

# Lemon Grove Little League

League ID # 0405-42-07



## Safety Plan 2024

# Lemon Grove Little League Safety Plan

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# Lemon Grove Little League Safety Plan

## 1 POLICY STATEMENT

Lemon Grove Little League, Inc.  
Is a Non-profit Organization  
Run by Volunteers  
Whose Mission  
Is to Provide an Opportunity for Our  
Community's Children  
To Learn the Game of Baseball in A Safe  
and Friendly Environment.

## 2 SAFETY MANUAL AND FIRST AID KITS

Each team will be issued a Safety Manual and a First Aid Kit at the beginning of the season. The manager will be responsible for taking possession of these articles.

The Snack Bar will have a First Aid Kit and a Safety Manual in plain sight at all time.

The First Aid Kit will include the necessary items to treat an injured player until professional help arrives if need be. Additional supplies are located in the Snack Bar.

## 3 Phone Numbers

|   |                         |
|---|-------------------------|
| LGLL Hotline.....                                     | (619) 500-2274          |
| LGLL President, Anibal Preciado.....                  | (619) 249-8069          |
| LGLL Safety Officer, Terry Burton.....                | (619) 500-2274          |
| Lemon Grove Fire Dept <u>Emergency 9-1-1</u> .....    | Business (619) 670-0500 |
| Lemon Grove Sheriff Dept <u>Emergency 9-1-1</u> ..... | Business (619) 565-5200 |

# Lemon Grove Little League Safety Plan

## 4 LGLL CODE OF CONDUCT

The board of directors of Lemon Grove Little League has mandated the following Code of Conduct. All coaches and managers will read and abide by this Code of Conduct.

### **For Players, Parents and Volunteers**

- 4.1.1 Be courteous to all participants at all times.
- 4.1.2 Exercise self-control at all times.
- 4.1.3 Show respect to all participants.
- 4.1.4 Refrain from the use of insults, negative, profane or abusive language or actions.
- 4.1.5 Respect the integrity and judgment of game and league officials.
- 4.1.6 Be familiar with and follow the rules of Little League Baseball and Lemon Grove Little League.
- 4.1.7 Refrain from the use of alcohol and illegal drugs at LGLL events or coming to the fields under the influence.
- 4.1.8 Practice good sportsmanship at all times and insist that all other participants do the same.
- 4.1.9 Demonstrate positive support for all players and refrain from booing, negative demonstrations or inciting conflicts.
- 4.1.10 Solve problems and conflicts in a calm positive manner.
- 4.1.11 Win with dignity and lose with grace.
- 4.1.12 Respect LGLL property and help keep it clean and safe.
- 4.1.13 Follow basic safety rules and help prevent accidents and injuries.
- 4.1.14 The Board of Directors will review all infractions of the LGLL Code of Conduct. Depending on the seriousness or frequency, the board may assess additional disciplinary action up to and including expulsion from the league.

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## 5 LGLL SAFETY CODE

The Board of Directors of Lemon Grove Little League has mandated the following **Safety Code**. All managers and coaches will read this **Safety Code** and then read it to the players on their team.

### 5.1 General Guidelines

**Responsibility for abiding by the safety procedures belong to everyone associated with Lemon Grove Little League.**

5.1.1 Each player, manager, designated coach, umpire, shall use proper reasoning and care to prevent injury to him/herself and to others.

5.1.2 Only league approved managers and/or coaches are allowed to practice teams.

5.1.3 Only league-approved managers and/or coaches will operate the pitching machine.

5.1.4 Arrangement should be made in advance of all games and practices for emergency medical services.

5.1.5 Managers, designated coaches and umpires will have training in First Aid. Managers, designated coaches, and team parents will have training in coaching, abuse awareness, cardiac arrest, and concussion protocol and safety. Additional trainings may be requested by the league at anytime.

5.1.6 First-aid kits are issued to each team manager during the pre-season and additional kits will be located at each concession stand and in the clubhouse.

5.1.7 No games or practices will be held when weather or field conditions are poor, particularly when lighting is inadequate.

5.1.8 Play area will be inspected by the Managers, Coaches, and Umpires before games and practices for holes, damage, stones, glass and other foreign objects. Notify the Officer of the Day, Safety Officer, or League President when necessary.

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- 5.1.9 Team equipment should be stored within the team dugout or behind screens, and not within the area defined by the umpires as “in play
- 5.1.10 Only players, managers, coaches, and umpires are permitted on the playing field or in the dugout during games and practice sessions. Managers and coaches will wear their volunteer picture badges in a visible location.
- 5.1.11 Responsibility for keeping bats and loose equipment off the field of play should be that of the team's manager and designated coaches.
- 5.1.12 Foul balls batted out of the playing area will be returned to the snack bar or umpire in the middle of the inning. They will not be thrown over the fence during a game.
- 5.1.13 During practice and games, all players should be alert and watching the batter on each pitch.
- 5.1.14 During warm-up drills, players should be spaced so that no one is endangered by wild throws or missed catches.
- 5.1.15 All pre-game warm-ups should be performed within the confines of the playing field and not within areas that are frequented by, and thus endangering spectators, (i.e., playing catch, pepper, swinging bats etc.)
- 5.1.16 Equipment should be inspected regularly for the equipment's condition and for proper fit. Turn in faulty equipment immediately to the equipment manager for replacement. Do not use if faulty!!!
- 5.1.17 Batters must wear Little League-approved protective helmets that bear the NOCSAE seal during batting practice and games. Do not sit, stand, jump on, or throw helmets.
- 5.1.18 Bats must be Little League-approved and not be dented, cracked, broken, or bent.
- 5.1.19 Players should never throw a bat! If a bat is thrown, a warning will be issued.

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- 5.1.20 Do not swing a bat when someone is standing, walking, or running too close. Be aware of your surroundings.
- 5.1.21 While batting during a game and a runner is on third base, step out of the batter's box and away from the plate after a pitch in case the runner is stealing home
- 5.1.22 Except when a runner is returning to a base, head first (Major Division and below), slides are not permitted. Runner may be declared out at Umpires discretion.
- 5.1.23 During sliding practice, bases should not be strapped down or anchored.
- 5.1.24 At no time should "horse play" be permitted on the playing field.
- 5.1.25 Parents of players who wear glasses should be encouraged to provide "safety glasses" for their children.
- 5.1.26 Be aware of when a player is facing directly in the sun. His or her vision may be impaired. Use appropriate measures with plays, positioning, and techniques to help prevent the player from being hit by the ball whether by the other team or by fellow teammates.
- 5.1.27 On-deck batters are not permitted on any field at any time as described in the Little League Rules and Regulations. An exception is for Juniors and Seniors.
- 5.1.28 Managers will only use the official Little League balls supplied by LGLL.
- 5.1.29 Once a ball has become discolored, it will be discarded.
- 5.1.30 All male players will wear athletic supporters or cups during games.
- 5.1.31 Catchers must wear a cup. Managers should encourage that cups be worn at practices too.
- 5.1.32 Male catchers must wear the metal, fiber or plastic type cup and a long-model chest protector.
- 5.1.33 Female catchers must wear long or short model chest protectors.

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- 5.1.34 All catchers must wear chest protectors with neck collar, throat guard, shin guards and catcher's helmet, all of which must meet Little League specifications and standards.
- 5.1.35 Shoes with metal spikes or cleats are not permitted. Shoes with molded cleats are permissible. Except in Juniors and Seniors as described in the Little League Official Rules and Regulations.
- 5.1.36 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.)
- 5.1.37 No player can participate in practice or a game wearing a cast, rigid brace, or splint. Ace bandages and elastic braces (ankle, knee, and elbow) area acceptable provided they do not interfere with a player's normal ability.
- 5.1.38 No food or drink, at any time, in the dugouts. (Exception: bottled water, Gatorade and water from drinking fountains)
- 5.1.39 No horseplay, fighting, pushing, or shoving inside the dugout at any time.
- 5.1.40 Loose bats or balls must not be allowed to roll around in the dugout.
- 5.1.41 No player is allowed to touch/handle bats until they are up.
- 5.1.42 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.
- 5.1.43 Catchers may not catch, whether warming up a pitcher, in practices, or games without wearing full catcher's gear and an athletic cup.
- 5.1.44 Managers will never leave an unattended child at a practice or game.
- 5.1.45 No children under the age of 14 are permitted in the Concession Stands.



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- 5.1.46 Never hesitate to report any present or potential safety hazard to the LGLL Safety Officer immediately.
- 5.1.47 Make arrangements to have a cellular phone available when a game or practice is at a facility that does not have public phones.
- 5.1.48 Speed Limit is 5 miles per hour in roadways and parking lots. Caution should be used between the hillside and the back of the bleachers at the Minors Field.
- 5.1.49 No alcohol or drugs are allowed on the premises at any time.
- 5.1.50 No medication will be taken at the facility unless administered directly by the child's parent. This includes aspirin and Tylenol.
- 5.1.51 No playing in the parking lots at any time.
- 5.1.52 No playing in construction areas at any time. This includes the area adjacent to the Caps Field.
- 5.1.53 No playing on and around lawn equipment, or machinery at any time.
- 5.1.54 No smoking within twenty feet of the dugouts and concession stands.
- 5.1.55 No swinging bats or throwing baseballs at any time within the walkways and common areas of the complex.
- 5.1.56 No throwing rocks.
- 5.1.57 No climbing fences.
- 5.1.58 No pets are permitted on the premises at any time. This includes dogs, cats, horses, etc.
- 5.1.59 Observe all posted signs.
- 5.1.60 Players and spectators should be alert at all times for foul balls and errant throws.

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- 5.1.61 Bicycle helmets must be worn at all times when riding bicycles on the premises as well as to and from the premises.
- 5.1.62 Use crosswalks when crossing roadways. Always be alert for traffic.
- 5.1.63 The hill area surrounding the complex is off-limits at all times.
- 5.1.64 No one is allowed on the complex with open wounds at any time. Wounds should be treated and properly bandaged.
- 5.1.65 There is no running allowed in the bleachers.
- 5.1.66 Managers, coaches, and adult volunteers will use the two-adult rule whenever children are present. It is preferable that the two adults not be related.

### **5.2 General Safety for Managers**

- 5.2.1 Remove a player from the game or dugout immediately if he/she is bleeding. Seek and get medical attention immediately. The player can return when safe to do so, the bleeding has stopped, and there is no blood on his or her clothing. Player substitution rule 3.0.8 still applies.
- 5.2.2 Carry a cell phone or have a telephone nearby in case of emergency whenever possible.
- 5.2.3 Attend the annual training session on First Aid given by LGLL. One representative from each team (coach or manager) is required to attend each year. All coaches and managers are required to attend training at least once every three years. See attached flyer.
- 5.2.4 Meet with all parents on "Cap Day" to discuss Little League philosophy and safety issues.
- 5.2.5 Cover the basics of safe play with his/her team before starting the first practice.
- 5.2.6 Have fresh water and a first aid kit available for players and coaches.
- 5.2.7 Teach players the fundamentals of the game while advocating safety.

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- 5.2.8 Teach players how to slide before the season starts.
- 5.2.9 Notify parents that if a child is injured or ill, he or she cannot return to practice unless they have a note from their doctor. This medical release protects you if that child should become further injured or ill. There are no exceptions to this rule.
- 5.2.10 Encourage players to bring water bottles to practices and games.
- 5.2.11 Tell parents to bring sunscreen for themselves and their child(ren).
- 5.2.12 Encourage your players to wear mouth protection.
- 5.2.13 Continually assess a player's ability when playing specific field positions to avoid putting that player at unnecessary risk until better trained. A conference between the parents, manager, and player agent will be required if a player is under or over-qualified in a division. Findings will be submitted to LGLL Board Members who will vote on any action taken.
- 5.2.14 Attend the annual LGLL Coaching Clinic on fundamentals training. One representative from each team (coach or manager) is required to attend each year. All coaches and managers are required to attend training at least once every three years. See attached flyer.

### **5.3 General Safety for Pitching Machine**

- 5.3.1 Only a trained manager or coach may operate the pitching machine at any time. Players/Player coaches may not. May not be used for players under 7.
- 5.3.2 Do not use a pitching machine if long hair or loose clothing is not properly secured or tied back to avoid being pulled into the mechanism.
- 5.3.3 Do not plug in the AC power cord or operate the pitching machine while standing in water, while it is raining or when the machine is wet. You could get shocked.
- 5.3.4 Be sure the machine hardware is tight before operating.

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- 5.3.5 The machine must be securely positioned, properly aimed, and is set for an appropriate speed before sending a player to bat.
  - 5.3.6 Use only regulation-size balls.
  - 5.3.7 Always test a few pitches before beginning batting and after making any adjustments.
  - 5.3.8 Allow at least 5 full seconds between each pitch for the batter to get ready.
  - 5.3.9 Never deliver a pitch without the batter being completely ready and able to safely swing the bat or move away.
  - 5.3.10 Never "swing" or move the pitching machine in order to pitch a ball inside or outside the batting zone.
  - 5.3.11 If the pitching machine is bumped, remove the batter and re-align the machine's aim before resuming. Test pitches are required.
  - 5.3.12 Disregarding these guidelines may result in the suspension or expulsion of the offending manager, coach, or player. Remember to think Safety First.
- 6 Game Safety Procedures

### **6 Before the Game**

- 6.1.1 Umpires and coaches meet at home plate, clarify calling the game due to darkness or weather, and discuss any other concerns.
- 6.1.2 Inspect the playing field for safe playing. The Umpire and coaches shall walk the fields for inspection of hazards before use.
- 6.1.3 Umpires and coaches inspect equipment and players for safety.

### **6.2 During the Game**

- 6.2.1 Encourage everyone to consider safety first. Unsafe playing conditions, equipment, or behavior are cause for immediate game suspension.

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6.2.2 Have batters, players, and catchers on the bench ready for play. Make sure batters, runners, and player base-coaches wear a helmet.

6.2.3 Do not lose focus by engaging in conversation with parents and passersby. Maintain order in the dugout and the field.

## **6.3 After the Game**

6.3.1 Managers and coaches do not leave the area until every team member has been picked up by a known family member or designated driver. Use the two-person rule.

6.3.2 Notify parents if their child has been injured no matter how small or insignificant the injury is. There are no exceptions to this rule. This protects you, Little League Baseball, Incorporated, and LGLL.

6.3.3 Discuss any safety problems with the Safety Officer that occurred before, during, or after the game.

6.3.4 If there was an injury, make sure an accident report was filled out and given to the LGLL Safety Officer.

6.3.5 Be sure to remove all trash from the dugout and spectator area.

6.3.6 Gather equipment together quickly and move away from the dugout as a courtesy toward the next team.

## **7 Accident and Injury Procedures**

### **7.1 General Procedures**

7.1.1 Be sure to have your original Medical Release forms with the team at all times.

7.1.2 Provide first aid, contact the Officer of the Day and have someone call 911 immediately if an ambulance is necessary. It is best to err on the side of caution.

7.1.3 Notify the player's parents immediately if they are not at the scene.

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- 7.1.4 Notify the LGLL Safety Officer by telephone within 24 hours of the incident and fill out an LGLL Accident/Injury Report form and deliver it to the LGLL Safety Officer within 24 hours of the incident.
- 7.1.5 Talk to your team about the situation if it involves them. Players get upset and worry when another player is injured. They need to feel safe and understand why the injury occurred. Solicit their ideas they may help us prevent similar injuries in the future.
- 7.1.6 Talk to the League Safety Officer, Equipment Manager, League President, or Vice-President about the incident, cause, prevention, and injured player contact or follow up.

## **7.2 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 another blood-borne infectious disease can be transmitted. Procedures for reducing the potential for transmission of infectious agents should include, but not be limited by the following:

- 7.2.1 Bleeding must be stopped and the wound covered. If the uniform has any amount of blood on it, it must be changed or the blood removed before the athlete may participate.
- 7.2.2 Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated.
- 7.2.3 Immediately wash hands and other skin surfaces if contaminated with blood or other body fluids. Wash hands immediately after removing gloves.
- 7.2.4 Clean all blood-contaminated surfaces and equipment with a solution made with a dilution of household bleach.
- 7.2.5 Practice proper disposal procedures to prevent injuries caused by sharp instruments or devices. Contaminated towels should be disposed of or disinfected properly.

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7.2.6 Athletic trainers/coaches with bleeding or oozing skin should refrain from all direct athletic contact until the condition stabilizes.

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

### **Infectious Skin Diseases:**

7.2.8 Athletes must notify a parent/guardian and coach of any skin lesion prior to any competition or practice. An appropriate health-care professional shall evaluate all skin lesions before returning to practices or competition and

7.2.9 If an outbreak occurs on a team, especially in a contact sport, all team members should be evaluated to help prevent the potential spread of the infection. All shared equipment shall be properly cleaned/disinfected prior to use.

7.2.10 Coaches, officials, and appropriate health-care professionals must follow Little League, state, or local guidelines on "time until return to competition." Participation with a covered lesion may be considered if in accordance with Little League, state, or local guidelines and the lesion is no longer contagious.

### **Other Communicable Diseases:**

7.2.11 During times of outbreaks, Lemon Grove Little League will follow the guidelines set forth by the CDC as well as state and local Health Departments.

### **General Health Guidance:**

7.2.12 Athletes, volunteers and fans are encouraged to wash hands often and avoid touching your eyes, nose, and mouth to decrease risk of infection.

7.2.13 Athletes, volunteers, and fans 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 testing positive for COVID-19 should not attend any Little League activity until cleared by a medical professional. Any individual, including players, at risk for severe illness or with serious underlying medical or respiratory conditions should only attend Little League activities with permission from a medical professional.

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7.2.14 All players and coaches should practice good general health habits, including maintenance of adequate hydration, consumption of a varied, vitamin-rich diet with sufficient vegetables and fruits, and getting adequate sleep.

7.2.15 Players will be permitted to wear a cloth face covering on the field during gameplay, if physically able to do so, based on any directive of a medical provider or individual determination of the player/ parent/guardian/caretaker. 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.

7.2.16 All players and coaches are to refrain from spitting at all times, including in dugout areas and on the playing field.

## 7.3 Assessing the Situations Procedures – What to Treat First

7.3.1 **Don't panic.** You will be better able to assess the situation more effectively. Remember that psychological support is also important.

7.3.2 Apply the **ABCs** of Life Support:

- **A**irway open – Open and maintain the victim's airway.
- **B**reathing restored – If the victim is not breathing, begin rescue breathing
- **C**irculation maintained – If no pulse is present, get assistance from a person certified in CPR. To be able to perform CPR effectively, it is essential to be properly trained.

7.3.3 Check for bleeding. Apply direct pressure and elevate the injured limb.

7.3.4 Look for signs of shock and broken bones (fractures).

7.3.5 Check for emergency medical identification on the victim.

7.3.6 Get professional medical help quickly. Know emergency numbers, especially 911 or the operator. Telephone the appropriate authorities and calmly describe the situation. Be sure to give your name, location, and the number of persons involved.

7.3.7 Loosen any clothing that may restrict the victim's breathing or interfere with circulation.

7.3.8 Never give an unconscious person anything by mouth.



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- 7.3.9 Do not move an injured person unless the situation is life-threatening. Keep the victim still, quiet, and warm (except for heat exhaustion or sunstroke). A victim with broken bones (fractures) should not be moved until a splint has been correctly applied.

## 7.4 Prevention

- 7.4.1 Prevention is the key to reducing accidents and keeping them to a minimum. Report all suspected hazardous conditions to the League Safety Officer or any LGLL Board Member immediately.

- 7.4.2 **Common sense rules** – if you don't think it is safe, don't do it.

## **SAFETY IS AN ALL-HANDS RESPONSIBILITY!** **So let's play safe and have a fantastic season.**

## 8 Snack Bar Rules

1. No one under the age of 16 years is allowed in the Lemon Grove Snack Bar unless preapproved by the Board of Directors.
2. No Eating in the Snack Bar. (All eating must be done outside)
3. No Smoking in the Snack Bar. (Smoking is allowed in the designated Smoking Areas Only)
4. No FOOD or MONEY will be handled or exchanged at the Back Door. All Purchases will be through the Purchase Window Only.
5. Workers are not entitled to FREE items. All working Volunteers in the Snack Bar and working Umpires will be given a Coupon at the end of the shift which can be exchanged for a product or used at your own convenience.

### 8.1 Snack Bar Guidelines

1. **Cooking.** Use a food thermometer to check on cooking and holding temperatures of potentially hazardous foods. All potentially hazardous foods should be kept at 41° F or below (if cold) or 140° F or above (if hot). Hamburgers and Hot Dogs should be cooked to an internal temperature of 155° F.
2. **Cooling and Cold Storage.** Foods that require refrigeration must be cooled to 41° F as quickly as possible and held at that temperature until ready to serve. To cool foods down quickly, use an ice water bath (60% ice to 40% water), stirring the product frequently, or place the food in shallow pans no more than 4 inches in depth and refrigerate. Pans should not be stored one atop the other and lids should be off or ajar until the food is completely cooled. Check the temperature periodically to see if the food is cooling properly.
3. **Hand Washing.** *Frequent and thorough hand washing remains the first line of defense in preventing foodborne disease.* The use of disposable gloves can provide an additional barrier to contamination, but they are no substitute for handwashing!

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4. **Health and Hygiene.** Only healthy workers should prepare and serve food. Anyone who shows symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, jaundice, etc.) or who has open sores or infected cuts on the hands should not be allowed in the food concession area. Workers should wear clean outer garments and should not smoke in the concession area. The use of hair restraints is recommended to prevent hair from ending up in food products.
5. **Food Handling.** Avoid hand contact with raw, ready-to-eat foods and food contact surfaces. Use an acceptable dispensing utensil to serve food. *Touching food with bare hands can transfer germs to food.*
6. **Dishwashing.** Keep your hands away from food contact surfaces, and never reuse disposable dishware. *Ideally*, dishes and utensils should be washed in a four-step process: 1. Wash in hot soapy water; 2. Rinse in clean water; 3. Bleach/Water sanitizing; and 4. Air dry.
7. **Wiping Cloths.** Rinse and store your wiping cloths in a bucket of sanitizer (example: 1 gallon of water and ½ teaspoon of chlorine bleach). Change the solution every two hours. *Well sanitized work surfaces prevent cross-contamination and discourage flies.*
8. **Insect Control and Waste.** Keep foods covered to protect them from insects. Store pesticides away from foods. Place garbage and paper wastes in a refuse container with a tight-fitting lid. Dispose of wastewater in an approved method (do not dump it outside). All water used should be potable water from an approved source.
9. **Food Storage and Cleanliness.** Keep foods stored off the floor at least six inches. After your shift is finished, clean the concession area and discard unusable food.

We appreciate your service to Lemon Grove Little League.

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## 9 FORMS AND REFERENCE INDEX

The following Index Indicates the Form supplements attached to the Lemon Grove Little League Safety Plan:

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| 9.2  | Little League Medical Release Form   |
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| 9.5  | Little League® Baseball & Softball Claim Form Instructions                           |
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| 9.8  | Managers and Coaches Clinic Flyer – Fundamentals Training and Safety/ First Aid      |
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