it helps to prevent injuries, respond to emergencies, and create a positive experience for everyone involved. This section highlights the volunteer trainings that VISTA AMERICAN LL requires and encourages.

Abuse Awareness Training

Little League requires all volunteers who undergo a background check to complete Abuse Awareness Training each year. VISTA AMERICAN LL confirms that all required volunteers complete Abuse Awareness Training each season.

Safety Awareness Training (Little League University)

Safety Awareness Training helps volunteers understand common safety risks, recognize unsafe situations, and take proactive steps to prevent injuries.

VISTA AMERICAN LL requires Safety Awareness Training for: League Officers/Board Members, Managers and Coaches, Umpires, All Other Volunteers.

First Aid Awareness Training (Little League University)

First Aid Awareness Training helps volunteers recognize injuries, respond appropriately, know when to call 911, and take steps to prevent medical emergencies.

VISTA AMERICAN LL requires First Aid Awareness Training for League Officers/Board Members, Managers and Coaches, Umpires.

Diamond Leader Training (Little League University)

Diamond Leader Training supports coaches and volunteers in creating a positive team environment focused on player well-being, sportsmanship, communication, and healthy culture.

VISTA AMERICAN LL requires Diamond Leader Training for Managers and Coaches.

Additional Trainings Offered or Encouraged

VISTA AMERICAN LL has indicated that it offers or requires the following additional trainings:

- Coaching Skills & Game Fundamentals Training
- Formal First Aid Certification
- CPR Certification
- AED Use Training
- Concession Safety Training
- Emergency Response Training
- Little League Prepare Training (Little League University)
- Little League Play Training (Little League University)
- Little League Umpire Training (Little League University)

Best practice: Share a simple training plan at the start of the season outlining required courses, who must complete them, and suggested deadlines. Clear expectations help volunteers stay on track.

Additional information provided by your league:

Best practice: Share a simple training plan before the start of the season outlining required courses, who must complete them, and suggested deadlines. Clear expectations help volunteers stay on track.

Training and Education Resources:

Little League University (LLU) Trainings Overview (<https://www.littleleague.org/university/training/>)

Little League Abuse Awareness Training (<https://www.littleleague.org/university/articles/abuse-awarenesstraining-course/>)

Little League Safety Awareness Training (<https://www.littleleague.org/university/articles/safety-awarenesstraining-course/>)

Little League First Aid Awareness Training (<https://www.littleleague.org/university/articles/first-aidawareness-training-course/>)

Training and Education Resources:

- Little League University (LLU) Trainings Overview (<https://www.littleleague.org/university/training/>)
- Little League Abuse Awareness Training (<https://www.littleleague.org/university/articles/abuse-awareness-training-course/>)
- Little League Safety Awareness Training (<https://www.littleleague.org/university/articles/safety-awareness-training-course/>)
- Little League First Aid Awareness Training (<https://www.littleleague.org/university/articles/first-aid-awareness-training-course/>)

ACCIDENT INSURANCE & INCIDENT REPORTING

Accidents can happen at any time, and being prepared helps leagues support families and volunteers when they do. Understanding and documenting injuries ensures everyone gets the help they need and allows the league to strengthen safety practices for future seasons.

How to Submit an Accident Claim

If a player or volunteer requires medical treatment after a league-sanctioned activity, families should follow these steps:

1. Download the Accident Claim Form from LittleLeague.org.
2. Provide the claimant's full information, including parent or guardian details if the claimant is a minor.
3. Complete all sections of the form. Missing information causes delays.
4. Include primary insurance information. If the claimant has no insurance, written employer verification is required.
5. Attach itemized medical bills that include dates of service, procedure codes, diagnosis codes, and charges.
6. For dental injuries, submit bills to the primary medical and dental insurer first, then include the insurer's Explanation of Benefits.
7. Have a league official (President, Safety Officer, etc.) complete and sign the League Statement section.
8. Completed claim forms and supporting documents must be mailed. Email and fax submissions cannot be accepted.

Questions about the claim process may be sent to AccidentClaim@LittleLeague.org.

Incident Tracking

VISTA AMERICAN LL documents all injuries and incidents that occur during league activities.

- Reports are completed using the official Little League Incident Tracking Form.
- A designated league officer is responsible for collecting and reviewing each report.
- Reviewing incident information throughout the season helps the league identify trends, address hazards, and strengthen safety practices.

Best practice: Monitor incident reports and near-miss situations regularly during the season. Tracking both helps identify emerging patterns, field conditions, equipment problems, or other safety concerns, so the league can take proactive steps to prevent injuries and improve the overall safety of the program.

Additional information provided by your league:

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

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

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

1. The name and address of the injured person.
2. The date, time, and location of the incident.
3. 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 Safety Parent is there, he/she can assist you in getting the front of the form filled out. Then a call is to be made to The Safety Officer reporting the incident within 48 hours. Little League insurance is a supplemental insurance to the insured's own insurance. There is a small deductible.

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

To report an incident, or for more information about filing an accident claim, please contact: League Safety Officer

Accident Reporting Resources:

- Little League Incident Tracking Form (<https://www.littleleague.org/downloads/incident-injury-tracking-form/>)
- AIG Accident Claim Form (<https://www.littleleague.org/downloads/accident-claim-form/>)
- How to File an Accident Claim (<https://www.littleleague.org/university/articles/how-to-submit-an-accident-insurance-claim/>)
- Little League Insurance Program Overview (<https://www.littleleague.org/university/articles/little-league-insurance-programs/>)

LITTLE LEAGUE RULES & SAFETY BEST PRACTICES

Creating a safe, enjoyable playing environment begins with following Little League's official safety rules and reinforcing practices that protect players, volunteers, and families. VISTA AMERICAN LL has confirmed that it meets all required safety standards.

Little League Safety Rules

Little League's official safety rules are designed to prevent injuries and establish consistent expectations across the program. These rules help ensure safe play during practices and games.

Leagues must enforce the following:

- On-deck batters are not permitted in the Majors Division and below
- Batters, base runners, and player base coaches must wear helmets at all times
- Catcher's gear must include a dangling throat guard
- Metal cleats are prohibited in the Majors Division and below
- Disengageable bases are required on all baseball and softball fields
- Head-first sliding while advancing is not permitted in the Majors Division and below
- Pitch count limits and required rest days must be followed in all baseball divisions
- Bats must meet current Little League standards
- Game balls must meet current Little League standards and be in good condition

Safety Best Practices

In addition to official rules, many leagues adopt extra safety practices that strengthen routines, reinforce expectations, and create a positive environment for players, families, and volunteers.

Common safety best practices include:

- Keeping dugout and field gates closed during play
- Using a double first base on baseball and softball fields
- Reminding players not to throw equipment or swing bats near others
- Reviewing lightning and severe weather procedures with coaches and umpires
- Ensuring each team has emergency contact information available at practices and games
- Leading age-appropriate warm-ups and stretching to reduce injury risk
- Marking spectator areas clearly and keeping them separate from the field
- Encouraging volunteers, parents, and players to model sportsmanlike and respectful behavior
- Sharing safety reminders with families (emails, signage, or meetings)
- Posting safety signage in common areas (e.g., "No Climbing Fences," "Foul Ball Awareness," "AED Located Here")

2026 FACILITY SURVEY REPORT

This report provides an overview of the information submitted by VISTA AMERICAN LL through the Little League Annual Facility Survey. The survey helps document the condition of each field, identify safety or maintenance needs, and track important facility details such as fencing, bleachers, lighting, emergency equipment, and field use.

The information in this summary reflects the league's responses for each field and is intended to support planning, safety awareness, and ongoing facility improvements throughout the season.

FIELD 1

1600 Sports Park Way
Vista, CA 92083

Facility survey last updated 1/30/2026

Field Dimensions

Left Field	Center Field	Right Field	Backstop	Outfield Fence Height
200 ft.	200 ft.	200 ft.	25 ft.	6 ft.

Left Field Foul Territory

Home Plate	Third Base	Foul Pole
35 ft.	25 ft.	5 ft.

Right Field Foul Territory

Home Plate	First Base	Foul Pole
35 ft.	25 ft.	5 ft.

General Details

Parking Capacity	101 or more
Bleacher Capacity	101-300
Ownership	Municipality
Maintenance Responsibility	Municipality

Emergency Equipment

Safety Features	Outfield warning track, Dugout fencing, Bullpen, Disengageable bases
Emergency Equipment Available	First aid kit

Field and Playing Area

Field is Fenced	Permanent
Fence Material	Chain-link
Basepath Material	Soil
Baseline Marking Material	Lime
Infield Surface	All-dirt or clay infield
Playing Features	Permanent pitching mound, Foul poles, Backstop

Lighting

Lights Installed	Yes
Pole Type	Steel
Underground Wiring	<input checked="" type="checkbox"/>
Light Poles Grounded	<input checked="" type="checkbox"/>
Date Electrical System Last Inspected	12/18/2025
Date Light Levels Last Tested	12/18/2025
Light Levels Meet Little League Standards	Yes

Field Usage

Field Used for Tournament Play	Yes
Scheduling Limitations	Hours of Use by the City

Bleachers

Material	Metal
Annual Inspection	<input checked="" type="checkbox"/>
Safety Railing	<input checked="" type="checkbox"/>
Handrails	<input checked="" type="checkbox"/>
Overhead Screens	

FIELD 2

1600 Sports Park Way
Vista, CA 92083

Facility survey last updated 1/30/2026

Field Dimensions

Left Field	Center Field	Right Field	Backstop	Outfield Fence Height
200 ft.	200 ft.	200 ft.	25 ft.	6 ft.

Left Field Foul Territory

Home Plate	Third Base	Foul Pole
35 ft.	25 ft.	5 ft.

Right Field Foul Territory

Home Plate	First Base	Foul Pole
35 ft.	25 ft.	5 ft.

General Details

Parking Capacity	101 or more
Bleacher Capacity	101-300
Ownership	Municipality
Maintenance Responsibility	Municipality

Emergency Equipment

Safety Features	Outfield warning track, Dugout fencing, Bullpen, Disengageable bases
Emergency Equipment Available	First aid kit

Field and Playing Area

Field is Fenced	Permanent
Fence Material	Chain-link
Basepath Material	Soil
Baseline Marking Material	Lime
Infield Surface	All-dirt or clay infield
Playing Features	Permanent pitching mound, Foul poles, Backstop

Lighting

Lights Installed	Yes
Pole Type	Steel
Underground Wiring	<input checked="" type="checkbox"/>
Light Poles Grounded	<input checked="" type="checkbox"/>
Date Electrical System Last Inspected	12/18/2025
Date Light Levels Last Tested	12/18/2025
Light Levels Meet Little League Standards	Yes

Field Usage

Field Used for Tournament Play	Yes
Scheduling Limitations	Hours of Use by the City

Bleachers

Material	Metal
Annual Inspection	<input checked="" type="checkbox"/>
Safety Railing	<input checked="" type="checkbox"/>
Handrails	<input checked="" type="checkbox"/>
Overhead Screens	

FIELD 3

1600 Sports Park Way
Vista, CA 92083

Facility survey last updated 1/30/2026

Field Dimensions

Left Field	Center Field	Right Field	Backstop	Outfield Fence Height
315 ft.	375 ft.	335 ft.	38 ft.	6 ft.

Left Field Foul Territory

Home Plate	Third Base	Foul Pole
42 ft.	30 ft.	6 ft.

Right Field Foul Territory

Home Plate	First Base	Foul Pole
42 ft.	30 ft.	6 ft.

General Details

Parking Capacity	101 or more
Bleacher Capacity	101-300
Ownership	Municipality
Maintenance Responsibility	Municipality

Emergency Equipment

Safety Features	Outfield warning track, Dugout fencing, Bullpen, Disengageable bases
Emergency Equipment Available	First aid kit

Field and Playing Area

Field is Fenced	Permanent
Fence Material	Chain-link
Basepath Material	Soil
Baseline Marking Material	Lime
Infield Surface	Part dirt, part grass
Playing Features	Permanent pitching mound, Foul poles, Backstop

Lighting

Lights Installed	Yes
Pole Type	Steel
Underground Wiring	<input checked="" type="checkbox"/>
Light Poles Grounded	<input checked="" type="checkbox"/>
Date Electrical System Last Inspected	12/18/2025
Date Light Levels Last Tested	12/18/2025
Light Levels Meet Little League Standards	Yes

Field Usage

Field Used for Tournament Play	Yes
Scheduling Limitations	Hours of Use by the City

Bleachers

Material	Concrete
Annual Inspection	
Safety Railing	<input checked="" type="checkbox"/>
Handrails	<input checked="" type="checkbox"/>
Overhead Screens	