
Lake Oswego Little League

4370403



ASAP Plan 2024

Emergency Numbers:

EMER.NUMBERS INCLUD POLICE, FIRE AND MED.	911
NON-EMERGENCY LAKE OSWEGO POLICE:	503 635-0238
NON-EMERGENCY PORTLAND POLICE:	503 823-3333
POISON CONTROL CENTER:	1-800 222-1222

Be Prepared to Tell:

- Location
- Street Address
- City
- Directions
- Telephone number from where the call is being made from
- Your name
- What happened (be brief but answer questions)
- Your assessment of the condition of the injured party
- Be able to tell what is being done for the injured party

This list is posted in all dugout and Concession areas

DO NOT HANG UP FIRST!!!

LET THE DISPATCHER HANG UP FIRST!!!



2024 Lake Oswego Little League Board of Directors

Position	Name	Phone	
President	Chris Kelly (Interim)	503-332-0275	
Treasurer	Erin Courtney	503-805-5989	
Player Agent Baseball	Kim Mangus	503-224-8577	
Umpire in Chief	Curtis Parks	503-805-0367	
Sponsor Director	Eric Wold	503-347-8494	
Equipment Officer	Stephen Hamada	808-255-9917	
Communications Officer	Shannon Roarke	503-7503290	
Safety Director	Bryan Sheldon	503-806-5887	
AL Commissioner	Chris Kelly	503-332-0275	
NL Commissioner	Brady Phillips	503-997-9910	
PL Commissioner	Matt Odman	503-708-8617	
IL Commissioner	Andy Guess	503-407-8166	
Fall Ball	Casey Colton	503-784-6679	
T-Ball Commissioner	Andy Jones	503-621-7039	
Fields/Scheduling	Luis LeBlanc	503-975-3333	
Uniforms	Chester Chung	415-806-5812	
Concessions Officer	Andrea Kramer	650-771-1778	



A Note from the Lake Oswego Little League President

Welcome to the 2024 Lake Oswego Little League ASAP Safety Plan. This plan provides two separate functions. The first is to outline the League's standards and practices concerning safety within the local league. Lake Oswego Little League's policies will be stated throughout this document. The second function is to distribute LOLL's policies to its volunteers and participants in order to promote and monitor safety throughout the 2024 Season.

The Safety Officer authors or modifies the League's Safety Plan, Code of Conduct, Safety Code, and Safety Manual each year, as necessary. Lake Oswego Little League is pleased to have Bryan Sheldon serving as its Safety Officer. Teams are invited to participate with Bryan in making the 2023 Season Lake Oswego's safest season ever.

With that, lets all have a safe and a fun year. I look forward seeing you on the ball fields.

Chris Kelly, Interim President
2024 Lake Oswego Little League



A Note from the Lake Oswego Little League Safety Officer:

It is my privilege to serve as Lake Oswego Little League's Safety Officer for the 2024 LOLL Season. I'm looking forward to serving you and making this our safest year yet.

This Safety Plan provides guidelines for increasing the safety of activities, equipment, and facilities through education, compliance, and reporting. In support of the attainment of this goal, Lake Oswego Little League is committed to providing the necessary organizational structure to develop, monitor, and enforce the various aspects of the Safety Plan.

The Safety Plan, by reference, includes LOLL's Safety Code, its Code of Conduct, and the Safety Manual itself. The combination of these documents will outline specific safety issues and Lake Oswego Little League's policy and procedure for each issue. All participants, volunteers, employees, spectators, and guests are bound by the guidelines set forth in this document.

I'm looking forward to working with you as we enjoy a fun, safe and competitive 2024 season!

Sincerely,

Bryan Sheldon
2024 Lake Oswego Little League Safety Officer

Safety Officer's Duties:

- Conduct Background Check on Volunteers.
- Be available to meet with the league's equipment officers to discuss replacement of any defective gear.
- Schedule managers' and coaches' first aid training.
- Verify that the concession team has appropriate permits to operate.
- Be available to train at the League's Umpire's training clinic about first aid and safety guidelines.
- Survey the fields and facilities that are used by our program and turn in a repairs concern report to the Lake Oswego Little League President.
- Follow up on any reported injuries and submit a C. N. A. insurance report form as necessary.
- Prepare the League's ASAP Safety Plan and distribute a copy of the ASAP to applicable volunteers, including managers and coaches, and concession workers.
- By season's end, compile injury-tracking information and report the findings to the League President along with any suggestions for reducing injury or improving safety.
- Recruit and train my replacement. The future Safety Officer of LOLL.

First Aid Kit

First Aid Kit is issued with each coach's equipment bag, present at all games/practices

Large band aids	6	1" wrap bandage	1
Reg. Band aids	20	3" Stretch bandage	1
Large bandage	2	Sting band aids	6
4x4 gauze	6	Sting kill wipe	6
2x2 gauze	6	Alcohol wipes	6
1" tape	1	Antiseptic wipes	6
Antibiotic ointment	6	Sterile water	1
Gloves	4 pair	Instant ice packs	2
Tongue blades	3	Rescue breathing mask kit	1

Promoting Safety Awareness:

The Lake Oswego Little League Board will promote to all spectators and adult visitors the duties of Deputy Safety Officers and publicly acknowledge those accepting this honor. Adult spectators in Lake Oswego will be permitted to advise other visitors from stepping over the backs of the bleachers to keep from tripping and perhaps injuring themselves or those sitting behind them. Lake Oswego Little League also will acknowledge those leagues having approved ASAP plans throughout its tournament season.



Activities

Managers and coaches in the teams comprising Lake Oswego Little League shall be trained by the league or district in first aid, & baseball fundamentals and common sense issues. Umpires trained by District 4 will be instructed in safety procedures during their training. Parents will be offered similar District and league training opportunities.

The League's safety officer will organize training sessions and help the teams to arrange for licensed and certified trainers.

Little League's Emergency Management Training Program

- Manager's and Coach's clinic given by League.
- Common sense issues presented by safety officer.
- Umpires clinic given to all of Lake Oswego Little League's staff umpires.

Fundamentals training will be offered for all managers and coaches and will be recommended to be mandatory for all first year managers and coaches as well as all new and returning tee-ball managers and coaches. It will be recommended that managers and coaches failing to take the training will be given a second opportunity at the training sessions organized by the League Safety Officer. Failure to attend the League training sessions will result in a letter to the Board of Directors of the league of the volunteer failing to attend training and the League will recommend the replacement of that manager or coach.

Equipment

All training opportunities for first year managers and coaches as well as new and returning tee-ball managers and coaches must include fundamentals for proper usage of all Little League equipment. Training will also include what umpires look for in Safety Checks of equipment during tournaments and how league umpires can perform Safety Checks.

Managers and coaches should pass the training on to parents and players. Managers and coaches as well as all assigned umpires are required to inspect all equipment used in the game before each use. Umpires are required to inspect the equipment before games and insure proper usage during games.

Managers and coaches will contact their league's equipment manager to replace any defective equipment right away. If an injury happens due to defective equipment, managers and coaches should indicate that defective equipment was used by the injured player on the accident report. Umpires will be instructed to report any equipment usage safety concerns to their league's Umpire-in-Chief who will then forward that concern onto the league's Safety Officer.

Facilities

Lake Oswego Little League is proud and pleased to have Westlake Park Baseball fields available for Little League use, in conjunction with City of Lake Oswego Parks & Rec Department, all field permits are on file and available for public view. It becomes the responsibility of each league using Westlake Park to have an approved ASAP plan submitted and approved by Little League International before that league plays any games. Each league using the facility must also provide proof of insurance naming City of LO as another insured on their Little League Annual Charter.

Any injuries on the field will be reported on the baseball accident report form. Any concession injuries will be reported on the concession accident or injuries report form.

Any injuries requiring professional medical help will have a claim form completed and signed before submitted for processing.

Field Locations

WESTLAKE PARK 1010 MELROSE STREET LAKE OSWEGO, OR 97035
FOREST HILLS ELEM. 1133 ANDREWS RD. LAKE OSWEGO, OR 97034
E. Waluga Park 15505 Quarry Rd. Lake Oswego, OR 97035
Lake Grove Elementary 15777 Boones Ferry Rd. Lake Oswego, OR 97035
Lake Oswego Jr. High School 2500 Country Club Rd. Lake Oswego, OR 97034
George Rogers Park 611 S. State Street Lake Oswego, OR 97034

Please see the associated field surveys, submitted in conjunction with the ASAP.

Check out the Lake Oswego Little League website for the most current information:

lolittleleague.org



Golden Rules for Little League Parents

1. I shall not criticize the umpire or any other volunteer of the District or League.
2. I shall not complain about anyone unless I have labored more hours on the Little League program than they have. Constructive criticism is encouraged but only if it follows offers to help.
3. I shall never be a “Grand Stand” manager.
4. I shall remember that only the designated number of team members may play at any one time.
5. I shall set an example of sportsmanship for my child and all other children to follow.
6. I shall not be critical unless willing to put out the necessary effort to correct my criticism.
7. I shall remember that all managers, officers and umpires are volunteer workers.
8. I shall remember that all officers and other personnel must earn a living and cannot work on Little League all the time.
9. I shall offer my services for helping when appropriate.
10. I shall encourage my child to follow the Little League Pledge.

Parents' Role in Safety

Most of the existing Little League rules have a basis in safety. Parents can help by setting a good example for all the players. It is important to follow Little League rules for the safety of everyone involved. The managers and coaches are or will be trained in first aid fundamentals and common sense safety. Please take the time to listen to the manager and coaches, learn these rules and make them common practice any time you practice baseball with your children. Here are a few examples of our League's rules:

Complete a Medical Release (a copy is provided in the Appendix). This enables emergency medical care if parent or guardian is not in attendance, and also informs managers, coaches and medical providers of allergies or other medical problems.

No one holds a bat! Most players bring their own bats to practice and games. Players should keep their bats in their bags, in the dugout or on the ground in front of them until they are needed. **No one holds a bat except when going to the plate for game or instructional purpose.**

The manager or coach will never leave a player alone at the field. It is very important that parents are on time to pick up the children on time. It is recommended that parents remain at the field if possible. If this is not possible, please contact the coach or manager prior to the event.

No alcohol or tobacco on the field. If the players can see you smoke or chew, you are too close! Use of Tobacco/Alcohol is prohibited on Lake Oswego Parks & School Grounds.

Please be extra cautious when entering and leaving the parking lots. Children may not always look for you, especially young future ball players.

It is important that you share medical information that may affect your child during games and practice. If you have concerns or questions about this please contact the manager or League Safety Officer. Relevant medical information or risks are disclosed during the registration process & at initial practice meetings. Items such as asthma, diabetes, allergies, or physical restrictions that affect the ability to play or practice shall be disclosed by the parent/guardian. Managers shall make note of any special instructions or phone numbers they may need in responding to such conditions.

Have your child eat a snack before practice or games. Hungry ball players don't concentrate well.

Routinely check your child's equipment for safety concerns.

Arrive early. Get to practice and games early to allow for proper warm ups.

Help out at practices. The more adults keep watching out for the children, the better our chance to avoid accidents. Volunteering in both District and League activities will make your child's experience even better. Parent volunteers are required to complete the 2024 volunteer application to be reviewed by the safety officer.

Help with field maintenance. As a part of our safety program to reduce injury, the League is committed to keeping our playing fields in the best condition possible. You will be asked to participate in our annual LOLL Field Upkeep Day.

Umpires

In our League, the umpires are furnished from a pool of league volunteers. As Little League rules dictate, they are in control of what happens on the field. Umpires play an important role in safety. Umpire training is essential to the safety of the players, managers & coaches, spectators, and other umpires. The League/District Umpires Clinic will be held during the preseason to teach the proper skills to anyone who is interested in umpiring. The following is a list of topics the clinic will cover.

- Umpires must be fair, impartial, and consistent. All trained Umpires will go away from training with a good understanding of the rules.
- Proper positioning (and rotation) in the field to avoid obstructing play or getting injured.
- Basic rules of baseball, and interpretations of commonly misunderstood rules.
- Safety violations.
- Pre-game procedures.
- Walk the field for foreign objects, holes and any hazards that might cause injury. Ensure installation of disengage-able bases.
- Inspect equipment for any safety violations prior to the start of any game.

Managers and Coaches

Managers and coaches are representatives of their league and District as well as role models and should always conduct themselves accordingly. A positive example of sportsmanship, honesty, and discipline will be observed and accepted by players and parents as dedication of our program and the important position of trainer and teacher.

TRAINING: League managers and coaches will have access to the following training opportunities. Each manager and coach is required to participate in first aid training and skills training at least once each two years, and a manager or coach from each team will be required to participate in each training session during 2024.

First Aid Training

Lake Oswego Little League shall furnish **first aid training** to the managers or coaches at no cost. At least one member of the coaching staff shall be required (all are encouraged) to attend such League-furnished first aid training, except that:

- A. Those who attended such training in the season immediately preceding this one are excused from attending such training this year, provided at least one manager or coach from each team attends training this year.
- B. Leagues may excuse from attending first aid training any manager or coach who is a licensed as a medical doctor, registered nurse, practical nurses or licensed paramedic. However, Little League, District and Lake Oswego Little League highly recommend that leagues utilize these individuals to present the training.

Lake Oswego Little League will sponsor the following training sessions for League managers and coaches.

Here is a link to a free on-line class.

First Aide Training: <https://www.firstaidforfree.com/>

Lake Oswego Little League Coach and Field Safety Training:

Date: February 17th and February 24th, 2024, 4:30 PM

Location: Lake Oswego High School - Baseball Field
2501 Country Club Rd, Lake Oswego, OR 97034



Training in Baseball Skills

Managers and coaches shall receive instruction on effectively teaching the fundamental skills involved in playing baseball and in organizing and conducting safe practices and drills.

Umpiring clinics will be offered to all volunteers in all divisions. It should be mandatory that all managers & coaches attend.

The League will sponsor the following opportunity for managers and coaches to participate in skills training, as follows:

LOLL Coaches' Clinic:

Date: February 17th and February 24th, 2024, 4:30 PM

Location: Lake Oswego High School - Baseball Field
2501 Country Club Rd, Lake Oswego, OR 97034

Additional On-line training webinars will also be provided.

Communicating with Team Parents regarding Safety

Managers shall confer with team parents before the first practice and asked about any medical conditions, such as asthma, diabetes, allergies or physical restrictions that may affect their ability to play or practice and make note of any special instructions or phone numbers they may need in responding to such conditions.

Managers shall have a signed 2024 Medical release form on hand at all LOLL activities.

Managers, coaches and parents should also discuss reasonable expectations regarding transportation to and from practice, bicycle safety, with special attention to visibility at dusk.

Managers and coaches should have the names and contact information for parents who will have cell phones and games and practices, which parents, if any, are licensed professionals in the medical field or trained in first Aid or CPR.

Key manager responsibilities at practice and games:

- **No player will be left after practice or games unattended.** Each team must have two adults (preferably manager and coach) wait with any child for his or her parents to arrive.
- **Team Equipment.** It is the manager's responsibility to inspect the team equipment before each use and take out any defective equipment so that it can be exchanged or replaced.
- **Pitching Machines.** Pitching machines, if used, must be in good working order (including extension cords, outlets, etc.) and must be operated only trained adults certified by League officials.
- **First Aid Kits.** Each team must bring a league-issued first aid kit to each practice, game and team activity. Kit is issued with Equipment bag to each Team.
- **Telephones.** It is mandatory that a phone/cell phone be available at all practices and games in case of an emergency.
- **Field Inspection.** Before every practice and game, a representative from each team will be required to walk the field in order to inspect for rocks, holes, glass, and any other dangerous conditions. Ensure installation of disengageable bases.

Both managers shall agree on the fitness of the playing field before the game starts. Once the game starts, the head umpire shall be the sole judge on the weather and condition of the playing field after the game starts.

Strictly Enforced – Little League Rule Book is followed, some highlights are:

- All Little League rules relating to equipment are enforced at all times.
- Catchers must wear catcher's helmet with facemask and throat guard, chest protector and shin guards while at practices and games. Male catchers must wear long-model chest protector, protective supporter and cup when squatting behind home plate. They will wear the mask, helmet and cup when warming up the pitcher before innings or in the bullpen and designated warm up areas. A mask will be worn during infield warm-up.
- No adult, coach or PARENT is permitted to warm up pitchers while in a squatting position
- All batters, base runners and base coaches (players) must wear a batting helmet that is approved.
- No food of any kind allowed on the field during play. Besides being a choking hazard, clean up is messy.
- Players may not wear distracting jewelry. Medical alert jewelry is permitted.
- Players who are ejected, ill, or injured remain under team supervision until released to the parent or guardian.
- Most Little League rules have some basis in safety — follow them & green book.
- Players have required equipment at all times, even catchers warming up during infield.
- Coaches and managers enforce rules at practices as well as games.
- Bases disengage from their anchors

Injury Prevention:

- Do not allow players to play on playground equipment during practice.
- No climbing fences at any field.
- Use shoulder and arm warm-up and stretches before throwing.
- No player should hold a bat, unless going to the plate to hit. There is no on-deck batter's circle. The next batter up will be given time to swing the bat before stepping into the batter's box.
- Team warm-ups should be in parallel lines throwing the same direction.
- Multiple drills should allow enough room for players to maneuver without collision.
- Teach basemen proper positioning to avoid collision with base runners.
- Head-first sliding is prohibited by Little League rules. Dive backs are OK.

Procedures for Responding to an Injury to a Player Some Important Do's and Don'ts

Do...

- Have your first aid kit at all games and practices. Keep your "Prevention and Emergency Management of Little League Baseball and Softball Injuries" booklet with your first-aid kit.
- Protect yourself against blood-transmitted disease. Use universal precautions when handling blood. Wear gloves and treat every body fluid as if it were contaminated.
- Perform first aid as needed. Know your limitations. Call 911 if necessary.
- Gather all blood contaminated articles and put them in the bag provided in your kit.
- Correctly dispose of Biohazard waste (give to safety officer; do not throw away in a garbage can!)
- Inform parents of injury and what happened.
- Complete an accident/injury report (formally entitled Activities/Reporting form. A copy is supplied in the Appendix) and transfer it to the League Safety Officer.
- Call the League Safety Officer to report the injury within 24 hours of incident.

Don't...

- Administer *any* medications.
- Provide any food or beverages (other than water).
- Hesitate in giving aid when needed.
- Be afraid to ask for help if you're not sure of the proper procedures (i.e., CPR, etc.).
- Transport injured individuals except in extreme emergencies. Call 9-1-1.
- Leave an unattended child at a practice or game.
- Hesitate to report any present or potential safety hazard to the Safety Officer immediately.

Additional information:

- Injured players requiring professional medical attention must have a doctor's release before returning to participate in practices and games.
- Reassure and aid children who are injured, frightened, or lost.
- Provide, or assist in obtaining, medical attention for those who require it.
- Assist those who require medical attention - and when administering aid, remember to ...
- LOOK for signs of injury (Blood, Black-and-blue deformity of joint etc.).
- LISTEN to the injured describe what happened and what hurts if conscious. Before questioning, you may have to calm and soothe an excited child.
- FEEL gently and carefully the injured area for signs of swelling, or grating of broken bone.
- Have your players' Medical Clearance Forms with you at all games and practices.
- Make arrangements to have a cellular phone available when your game or practice is at a facility that does not have any public phones.

IMPORTANT: All injuries should be reported, even small ones. By tracking all injuries and accidents we may find a way of preventing them. Any injury requiring professional medical services will need to have a C.N.A. insurance form filed out and sent in. It is important that you contact the League Safety Officer so he can get this done. **All injuries are to be reported with in 24 hours of their occurrence.**

Procedures for Biohazard Waste

1. Put on gloves.
2. Clean wound.
3. Dress wound.
4. Wash hands.
5. Place bloody waste in plastic bag and tie or seal.
6. Clean or remove any blood contaminated equipment from the field including any clothing.
7. Wash hands again.
8. Put biohazard bag into first aid kit.
9. Fill out injury/accident report.
10. Contact the League Safety Officer to report the injury and exchange for a new first aid kit.

Treat all body fluids as if it were contaminated. Wear gloves and use universal precautions when blood or body fluid is present. All blood contamination must be removed from the field before play can resume. There can be no players allowed to play in blood soiled uniforms. A replacement uniform should be available for situations like this. When a replacement uniform is not available, the player will be permitted to play in appropriate clothing with the umpire's approval.

All injuries will be reported to the League Safety Officer by phone within 24 hours. An accident/injury report is required to be filled out by the team Manager and hand delivered to the League Safety Officer within 48 hours of the injury. The District Safety Officer will contact the league Safety Officer and both will complete the insurance form for any injuries requiring professional medical help. There can be no exceptions to this requirement, even if the person has other insurance and will file the claim with their own insurance company. This is necessary if the primary insurance fails to pay 100% and the Little League Insurance (C.N.A.) becomes the secondary payer. This will also be necessary if there are any liability claims against both the League and the District.

Reporting Injuries

The following reporting procedures should be used by all managers, coaches, parents, umpires, and volunteers concerning injuries.

What to report - An incident that causes any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid must be reported to the Safety Officer. The terms "medical treatment and/or first aid" should include even passive treatments such as the evaluation and diagnosis of the extent of the injury. Any incident that (a) causes a player to miss any practice or game time; or (b) any event that has the potential to require medical assistance must be reported promptly.

When to report - All such incidents described above must be reported to the Safety officer within 24 hours of the incident.

The League Safety officer is Bryan Sheldon. His contact information is as follows:
(Cell) 503-806-5887

Safety officer's Responsibilities - Within 48 hours of receiving the incident report, the Safety Officer will contact the injured party or the party's parents and (1) verify the information received; (2) obtain any other information deemed necessary; (3) check on the status of the injured party; and (4) in the event that the injured party required other medical treatment (i.e., Emergency Room visit, doctor's visit, etc.) will advise the parent or guardian of the Little League's insurance coverage and the provisions for submitting any claims for reimbursement.

If the extent of the injuries are more than minor in nature, the Safety Officer shall periodically call the injured party to (1) check on the status of any injuries, and (2) to check if any other assistance is necessary in areas such as submission of insurance forms, etc. until such time as the incident is considered "closed" (i.e., no further claims are expected and/or the individual is participating in the league again).

Effectively Promoting Safe Conduct and Safety Awareness

The Lake Oswego Little League Code of Conduct is intended to serve as a guide to aid the League in its ongoing commitment to promote safety awareness in all that we do.

We are fortunate to have a League in which harmony prevails, and the threat of violence is extremely rare. We maintain this climate by, among other ways, taking a personal approach to raising Safety Awareness.

As a service to all who support the League by attending our events, we constantly look for opportunities to promote safety awareness in a personal way, showing them that we care enough about their safety to come and visit with them and let them know that it is important to us that they be “extra safe” at our events.

Following are a sampling of conditions or actions that would prompt such a visit:

- Stepping over the back rests of the seats to get to and from a seat, for to so creates the risk of catching one’s foot or sandal on the back, and resulting in stumbling forward and landing on another person or worse, the concrete floor of the stadium.
- Sitting atop the backrest of a seat instead of on the seat, for one could be accidentally bumped. It also sets unsafe example for others of all ages.
- Standing in areas where there is no screen between spectators and the game, especially as the setting sun could hinder one’s ability to see a ball coming at them; and
- Standing with their backs to the action or not paying attention while the ball is in play.

Other activities and conditions likely to prompt a safety officer visit include:

- Possessing or consuming alcoholic beverages or controlled substances
- Being under the influence of alcohol or controlled substances
- Playing in parking lots at any time.
- Playing on and around lawn equipment.
- Swinging bats at any time within the walkways and common areas of any facility.

- Throwing rocks or balls or disks in areas populated by guests.
- Tobacco use, all LOLL facilities are designated tobacco free, in alignment with Lake Oswego Parks & LO School District.
- Throwing baseballs at any time within the walkways and common areas at facilities.
- Roughhousing or prolonged horseplay and agitation of a friend or sibling, likely to lead to an angry response.
- Climbing fences.
- Sitting on rails

Because so much normal behavior could pose such a risk, we are never short of opportunities to be seen talking to someone. It is not uncommon for the Safety Officer to have had a friendly, neighborly chat about safety with virtually every person who comes to a League Tournament by the last game, by which time all eyes are on the Safety Guy, to see if he catches each “offender”. By that time, however, there are few who need such visits, as the Safety Awareness at the tournament is of at its peak.

The approach is consultative, not bossy. After all we don’t want to get into a fistfight over keeping people safe!



Lake Oswego Little League Safety Code

- Responsibility for Safety procedures should be that of an adult member of Lake Oswego Little League.
- Arrangements for emergency medical services should be made in advance of all games and practices.
- Managers, coaches and umpires should have training in first-aid. First aid kits are issued to each team manager and are located at each concession stand.
- Games or practices should be held when weather or field conditions are not good, and lighting is inadequate.
- 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, 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.
- Procedure should be established for retrieving foul balls batted out of playing area.
- 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 one is endangered by wild throws or missed catches.
- Equipment should be inspected regularly for the condition of the equipment as well as for proper fit.
- Batters must wear Little League approved protective helmets during batting practice and games.
- 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. EXCEPTIONS. Managers should

encourage all male players to wear protective cups and supporters for practices and games.

- Except when runner is returning to a base, head first slides are prohibited.
- 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 and mask with a throat guard in warming up pitchers. This applies between innings and in the bull-pen during a game and also during practices.
- Managers and Coaches may not warm up pitchers before or during a game.
- On-deck batters are not permitted.
- All pre-game warm-ups should be performed within the confines of the playing field and not within areas that are frequented by, and thus, endanger spectators (i.e., playing catch, pepper, swinging bats, etc.)
- All gates to the field must remain closed at all times. After players have entered or left the playing field, all gates should be closed and secured.
- Only a player on the field and at-bat may swing a bat (Age 5 - 12).

Physical Exams - With regard to the general health of its participants, Lake Oswego Little League recommends:

While physical exams are not required by league policy, Little League Headquarters strongly recommends that participants be in good general health. If your child has a physical impairment that the league should be aware of, PLEASE note the information during registration, contact your league's Player Agent. Items such as allergies, eye problems, diabetes, etc., will be kept confidential, except that your child's manager and coach will be aware of any potential problem.

Medical Approval and Release - The Medical Information and Treatment Release form is provided to all registrants. This form contains vital information regarding the child's current general health, the child's doctor's name, address, and phone number, and any other special medical considerations (i.e. allergies, etc.). Managers retain a completed Release for each of the players on their team. Managers are to ensure that they have these forms with them for each practice and game.

What Parents should know about Little League Insurance

Communicable Disease Procedures - While the risk of one participant infecting another with HIV/AIDS during league activities is small, 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 not limited to the following:

- Bleeding must be stopped, the open wound covered and if there is any excess amount of blood on the uniform, it must be changed before an athlete 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 or other disinfectant before competition resumes.
- Practice proper disposal procedures to prevent injuries caused by needles and other sharp instruments or devices.
- Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
- Managers, coaches, umpires, and volunteers with bleeding or oozing skin should refrain from all direct athletic care until condition is resolved.
- Contaminated towels should be disposed of or disinfected properly.



Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings and other articles containing body fluids.

Copies of the Code of Conduct, the Safety Code, and the Manager's Expectations are provided to each manager. It is expected that the manager provide each member of his or her team with a copy of each of these. The Code of Conduct and the Safety Code were listed previously in this document. The Manager's Expectations can be found below...

Some Additional Thoughts...

Make sure your coaches have correctly filled out the required Volunteer Application (included in the Appendix) and background Check Authorization Form and sent it to your League President. (If you need more forms, contact your League President).

- Lake Oswego Little League goes to great lengths to provide as much training and instruction as possible. Attend as many of the clinics as possible.
- All Managers and Coaches are required to attend the Official League Safety and First-Aid Training class.

Remember, everybody is a member of the LOLI Safety team. Prevention is the key to reducing accidents to a minimum. Feel empowered to report eliminate any hazardous conditions when you see them, and make sure to report them to the Safety Officer or another League official immediately. Don't permit unsupervised play on a field. Halt all play that that is not safely conducted or with safe playing equipment. Be sure your players are fully equipped at all times, especially catchers and batters. And, check your team's equipment often.

Weather Concerns

NO ACTIVITY WILL BE ALLOWED ON LAKE OSWEGO LITTLE LEAGUE FIELDS IF:

- City of Lake Oswego issues a fields closed notice.
- Lightning is noted within a 10-mile radius of field.
- The field is in disrepair to a hazardous state.
- There is standing water anywhere in the field.
- Ambient temperatures are below 40° F or above 100° F.

Extreme Heat:

- City of Lake Oswego issues a heat index alert.
- Provide lots of water to everyone in the game.
- Watch for signs of heat exhaustion and heat stroke.

Rainy & Cold Weather:

- Ensure proper, warm clothing for players.
- Consult the head umpire for game cancellation as appropriate.
- If it seems too wet to play ball, it is too wet to play baseball.

If Lightning is Noted Within 10 Miles:

- Stop Game/Practice, resume play only after minimum 30 minutes of no lightening.
- Stay away from metal fencing (including dugouts)!!
- Walk, don't run, to car and wait for a decision on whether or not to continue the game or practice.
- See general rules, following.

Lightning Rule of Thumb:

When you see it, flee it!

- The rule of thumb about lightning is that it is unpredictable and cannot be prevented. If a Manager, a Coach, or an Umpire feels threatened by an approaching storm, play must be stopped and deliver the players to safety.
- No place is completely safe, but some places are safer than others are. Large enclosed shelters are the safest.
- When thunder can be heard, there is immediate risk in that area for lightning strikes.
- Lightning can strike twice in the same place. If someone is struck by lightning, be aware of the risk while providing first aid to the victim.

□



Volunteer Application Process

Every person serving in volunteer leadership positions in their respective leagues shall complete and submit the 2024 Volunteer Application form provided by Little League Intl as well as provide a government-issued photo identification card for ID verification and shall voluntarily submit to a background check, to include a check for any history of child abuse.

In addition, every team in the League shall conduct a search of appropriate statewide sex offender registry, using www.nsopr.gov. In addition, Leagues have been instructed that they may avail themselves of www.rapsheets.com and other such resources to check the background of volunteer candidates'. Information about such registries is available through Little League's website and through each league's local law enforcement agency.

Leagues shall declare ineligible for service any volunteer candidate refusing to complete and submit a volunteer application. Each league president shall be the custodian of all such applications through the end of their year of service.



Concession Stand Manual

General Instructions

The concession manager will meet with the team concession parent that will be responsible for scheduling concession duties for the team. You will be given an operations manual that will tell you how to open, set up, general rules, and closing the stand. This manual will be passed on to each team, to help familiarize you with how to set up and operate the stand.

There should always be at least two adults working, and no more than three. Assign one worker for food handling, and the other for handling money and packaged food. Children under 13 are not permitted in the stand.

The Cash box should be set up with start-up amount posted on the inner lid. Do not set cash box on the front counter or unattended. At the end of your shift, count out the start-up money and set it aside. Fill out a deposit slip with your name and amount, have another adult verify the amount and sign the deposit. Place the deposit slip around money and put in the blue drop box located beneath the counter. Put start-up money back in the cash box.

Remember volunteers are what keep our league running!!!!

Concession Policies

General Guidelines

Concession operation is to be consistent with all provisions of the Oregon Department of Human Services, as reflected in that organization's publication entitled "Food Safety: Your Self-Training Manual". See <http://www.orfoodhandlers.com/LaneCounty/PDFs/fhManual06.pdf>

Use sanitation to clean hands often and twice after using rest room facilities.

No one **under the age of 13** is allowed in the stand.

No more than 4 people may work at a time, and no less than two. **(One must be an adult.)**

One person should be assigned food preparation, and the others should handle money and packaged foods and drinks.

Concession Operation

Wash Hands!

1. Turn on **coffee machine**. Put in filter and one package coffee. Fill tan pitcher to fill line with water. When the green light comes on, place a filter on top of the carafe and place both under the coffee maker. Pour water into top of coffee maker. When coffee is done, remove filter and place pump in carafe.

Main City Stand: Cappuccino machine is no longer in service at LOLL locations.

2. Turn on **hot dog machine**. **Major/Minors/Farms:** Turn front rollers to low, and rear rollers to medium. Defrost dogs on rear rollers and move them to front rollers after fully cooked. **Rookie:** Turn hot dog machine on, place thawed hot dogs from refrigerator in baskets in hot dog maker. Thaw frozen dogs in microwave if needed.

3. **Popcorn machine:** Popcorn machine is no longer in service at LOLL locations.

4. Set out condiments, napkins, coffee mate, and sugar. Place on front counter. Prepare bleach bucket by putting one cap of bleach in bucket marked bleach bucket and fill with water. Leave in sink with rag in it to wash counter tops.

5. **Nacho Machines:** **DO NOT UN-PLUG MACHINE!** Put chips in nacho holder; fill small corner of dish with cheese.

6. **Pretzels:** Microwave for about one minute and thirty seconds. Lightly spray with water from spray bottle **marked WATER**. Press lightly into salt, if requested. If they want pretzel with cheese fill one of the black portion cups with cheese.

Concession Clean up Schedule

Make sure all food is put in the refrigerator, Hotdogs, Polish Dogs, Pretzels, and ECT.

Fill all containers, Ketchup, Mustard, wipe and clean off each container and store in the refrigerator. Refill napkins, cups and candy as needed.

Wash hotdog rack and utensils.

Wipe off popcorn, Nacho Machine, Microwave oven and Coffee Machines.

Hot dog machine is best cleaned when it is left on and run wet rag back and forth on rollers. This will take extra time so please allow for it and make sure it is cleaned properly. Change the foil on the tray under the rollers.

Wipe and clean all counters and sink.

Sweep floor nightly and mop as needed

Empty trash can outside into large can, be sure to put in new can liner.

Trash cans at each backstop needs to be emptied in to the dumpster. Ask the coaches to help!!

Be sure the ice scoop is **NOT IN** the **ICE MACHINE**

If there is anything we are running low on or out of please make a list and leave on counter.

When cleaning the **Espresso machine** hold the black button (located under the first drink button to the left) while pushing one drink button at a time until clear water comes out. After all three drinks are clean pull trays out and wash and put it back.

COVID-19 Guidelines

The Lake Oswego Little League Board of Directors will monitor the COVID-19 situation closely, with the health and safety of our children being the first priority. The board is aligned with the direction set by the Oregon Health Authority (OHA), the Centers for Disease Control (CDC), the City of Lake Oswego and Little League International. Our mission is to provide a framework for our league to follow as we return-to-play during the COVID-19 pandemic.

This Plan will be updated when new guidelines and Phases are given. The plan will be provided to every participant's parents/guardians via email and communicated through coaches to players.

For additional information recommendations from the OHA, CDC, and Little League, please visit:

OHA:

<https://govstatus.egov.com/OR-OHA-COVID-19>

CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>

Little League International:

<https://staging.littleleague.org/downloads/best-practices>

Please understand that Lake Oswego Little League, nor anyone, can guarantee prevention of illness or injury during athletic participation.



Participation Requirements (FOR PLAYERS AND PARENTS/GUARDIANS)

General Requirements:

- All players must be registered with Lake Oswego Little League (LOLL) and be current on all fees.
- All players and families are required to comply with ongoing precautions to prevent the spread of COVID-19 as recommended by CDC and OHA. This may include wearing a masks or face coverings, frequent hand sanitizing, cleaning protocols and social distancing.
- Please [Stay home](#) if you have tested positive for COVID-19 or are waiting on test results, are showing COVID-19 symptoms, or have had a [close contact](#) with a person who has tested positive for or who has symptoms of COVID-19 within the preceding 14 days.
- Do not attend Lake Oswego Little League (LOLL) events if you are not feeling well or exhibit symptoms of being ill. (Cough, fever, respiratory problems, etc.)
- Water bottles/drinks must be labelled with child's name, food will not be shared and will be kept in gear bags if brought.
- Only players and coaches are allowed on the field. Parents/Guardians and siblings must stay out of the field practice/game area.
- Based on the OHA Risk Level, LOLI will need to monitor how many people can be on the field and the surrounding area at a time. The participation limits will be adjusted to match the restrictions for Clackamas County's risk category as defined by OHA. The count includes players, coaches, parents, and any random people at the park.
 - Extreme Risk = 50 people
 - High Risk = 75 people
 - Moderate Risk = 150 people
 - Low Risk = 300 people

General Guidance (FOR COACHES, UMPIRES, VOLUNTEERS, PLAYERS AND PARENTS/GUARDIANS)

If required by current OHA Guidance

Wash Your Hands Often:

- Wash your hands often with soap and water for at least 20 seconds, or about the time it takes to recite the Little League Pledge twice, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60 percent alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Leagues are encouraged to provide handwashing stations and/or hand sanitizer, if possible.
- Avoid touching your eyes, nose, and mouth.
- Players are encouraged to bring their own hand sanitizer for personal use. Hand sanitizer should be placed in all common areas off-field for easy use.

Cover Your Mouth and Nose with a Cloth Face Covering When Around Others:

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face covering when they have to go out in public, for example in public areas around your Little League fields and parks.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face covering is meant to protect other people in case you are infected.
- Continue to keep six feet between yourself and others. The cloth face covering is not a substitute for social distancing.

Cover Coughs and Sneezes:

- If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash immediately.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60 percent alcohol.

Social Distancing:

- All players, coaches, volunteers, and spectators should practice social distancing of six feet wherever possible from individuals not residing within their household, especially in common areas. For situations when players are engaging in the sports activity, see On-Field Guidance below for more information.
- Avoid close contact with people who are sick.
- Stay home as much as possible.

Self-monitoring and quarantine:

- All individuals should measure their body temperature to ensure that no fever is present prior to participating or attending each Little League activity. Anyone with symptoms of fever, cough, or worsening respiratory symptoms, or any known exposure to a person with COVID-19 should not attend any Little League activity until cleared by a medical professional (CDC: [Resource: If You Are Sick or Caring for Someone](#) | [PDF Download](#)).
- Any individual, including players, at risk for severe illness or with serious underlying medical or respiratory condition should only attend Little League activities with permission from a medical professional.

Operational Guidance (FOR COACHES, UMPIRES, VOLUNTEERS, PLAYERS AND PARENTS/GUARDIANS)

If required by current OHA Guidance

Screening Protocols

The following outlines **screening protocols** that can be used to identify participants that might have a respiratory infection or might require additional consideration before joining the activity or continued participation in the program. Although not every individual who has respiratory infection symptoms will have COVID-19, using a screening process is helpful in identifying those who may need medical care or who may not be cleared to participate in the program or activity.

COVID-19 Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. CDC and OHA consider people with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Pre-Screening and Health Screening Form:

- Players, coaches, umpires, and volunteers will complete a “pre-screening” at home before participating in LOLL practices and games. This will consist of the following items:
 - Self-screening for the presence of symptoms (fever of 100.4 F or greater, cough, shortness of breath, diarrhea, fatigue, headache, muscle aches, nausea, loss of taste or smell, sore throat, vomiting, etc.) within the past two weeks.
 - Determining if the individual has been in close contact with a person who has been diagnosed with tested for or quarantined as a result of COVID-19.
 - Pre-screening of players should be performed by parents and not the player.

Ongoing Screening Procedures:

- If a player, coach, umpire or volunteer develops a new cough (e.g., unrelated to pre-existing conditions such as asthma), fever, shortness of breath, or other symptoms of COVID-19 during a practice or game, they will be isolated away from others immediately, and sent home as soon as possible.
 - While waiting for a sick child to be picked up, a coach or team coordinator will stay with the child in a location isolated from others. The coach will remain as far away as safely possible from the child (preferably at least 6 feet), while remaining in the same location.
 - The affected individual will remain home for at least 10 days after illness onset and until 72 hours after fever is gone, without use of fever reducing medicine, and COVID-19 symptoms (fever, cough, shortness of breath, and diarrhea) are improving.

Daily Participant Logs for Tracking and Tracing:

If required by current OHA guidelines, Lake Oswego Little League (LOLL) will keep daily (digital) logs for each team and / or practice group that conforms to the following requirements to support contact tracing of cases if necessary:

- Child name
- Drop/off pick-up time
 - Adult completing both drop/off pick up
 - Adult emergency contact information
 - All coaches, umpires and volunteers that interact with player groups of children

Record Keeping:

- The coach or team coordinator will submit completed Daily Participant Logs to the designated LOLL administrator weekly or upon request as needed.
- The coach or team coordinator will turn in Health Screening paper forms to the designated LOLL administrator weekly and email Game Changer COVID-19 Health Screening reports immediately after the completion of an LOLL event for the day.
- The LOLL Board will maintain copies of all Daily Participant logs and Health Screening forms (paper or digital) for 4 weeks after the completion of the season.



Reporting and Communication:

- Parents will notify the head coach, who will then notify the LOLL Safety Officer or President for any player or spectator that develops a new cough (e.g., unrelated to pre-existing conditions such as asthma), fever, shortness of breath, or other symptoms of COVID-19 within 2 weeks of an LOLL event.
- Coaches will notify the LOLL Safety Officer or President for any coach that develops a new cough (e.g., unrelated to pre-existing conditions such as asthma), fever, shortness of breath, or other symptoms of COVID-19 within 2 weeks of an LOLL event.
- Umpires will notify the Umpire in Chief, who will then notify LOLL Safety Officer or President for any umpire that develops a new cough (e.g., unrelated to pre-existing conditions such as asthma), fever, shortness of breath, or other symptoms of COVID-19 within 2 weeks of an LOLL event.
- All communications should maintain confidentiality; do not provide the participant or staff name or any potentially identifying information of the confirmed or suspected case.
- Gather information from the confirmed or suspected case from participant/staff and begin contact tracing in coordination with appropriate local and state health resources, as warranted.
- The LOLL Board will report and consult with the Local Public Health Authority if anyone who has entered an LOLL event is diagnosed with COVID-19.
- The LOLL Board will report to the Local Public Health Authority any cluster of illness among the league coaches, umpires, volunteers, or players.
- All participants of that event will be notified by email or phone if an individual who has been at a LOLL event contracts COVID-19.
- LOLL will report to and work with the City of Lake Oswego in cleaning facilities if anyone who has entered the facility is diagnosed with COVID-19.
- LOLL will notify the Clackamas County Department of Health, Housing and Human Services of any confirmed COVID-19 cases among players, spectators, coaches, volunteers or umpires.

The following are the LPHA contact to notify of any COVID-19 cases among teams or coaches.

CLACKAMAS COUNTY Department of Health and Human Services
Call **503-655-8411** (24/7)
2051 Kean Road, Suite #367
Oregon City, OR 97045

LOLL COVID-19 Exposure Information

If you **TEST POSITIVE** for COVID-19, you are **ISOLATED**:

Isolate at home for at least 5 days. To calculate your 5-day isolation period, **day 0 is your first day of symptoms (or test day if you are asymptomatic)**. Day 1 is the first full day after your symptoms developed. You can leave isolation after 5 full days. Continue to wear a mask around others for an additional 5 days.

Contact your coach, league safety officer or league president.

You will need a note from your doctor that you may return to play after a COVID-19 exposure (see page 2). [OHA How to Isolate](#)

If you have been identified as a close contact* to someone who tested positive for COVID-19, and you are **UNVACCINATED**, you are **QUARANTINED**:

Quarantine starts from the last day you were exposed to the person who tested positive. Exposure date is day ZERO, followed by 5 days of quarantine, then return on the 6th day IF you are asymptomatic.

Contact your coach, league safety officer or league president.

Please watch closely for any illness symptoms (even mild symptoms like a runny nose, scratchy throat, headache, or stomachache). **Stay home if you have any illness symptoms, contact your healthcare provider, and seek COVID-19 testing.**

[OHA How to Quarantine](#)

If you have been identified as a close contact* to someone who tested positive for COVID-19, and you are **FULLY VACCINATED** or **you have tested positive for COVID-19 within the past 90 days**, you do not have to quarantine.

Contact your coach, league safety officer or league president.

Please watch closely for any illness symptoms (even mild symptoms like a runny nose, scratchy throat, headache, or stomachache). Stay home if you have any illness symptoms, contact your healthcare provider, and seek COVID-19 testing.

*close contact = you were within 6 feet of someone who has COVID-19 for over 15 cumulative minutes in 24 hours (does not matter if you were wearing a mask or if you were outside).

On-Field Guidance (WHAT TO EXPECT DURING GAMES AND PRACTICES)

If required by current OHA Guidance

Communication: During Activity

At the beginning of activity, coaches will remind participants of behaviors and precautions should abide by to prevent the spread of COVID-19, including:

- How and when to effectively wash and sanitize hands.
- How to practice physical distancing in various settings (activities, restrooms, during breaks, etc).
- Which symptoms to look out for and when to report them and to whom.
- When to stay home.
- Coughing etiquette.
- Other activity-specific policies or guidelines.

No Handshakes/Personal Contact Celebrations:

- Players and coaches should take measures to prevent all but the essential contact necessary to play the game. This should include refraining from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc. Little League International suggests lining up outside the dugout and tipping caps to the opposing team as a sign of good sportsmanship after a game.
- Players and families should vacate the field/facility as soon as is reasonably possible after the conclusion of their game to minimize unnecessary contact with players, coaches, and spectators from the next game, ideally within 20 minutes.

Drinks and Snacks:

- Athletes, managers/coaches, and umpires should bring their own personal drinks to all team activities. Drinks must be labeled with the person's name.
- Individuals should take their own drink containers home each night for cleaning and sanitation or use single-use bottles.
- There should be no use of shared or team beverages.
- Teams should not share any snacks or food. Players should bring individual, pre-packaged food, if needed. Players are required to wash or sanitize hands before and after eating.
- No concession services will be provided.

Personal Protective Equipment (PPE):

- All managers/coaches, volunteers, umpires, etc., must wear a cloth face covering when on the field or in the dugout. Medical gloves will be available for use as needed.
- Players must wear cloth face coverings when on the field or in the dugout.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.

Spitting, Sunflower Seeds, Gum, etc.:

- Sunflower seeds, gum, etc., should not be allowed in dugouts or on the playing field.
- All players and coaches, are to refrain from spitting at all times, including in dugout areas and on the playing field.

Dugouts:

- Managers/coaches and players will be assigned spots in the dugout or on the bleachers so that they are at least six feet apart and must be placed behind a fence.
- Players are to stay at their assigned spots when on the bench or while waiting their turn to bat.
- Players and managers/coaches must wear a cloth face covering while in the dugout.

Player Equipment:

- Players to be assigned a location for their equipment during practices and games. These locations will be spaced by at least 6 ft. All personal player equipment should remain in this area unless being used.
- Players should have their own individual batter's helmet, glove and bat. No individual player equipment should be shared.
- League will provide catchers equipment, but it cannot be shared without being cleaned between each use. Therefore we strongly suggest that catchers should bring their own gear if they have it.
- Measures should be enacted to avoid, or minimize, equipment sharing when feasible.
- Some critical equipment may not be able to be obtained by every individual. When it is necessary to share critical or limited equipment, all surfaces of each piece of shared equipment must be cleaned first and then disinfected with an EPA-approved disinfectant against COVID-19 and allowed sufficient time to dry before used by a new player. Increased

attention should be paid to detailed cleaning of all equipment directly contacting the head and face (catcher's mask, helmets).

- Player's equipment (e.g. bags, helmets, bats, gloves, etc.) should be cleaned and disinfected after each use by a parent/ guardian/caretaker, where applicable.
- Individuals disinfecting equipment are encouraged to use gloves while using disinfectants and follow the manufacturer's directions for use. All disinfectants should be stored properly, in a safe area, out of the reach of children.

Baseballs:

- Baseballs should be rotated through on a regular basis, at least every two innings, to limit individual contact.
- Umpires will limit their contact with the ball, and catchers should retrieve foul balls and passed balls where possible.
- Balls used in infield/outfield warm-up should be isolated from a shared ball container.
- Foul balls landing outside the field of play should be retrieved by participating players, coaches, and umpires. No spectators should retrieve the ball.

Frequent Hand Washing:

- Coaches and players will be required to practice healthy hygiene, including washing their hands frequently and covering their sneezes and coughs. Wash hands often with soap and water for at least 20 seconds, especially after touching shared objects or blowing your nose, coughing, or sneezing. Avoid touching your eyes, nose, and mouth. When soap and water are not readily available, LOLI will have hand sanitizer that contains 60-95% alcohol content available.

Pre-/Post-Practice and Game Free Play

- Unofficial pre- and post-practice or game activities should be discouraged. If they do occur, the activities should have constant adult supervision to assure appropriate social distancing and PPE guidelines are being followed.

Game Operations and Umpire Guidance

If required by current OHA Guidance

Pre-Game Plate Meetings:

- If possible, plate meetings should be eliminated.
- Social distancing of six feet between individuals should be implemented during all pre-game plate meetings between teams and umpires.
- Plate meetings should only consist of one manager or coach from each team, and game umpires.
- All participants should wear a cloth face covering.
- No players should ever be a part of plate meetings.

Equipment Inspection:

- Players should place their individual equipment in a well-spaced out manner for inspection. Umpires should avoid direct contact with equipment where possible but, when required, use hand sanitizer that contains at least 60 percent alcohol after the inspection of each individual piece of equipment.

Limit League/Game Volunteers:

- For each game, there should only be the required team managers/coaches, umpires, safety monitor/team coordinator and one (1) league administrator (i.e. Safety Officer, Player Agent, etc.) in attendance.
- Practices should be limited to the managers/coaches and players.
- Scorekeeping should be done by team coaches or team parent/guardian via GameChanger (if possible). Proper social distancing should be practiced.
- Press boxes should not be utilized unless there is ample room for social distancing to occur within them.

Field Preparation and Maintenance:

- To the extent possible, fields should be mowed, raked, and lined prior to teams and spectators arriving at the complex and after they depart. It is encouraged that volunteers already participating in the game (managers/coaches, umpires, and league administrator) perform these tasks to limit individuals at the site.
- It is recommended that any shared field preparation equipment be sprayed or wiped with cleaner and disinfectant before and after each use.

Umpire Placement:

- Umpires are permitted to be placed behind the plate to call balls and strikes.

Umpires are encouraged to keep a safe distance from players as much as possible.

Facility, Spectator, and Administrative Guidance

If required by current OHA Guidance

HEALTH PROTOCOLS FOR FACILITIES

- City Employees, Coaches or designated league volunteers will frequently clean and disinfect any regularly touched surfaces, such as equipment, doorknobs, tables and chairs per CDC guidelines.
- Hand washing or use of hand sanitizer will be available during all practices and games provided by the league which will be given to each manager.
- LOLL and the City of Lake Oswego will place readily visible signage to remind everyone of best hygiene practices.

Spread Out Scheduling of Practices and Games:

- LOLL administrators will schedule sufficient time between practices and games to minimize congregating at entrances, exits and restrooms to follow required physical distancing requirements.
- Players/families/spectators are instructed not to show up to fields more than 30 minutes before game time.
- Arrivals to the complex can be scheduled to help ensure a large number of individuals are not arriving at the same time.
- If there is a game or practice prior to event, families and spectators are encouraged to stay in their vehicles or at recommended social distances until the start of their game play to prevent overcrowding of spectator spaces and walkways.
- On-field warm-up should be limited as much as is reasonably possible and no more than 30 minutes.
- LOLL will ensure that practices and games follow all local and state directives regarding the number of people allowed to gather in one place.
- Wait in cars before practice or game; limit the use of van pool or carpools.
- Allow time between practices and games for cleaning and disinfecting.

Limiting Spectator Attendance:

- All spectators should follow best social distancing practices — stay six feet away from individuals outside their household; wear a cloth face covering at all times; avoid direct hand or other contact with players/managers/coaches during play.

- The participation limits will be adjusted to match the restrictions for Clackamas County's risk category as defined by OHA. The count includes players, coaches, parents, and any random people at the park.
 - Extreme Risk = 50 people
 - High Risk = 75 people
 - Moderate Risk = 150 people
 - Low Risk = 300 people
- LOLL may choose at its discretion to minimize the exposure risk to spectators by limiting attendance to only essential volunteers and limited family members.
- A spectator with any of the following conditions should not attend a practice or game until evaluated by a medical provider and given clearance to do so:
 - Active COVID-19 infection
 - Known direct contact with an individual testing positive for COVID-19
 - Fever
 - Cough
- Those at **higher risk for severe disease** should consider consultation with their medical provider before attending a game and should ensure the strictest adherence to guidelines regarding face coverings, distancing, and handwashing. Such groups include:
 - Those with a serious underlying medical condition, including heart disease, morbid obesity, diabetes, lung disease, immunocompromise, chronic kidney disease, and chronic lung disease.
 - Those currently residing in a nursing home or long-term care facility
 - Those over 65

Safety Monitors:

- LOLL will have designated safety monitors to help monitor and enforce the usage of face coverings and make sure players, coaches and spectators keep six (6) feet of physical distance, including at entrances, exits, restrooms and any other area where people may gather.
- For situations when players are engaging in the sports activity see On-Filed Guidance section above for more information.

Games or Scrimmages with teams outside of LOLL:

- League administrators and Coaches will ensure visiting teams will comply with OHA Guidelines.



- LOLL's COVID Safety Plan will be provided to visiting Little League from outside of LOLL at the time the game or scrimmage is scheduled.
- Only our American League (Majors) and National League (AAA) teams play teams from outside of the LOLL program.



APPENDIX

Little League Accident Reporting Form

Little League Volunteer Application

Little League Baseball Medical Release



Accident Notification Form Page 1 (Parent/Guardian Statement)



LITTLE LEAGUE® BASEBALL AND SOFTBALL ACCIDENT NOTIFICATION FORM INSTRUCTIONS

Send Completed Form To:
Little League, International
539 US Route 15 Hwy, PO Box 3485
Williamsport PA 17701-0485
Accident Claim Contact Numbers:
Phone: 570-327-1674

Accident & Health (U.S.)

1. This form must be completed by parents (if claimant is under 19 years of age) and a league official and forwarded to Little League Headquarters within 20 days after the accident. A photocopy of this form should be made and kept by the claimant/parent. Initial medical/dental treatment must be rendered within 30 days of the Little League accident.
2. Itemized bills including description of service, date of service, procedure and diagnosis codes for medical services/supplies and/or other documentation related to claim for benefits are to be provided within 90 days after the accident date. In no event shall such proof be furnished later than 12 months from the date the medical expense was incurred.
3. When other insurance is present, parents or claimant must forward copies of the Explanation of Benefits or Notice/Letter of Denial for each charge directly to Little League Headquarters, even if the charges do not exceed the deductible of the primary insurance program.
4. Policy provides benefits for eligible medical expenses incurred within 52 weeks of the accident, subject to Excess Coverage and Exclusion provisions of the plan.
5. **Limited** deferred medical/dental benefits may be available for necessary treatment incurred after 52 weeks. Refer to insurance brochure provided to the league president, or contact Little League Headquarters within the year of injury.
6. Accident Claim Form must be fully completed - including Social Security Number (SSN) - for processing.

League Name		League I.D.	
Name of Injured Person/Claimant	SSN	DATE OF BIRTH (MM/DD/YY)	Age Sex <input type="checkbox"/> Female <input type="checkbox"/> Male
Name of Parent/Guardian, if Claimant is a Minor		Home Phone (Inc. Area Code)	Bus. Phone (Inc. Area Code)
Address of Claimant		Address of Parent/Guardian, if different	

The Little League Master Accident Policy provides benefits in **addition** of benefits from other insurance programs subject to a \$50 deductible per injury. "Other insurance programs" include family's personal insurance, student insurance through a school or insurance through an employer for employees and family members. Please CHECK the appropriate boxes below. If YES, follow instruction 3 above.

Does the Insured Person/Parent/Guardian have any insurance through:

Employer Plan	<input type="checkbox"/> Yes <input type="checkbox"/> No	School Plan	<input type="checkbox"/> Yes <input type="checkbox"/> No
Individual Plan	<input type="checkbox"/> Yes <input type="checkbox"/> No	Dental Plan	<input type="checkbox"/> Yes <input type="checkbox"/> No

Date of Accident	Time of Accident	Type of Injury
	<input type="checkbox"/> AM <input type="checkbox"/> PM	

Describe exactly how accident happened, including playing position at the time of accident:

Check all applicable responses in **each** column:

<input type="checkbox"/> BASEBALL	<input type="checkbox"/> CHALLENGER (4-18)	<input type="checkbox"/> PLAYER	<input type="checkbox"/> TRYOUTS	<input type="checkbox"/> SPECIAL EVENT (NOT GAMES)
<input type="checkbox"/> SOFTBALL	<input type="checkbox"/> T-BALL (4-7)	<input type="checkbox"/> MANAGER, COACH	<input type="checkbox"/> PRACTICE	<input type="checkbox"/> SPECIAL GAME(S)
<input type="checkbox"/> CHALLENGER	<input type="checkbox"/> MINOR (8-12)	<input type="checkbox"/> VOLUNTEER UMPIRE	<input type="checkbox"/> SCHEDULED GAME	(Submit a copy of your approval from Little League Incorporated)
<input type="checkbox"/> TAD (2ND SEASON)	<input type="checkbox"/> LITTLE LEAGUE (9-12)	<input type="checkbox"/> PLAYER AGENT	<input type="checkbox"/> TRAVEL TO	
	<input type="checkbox"/> INTERMEDIATE (13-14)	<input type="checkbox"/> OFFICIAL SCOREKEEPER	<input type="checkbox"/> TRAVEL FROM	
	<input type="checkbox"/> JUNIOR (12-14)	<input type="checkbox"/> SAFETY OFFICER	<input type="checkbox"/> TOURNAMENT	
	<input type="checkbox"/> SENIOR (13-18)	<input type="checkbox"/> VOLUNTEER WORKER	<input type="checkbox"/> OTHER (Describe)	

I hereby certify that I have read the answers to all parts of this form and to the best of my knowledge and belief the information contained is complete and correct as herein given.

I understand that it is a crime for any person to intentionally attempt to defraud or knowingly facilitate a fraud against an insurer by submitting an application or filing a claim containing a false or deceptive statement(s). See Remarks section on reverse side of form.

I hereby authorize any physician, hospital or other medically related facility, insurance company or other organization, institution or person that has any records or knowledge of me, and/or the above named claimant, or our health, to disclose, whenever requested to do so by Little League and/or National Union Fire Insurance Company of Pittsburgh, Pa. A photostatic copy of this authorization shall be considered as effective and valid as the original.

Date	Claimant/Parent/Guardian Signature (In a two parent household, both parents must sign this form.)
Date	Claimant/Parent/Guardian Signature



Accident Notification Form Page 2 (League Use Only)

For Residents of California:

Any person who knowingly presents a false or fraudulent claim for the payment of a loss is guilty of a crime and may be subject to fines and confinement in state prison.

For Residents of New York:

Any person who knowingly and with the intent to defraud any insurance company or other person files an application for insurance or statement of claim containing any materially false information, or conceals for the purpose of misleading, information concerning any fact material thereto, commits a fraudulent insurance act, which is a crime, and shall also be subject to a civil penalty not to exceed five thousand dollars and the stated value of the claim for each such violation.

For Residents of Pennsylvania:

Any person who knowingly and with intent to defraud any insurance company or other person files an application for insurance or statement of claim containing any materially false information or conceals for the purpose of misleading, information concerning any fact material thereto commits a fraudulent insurance act, which is a crime and subjects such person to criminal and civil penalties.

For Residents of All Other States:

Any person who knowingly presents a false or fraudulent claim for payment of a loss or benefit or knowingly presents false information in an application for insurance is guilty of a crime and may be subject to fines and confinement in prison.

PART 2 - LEAGUE STATEMENT (Other than Parent or Claimant)

Name of League	Name of Injured Person/Claimant	League I.D. Number
Name of League Official		Position in League
Address of League Official		Telephone Numbers (Inc. Area Codes) Residence: () Business: () Fax: ()
Were you a witness to the accident? <input type="checkbox"/> Yes <input type="checkbox"/> No Provide names and addresses of any known witnesses to the reported accident.		

Check the boxes for all appropriate items below. At least one item in each column must be selected.

POSITION WHEN INJURED	INJURY	PART OF BODY	CAUSE OF INJURY
<input type="checkbox"/> 01 1ST	<input type="checkbox"/> 01 ABRASION	<input type="checkbox"/> 01 ABDOMEN	<input type="checkbox"/> 01 BATTED BALL
<input type="checkbox"/> 02 2ND	<input type="checkbox"/> 02 BITES	<input type="checkbox"/> 02 ANKLE	<input type="checkbox"/> 02 BATTING
<input type="checkbox"/> 03 3RD	<input type="checkbox"/> 03 CONCUSSION	<input type="checkbox"/> 03 ARM	<input type="checkbox"/> 03 CATCHING
<input type="checkbox"/> 04 BATTER	<input type="checkbox"/> 04 CONTUSION	<input type="checkbox"/> 04 BACK	<input type="checkbox"/> 04 COLLIDING
<input type="checkbox"/> 05 BENCH	<input type="checkbox"/> 05 DENTAL	<input type="checkbox"/> 05 CHEST	<input type="checkbox"/> 05 COLLIDING WITH FENCE
<input type="checkbox"/> 06 BULLPEN	<input type="checkbox"/> 06 DISLOCATION	<input type="checkbox"/> 06 EAR	<input type="checkbox"/> 06 FALLING
<input type="checkbox"/> 07 CATCHER	<input type="checkbox"/> 07 DISMEMBERMENT	<input type="checkbox"/> 07 ELBOW	<input type="checkbox"/> 07 HIT BY BAT
<input type="checkbox"/> 08 COACH	<input type="checkbox"/> 08 EPIPHYSES	<input type="checkbox"/> 08 EYE	<input type="checkbox"/> 08 HORSEPLAY
<input type="checkbox"/> 09 COACHING BOX	<input type="checkbox"/> 09 FATALITY	<input type="checkbox"/> 09 FACE	<input type="checkbox"/> 09 PITCHED BALL
<input type="checkbox"/> 10 DUGOUT	<input type="checkbox"/> 10 FRACTURE	<input type="checkbox"/> 10 FATALITY	<input type="checkbox"/> 10 RUNNING
<input type="checkbox"/> 11 MANAGER	<input type="checkbox"/> 11 HEMATOMA	<input type="checkbox"/> 11 FOOT	<input type="checkbox"/> 11 SHARP OBJECT
<input type="checkbox"/> 12 ON DECK	<input type="checkbox"/> 12 HEMORRHAGE	<input type="checkbox"/> 12 HAND	<input type="checkbox"/> 12 SLIDING
<input type="checkbox"/> 13 OUTFIELD	<input type="checkbox"/> 13 LACERATION	<input type="checkbox"/> 13 HEAD	<input type="checkbox"/> 13 TAGGING
<input type="checkbox"/> 14 PITCHER	<input type="checkbox"/> 14 PUNCTURE	<input type="checkbox"/> 14 HIP	<input type="checkbox"/> 14 THROWING
<input type="checkbox"/> 15 RUNNER	<input type="checkbox"/> 15 RUPTURE	<input type="checkbox"/> 15 KNEE	<input type="checkbox"/> 15 THROWN BALL
<input type="checkbox"/> 16 SCOREKEEPER	<input type="checkbox"/> 16 SPRAIN	<input type="checkbox"/> 16 LEG	<input type="checkbox"/> 16 OTHER
<input type="checkbox"/> 17 SHORTSTOP	<input type="checkbox"/> 17 STROKE	<input type="checkbox"/> 17 LIPS	<input type="checkbox"/> 17 UNKNOWN
<input type="checkbox"/> 18 TO/FROM GAME	<input type="checkbox"/> 18 OTHER	<input type="checkbox"/> 18 MOUTH	
<input type="checkbox"/> 19 UMPIRE	<input type="checkbox"/> 19 UNKNOWN	<input type="checkbox"/> 19 NECK	
<input type="checkbox"/> 20 OTHER	<input type="checkbox"/> 20 PARALYSIS/ PARAPLEGIC	<input type="checkbox"/> 20 NOSE	
<input type="checkbox"/> 21 UNKNOWN		<input type="checkbox"/> 21 SHOULDER	
<input type="checkbox"/> 22 WARMING UP		<input type="checkbox"/> 22 SIDE	
		<input type="checkbox"/> 23 TEETH	
		<input type="checkbox"/> 24 TESTICLE	
		<input type="checkbox"/> 25 WRIST	
		<input type="checkbox"/> 26 UNKNOWN	
		<input type="checkbox"/> 27 FINGER	

Does your league use batting helmets with attached face guards? ☐ YES ☐ NO
 If YES, are they ☐ Mandatory or ☐ Optional At what levels are they used?

I hereby certify that the above named claimant was injured while covered by the Little League Baseball Accident Insurance Policy at the time of the reported accident. I also certify that the information contained in the Claimant's Notification is true and correct as stated, to the best of my knowledge.

Date _____ League Official Signature _____

Little League® Volunteer Application – 2024

Do not use forms from past years. Use extra paper to complete if additional space is required.

This volunteer application should only be used if a league is manually entering information into JDP or an outside background check provider that meets the standards of Little League Regulations 1(c)9. THIS FORM SHOULD NOT BE COMPLETED IF A LEAGUE IS UTILIZING THE JDP QUICKAPP. Visit LittleLeague.org/LocalBGcheck for more information.

A COPY OF VALID GOVERNMENT ISSUED PHOTO IDENTIFICATION MUST BE ATTACHED TO COMPLETE THIS APPLICATION.

All RED fields are required.

Name _____ Date _____

 Address _____
 City _____ State _____ Zip _____
 Social Security # (mandatory) _____
 Cell Phone _____ Business Phone _____
 Home Phone: _____ E-mail Address: _____
 Date of Birth: _____
 Occupation _____
 Employer _____
 Address _____
 Special professional training, skills, hobbies: _____
 Community affiliations (Clubs, Service Organizations, etc.): _____
 Previous volunteer experience (including baseball/softball and year): _____

- Do you have children in the program? ☐ Yes ☐ No
If yes, list full name and what level? _____
- Special Certification (CPR, Medical, etc.)? If yes, list: _____ ☐ Yes ☐ No
- Do you have a valid driver's license? ☐ Yes ☐ No
Driver's License#: _____ State _____
- Have you ever been charged with, convicted of, plead no contest, or guilty to any crime(s) involving or against a minor, or of a sexual nature? ☐ Yes ☐ No
If yes, describe each in full: _____
(If volunteer answered yes to Question 4, the local league must contact Little League International.)
- Have you ever been convicted of or plead no contest or guilty to any crime(s)? ☐ Yes ☐ No
If yes, describe each in full: _____
(Answering yes to Question 5, does not automatically disqualify you as a volunteer.)
- Do you have any criminal charges pending against you regarding any crime(s)? ☐ Yes ☐ No
If yes, describe each in full: _____
(Answering yes to Question 6, does not automatically disqualify you as a volunteer.)

7. Have you ever been refused participation in any other youth programs and/or listed on any youth organization ineligible list? ☐ Yes ☐ No
If yes, explain: _____
(If volunteer answered yes to Question 7, the local league must contact Little League International.)

In which of the following would you like to participate? (Check one or more.)

- ☐ League Official ☐ Umpire ☐ Manager ☐ Concession Stand
☐ Coach ☐ Field Maintenance ☐ Scorekeeper ☐ Other _____

Please list three references, at least one of which has knowledge of your participation as a volunteer in a youth program:

Name/Phone _____

IF YOU LIVE IN A STATE THAT REQUIRES A SEPARATE BACKGROUND CHECK BY LAW, PLEASE ATTACH A COPY OF THAT STATE'S BACKGROUND CHECK. FOR MORE INFORMATION ON STATE LAWS, VISIT OUR WEBSITE: LittleLeague.org/BgStateLaws

AS A CONDITION OF VOLUNTEERING, I give permission for the Little League organization to conduct background check(s) on me now and as long as I continue to be active with the organization, which may include a review of sex offender registries (some of which contain name only searches which may result in a report being generated that may or may not be me), child abuse and criminal history records. I understand that, if appointed, my position is conditional upon the league receiving no inappropriate information on my background. I hereby release and agree to hold harmless from liability the local Little League, Little League Baseball, Incorporated, the officers, employees and volunteers thereof, or any other person or organization that may provide such information. I also understand that, regardless of previous appointments, Little League is not obligated to appoint me to a volunteer position. If appointed, I understand that, prior to the expiration of my term, I am subject to suspension by the President and removal by the Board of Directors for violation of Little League policies or principles.

Applicant Signature _____ Date _____
 If Minor/Parent Signature _____ Date _____

Applicant Name (please print or type) _____

NOTE: The local Little League and Little League Baseball, Incorporated will not discriminate against any person on the basis of race, creed, color, national origin, marital status, gender, sexual orientation or disability.

LOCAL LEAGUE USE ONLY:

Background check completed by league officer _____ on _____
 System(s) used for background check (minimum of one must be checked):

Review the Little League Regulation 1(c)9 for all background check requirements

- ☐ JDP (Includes review of the U.S. Center of SafeSport's Centralized Disciplinary Database and Little League International Ineligible/Suspended List)*
 OR
☐ National Criminal Database check ☐ U.S. Center of SafeSport's Centralized Disciplinary Database and Little League International Ineligible/Suspended List
☐ National Sex Offender Registry

*Please be advised that if you use JDP and there is a name match in the few states where only name match searches can be performed you should notify volunteers that they will receive a letter or email directly from JDP in compliance with the Fair Credit Reporting Act containing information regarding all the criminal records associated with the name, which may not necessarily be the league volunteer.

Only attach to this application copies of background check reports that reveal convictions of this application.

- ☐ Proof of completion of Abuse Awareness Training for Adults provided to league

Last Updated: 10/25/23



Little League® Baseball and Softball MEDICAL RELEASE



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

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

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

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

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

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

PARENT OR LEGAL GUARDIAN AUTHORIZATION: _____ Email: _____

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

Family Physician: _____ Phone: _____

Address: _____ City: _____ State/Country: _____

Hospital Preference: _____

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

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

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

Name	Phone	Relationship to Player

Name	Phone	Relationship to Player

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

Medical Diagnosis	Medication	Dosage	Frequency of Dosage

Date of last Tetanus Toxoid Booster: _____

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

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

FOR LEAGUE USE ONLY:

League Name: _____ League ID: _____

Division: _____ Team: _____ Date: _____

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



Little League International Baseball and Softball

539 US Route 15 Hwy, P.O. Box 3485, Williamsport, PA 17701-0485

Phone: 909 887 6444. **West Region Director:** *April Meehleder*