



Baseball Ⓢ Softball

A SAFETY AWARENESS PROGRAM (ASAP)

Tri-Lakes Little League
District 5: ID# 406 05-10
2020 Season

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Tri Lakes Little League Baseball Safety Plan

ASAP – What is it? Little League Baseball, Inc. introduced “A Safety Awareness Program” (ASAP) in 1995 with the goal of re-emphasizing the position of the Safety Officer (SO) “to create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League Baseball.” The SO is a Tri-Lakes Little League (TLLL) Board position with the primary responsibility of ensuring the safety of all players, parents, and volunteers associated with Little League Baseball and Softball (ASAP Req. 16). This safety manual is offered as a tool to place some important information at the fingertips of managers, coaches, and parents.

It is the position of Tri-Lakes Little League Baseball and Softball to provide a quality program in the safest possible manner to the children who are interested in playing Little League Baseball and Softball. The members of all the League encourage safe play and practices for all children of all age groups from assessments to the completion of tournament play. This plan was written with this in mind.

At the beginning of each new season, the Board of Directors will assign tasks to all board members including the SO (ASAP Req. 01). The SO is primarily responsible for ensuring and monitoring the safe environment and practices to reduce hazardous conditions and accidents. The SO position will be part of the Board of Directors and will be on file with Little League International.

Safety Officer Duties

Safety Officer Pre-season Activities

The Safety Officer (SO) is a member of the Board of Directors and will be appointed annually (ASAP Req. 01). The SO will evaluate the current safety plan and recommend any changes for board approval. The SO will provide a final and approved copy to the District Administrator for review and to the Webmaster to post on the League’s web page. (ASAP Req. 15) The SO will prepare a written request for funds to be allocated for safety in the league’s annual budget. (ASAP Req. 19) The SO will also be listed on the yearly TLLL Charter with Little League.

The SO, along with the Fields Commissioner (if appointed) or Vice President of Baseball and Vice President of Softball, will inspect and evaluate the proposed playing fields and provide a written report to the District Administrator and to the Board of Officers of any hazardous or unsafe conditions. The SO will pay close attention to items such as fencing, any protrusions or irregularities in the playing surface, and adequate lighting (when available). A copy of this report will be given to the League Secretary to keep with all league correspondence. The SO will complete the Annual Little League Facility Survey. (ASAP Req. 08) (Fields Safety Report Summary)

The SO, along with the Equipment Manager, will inspect and evaluate the condition of the equipment prior to distribution and determine what, if any, equipment is defective and in need of replacement or maintenance, including but not limited to the following (ASAP Req. 10):

- Batting and Catching helmets: no dents or stickers, interior padding intact, NOCSAE approved
- Shin Guards: all straps are included
- Catcher’s Mask: Dangling throat guard provided, all padding intact
- Bases: Breakaway bases required as of 2008.

The SO will assemble a first aid kit to be located at each field and to be stored in the equipment box (ASAP Req. 12). Leagues decide what goes in a first aid kit.

Access the following link to view suggested items for a well-stocked first aid kit:
<https://www.littleleague.org/downloads/asap-requirement-12-first-aid-kits/>

Pre-Season Training

The Board of Directors requires that all coaches attend mandatory training sessions, which the SO will coordinate. Information will include a first aid course presented by a qualified medical professional, e.g. at the minimum an E.M.T. or paramedic (ASAP Req. 06). The second session will be presented by a coaching or playing professional and will include items such as:

- Conducting a practice
- Safe drills
- How to slide without injury
- Warm-up and stretching exercises

Each team will ensure, at a minimum, one representative attends the session each year. Every coach is required to attend the session yearly. Attendance will be taken, and the SO will check the roster against the team roster. If a team is found not to be in compliance, the coach will be placed on notice and a team representative will be required to attend the next available training session. It is expected that the coaches will incorporate the training into the teams' regular routine. If there are any questions about safety, the coaches should contact the Safety Officer (ASAP Req. 05 ASAP Req. 06).

The League will collect a medical release from all players upon registration. The SO will ensure that the medical releases will be given to the coaches along with their rosters at the beginning of the season. The coaches will be instructed that the medical release forms must be present at all times when his/her team is assembled. Extra forms will be provided in case of player trades or new players being added to the team. Coaches must have either the TLLL Registration or the Little League Medical Release Form.

Access the following link for the latest version of the Medical Release form:

http://www.littleleague.org/assets/forms_pubs/asap/medical_release_form.pdf

Tri-Lakes Little League accepts all player registrations online. Parents can register their children online using their own computer or can attend one of our parent meeting and walk-in registration sessions for assistance registering their children online. Check the TLLL home page for information on online registration.

<http://www.trilakeslittleleague.com>

The SO will verify that all required individuals have submitted the "2020 Little League Volunteer Application" form with proper photo identification, and then will conduct the required background check. The background check will consist of a nation-wide database search using JDP Background Screening. The SO will report directly to the League President the results of the background checks. (ASAP Req. 04, ASAP Req. 14). Any volunteer who refuses to comply with the background check will not be allowed to participate with the league.

Tri-Lakes Little League will utilize the online Little League Volunteer Application through JDP, which will allow Volunteers to easily utilize the QuickApp function, while still providing league officers with important information for volunteer recruitment. Using the volunteer application hosted by JDP also alleviates Tri-Lakes Little League from the responsibility to store new volunteer applications.

Safety Officer Season Activities

When a coach picks up his/her equipment from the equipment manager at the beginning of the season, he/she will inspect each item and verify that it is serviceable (ASAP Req. 10). Once the coach takes the equipment bag, it is the coaches' responsibility to notify the equipment manager (equipment@trilakeslittleleague.com) of any items that require replacement or maintenance during the season. The SO will also ensure that each team will be handed a folder containing a First Aid Kit, First Aid Guide, the ASAP plan, and copies of the TLLL Accident/Incident Report Form (ASAP Req. 02). These items will be kept with the team equipment at all times, along with the Medical Release Forms (ASAP Req. 12). The SO will also distribute a copy of the ASAP plan to each umpire, prior to the start of the season.

It is the responsibility of the Board of Directors to determine if conditions warrant cancellation of games. The Vice President of Baseball and Vice President of Softball will cancel all games at least one-hour prior, if possible, when weather conditions warrant the cancellation of games due to safety concerns. The SO will ensure that the ASAP guidelines are followed when severe weather is present. This provision does not preclude coaches or umpires to cancel games if field or playing conditions are unsafe.

The SO will ensure that the umpires observe and inspect the equipment used in the games. If any equipment is deemed unsafe, the umpire will advise the coach and remove that item from play (ASAP Req. 10).

See Field Inspection Form on page 41 of this document.

While preparing the field for play (setting bases, chalking fields) the coaches and umpires will evaluate the field and determine if the field has any conditions, such as holes in the fencing, that need attention. The coach will report that item to the SO, who will then contact the owner of the fields for repairs or secure someone to repair the fields. The SO will ensure that the required repairs have been performed. All coaches and umpires must inspect the field prior to play to judge the fitness and safety of the field. (ASAP Req. 07)

See Field Inspection Form on page 41 of this document.

It is a Little League rule and the position of the Board of Directors, that while warming up a catcher, the catcher is required to wear a mask, 'dangling' type throat protector, catcher's helmet, and athletic cup. Players should also be trained to wear batting helmets at all time while on the field except when playing field positions.

When a batter hits a foul ball out of play, the spectators will retrieve the foul ball and return it to the home team, and one of the coaches will return the ball to the umpires during a stoppage in play.

In the event of an injury, follow these steps:

- Coach/Umpire will evaluate the injury and determine what kind of care is needed.
- If a parent/family member of the player is unavailable and it is determined that the player needs professional medical attention, it is the position of the Board of Directors to err on the side of caution.
- If the parent/family member of the player is available and present, other than basic first aid, medical care shall be deferred to the parent; however, the Board of Directors still reminds everyone involved to err on the side of caution.
- If the field has a phone, then call 911 for an emergency. If the field does not have a phone, then coaches and parents are encouraged to bring personal cellular phones to the fields, including practice fields, in case of an emergency.
- The coach will notify the Safety Officer (SO) within 24 hours of the accident/injury (ASAP Req. 11). The coach will fill out an accident report form that has been approved by the Board of Directors. The report must be filled out and turned into the SO within 48 hours.
- The coach and parent will fill out the AIG Claim Report and send that to the League SO within 14 days of the accident.
- The SO will track the incident and determine if the accident could be prevented in the future, if a field condition caused the accident, etc. The SO will report to the Board of Directors at each board meeting if any accidents have occurred.
- The SO shall follow-up the accident with the parents; file the insurance forms, if required; and explain the insurance benefits and the procedures involved for filing a claim. Little League insurance is supplemental to the parent's insurance policy.

The SO will inspect the Concession stands for safety (ASAP Req. 09). All fire extinguishers will be checked.

Note: TLLL does not have Concession Stands at any field

Safety Officer Post Season Activities

The Equipment Manager, with the assistance of the Safety Officer (SO), will inspect and evaluate the condition of the returned equipment and determine what if any equipment is defective and in need of replacement or maintenance (ASAP Req. 10). The Equipment Manager will make a report for the Board of Directors.

The Director of Fields, with the assistance of the SO, will inspect and evaluate the condition of each field for safety issues. The Director of Fields will present those recommendations at the next available Board meeting.

The SO will inspect and evaluate the contents of each First Aid kit and make report back to the Board.

The SO will tabulate the Safety Incident Reports and report back to the Board:

- Total Number of Reports by Division
- Type and Number of Injuries
- Recommendations for Improvement
- Outstanding Safety Issues

The SO will update the Safety Program as required or recommend by the Tri-Lakes Little League Board of Directors.

Safety Web Page

The Safety Officer will be responsible for submitting to the League Information Officer items and links for the TLLL Safety web page (Safety Corner). This dedicated web page is designed to keep the Parents, Coaches, and Players up-to-date on Little League safety matters. The web page will contain the following:

- Links to the ASAP newsletter (ASAP Req. 20)
- Links to the Little League E-news updates
- New Little League Safety Rules
- TLLL Safety Plan
- Baseball Safety Tips / Protection equipment
- Suggestion Box
- Center for Disease Control HEADS Up to Brain Injury

The ASAP newsletter and the E-news updates are methods that Little League International uses to get ideas, news, and safety items out to all of the Coaches and Parents.

The Baseball Safety Tips contains articles about sports safety and personal safety equipment that Coaches and Parents should be aware of.

The suggestion box is a method where anyone can submit comments or concerns about current safety issues to the league for consideration.

The SO should review the Safety Corner web page on a monthly basis to ensure that the information is as current as possible.



Continuing the Little League tradition of making it "safer for the kids."

Emergency Contact Information/Fire Departments

(ASAP Req. 03)

Board Members

Name	Position.....	Contact Info on Website
Dion Arellano	President	
Vern Mullis	VP Baseball	
Shane McCann	VP Softball	
Jennifer Arellano	Secretary	
Eric Blakesley	Treasurer	
Nick Moore	Player Agent	
Ron Bush	Equipment Coordinator	
Jason Dunn	Field Coordinator	
Brigette Stafford	Fundraising Coordinator and Grants	
Cliff Mullen	Safety	
Jason Dunn	Scheduler	
Brandon Goss	Sponsor Coordinator	
Jennifer Arellano	Information Officer	
Eric Blakesley	Umpire Coordinator	
Chris Cunliffe	Coaching Coordinator	
Daniel Aubain	Registrar	
Tracey Slater	Uniform Coordinator	

REMEMBER: Tri Lakes Little League needs volunteers to make the league work. Sign up today and make a difference!

Fire Departments/Locations

In case of a medical emergency, **always call 911 first**. There are no 24-hour medical facilities in the Tri-Lakes area; however, there are several Urgent Care facilities in the area.

Centura Health Urgent Care Tri-Lakes

17230 Jackson Creek Pkwy Ste 120
Monument, CO, 80132
719-571-7070

DaVita Medical Group – Urgent Care

15909 Jackson Creek Pkwy
Monument, CO 80132
719-488-9933

UCHealth Emergency Room (Open 24 Hrs)

13510 Meadowgrass Dr,
Colorado Springs, CO 80921
719-487-2060

Coaches should know the location of the closest Fire Department to their fields. Below is a list of Fire and Emergency Services in vicinity of northern El Paso county and southern Douglas county.

Larkspur Fire Protection District

9414 S. Spruce Mountain Road
Larkspur, CO, 80118
303.681.3284

Palmer Lake Volunteer Fire Department

Valley Crescent Road
Palmer Lake, CO 80133
719.481.2902

Tri-Lakes Fire Protection District – Station 1

18650 W. Hwy 105
Monument, CO 80132
719.481.2312

Tri-Lakes Fire Protection District - Station 2

18460 Roller Coaster Road
Monument, CO 80132
719.487.0205

Wescott Fire Protection District

15415 Gleneagle Drive
Colorado Springs, CO 80921
719.488.8680

Woodmoor/Monument Fire Protection District

1855 Woodmoor Drive
Monument, Colorado 80132
719.488.3303

2020 TLLL Schedule of Events**Registration**

Online: www.trilakeslitleague.com starting January 1, 2020

Coaches and Managers Mandatory Meeting

Time and location will be announced on the league website and via email notification.

The training will consist of two sections, First Aid and Baseball Fundamentals. Every coach, assistant and manager is encouraged to attend. At a minimum, every team will have a representative and every coach, manager, and assistant is required to attend at least once every three years. (ASAP Req. 05)

General Safety**Safety Team**

TLLL requires that each team designate a team safety officer (usually a team parent). It is recommended that the team also designate a team player safety representative.

Equipment

The following two sections identify required and recommended safety equipment. Additional information about equipment can be found on the TLLL website and on the Little League website.

Required Player Equipment:

Defense:

- Athletic Supporter (all male players)
- Metal, fiber, or plastic type cub (all male catchers)
- Catcher's helmet and mask (with "dangling" throat guard), helmet must meet NOCSAE standards; NO skull capes – all catchers; must be worn during pitcher warm-up, infield practice, while batter is in box
- Catcher's mitt – all baseball catchers
- Chest protector and leg protectors – all catchers, must be worn while batter is in box; long model chest protector required for Little League (Majors division) and younger catchers

Offense:

- Helmet meeting NOCSAE standards – all batters, base runners, and players in coaches boxes
- Helmet chinstrap – all helmets made to have chinstrap (with snap buttons etc.)
- Regulation-sized ball for the game and division being played; marked RS for regular season or RS-T for regular season and tournament in baseball
- Regulation-sized bat – all batters; Little League (Majors division) and younger baseball divisions must have bat marked with USA Baseball label starting in 2018.
- Non-wood bats must have a grip of cork, tape or composite material, and must extend a minimum of 10 inches from the small end. Slippery tape is prohibited.

Required Field Equipment:

- 1st, 2nd and 3rd bases that disengage from their anchors
- Pitcher's plate and home plate
- Player's benches behind protective fences
- Protective backstop and sideline fences

Recommended (Optional) Player Equipment

Defense:

- Metal, fiber, or plastic type cup – any player, especially infielders
- Pelvic protector – any female, specially catchers
- Heart Guard / XO Heart Shield/Female Rib Guard – any defensive player, especially pitchers, infielders
- Goggles/shatterproof glasses – any player especially infielders or those with vision limitations

Offense:

- Helmet – adults in coaches' boxes
- Helmet with Face Guards or C-Flap meeting NOCSAE standards – all batters, especially in younger divisions
- Mouth guard – batters, defensive players
- Goggles/Shatterproof glasses – any player, especially those with vision limitations
- Batters vest/Heart Guard/heart shield/Female Rib Guard – any batter
- Regulation-sized reduced impact ball for certain divisions

Recommended (Optional) Field Equipment

- Double 1st base that disengages from its anchor
- Baseball mound for pitcher's plate
- Portable pitcher's baseball mound with pitchers' plate
- Protective/padded cover for fence tops
- Foul ball return in backstop fencing

Accident/Incident Reporting

Tri-Lakes Little League's primary goal is to teach our players the fundamentals of baseball in the safest possible conditions. For the League to achieve this goal, all coaches and assistant coaches must stay conscious of safety issues at all times. Knowing that accidents are a part of the game—all accidents or potential accidents must be reported to the TLLL SO within 24 hours after an incident (ASAP Req. 11). The required claim form must be completed within 14 days of the accident and given to the SO. The SO will then complete the claim with the appropriate insurance company. These accidents can include, but not limited to any of the following:

- Being hit by a ball
- Being hit by a bat
- Collision between players
- Using the equipment improperly
- Pulling a muscle during practice or a game

The Accident Reports will be tracked and reviewed by TLLL to determine if changes in the program, training, equipment, or field maintenance can reduce the number of injuries to the players.

If an accident or potential accident occurs, the coach or assistant coach will fill out the TLLL Tri-Lakes Little League Accident Report Form and mail it to the following address:

Tri-Lakes Little League
P. O. Box 1730
Monument, Colorado 80132

Alternatively, the form can be completed, scanned, and emailed to the SO at safety@trilakeslittleleague.com

The SO is to determine if immediate action is required. The appropriate individuals will be notified and will review the Report. Each report will be reviewed, logged, tracked, and if possible, closed by the SO. At the end of the season, a report will be sent to the Board of Directors summarizing all of the reports received.

Simple guideline: If you feel it is necessary to remove a player from the game due to a potential injury, fill out an Accident Report. If you have any questions, contact the League Safety Officer.

Note If a player is injured and is taken to a hospital or doctor's office, that player cannot play again until he/she provides a signed medical release form stating that it is safe for the player to return to the game. A copy of this form will be forwarded to the SO.

Access the following link for the latest version of the Little League Incident/Accident Tracking form:

<https://www.littleleague.org/downloads/incident-injury-tracking-form/>

Access the following link for the latest version of the Little League AIG Accident Claim form:

<http://www.littleleague.org/Asset161580.aspx>

Access the following link for the latest version of the Little League AIG Accident Claim form instructions:

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

Access the following link for the latest information on Little League insurance:

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

All forms are included in hardcopy in each safety packet and can also be found on the Tri-Lakes Little League website.

Volunteer Information

Starting with the 2003 season, Little League programs nationwide are required to annually conduct a background check of Managers, Coaches, members of the Board of Directors, and any volunteers who provide regular service to the league and/or have repetitive access to, or contact with, players or teams. The purpose of the background checks is, first and foremost, to protect children. Second, they maintain Little League as a hostile environment for those who would seek to do harm. Third, they will help to protect individuals and leagues from possible loss of personal or league assets because of litigation. Failure to complete and submit the Volunteer Application Form by those required will result in being barred from involvement in Little League. Failure by the local league to conduct the proper background checks may result in suspension or termination of the league's charter and/or tournament privileges. (ASAP Req. 04)

All Board members, managers, and coaches must complete the online Volunteer Application from the JDP Background Check web site before being allowed to participate. All applicants will be submitted for a nationwide check. We also ask all volunteers to remain alert to any threat to our children while focusing on teaching good, fundamental baseball and softball skills.

Volunteers can email the League SO at safety@trilakeslittleleague.com their First Name, Last Name, and an email address, the League SO will then order a Quick App from the JDP website. Once the Quick App order is requested, the JDP site will send the Volunteer an email with instructions and personal link to complete the online Volunteer Application.

Child Protection Information

SafeSport

In 2018, the "Protecting Young Victims from Sexual Abuse and SafeSport Authorization Act of 2017" became Federal law. The mission of the U.S. Center for SafeSport is to make the athlete well-being the centerpiece of our nation's sports culture. All athletes deserve to participate in sports free from bullying, hazing, sexual misconduct, or any form of emotional or physical abuse. Education and awareness are the most critical components to creating safe and respectful sporting environments, free of abuse and harassment.

Link to video on SafeSport resources for parents <https://www.littleleague.org/player-safety/child-protection-program/safesport-resources-parents/>

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

- Reporting of Sexual Abuse involving a minor to the proper authorities
 - All volunteers of a local league are now mandated reporters and could face criminal charges if the league chooses to ignore, or not report to the proper authorities, any witnessed act of child abuse, including sexual abuse, within 24 hours.
 - Local leagues must be aware of the proper procedures to report sexual abuse in their state. Please reference LittleLeague.org/ChildAbuse
- Leagues must adopt a policy that prohibits retaliation on “good faith” reports of child abuse
- Leagues must adopt a policy that limits one-one-one contact with minors
- Leagues are highly encouraged to complete the below Abuse Awareness training provided by USA Baseball and SafeSport

Abuse Awareness for Minors

Hosted by former Major Leaguer, David Ross, the Abuse Awareness for Minors course provides resources to identify what abuse is and what to do if someone is being abused. Topics covered include knowing who and what to tell, and what is and isn't appropriate behavior within baseball activities.

[TAKE THE FREE ONLINE COURSE](#)

Abuse Awareness for Adults

Hosted by former Major Leaguer, David Ross, the Abuse Awareness for Adults course provides resources to create a positive and safe environment for all athletes, coaches, parents, umpires, and spectators by understanding how to recognize misconduct and abuse of all types. Topics covered include how to identify and report incidents and what abuse awareness policies should be in place.

[TAKE THE FREE ONLINE COURSE](#)

Little League Rules

The local league is required to have all board members, managers, coaches, and other volunteers or hired workers who provide regular service to the league or/and who have repetitive access to or contact with players or teams complete the Online Volunteer Application. Additionally, the league will be required to conduct a background check on each of these individuals. Little League Baseball will require each league to sign an agreement on the Charter application that they will comply with Regulations I(b) and I(c) 8 & 9. The leagues will also be required to sign a statement on the tournament enrollment form verifying that the process under the regulations has been completed and implemented. Failure to sign the agreement on the charter application will result in the league not being chartered and failure to fulfill the requirements of the regulations will result in the league's status being referred to the Charter/Tournament committee for action to revoke the league's charter and all privileges.

Limited Distribution of Information

The local league president shall only share personal information contained in the volunteer application, background check, or other information obtained through the screening process with other members of the board of directors in order to make personnel decisions. If the information obtained through the background check is public record and causes an individual to not be appointed or to be terminated, Little League Baseball

recommends this information be shared with the parents/guardians of the children who have had contact with that individual.

What Steps Should TLLL Take?

Preparing players and volunteers to look for warning signs protects them against those who would prey on the innocent and unaware is the first step. No one knows what causes people to abuse children, or when they will begin. By providing information to your league on this subject, you also protect against even those who have never been charged or convicted of an act against a minor. For information to provide parents in your league on this vital program, see the PDF file on Little League's website, "A Parent's Guide to the Child Protection Program."

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

Introduction

The backbone of Little League Baseball 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 children. 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 the following:

*"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.)*

Recent 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 a 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.)

The purpose of these background checks is, first and foremost, 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. In more than 40 states, a check of the state's sex offender registry is free. In others, there is a nominal fee per person. Parents have a right to know that the leadership of their child's local Little League conducted the mandatory background check on everyone required. Whatever the cost, the local league cannot afford to ignore this new regulation. In fact, compliance is a condition of membership in Little League.

What Can Parents Do?

Most children have been warned about the dangers of talking to strangers, but for many children, sexual molestation is committed by someone they know. 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, occupation, race, and 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 Godsend. 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 itself, is relatively meaningless. Taken together, however, they may indicate a problem.

What to Watch For in Your Child

We’ve 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 nonprofit organization founded by John Walsh, <http://www.missingkids.com/> and the National Clearinghouse on Child Abuse and Neglect Information, 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, <http://www.calib.com/nccanch/>.

How to Report Suspected Child Maltreatment

The National Clearinghouse on Child Abuse and Neglect Information advises this: If you suspect a child is being maltreated, or if you are a child who is being maltreated, call the Childhelp 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 "Resource Listings" section at this site: <http://www.calib.com/nccanch/pubs/prevenres/organizations/tollfree.cfm>, or call the Clearinghouse at 1-800-FYI-3366.

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.

These criminals who steal childhood MUST BE STOPPED.

Child Abuse: A Five-Step Review

- 1 Know what it is and where to look. Defining child abuse, and separating the truth from the myths, better enables us all to spot potentially dangerous situations.
- 2 Educate parents, volunteers, and children. They need to be supplied with the information necessary to protect everyone. Let the children know that it's never their fault.
- 3 Establish and follow safety procedures. Employing basic rules, such as the buddy system, can keep child abuse from happening in the first place.
- 4 Screen applicants carefully. An effective three-step plan can keep potential child abusers out of Little League and keep our kids safe.
- 5 Don't be afraid to speak out. Both Little League children and adults need to feel safe to come forward. If an individual honestly feels something is wrong, the laws are in place to protect them.

Communicable Disease Procedures

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

- Bleeding must be stopped, the open wound covered and if there is any 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 blood-contaminated surfaces and equipment with a solution made from a proper dilution of household bleach (CDC recommends 1-100) or other disinfectant before competition resumes
- Practice proper disposal procedures to prevent injuries caused by sharp instruments or devices.
- Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
- Managers, coaches, and volunteers with bleeding or oozing skin should refrain from all direct athletic care until the condition is resolved.
- Contaminated towels should be disposed of/disinfected properly.
- Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards and other articles containing body fluids.

West Nile Virus

Colorado has the distinct honor of being one of the states with the most reported cases of West Nile Virus. For 2003, there were a reported 2,947 cases of West Nile Virus, with 114 of those reported in El Paso County. Colorado has taken several steps in helping to prevent the spread of West Nile, but the first step is taking personal prevention. The below information is from the CDC Web Site:

Infected mosquitoes spread West Nile virus that can cause serious, life-altering, and even fatal disease. To prevent WNV and other mosquito-borne diseases, remember:

- Use Mosquito Repellent
- Eliminate standing water where mosquitoes can lay eggs
- Install or Repair Window and Door Screens
- Support Community-Based Mosquito Control Programs

Access the Center for Disease Control's web site for more information on West Nile Virus:

<http://www.cdc.gov/ncidod/dvbid/westnile/>

For specific information related to West Nile virus in Colorado, access the following web site:

<http://www.fightthebitecolorado.com/>

Concussion & Heads Up Action Plan

Concussions

A concussion is type of traumatic brain injury that interferes with normal function of the brain. You've probably heard the terms "ding" and "bell-ringer." These used to be thought of as minor head injuries and a normal part of sports. There is no such thing as a minor brain injury!! Any suspected concussion must be taken seriously.

A concussion is caused by a bump, blow, or jolt to the head or body. Basically, any force that is transmitted to the head causes the brain to literally bounce around or twist within the skull, potentially resulting in a concussion. The vast majority of concussions do not involve a loss of consciousness. In fact, less than 10% of all players actually lose consciousness.

Signs and Symptoms:

Typical signs of a concussion may consist of one or more of the following: the player appears dazed or stunned; is confused about assignment; forgets plays; is unsure of game, score, or opponent; moves clumsily;

answers questions slowly; loses consciousness—remember that is pretty rare; shows behavior or personality changes; and, finally, has memory problems like being unable to remember events prior to or after the injury.

Symptoms reported to the coach may include one or more of the following: headache, nausea, balance problems or dizziness, double or fuzzy vision, sensitivity to light or noise, feeling sluggish, feeling foggy or groggy, concentration or memory problems, and confusion.

What to do if you suspect a concussion?

If you suspect that a participant has a concussion, follow the “Heads Up” 4-step Action Plan:

1. Remove the participant from play.
2. Ensure that the participant is evaluated by an appropriate health care professional.
3. Inform the participant’s parents or guardians about the possible concussion and give them information on concussion.
4. Keep the participant out of play the day of the injury and until an appropriate health care professional says they are symptom-free and give the okay to return to activity.

When to seek Immediate Medical Attention?

Although rare, there are some situations in which you may need to call 911 and activate the Emergency Medical System. The following circumstances are medical emergencies:

1. Any time a player has a loss of consciousness of any duration. While loss of consciousness is not required for a concussion to occur, it may indicate more serious brain injury.
2. If a player exhibits any of the following: decreasing level of consciousness, looks very drowsy or cannot be awakened, if there is difficulty getting their attention, irregularity in breathing, severe or worsening headaches, persistent vomiting, or any seizures

Per section 1(b) of Colorado statute 25-43-103 *Organized school athletic activities - **concussion** guidelines required* each private club or public recreation facility and each athletic league that sponsors youth athletic activities shall require each volunteer coach for a youth athletic activity and each coach with whom the club, facility, or league directly contracts, formally engages, or employs who coaches a youth athletic activity to complete an annual **concussion** recognition education course.

The **concussion** recognition education course required by subsection (1) of C.R.S 25-43-103 shall include the following:

- (I) Information on how to recognize the signs and symptoms of a **concussion**;
 - (II) The necessity of obtaining proper medical attention for a person suspected of having a **concussion**; and
 - (III) Information on the nature and risk of **concussions**, including the danger of continuing to play after sustaining a **concussion** and the proper method of allowing a youth athlete who has sustained a **concussion** to return to athletic activity.
- (b) An organization or association of which a school or school district is a member may designate specific education courses as sufficient to meet the requirements of subsection (1) of this section.

(3) If a coach who is required to complete **concussion** recognition education pursuant to subsection (1) of this section suspects that a youth athlete has sustained a **concussion** following an observed or suspected blow to the head or body in a game, competition, or practice, the coach shall immediately remove the athlete from the game, competition, or practice.

(4) (a) If a youth athlete is removed from play pursuant to subsection (3) of this section and the signs and symptoms cannot be readily explained by a condition other than **concussion**, the school coach or private or public recreational facility's designated personnel shall notify the athlete's parent or legal guardian and shall not permit the youth athlete to return to play or participate in any supervised team activities involving physical exertion, including games, competitions, or practices, until he or she is evaluated by a health care provider and receives written clearance to return to play from the health care provider. The health care provider evaluating a youth athlete suspected of having a **concussion** or brain injury may be a volunteer.

(b) Notwithstanding the provisions of paragraph (a) of this subsection (4), a doctor of chiropractic with training and specialization in **concussion** evaluation and management may evaluate and provide clearance to return to play for an athlete who is part of the United States Olympic training program.

(c) After a concussed athlete has been evaluated and received clearance to return to play from a health care provider, an organization or association of which a school or school district is a member, a private or public school, a private club, a public recreation facility, or an athletic league may allow a licensed athletic trainer with specific knowledge of the athlete's condition to manage the athlete's graduated return to play.

(5) Nothing in this article abrogates or limits the protections applicable to public entities and public employees pursuant to the "Colorado Governmental Immunity Act", article 10 of title 24, C.R.S.; volunteers and board members pursuant to sections 13-21-115.7 and 13-21-116, C.R.S.; or ski area operators pursuant to sections 33-44-112 and 33-44-113, C.R.S.

All coaches and umpires are required to complete the free online [HeadsUp Course](#) found on the Center for Disease Control (CDC) HEADS UP to Youth Sports site. By taking this free, online course and using what they learn, coaches and umpires will be well positioned to improve the culture of concussion. Their actions can help create a safe environment for young athletes so that they can stay healthy, active, and thrive – both on and off the playing field.

Once a coach or umpire completes the training and quiz, they will print out a certificate, and send a copy to the SO at safety@trilakeslittleleague.com so a record can be maintained by the league.

TLLL strongly encourages parents/guardians of players to complete the [HeadsUp Course](#). Completion of this course will help you:

- Understand a concussion and the potential consequences of this injury,
- Recognize concussion signs and symptoms and how to respond,
- Learn about steps for returning to activity (play and school) after a concussion, and
- Focus on prevention and preparedness to help keep athletes safe season-to-season.

Common Illnesses in Colorado Due to Altitude

Heat Illness

There are three degrees of heat illness: heat cramps, heat exhaustion, and heat stroke. People who are most likely to be overcome by excessive heat are the very young, the aged, obese people, alcoholics, and those who suffer from any disease that impairs body strength. Young, healthy people who overexert themselves in excessive heat may also be overcome by heat illness. To function properly the body must maintain a core temperature of 98.6 degrees. When it is hot, the body sheds excess heat by dilating blood vessels near the skin and perspiring. When the body perspires too much it loses valuable salt and water causing the following illnesses: (ASAP Req. 27)

Heat Cramps

Salt is necessary for proper muscle function. When muscles are deprived of salt, they become irritated and spasm. Heat cramps are muscle spasms in the legs and/or abdomen that result when profuse sweating depletes the body of salt. They usually affect people in good physical condition who overexert themselves in sports or work when heat and humidity are high.

Treatment: Remove the person from the heat, rub muscles or have the person “walk off the cramp” If the person is nauseated or faint, have them drink 1 to 2 glasses of Gatorade type drink. Encourage rest for at least 12 hours so the body may obtain its salt balance.

Heat Exhaustion

Signs and Symptoms: Lying down from excessive loss of salt and water. Dehydrated or diminished thirst drive. May come on suddenly with fainting and collapse, or may begin with headache, fatigue, dizziness, nausea, and sometimes abdominal cramping, profuse sweating, pale, and clammy skin.

Treatment: Remove the person from heat to a cool place, remove as much clothing as possible, lie them on their back with their legs elevated 6-12 inches, sponge the person with cold water and fan the person. Do not chill the person—just make the person comfortably cool. Do not give anything by mouth. Have someone call and ambulance while these steps are being taken.

Heat Stroke

The least common, but most serious heat illness. The body has lost its heat regulating mechanisms. It is a dire emergency with a 90% mortality rate. These people at first sweat profusely to dissipate excess heat, but eventually become too dehydrated to sweat anymore and their core temperature rise rapidly.

Signs and Symptoms: Body temperature rapidly rises to 105-106 degrees Fahrenheit. The skin is HOT and DRY, the person becomes disoriented, confused, delirious, or lapses into a coma, pulse is very rapid and pounding, and their respirations are very rapid.

Treatment: **CALL AN AMBULANCE IMMEDIATELY!** Remove the person from the heat; cool the person down as rapidly as possible by removing clothing, immerse in cold water or hose down with garden hose. Do not cool the person so much that the person begins to shiver, this produces more heats. Do not give the person anything by mouth.

Sunburn

Severe sunburns that blister and swell are extremely painful can result in significant fluid loss and infection. They are considered serious if they are of the face, hands, and feet.

When treating an injury, remember:

Protection – Rest – Ice – Compression – Elevation – Support

Safety is everyone’s job. Prevention is the key to reducing accidents to a minimum.

- Report all hazardous conditions to the SO or another Board member immediately.
- Don’t play on a field that is not safe or with unsafe playing equipment. (ASAP Req. 28)
- Be sure your players are fully equipped at all times, especially catchers and batters.
- Check your team’s equipment often.

Codes of Conduct

The TLLL Board of Directors has created 4 separate “Codes of Conduct” for the league to improve safety for the players, coaches, umpires, and spectators. The Code of Conduct will be posted at registration so everyone

associated with the league will clearly know what is expected for each individual. There is a “Code of Conduct” for each of the following:

- Code of Conduct Summary (Registration Packet)
- Parents and Spectators
- Coaches
- Players

Consequences of a failure to follow the stated Code of Conduct can vary, from a verbal warning, stoppage of play, or forfeiture of the game to being barred from the Tri-Lakes Little League for the season. The goal of instituting this Code of Conduct is to maintain the high standards that have been set by TLLL while continuing and to make the game as safe and enjoyable for all of the players.

Code of Conduct Summary (Registration Packet)

This section outlines the Tri Lakes Little League’s Code of Conduct for Coaches, Players, and Parents. Little League baseball as identified by Headquarters National Little League Baseball, Williamsport, Pennsylvania states that all participants understand and practice the following principles of behavior:

“Little League is a program of service to youth. It is geared to provide an outlet of healthful activity and training under good leadership in the atmosphere of wholesome community participation. The movement is dedicated to helping children become good and decent citizens. It strives to inspire them with a goal and to enrich their lives towards the day when they must take their places in the world. It establishes the values of teamwork, sportsmanship and fair play.”

In light of this, the following Code of Conduct is designed to instill and maintain the highest level of sportsmanship, integrity, fairness and professionalism in the Tri-Lakes Little League program. All participants (Coaches, Parents, and Players) accept responsibility for adhering to the Code of Conduct upon registration into Tri-Lakes Little League. Violations should be reported to the Tri Lakes Little League Board for resolution.

Parents Code of Conduct

Parent or Spectator shall:

- Show positive attitudes towards the players. Do not express any criticism to the players. Parents may present their opinion or criticism to an officer/representative of the league in a constructive manner after the game.
- Realize that the umpire is closest to the play and that each umpire makes the calls as he or she sees them. The umpire has assumed a difficult, but necessary role. Show support and respect for their decisions.
- Applaud good plays; ignore errors. Encourage a greater effort, initiative, and hustle. Congratulate the winner and encourage the loser. Enjoy the game for what it is.
- Not, at any time, be guilty of heaping personal verbal abuse or lay a hand upon, push, shove, strike, or threaten to strike upon any official, manager, coach, volunteer, player, or spectator for any real or imaginary belief of a wrong decision or judgment.
- Not be guilty of an objectionable demonstration of dissent at an official or coach’s decision by verbal abuse or “Grandstanding” including profane, obscene, or vulgar language in any manner at any time.
- Not be guilty of gambling upon any play or outcome of any game with anyone at any time.
- Not bring pets on any TLLL complex at any time. This includes dogs, cats, horses, etc.
- Remember, this is a game and the children are there to have fun and learn how to play on a team sport.
- Not appear on the field of play, stands, or anywhere on any TLLL complex while in an intoxicated state at any time. Intoxicated is defined as an odor or behavior issue. No Alcohol is allowed in any parking lot, field, or common areas within the TLLL complexes.

- No smoking of any kind is permitted including the use of tobacco products of any kind (including spit tobacco) in any common areas within the TLLL complexes.
- Observe a 5 mph speed limit in roadways and parking lots while attending any TLLL function. Watch for small children around parked cars.
- Attend all practices and games whenever possible.
- Present exemplary behavior during all Little League and related activities, remembering that all Managers, Coaches and Board Members are volunteers.
- Display and encourage sportsmanship at all times.
- Demonstrate respect to Managers, Coaches, Umpires, and players.
- Help maintain a clean and safe playing environment.
- Not use tobacco, drugs, or alcohol while involved in/around Little League and/or related activities.

Coaches Code of Conduct

The Board of Directors of Tri-Lakes Little League has mandated the following Safety Code. All coaches and assistant coaches are required to read and follow the Safety Code for Coaches. Coaches include Managers, Coaches, and all League Approved Volunteers working on the field with our players. Signatures are required in the spaces provided below acknowledging that coach and assistant coaches understand and agree to comply with this Safety Code. Tear the signature sheet on the line and mail to the TLLL SO.

- Coaches will complete recommended training courses.
- Coaches will conduct themselves in an exemplary manner at all times.
- Comply with established game, League, and National Little League rules. (ASAP Req. 13)
- Coaches will remain in the dugout or their coach's box after the game has started.
- Coaches will request time and receive time before leaving the dugout.
- Only the coach or the assistant (not both) may come out of the dugout when time is called and granted.
- Coaches should ensure that no players are playing in parking lots at any time.
- No Profanity allowed at any time at any TLLL complex. This includes all practice sessions.
- For designated divisions, the on-deck batter is permitted to be in the designated batting circle, near the base coach. With the addition of the at bat batter, these are the only batters allowed on the field.
- Observe all posted signs. Players and spectators should be alert at all times for foul balls and errant throws.
- After each game, each team must clean up trash in dugout and around stands.
- Follow all Little League and TLLL rules at all times. When there is a conflict between the Little League rules and TLLL local rules, the TLLL rules will apply. (ASAP Req. 13)
- Follow the TLLL General Safety Guideline; ensure that the Players follow the Players Safety Guidelines; and the Parent follow the Parents and Spectators Guidelines.
- Failure to comply with the above may result in expulsion from the TLLL field or complex.
- Present an image of professionalism and competency, to include dress and appearance.
- Present exemplary behavior during all Little League and/or related activities.
- Demonstrate enthusiasm, honesty, and respect for the game which necessarily includes fair play.
- Comply with established game, League, and National Little League rules. (ASAP Req. 13)
- Display and encourage sportsmanship; encourage the same by players and fans.
- Place the emotional and physical well-being of players at the top of your priorities (to include a safe playing environment).
- Do not use tobacco, drugs, or alcohol while involved in/around Little League and/or related activities.

Remember: If it isn't fun it isn't Little League!

Player's Code of Conduct

The Board of Directors of Tri-Lakes Little League has mandated the following Safety Code. All coaches will read the Safety Code for Players to each team member. Signatures are required in the spaces provided below for all divisions except T-Ball, acknowledging that coaches, assistant coaches, and all players understand and agree to comply with the Safety Code. Tear the signature sheet on the dotted line and mail to the TLLL SO.

- Players will conduct themselves in an exemplary manner at all times.
- No player may leave the field or dugout without the permission of the coach after the game has started.
- Players must hustle between innings—both offensive and defensive players
- No player will make any exhibition or demonstration about a judgment call by an umpire; including strikes, balls, safe, out, fair, or foul balls.
- During practice and games, all players should be alert and watching the batter on each pitch.
- At no time should “horse play” be permitted on the playing field or in the dugout.
- Shoes with metal spikes or cleats are not permitted. Shoes with molded cleats are permissible. Exception—Juniors, Senior, and Big League are permitted to wear metal spikes or cleats (1.11h).
- Players will not wear watches, rings, pins, jewelry, or other metallic items during practices or games. (Exception—Jewelry that alerts medical personnel to a specific condition is permissible and this must be taped in place.)
- No food or drink, at any time, in the dugouts. (Exception—bottled water, Sports drinks and water from drinking fountains)
- Catchers must wear a catcher’s mitt (not a first baseman’s mitt or fielder’s glove) of any shape, size, or weight consistent with protecting the hand.
- Catchers must wear an athletic cup at all times.
- No playing in the parking lots at any time.
- No swinging bats or throwing baseballs at any time within the walkways and common areas of the field.
- No throwing rocks, climbing fences, or swinging on dugout roofs.
- All gates to the fields must remain closed at all times. After players have entered or left the playing field, gates should be closed and secured.
- Bicycle helmets must be worn at all times when riding bicycles on the premises as well as to and from the premises.
- Use crosswalks when crossing roadways. Always be alert for traffic.
- The District 38 Retention ponds are off limits at all times.
- There is no running allowed in the bleachers.
- Present exemplary behavior during all Little League and/or related activities.
- Display and encourage sportsmanship at all times.
- Demonstrate respect to Managers, Coaches, Umpires, and other players.
- Do not use tobacco, drugs, or alcohol while involved in/around Little League and/or related activities.

Remember: If it isn't fun it isn't Little League!

Player Safety

General Safety Guidelines

- Managers, coaches, and umpires should have training in first-aid. First-aid kits are located in the equipment bins located at each field.
- Arrangements should be made in advance of all games and practices for emergency medical services.
- No games or practices should be held when weather or field conditions are poor. (ASAP Req. 28)
- Play area should be inspected frequently for holes, damage, stones, glass, and other foreign objects.
- 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, assistants, 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 players will participate in pre-game warm-ups. This will help prevent player injury.
- Equipment should be inspected regularly for the condition of the equipment as well as for proper fit (ASAP Req. 10)
- Batters must wear Little League approved protective helmets during batting practice and games.
- 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. Managers should encourage all male players to wear protective cups and supporters for practices and games.
- Except when a runner is returning to a base, headfirst slides are not permitted.
- During sliding practice, bases should not be strapped down or anchored.
- At no time should “horse play” be permitted on the playing field.
- Parents of players who wear glasses should be encouraged to provide safety glasses.
- Player must not wear watches, rings, pins, or metallic items during games and practices.
- The Catcher must wear catcher’s helmet, mask with a throat guard, and an athletic cup when warming up pitchers. This applies between innings, in the bullpen during a game, and during practices
- Managers and Coaches may NOT warm up pitchers before or during a game.
- A League-approved Coach or Assistant Coach are required at all practices and games.
- All managers and coaches are required to attend a TLLL-sponsored managers clinic.
- Players and Coaches will follow Little League rules and TLLL guidelines at all times. (ASAP Req. 13)

Stretching and Warm-ups

Conditioning and Stretching

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

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

The purpose of stretching is to increase flexibility within the various muscle groups and prevent tearing from overexertion. Stretching should never be done forcefully, but rather in a gradual manner to encourage looseness and flexibility. (ASAP Req. 29).

Don't stretch cold muscles. A light jog prior to calisthenics and stretching is recommended.

Hints on Stretching

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

Hints on Calisthenics

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

Suggestions for Warm-up Drills



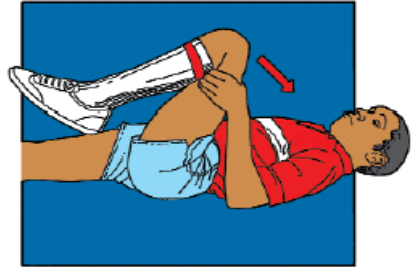
Heel Cord Stretches

Lean against a wall. Reach one leg behind you. Keep the knee straight, heel on the ground, and toes pointed forward. Slightly bend the leg that's closer to the wall. Lean forward. You should feel the stretch along the back of your calf. Repeat with other leg.



Head and Neck Circles

Make a circle with your head, going around first in one direction five times. Then reverse and make five circles in the opposite direction.



Low Back Stretches

Lie on your back, bring one knee up, and pull the knee slowly toward your chest. Hold and repeat three times. Switch legs and repeat.



Shoulder Stretches #1

Stand or sit, holding your throwing arm at the wrist with your other hand. Put your arm over your head and pull gently, feeling your upper arm against your head. You should feel the stretch inside your shoulder.



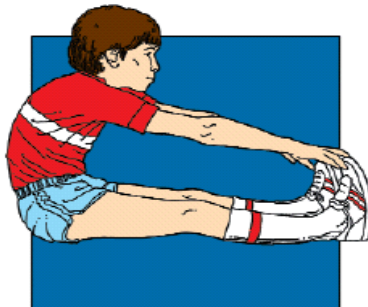
Shoulder Stretches #2

Stand or sit, holding onto the elbow of your throwing arm with your other hand. Gently pull your throwing arm across your chest. You should feel the stretch inside your shoulder, especially at the back.



Shoulder Stretches #3

Stand or sit with your pitching arm out to the side and your elbow bent. Move your arm back until you feel the stretch in the front of your shoulder.

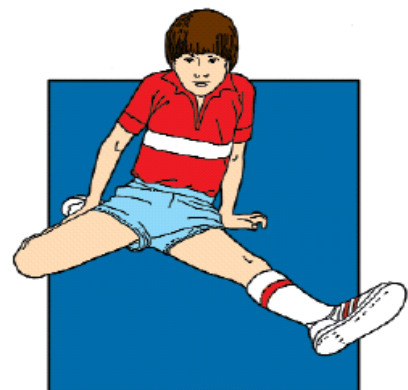


Thigh Stretches #1

Sit on the ground. Stretch both legs out in front of you. Reach forward, touching your toes. Eventually, you want to lean forward far enough to put your head on your knees. You should feel the stretch along the backs of your legs.

Thigh Stretches #2

Sit on the ground with one leg stretched out in front of you. Bend the other knee and put your foot behind you. Lean backwards. You should feel the stretch along the front of your thigh.



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Protecting the Pitchers Arm

Pre-Game Warm Up

- 1 Jogging
 - a Increase blood flow to muscles and joints, increasing flexibility and decreasing the chance of injury.
 - b The goal is to develop a light sweat.
 - 2 Stretching
 - a Loosens up the arm—possibly saves up to 20 pitches per game.
 - b 5 repetitions, 20 second holds, pain free.
 - c Prolonged, gentle, comfortable stretching is the goal.
 - 3 Throwing
 - a Pitchers (50-60) (Adjust for Age)
 - b 30 straight balls half speed
 - c 10 curve balls (if age appropriate)
 - d 10 sliders (if age appropriate)
 - e 10 fast balls
 - f Begin distances shorter than from the mound.
 - g Gradually increase distance and speed.
 - h Do not throw curve balls until warm.
 - i Keep arm warm between innings and prior to pitching.
- Note** Items c-e are for the older players.

Post-Game

- 1 Ice—20 minutes
 - a Decrease pain, swelling, and inflammation.
 - b Prevention of injuries.
- 2 Rest
 - a 4-5 day rest between starts is recommended

Pitch Counts

TLLL requires mandatory pitch count for all Little League Baseball teams. There have been several studies that indicate that the repetitive nature of pitching can hurt young players. According to usabaseball.com:

Pitches are counted and monitored for professional, collegiate, and high school pitchers in order for them to reduce the risk of injury. A 1996 survey conducted by the USA Baseball Medical & Safety Advisory Committee (USA Baseball News, 1996) showed that most experts believed pitch counts should be kept for youth pitchers as well. In response to this charge, the committee sponsored an epidemiological study by the American Sports Medicine Institute (ASMI) to look at this issue. This study - published in The American Journal of Sports Medicine in 2002 - showed a significant relationship between the number of pitches thrown and the risk of shoulder and elbow pain in youth baseball. It is the opinion of ASMI and the USA Baseball Medical & Safety Advisory Committee that joint pain indicates the early development of a potentially serious joint injury. Thus pitch count limits are recommended for youth baseball.

TLLL requires that Coaches be aware of this situation and use “pitch counts” for deciding the pitching rotation. Coaches are required to submit a Pitching Log weekly to the league. The following pages give specific Little League guidelines for Pitch Counts.

Regular Season Pitching Regulations

Due to the dynamic nature of the safety requirements for Little League play, always refer to your Official Little League Rules and Regulations for pitching regulations. If you did not receive a rule book for the current season, please contact the VP Baseball immediately. You can find the VP Baseball contact information in the *Board Members section of this document on page 10*, or on the Board Members/Contact Us page of our web site <http://www.trilakeslittleleague.com>.

Regulation VI – Pitchers

- 1 Any player on a regular season team may pitch. (NOTE: There is no limit to the number of pitchers a team may use in a game.)
- 2 Junior, Senior, and Big League Divisions only: A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game.
- 3 The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position:
 - a 17-18 yrs - 105 pitches per day
 - b 13-16 yrs - 95 pitches per day
 - c 11-12 yrs - 85 pitches per day
 - d 9-10 yrs - 75 pitches per day
 - e 7-8 yrs - 50 pitches per day

Exception: If a pitcher reaches the limit imposed in Regulation VI (c) for his/her league age while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs: 1. That batter reaches base; 2. That batter is put out; 3. The third out is made to complete the half-inning.

Note: A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of that day.

- 4 Pitchers league age 14 and under must adhere to the following rest requirements:
 - a *If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.*
 - b If a player pitches 51-65 pitches in a day, three (3) calendar days of rest must be observed.
 - c If a player pitches 36-50 pitches in a day, two (2) calendar days of rest must be observed.
 - d If a player pitches 21-35 pitches in a day, one (1) calendar days of rest must be observed.
 - e If a player pitches 1-20 pitches in a day, no (0) calendar day of rest must be observed.
- 5 Pitchers league age 15-18 must adhere to the following rest requirements:
 - a If a player pitches 76 or more pitches in a day, four (4) calendar days of rest must be observed.
 - b If a player pitches 61-75 pitches in a day, three (3) calendar days of rest must be observed.
 - c If a player pitches 46-60 pitches in a day, two (2) calendar days of rest must be observed.
 - d If a player pitches 31-45 pitches in a day, one (1) calendar day of rest must be observed.
 - e If a player pitches 1-30 pitches in a day, no (0) calendar day of rest must be observed.
- 6 Each team must designate the scorekeeper or another game official as the official pitch count recorder.
- 7 The pitch count recorder must provide the current pitch count for any pitcher when requested by either manager or any umpire; however, the manager is responsible for knowing when his/her pitcher must be removed.
- 8 The official pitch count recorder should inform the umpire-in-chief when a pitcher has delivered his/her maximum limit of pitches for the game, as noted in Regulation VI (c). The umpire-in-chief will inform the pitcher's manager that the pitcher must be removed in accordance with Regulation VI (c); however, the failure by the pitch count recorder to notify the umpire-in-chief, and/or the failure of the umpire-in-chief to

notify the manager, does not relieve the manager of his/her responsibility to remove a pitcher when that pitcher is no longer eligible.

- 9 Violation of any section of this regulation can result in protest of the game in which it occurs. Protest shall be made in accordance with Playing Rule 4.19.
- 10 A player who has attained the league age of twelve (12) is not eligible to pitch in the Minor League.
- 11 A player may not pitch in more than one game in a day. (Exception: In the Big League Division, a player may be used as a pitcher in up to two games in a day.)

Notes:

- The withdrawal of an ineligible pitcher after that pitcher is announced, or after a warm-up pitch is delivered, but before that player has pitched a ball to a batter, shall not be considered a violation. Little League officials are urged to take precautions to prevent protests. When a protest situation is imminent, the potential offender should be notified immediately.
- Pitches delivered in games declared "Regulation Tie Games" or "Suspended Games" shall be charged against pitcher's eligibility.
- In suspended games resumed on another day, the pitchers of record at the time the game was halted may continue to pitch to the extent of their eligibility for that day, provided said pitcher has observed the required days of rest.

Example 1: A league age 12 pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes on the following Thursday. The pitcher is not eligible to pitch in the resumption of the game because he/she has not observed the required days of rest.

Example 2: A league age 12 pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes on Saturday. The pitcher is eligible to pitch up to 85 more pitches in the resumption of the game because he/she has observed the required days of rest.

Example 3: A league age 12 pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes two weeks later. The pitcher is eligible to pitch up to 85 more pitches in the resumption of the game, provided he/she is eligible based on his/her pitching record during the previous four days.

Note: The use of this regulation negates the concept of the "calendar week" with regard to pitching eligibility.

Warming Up Catchers

(ASAP Req. 29)

Remember: Coaches cannot act as catchers:

"I have a question regarding the rule for a coach catching (or not catching) a pitcher during practice. Is this a rule, or just something that is recommended? If it is a rule, please help me by locating it in the rule book."

Coaches aren't supposed to act as players. According to Rule 3.09:

"... Managers and coaches must not warm up a pitcher at home plate or in the bullpen or elsewhere at any time. They may, however, stand by to observe a pitcher during warm-up in the bull pen."

This rule underscores the desire of Little League to let players play, and have coaches do the instructing, mentoring, and coaching, which is their role. One of the main reasons coaches give for doing it themselves is a lack of equipment or a lack of experienced players to catch. Safety is a real concern with having coaches catch pitchers; if they don't have equipment for the players to wear, they certainly don't have any for themselves. This doesn't remove the need for safety equipment. Each year coaches are injured while catching their pitchers. Remind coaches that developing other players in the catcher's position helps their team, and that full equipment is only necessary when a batter is ready to hit. A helmet and face guard will allow a player to warm up a pitcher

while the actual catcher is getting on his/her equipment. While this rule specifically addresses game situations, coaches are likewise restricted from this in practices.

Please use common sense in applying this rule. Should coaches warm up pitchers? No. Will it occasionally occur at practice? Unfortunately, yes. Should it be the standard? Never. Just make sure coaches understand the intent of allowing players to play, developing all players' abilities and their risk in catching without proper equipment.

Do catchers need to wear all equipment all the time?

No. Rule 1.17 notes the catcher must wear "a mask, 'dangling' type throat protector and catcher's helmet during infield/outfield practice, pitcher warm-up, and games." The careful reader had pointed out the beginning of Rule 1.17 noted that catchers **MUST** wear a "metal, fiber, or plastic type cup," and the rest of the equipment (shin guards and chest protector) are required before a batter may step in the box. So even for a fill-in catcher, a cup is required. Full equipment is not required for warm-ups because no batter is in place, and it is the batter who may foul tip the ball. So a player—with a cup—may wear the catcher's helmet and warm up the pitcher while the regular catcher finishes putting full equipment on.

Coach, Please Let Players Catch!



REMEMBER:

Coaches and managers must not warm up pitchers. Let Players Catch.

RULE 3.09

"...Managers or coaches must not warm up a pitcher at home plate or in the bull pen or elsewhere at any time. They may, however, stand to observe a pitcher during warm-up in the bull pen."

Game Day

Game Cancellations Due to Unsafe Conditions

To protect our players from injuries, the TLLL Board has created some general guidelines to help aid the coaches and umpires when determining when it is safe to play a game. Please remember that Monument can experience a severe shift in weather in a very short time period, so the use of common sense is extremely important. (ASAP Req. 28) (ASAP Req. 30)

If it isn't going to be fun, then don't play.

Games can be cancelled due the following reasons:

- Unsafe playing conditions
- Lightning
- Tornado
- Cold weather

Unsafe Playing Conditions

The coaches and umpires are required to walk the field to ensure that it is safe for the players prior to the start of the game (ASAP Req. 07). If the field is determined to be unsafe for the players and cannot be repaired prior to the start of the game, the umpire will cancel the game.

Unsafe playing conditions include, but are not limited to, the following:

- Field unsafe to play (holes, obstacle, backstop, general disrepair)
- Field conditions become unsafe due to rain, snow, sleet, or mud
- High Winds over 45 miles per hour
- Missing or broken equipment
- Cold weather

Standard Little League rules apply if the game is called.

Lightning Procedures and Evacuation

Tri-Lakes Little League utilizes the SPARK application (part of the Weather Bug app) as the official lightening monitoring tool. Weather Bug and SPARK is the official weather application of Little League International. An adult chosen by the home team coach must monitor SPARK at each field during the entire game.

Lightning Detector warning and procedures

- A reading of 11-20 miles: Coaches and Umpire advised.
- A reading of 7-10 miles: All participants must leave field and seek cover.
- A reading of less than 7 miles multiple times during a 30-minute period will cause cancellation of game.
- or 10 minutes after clearing the field, and with no readings below 8 miles, the game can be resumed. In the event a team must leave the field more than once during a game the game will be canceled.
- Standard Little League rules apply if the game is cancelled.

Standard warning for the possibility of Lightning

- Stay away from metal fencing, including dugouts.
- Do not hold a metal bat.
- Walk, don't run, to car and wait for a decision on whether or not to continue the game or practice.
- Pre-game/warm-ups follow the same rules as the game guideline as for lightning procedures.

Access the following link to view the latest version of the National Weather Service Coach's Lightning Guide:

<http://www.nws.noaa.gov/os/lightning/resources/CoachGuide.pdf>

Tornados and Evacuation

If the National Weather Service issues a tornado watch, this means that tornados are possible in your area. Remain alert for approaching storms. This is time to remind players and spectators where the safest places are near the facility. Have a parent listen to the radio for further developments and keep the home team coach informed of the situation, who will relay the information to the umpire.

When a tornado warning is issued, a tornado has been sighted or indicated by weather radar in a given area. If this is within the area around the field, the umpire will be notified immediately, and everyone will take appropriate actions.

Warning Signs

An approaching cloud of debris can mark the location of a tornado even if a funnel is not visible. Before a tornado hits, the wind may die down and the air may become very still. Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

Outdoors

- If possible, get inside a building.
- If shelter is not available or there is no time to get indoors, lie in a ditch or low-lying area or crouch near a strong building. Be aware of the potential for flooding.
- Use arms to protect head and neck.

In a car

- Never try to out drive a tornado in a car or truck. Tornadoes can change direction quickly and can lift up a car or truck and toss it through the air.
- Get out of the car immediately and take shelter in a nearby building.
- If there is no time to get indoors, get out of the car and lie in a ditch or low-lying area away from the vehicle. Be aware of the potential for flooding.

Cold Weather Cancellation

During cold weather, players are more likely to become injured. To protect the players, the TLLL Board created some Cold Weather Guidelines as defined in the wind chill chart below. The Division Commissioners can raise the guidelines if the all the coaches agree prior to the start of the season. These guidelines should be used when the temperature is likely to be dropping during the game. Morning games that may be just under the guidelines, but with the expected temperature increase; coaches and umpires need to decide if the game should be played.

If it isn't going to be fun, then don't play.

Before the start of the season, each Division Commissioner, with a consensus of their coaches, will determine the cutoff wind chill value for the cancellation of the games. During the games, the umpires will determine between innings if the game is safe to proceed. If the umpire decides that the wind chill factor is at or below the stated values, and the temperature is not likely to rise, the game will be called.

- The Umpire will use the following wind velocities when determining the Wind Chill Factor:
 - Calm
 - 10 Miles per Hour
 - 20 Miles per Hour

- Prior to the start of the game, the umpire will check the current temperature and ensure that the Wind Chill is above the stated minimums. A thermostat will be located on each playing field along with the National Weather Service Wind Chill Chart.
- Between innings, the umpire will again check the current temperature and ensure that the Wind Chill is above the stated minimums. The umpire can use some discretion in computing the Wind Chill Index (increase or decrease in the wind velocity, rounding for the temperature).
- Standard Little League rules apply if the game is cancelled.

National Weather Service Windchill Chart

You can view an online version of this windchill chart on the National Weather Service web site:

<http://www.nws.noaa.gov/om/windchill/>

		Temperature (F)														
Wind (mph)	Calm	55	50	45	40	35	30	25	20	15	10	5	0	-5	-10	-15
	5	54	48	42	36	31	25	19	13	7	1	-5	-11	-16	-22	-28
	10	52	46	40	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35
	15	51	45	38	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39
	20	50	44	37	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42
	25	49	43	36	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44
	30	49	42	35	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46
	35	48	41	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48
	40	48	41	34	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50
	45	47	40	33	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51
	50	47	40	33	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52
	55	47	40	32	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54
	60	46	39	32	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55
All Division Games Cancelled at 40 Degree Wind Chill												Frostbite in 30 Minutes				
Interleague for All Division Games Cancelled at 30 Degree Wind Chill												Frostbite in 10 Minutes				
All Division Games Cancelled at 25 Degree Wind Chill												Frostbite in 5 Minutes				

Heat Index

As with the cold weather guidelines, coaches and players must pay attention to the temperature and humidity. According to the National Weather Forecast Office:

On average, about 175 Americans succumb to the taxing demands of heat every year. Our bodies dissipate heat by varying the rate and depth of blood circulation, by losing water through the skin and sweat glands, and as a last resort, by panting, when blood is heated above 98.6°F. Sweating cools the body through evaporation. However, high relative humidity retards evaporation, robbing the body of its ability to cool itself.

When heat gain exceeds the level the body can remove, body temperature begins to rise, and heat related illnesses and disorders may develop.

The Heat Index (HI) is the temperature the body feels when heat and humidity are combined. The chart below shows the HI that corresponds to the actual air temperature and relative humidity. (This chart is based upon shady, light wind conditions.)

Exposure to direct sunlight can increase the HI by up to 15°F.

Access the National Weather Service web site for additional information on Heat Related dangers:

<http://www.nws.noaa.gov/os/heat/index.shtml#heatindex>

Temperature (F) versus Relative Humidity (%)

°F	90%	80%	70%	60%	50%	40%
80	85	84	82	81	80	79
85	101	96	92	90	86	84
90	121	113	105	99	94	90
95		133	122	113	105	98
100			142	129	118	109
105				148	133	121
110						135

HI	Possible Heat Disorder:
80°F - 90°F	Fatigue possible with prolonged exposure and physical activity.
90°F - 105°F	Sunstroke, heat cramps and heat exhaustion possible.
105°F - 130°F	Sunstroke, heat cramps, and heat exhaustion likely, and heat stroke possible.
130°F or greater	Heat stroke highly likely with continued exposure.

Below is a table comparing Temperature and Dewpoint, with the same disorders possible:

Temperature (Down) versus Dewpoint (across)

°F	55	60	65	70	75	80	85
80	80	80	81	83	84	87	
85		84	86	89	93	99	107
90			91	95	100	107	117
95				101	106	114	125
100					113	121	131
105						127	138
110						134	145

(Due to the nature of the heat index calculation, the values in the tables below have an error +/- 1.3F.)

Pre-game Safety Checklist

(ASAP Req. 29)

Safe Playing Areas

Regular safety inspections of all fields (practice and game), structures, and dugouts, are the best way to eliminate conditions that cause accidents. Managers, coaches, and umpires are required to check the playing area for (ASAP Req. 07), (ASAP Req. 30)

- Holes, damage, rough or uneven spots, slippery areas, and long grass
- Glass, rocks, foreign objects
- Damage to screens or fences, including holes, sharp edges, or loose edges
- Unsafe conditions around backstop, pitcher's mound, or warning track
- Proper attire by the catcher at all times, including in the bull pens and in between innings

Safe Equipment

All equipment shall be inspected before each use. Regular safety inspection of equipment is essential. Managers, coaches, and umpires should: (ASAP Req. 10) (ASAP Req. 30)

- Be sure all equipment is LL approved.
- Inspect all bats, helmets, and other equipment on a regular basis. Dispose of unsafe equipment properly.
- Keep loose equipment stored properly.
- Have all players remove all personal jewelry.
- Encourage parents to provide safety glasses for players who wear glasses.
- Repair or replace defective equipment.

Safe Procedures

Managers and coaches must:

- Have all players' medical release forms at every practice and game.
- Have a first aid kit at all practices and games. (ASAP Req. 12)
- Have access to a telephone in case of emergencies.
- Know where the closest emergency shelter is in case of severe weather.
- Ensure warm-up procedures have been completed by all players.
- Stress the importance of paying attention; no horse playing allowed.
- Instruct the players on proper fundamentals of the game to ensure safe participation.
- Ensure each practice has at least 2 coaches in case of an emergency.

Any safety issue will be reported to the Director of Fields and the Safety Officer as soon as possible.

Pitcher Safety

(ASAP Req. 29)

Protect pitcher during warm-ups

Warm-ups should be the least worrisome time for a coach.

After all, the players are taking it easy, throwing the ball around, and generally getting loose to be able to play more effectively when the time comes. Right?

But with multiple balls in action at one time, the risk multiplies, too.

James Murtha, District Safety Officer, Pennsylvania District 27, knows how dangerous the infield can be between innings.

“We had a severe accident when a pitcher was hit in the head by a thrown ball while a team engaged in field warm-ups between innings,” Murtha explained.

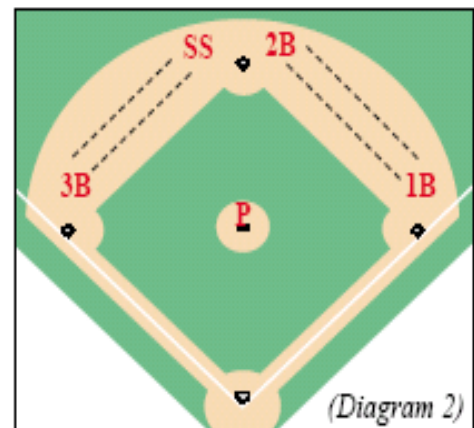
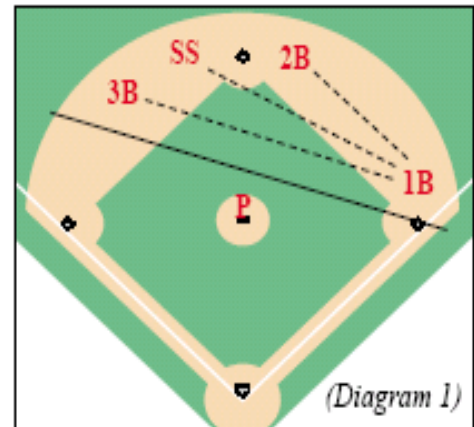
His potentially life-saving tips are:

1. *Make the pitcher wear a helmet during warm-ups.*
2. *Cut the infield in half.* (See Diagram 1)

To do this, have the third baseman stand about where the shortstop normally would be, and the shortstop stand behind second base. Then the balls thrown back and forth to third and the shortstop will not have the possibility of hitting the pitcher.

3. *Create infield partners for warm-ups.* (See Diagram 2.)

Have the first and second basemen and the shortstop and third baseman pair up and throw back and forth along the basepaths. The fielders can take turns throwing grounds to each other, but again, the pitcher will not be in danger from off-target throws.



Field Locations

For a list of field locations and maps to each field, access the Field Locations page of our web site:

<http://www.trilakeslittleleague.com>

Field Safety Report

Note: A field safety report will be completed and submitted to Little League International prior to the start of the season. The report can be accessed from the Safety page on the Tri-Lakes Little League Website. The below list is tentative based on final field assignments for the 2020 season.

Field Name	Inspected for 2020	Safety Issues	Other Issues
Bear Creek Elementary		None	
Goose Gossage Blue		None	
Goose Gossage Green		None	
Goose Gossage Yellow		None	

Field Name	Inspected for 2020	Safety Issues	Other Issues
Lewis Palmer Middle School		None	
Palmer Lake		None	
Lewis Palmer HS Softball		None	
Dirty Woman Park		None	
Santa Fe North		None	
Santa Fe South		None	
Larkspur Field		None	
USAFA Field 1		None	
USAFA Field 2		None	
USAFA Field 3		None	
USAFA Field 4		None	
Ford Frick Park		None	
El Pomar Fields		None	

Concessions Stands

(ASAP Req. 09)

Tri-Lakes Little League does not have concession stands at any of their fields.

Forms

Little League Medical Release Form

Access the following link for the latest version of the Medical Release form:

http://www.littleleague.org/assets/forms_pubs/asap/medical_release_form.pdf

TLLL Registration Form

Tri-Lakes Little League accepts all player registrations online. Parents can register their children online using their own computer, or can attend one of our parent meeting and walk-in registration sessions for assistance registering their children online. Check the TLLL home page for information on online registration.

<http://www.trilakeslittleleague.com>

Incident/Accident Tracking

Access the following link for the latest version of the Little League Incident/Accident Tracking form:

http://www.littleleague.org/assets/forms_pubs/asap/injury_tracking_form.pdf

AIG Accident Claim Form

Access the following link for the latest version of the Little League AIG Accident Claim form:

<http://www.littleleague.org/Asset161580.aspx>

AIG Claim Form Instructions

Access the following link for the latest version of the Little League AIG Accident Claim form instructions:

<https://www.littleleague.org/downloads/accident-claim-form-instructions/>

What parents should know about LL Insurance

Access the following link for the latest information on Little League insurance:

<https://www.littleleague.org/downloads/parents-know-ll-insurance/>

Volunteer Application

Submit request to safety@trilakeslittleleague.com for League SO to order a QuickApp Online Volunteer Application.

SAP Inventory

First Aid Kits

Location	Qty 2020 Start	Qty 2020 End
Bear Creek Elementary	1	
Goose Gossage (Blue/Green/Yellow)	1	
Lewis Palmer Middle School	1	
Lewis Palmer HS Softball	1	
USAFA Fields 1-4	1	
Santa Fe (North/South)	1	
Larkspur Field	1	
Palmer Lake Field	1	

This list may be updated after publication of the Safety Manual pending field assignments.

Leagues decide what will be in their first aid kit.

Access the following link to view suggested items for a well-stocked first aid kit:

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

Lightning Detectors

Tri-Lakes Little League utilizes the SPARK feature of the Little League Official Weather Application: Weather Bug. You can find the app on the iTunes store and the Android Play store.

Field Inspection Form

Field:			Date:		
Home Team:			Umpire:		
To be completed by the Home Field Coach			To be completed by the Umpire:		
	Repairs Needed?			Repairs Needed?	
	Yes	No		Yes	No
Field Condition:			Equipment:		
Backstop repair			Catcher:		
Base / Posts			Catchers Mitt:		
Batter box			Catchers using Cup:		
Drainage issues			Chest Protector OK:		
Field surface			Face Mask OK:		
Home Plate repair			Helmet OK:		
Infield fence			Throat guard:		
Outfield fend			Players:		
Pitchers mound			Bats OK:		
Dugouts:			Jewelry Removed		
Bench needs repair			Batting Helmets:		
Fencing needs repair			Proper Decorum:		
Roof needs repair			Players / Spectators		
Trash cans emptied			Pets Present		
Trash cans present			Smoking Issue		
Spectator Areas			Proper decorum		
Bleachers need repair			Other:		
Drinking Issue					
Trash picked up					
Other:					

Comments: _____

Turn forms in weekly to the Division Commissioner or League Safety Officer

Player Acknowledgement

I have read or have been read the Tri-Lakes Little League Safety Guidelines and Code of Conduct for Players and promise to adhere to its rules and regulations.

Print Coach Name

Team Name

Division

Coach Signature

Date

Assistant Coach #1

Date

Assistant Coach #2

Date

Player #1

Player #2

Player #3

Player #4

Player #5

Player #6

Player #7

Player #8

Player #9

Player #10

Player #11

Player #12

Player #13

Player #14

Coach Acknowledgement

I have read or have been read the Tri-Lakes Little League Safety Guideline and Code of Conduct and promise to adhere to its rules and regulations.

Print Coach Name

Team Name

Division

Coach Signature

Date

Assistant Coach #1

Date

Assistant Coach #2

Date