



# York County Little League Safety Officer Manual

League Name: York County Little League

League # 3460710



## York County Little League Safety Officer Manual

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Dear Managers and Coaches,

Welcome to another exciting season of York County Little League (YCLL)! Thank you for committing your time to help our youth learn to play the game of baseball/softball. At the beginning of this safety manual, you will find the Little League Pledge, Little League Parent/ Volunteer Pledge, and Parent Code of Conduct. These are all documents that provide beliefs, guidelines, rules, and expectations to ensure we are all on the same “playing field.”

Recognizing the importance of safety, YCLL has a **Safety Mission Statement** and a **Safety Code**. All managers and coaches will read the Safety Code and follow the outlined mandated safety practices during practices and games. Team managers and coaches are required to sign that they understand the Safety Code and agree to comply to ensure a safe environment for all players. We also ask team managers to designate a **Team Safety Officer** to ensure a focus on safety is maintained throughout all practices and games.

This Safety Manual is comprehensive and emphasizes the importance of safety in YCLL. It outlines safety rules, guidelines, and procedures for everyone to follow. We are committed to improvement and need teamwork to do so. Throughout the season, if you find a hazard or have a safety concern, please reach out to me, the YCLL Safety Officer at [safety@ycll.com](mailto:safety@ycll.com).

Thank You Again and Let's Play Ball!

Shelley Winegrad

YCLL Safety Officer

### Safety Mission Statement

To provide our children the opportunity to learn the game of baseball in an enjoyable and safe environment.

Teach values of teamwork, sportsmanship, and fair play.

### Little League Pledge

I trust in God.

I love my country and will respect its laws.

I will play fair and strive to win.

But win or lose I will always do my best.



### Little League Parent/ Volunteer Pledge

I will teach all children to play fair and do their best.

I will positively support all managers, coaches, and players.

I will respect the decisions of umpires.

I will praise a good effort despite the outcome of the game.

### Parent Code of Conduct

Team managers are responsible for ensuring that all parents sign the Parent Code of Conduct located at <https://www.ycll.net/> as a quick link or in the Appendix of this manual. Managers are responsible for maintaining these forms for the season. Managers may consider assigning this responsibility to their Team Mom or your Team Safety Officer.

## YCLL Board of Director (BOD) Contacts

Position	Name	Email Contact
President	William Lewis	<a href="mailto:President@ycll.net">President@ycll.net</a>
VP Baseball	Joshua Phillips	<a href="mailto:VPBB@ycll.net">VPBB@ycll.net</a>
VP Softball	Chase Emerson	<a href="mailto:VPSB@ycll.net">VPSB@ycll.net</a>
Player Agent	Rosemary Carreon	<a href="mailto:playeragent@ycll.net">playeragent@ycll.net</a>
Secretary	Jessica Saunders	<a href="mailto:Secretary@ycll.net">Secretary@ycll.net</a>
Treasurer	David Kramer	<a href="mailto:treasurer@ycll.net">treasurer@ycll.net</a>
Scheduler	Thomas Evans	<a href="mailto:Schedule@ycll.net">Schedule@ycll.net</a>
Facilities		<a href="mailto:Facilities@ycll.net">Facilities@ycll.net</a>
Safety Officer	Shelley Winegrad	<a href="mailto:safety@ycll.net">safety@ycll.net</a>
Equipment	BJ Kern	<a href="mailto:equipment@ycll.net">equipment@ycll.net</a>
UIC	Landrew Gordley	<a href="mailto:UIC@ycll.net">UIC@ycll.net</a>
Webmaster	Brittany Binns	<a href="mailto:webmaster@ycll.net">webmaster@ycll.net</a>
Board Member	Vince Alamillo	
Board Member	Simone Bell	
Board Member	Jason Binns	<a href="mailto:jsbinns@vt.edu">jsbinns@vt.edu</a>
Board Member	Dustin Dumbravo	<a href="mailto:Dustin.dumbravo@gmail.com">Dustin.dumbravo@gmail.com</a>
Board Member	Michael Holley	<a href="mailto:mholley@ycsd.york.va.us">mholley@ycsd.york.va.us</a>
Board Member	Bubba Jarrell	<a href="mailto:Royjarrell5@yahoo.com">Royjarrell5@yahoo.com</a>
Board Member	Ben Kavanay	<a href="mailto:Ben.kavanay@gmail.com">Ben.kavanay@gmail.com</a>
Board Member	Yanira Lopez	
Board Member	Jayne Ludi	<a href="mailto:jludi@ycsd.york.va.us">jludi@ycsd.york.va.us</a>
Board Member	Kyle Shoemake	<a href="mailto:Kyleshoemake35@gmail.com">Kyleshoemake35@gmail.com</a>

## Emergency and Local Resources Contacts

Emergency & Local Resources	Contact Number
York County Fire EMS	911
York County Sheriff	911
Virginia State Police	757-424-6800
Crime Line Tips	757-890-3400
Child Abuse Hotline	1-800-552-3431
Poison Control Center	1-800-222-1222
Riverside Regional ER	757-594-2050
Mary Immaculate ER	757-886-6000
Sentara Careplex ER	757-736-2010
York County Parks and Rec	757-890-3500
Complex Weather Hotline	757-890-3321
YCLL Safety Officer	757-869-0807

## **Purpose of the Safety Officer Manual**

To ensure a successful and enjoyable Little League experience, it is imperative that YCLL BOD, managers, coaches, volunteers, and parents take safety issues very seriously. The purpose of this document is to emphasize the importance of safety in YCLL and outline safety rules, guidelines, and procedures for everyone to follow. Please read, learn, and follow the safety rules, guidelines, and procedures within this manual. The YCLL Safety Officer (Shelley Winegrad) can make changes to this document during the season with the approval of the YCLL Board of Directors (BOD). All managers, coaches, and volunteers will be made aware if any changes are made.

### **Location of Safety Manual**

This Safety Manual will be posted on the YCLL website. Each manager will receive a copy of the document at the annual managers meeting.

## **Role of Safety Officer**

Little League International has developed a safety awareness program (ASAP) and requires each league to have a Safety Officer on the BOD. The role of Safety Officer is to provide a safe environment for all players and volunteers. The Safety Officer strives to create safety awareness through education, information sharing, and training opportunities. Over the years, the ASAP program has successfully decreased the number of baseball and softball injuries during the Little League season. This 2026 Safety Plan is reviewed and approved by the Little League ASAP program.

## **Volunteer Requirements**

YCLL requires any volunteer (BOD, managers, coaches, umpires, team mom, and anyone assisting in a practice/game) to undergo a background check. The YCLL Safety Officer sends a background questionnaire link through JDP Criminal Background Check Services (JDP). JDP conducts a Criminal Records History Check, as well as scans the National Criminal Sex Offender Registry. If a volunteer does not have computer access, an individual can submit the 2026 Volunteer Application, located at <https://www.ycll.net/>, to the YCLL Safety Officer and it will be manually input. Managers will receive a paper copy of this application in their manager's folder. Background checks are verified by the YCLL Safety Officer and YCLL President to ensure that all volunteers are safe and in good standing. Team Managers are required to submit all volunteers to the YCLL Safety Officer using the Volunteer Form located in the appendix. This is an extra measure to ensure that YCLL has secured a background check on all volunteers.

## **Volunteer Training Requirements for Managers, Coaches, and Umpires**

To ensure a safe and positive baseball and softball season, YCLL provides training to volunteers signed up to manage, coach or umpire.

### **SafeSport Act**

The “Protecting Young Victims from Sexual Abuse and SafeSport Authorization Act of 2017” became federal law in 2018. The mission of the U.S. Center for Safesport is to make the athlete well-being the centerpiece of our nation’s sports culture. All athletes deserve to participate in sports free from bullying, hazing, sexual misconduct, or any form of emotional or physical abuse. Education and awareness are the most critical components to creating safe and respectful sporting environments, free from abuse and harassment. Therefore, in accordance with SafeSport Act, all volunteers must complete a 30-45 minute Little League Abuse Awareness Course training online by visiting:

[LittleLeague.org/AbuseAwareness](https://www.littleleague.org/AbuseAwareness).

### **Fundamentals Training**

YCLL will provide and require Fundamentals Training with at least one coach or manager from each team. Every manager/coach will attend this training at least once every three years. This training focuses on the fundamentals of hitting, sliding, fielding, pitching, and catching and be led by League Commissioners at the designated Managers Meeting. Additional, training may be offered at Zook Field throughout the season.

### **Umpire Training**

District 7 hosts umpire trainings for managers, coaches, umpires, and anyone else interested. The YCLL Safety Officer will email these dates to all volunteers and the league encourages attendance.



## Enforcement of Little League Rules & Regulations

YCLL is committed to creating an environment that is safe for players, managers, coaches, umpires, and spectators. To educate and ensure that safety rules and practices are understood and implemented, YCLL has established a Safety Code.

### YCLL Safety Code

The Board of Directors of YCLL has mandated the following **Safety Code**. All managers and coaches will read this Safety Code and follow these mandated safety practices during practices and games. Team managers and coaches are required to sign that they understand the Safety Code and agree to comply to ensure a safe environment for all players.

#### Catchers

- Male catchers must wear a fiber or plastic cup and a long model chest protector.
- Female catchers must wear long or short model chest protectors.
- All catchers must wear chest protectors with neck collar, throat guard, shin guards, and catcher's helmet- all of which meet Little League specifications.
- All catchers must use a catcher's mitt.
- Catchers MAY NOT catch, whether in game, practice, or warming up a pitcher, without wearing full catchers gear and an athletic cup as described above.
- NO adults, including managers and coaches, can warm up the catcher.

#### Equipment

- 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/coaches.
- Equipment should be inspected at each use for the condition of the equipment as well as for proper fit.
- Parents of players who wear glasses should be encouraged to provide "safety glasses" for their children.
- Managers will only use official Little League balls.
- All male players are encouraged to wear athletic cups during games and practices. Catchers must wear a cup.
- All fields have break away bases.
- Batters must wear Little League approved protective helmets during batting practice and games. Players are encouraged to wear helmets with face masks.
- Little League players must adhere to bat rules adopted by Little League International:  
<https://www.littleleague.org/playing-rules/bat-rules/>

#### *Rule 1.10 – Baseball*

*The bat must be a baseball bat which meets the USA Baseball Bat standard (USABat) as adopted by Little League. It shall be a smooth, rounded stick, and made of wood or of*

*material and color tested and proved acceptable to the USA Baseball Bat standard (USABat).*

*Beginning with the 2018 season, non-wood and laminated bats used in the Little League (Majors) and below, Intermediate (50-70) Division, Junior League divisions, and Challenger division shall bear the USA Baseball logo signifying that the bat meets the USABat – USA Baseball’s Youth Bat Performance Standard. All BPF – 1.15 bats will be prohibited beginning with the 2018 season. Additionally, starting in 2018, the bat diameter shall not exceed 2½ inches for these divisions of play. Bats meeting the Batted Ball Coefficient of Restitution (BBCOR) standard may also be used in the Intermediate (50-70) Division and Junior League divisions. Additional information is available at [LittleLeague.org/batinfo](http://LittleLeague.org/batinfo).*

*Tee Ball:*

*Under the USABat standard, certified Tee Ball bats (26" and shorter) will feature the USA Baseball mark and text which reads [ONLY FOR USE WITH APPROVED TEE BALLS](#). All Tee Ball bats must feature the USA Baseball mark and accompanying text. Tee Ball bats that were produced and/or purchased prior to the implementation of the new standard can be certified using an Approved Tee Ball Sticker via the USA Baseball Tee Ball Sticker Program ([USABaseballShop.com](http://USABaseballShop.com)) beginning September 1, 2017.*

*NOTE: Approved Tee Ball bats may also be used for Coach Pitch/Machine Pitch Minor Divisions only with the use of [approved Tee Balls](#).*

*Minor/Major Divisions:*

*It shall not be more than 33 inches in length; nor more than 2½ inches in diameter, and if wood, not less than fifteen-sixteenths (15/16) inches in diameter (7/8 inch for bats less than 30") at its smallest part. Wood bats taped or fitted with a sleeve may not exceed sixteen (16) inches from the small end.*

*NOTE 1: Solid one-piece wood barrel bats do not require a USA Baseball logo.*

*NOTE 2: Approved Tee Ball bats may also be used for Coach Pitch/Machine Pitch Minor Divisions only with the use of [approved Tee Balls](#).*

*Intermediate (50-70) Division and Junior League:*

*It shall not be more than 34" inches in length; nor more than 2½ inches in diameter, and if wood, not less than fifteen-sixteenths (15/16) inches in diameter (7/8 inch for bats less than 30") at its smallest part. Wood bats taped or fitted with a sleeve may not exceed eighteen (18) inches from the small end.*

*NOTE 1: Solid one-piece wood barrel bats do not require a USA Baseball logo.*

*NOTE 2: Also, permitted for the Intermediate (50-70) Division and Junior League Division are bats meeting the BBCOR performance standard, and so labeled with a silkscreen or other permanent certification mark. The certification mark shall be rectangular, a*

*minimum of a half-inch on each side and located on the barrel of the bat in any contrasting color. Aluminum/alloy and composite bats shall be marked as to their material makeup being aluminum/alloy or composite. This marking shall be silkscreen or other permanent certification mark, a minimum of one-half-inch on each side, and located on the barrel of the bat in any contrasting color.*

*Senior League:*

*It shall not be more than 36 inches in length, nor more than 2 $\frac{5}{8}$  inches in diameter, and if wood, not less than fifteen-sixteenths (15/16) inches in diameter (7/8 inch for bats less than 30") at its smallest part. Wood bats taped or fitted with a sleeve may not exceed eighteen (18) inches from the small end. The bat shall not weigh, numerically, more than three ounces less than the length of the bat (e.g., a 33-inch-long bat cannot weigh less than 30 ounces). All bats not made of a single piece of wood shall meet the Batted Ball Coefficient of Restitution (BBCOR) performance standard, and such bats shall be so labeled with a silkscreen or other permanent certification mark. The certification mark shall be rectangular, a minimum of a half-inch on each side and located on the barrel of the bat in any contrasting color. Aluminum/alloy and composite bats shall be marked as to their material makeup being aluminum/alloy or composite. This marking shall be silkscreen or other permanent certification mark, a minimum of one-half-inch on each side, and located on the barrel of the bat in any contrasting color.*

*Little League Challenger Division:*

*It shall not be more than 33 inches in length; nor more than 2 $\frac{5}{8}$  inches in diameter, and if wood, not less than fifteen-sixteenths (15/16) inches in diameter (7/8 inch for bats less than 30") at its smallest part. Wood bats taped or fitted with a sleeve may not exceed sixteen (16) inches from the small end.*

*NOTE: Solid one-piece wood barrel bats do not require a USA Baseball logo.*

*Senior League Challenger Division:*

*It shall not be more than 36 inches in length, nor more than 2 $\frac{5}{8}$  inches in diameter, and if wood, not less than fifteen-sixteenths (15/16) inches in diameter (7/8 inch for bats less than 30") at its smallest part. Wood bats taped or fitted with a sleeve may not exceed eighteen (18) inches from the small end. The bat shall not weigh, numerically, more than three ounces less than the length of the bat (e.g., a 33-inch-long bat cannot weigh less than 30 ounces). All bats not made of a single piece of wood shall meet either 1) the Batted Ball Coefficient of Restitution (BBCOR) performance standard, and such bats shall be so labeled with a silkscreen or other permanent certification mark which shall be rectangular, a minimum of a half-inch on each side, and located on the barrel of the bat in any contrasting color, or 2) the USA Bat standard and shall bear the USA Baseball logo signifying that the bat meets the USABat – USA Baseball's Youth Bat Performance Standard. Aluminum/alloy and composite bats shall be marked as to their material makeup being aluminum/alloy or composite. This marking shall be silkscreen or other*

*permanent certification mark, a minimum of one-half-inch on each side, and located on the barrel of the bat in any contrasting color.*

*In all divisions, a non-wood bat must have a grip of cork, tape, or composition material, and must extend a minimum of 10 inches from the small end. Slippery tape or similar material is prohibited.*

*NOTE 1: Whiffle ball type bats are permissible in all Challenger Divisions.*

*NOTE 2: The traditional batting donut is not permissible.*

*NOTE 3: Tee Ball bats maybe used in the Challenger Divisions. Under the USABat standard, certified Tee Ball bats (26" and shorter) will feature the USA Baseball mark and text which reads ONLY FOR USE WITH APPROVED TEE BALLS. All Tee Ball bats must feature the USA Baseball mark and accompanying text. Tee Ball bats that were produced and/or purchased prior to the implementation of the new standard can be certified using an Approved Tee Ball Sticker via the USA Baseball Tee Ball Sticker Program (USABaseballShop.com) beginning September 1, 2017.*

*NOTE 4: Non-wood bats may develop dents from time to time. Bats that have cracks or sharp edges, or that cannot pass through the approved Little League bat ring for the appropriate division must be removed from play. The 2¼-inch bat ring must be used for bats labeled 2¼. The 2⅝- inch bat ring must be used for bats labeled for 2⅝.*

*NOTE 5: An illegal bat must be removed. Any bat that has been altered shall be removed from play.*

#### *Rule 1.10 – Softball*

*The bat must be a softball bat which meets Little League specifications and standards as noted in this rule. It shall be a smooth, rounded stick and made of wood or a material tested and proved acceptable to Little League standards. The bat shall be no more than 33 inches (34 inches for Junior/Senior League) in length, not more than two and one-quarter (2¼) inches in diameter, and if wood, not less than fifteen-sixteenth (15/16) inches in diameter (7/8 inch for bats less than 30 inches) at its smallest part. Non-wood bats shall be printed with a BPF (bat performance factor) of 1.20. Bats may be taped or fitted with a sleeve for a distance not exceeding 16 inches from the small end. Colored bats are acceptable. A non-wood bat must have a grip of cork, tape or composition material, and must extend a minimum of 10 inches from the small end. Slippery tape or similar material is prohibited.*

*An illegal or altered bat must be removed.*

*In all divisions, non-wood bat must have a grip of cork, tape, or composition material, and must extend a minimum of 10 inches from the small end. Slippery tape or similar material is prohibited.*

*NOTE 1: The traditional batting donut is not permissible.*

*NOTE 2: The use of pine tar or any other similar adhesive substance is prohibited at all levels of Little League Baseball and Softball. Use of these substances will result in the bat being declared illegal and removed from play.*

*NOTE 3: Non-wood bats may develop dents from time to time. Bats that have cracks or sharp edges, or that cannot pass through the approved Little League bat ring for the appropriate division must be removed from play. The 2¼-inch bat ring must be used for bats labeled 2¼. The 2⅝- inch bat ring must be used for bats labeled for 2⅝.*

*NOTE 4: An illegal bat must be removed. Any bat that has been altered shall be removed from play. PENALTY – See Rule – 6.06(d).*

## Rules

- Foul balls batted out of the player area will be returned to the umpire.
- Except when a runner is returning to a base, head first slides are not permitted.
- During sliding practice, bases should not be strapped down or anchored.
- On-deck batters are ONLY permitted in Intermediate, Junior, and Senior Leagues.
- 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 must be taped in place.)
- Shoes with metal spikes or cleats are not permitted. Shoes with molded cleats are permissible.
- Managers will never leave an unattended player at a practice or game.
- Never hesitate to report any present or potential safety hazard to the YCLL Safety Officer [safety@ycll.net](mailto:safety@ycll.net)
- YCLL prohibits the use of alcohol, tobacco products, or other drugs.
- Managers and/or coaches may not dispense medication (i.e. Tylenol) to any player.
- No playing in parking lots at any time.
- No swinging bats or throwing baseballs at any time within the walkways and common areas of the complex.
- Players and spectators should be alert of foul balls at all times.

## Safety

- Responsibility for safety procedures belongs to every adult member of YCLL.
- Each player, manager, designated coach, umpire, team safety officer shall use proper reasoning and care to prevent injury to him/ herself or others.
- YCLL BOD approves all team managers.
- Every volunteer is required to complete a background questionnaire through JDP which conducts a Criminal Records History Check, as well as scans the National Criminal Sex Offender Registry. Background checks are verified by the YCLL Safety Officer and YCLL President to ensure that all volunteers are safe and in good

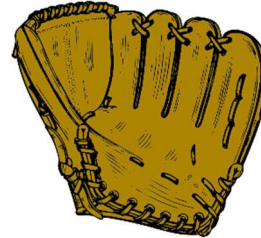
standing. Team Managers are required to submit all volunteers to YCLL Safety Officer.

- Parents of all players must complete a Medical Form and submit to their child's team Manager. Managers will maintain these forms for the season. Medical Forms will be shredded at the end of each season.
- Every team will have the manager or coach attend a mandatory First-Aid Training.
- First-aid kits are mandatory. Each manager will receive a first-aid kit prior to the first practice. The manager is responsible for having the first-aid kit available at every game and practice.
- When first-aid is necessary and applied, the TSO is responsible to filling out the York County Little League Preliminary Accident Report. Managers are required to submit reports to the YCLL Safety Officer within 24-48 hours of the incident.
- No games or practices will be held when weather or field conditions are poor- particularly when lightening is present.
- The play area will be inspected before games and practices for stones, holes, glass and other foreign objects.
- Team equipment should be stored within the team dugout or behind fences- 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 practices.

### Warm-Up

- During warm-up drills, players should be spaced so that no one is endangered by wild throws or missed catches.
- All pre-game warm-ups should take place on the playing field.

## Play It Safe!



*I have read the YCLL Safety Code and promise to adhere to its rules and regulations.*

\_\_\_\_\_  
Print Name of Team Manager

\_\_\_\_\_  
Team Name and Division

\_\_\_\_\_  
Signature of Team Manager

\_\_\_\_\_  
Date

\_\_\_\_\_  
Coach 1

\_\_\_\_\_  
Coach 2

\_\_\_\_\_  
Coach 3

\_\_\_\_\_  
Team Safety Officer

*\*Please submit to YCLL Safety Officer in person or email to [safety@ycll.net](mailto:safety@ycll.net)*

## Safety Roles

### Manager/ Coaches Roles

All Little League rules and regulations, both playing and safety rules, shall be always followed, whether in a game or practice. 2025-2026 Little League rule books are available to Managers and Coaches prior to the start of the season. It is important to read and follow these rules, as many of them pertain to player safety.

- At least one manager or coach is to always remain near or inside the dugout area during the game.
- Communicate with the Team Safety Officer (TSO) about inspection of the playing field.
- Adequately space players out during warm-up drills to prevent injuries from wild throws or missed catches.
- At no time during practice or games should “horseplay” be permitted on the playing field or in the dugouts.
- Ensure catchers are always wearing proper gear. Managers and coaches are not permitted to warm-up pitchers.
- On-deck batters are ONLY permitted in Intermediate, Junior, and Senior Leagues.
- Team Managers are responsible for maintaining player Medical Forms, Parent Conduct Forms.
- Team Managers are responsible for submitting the Volunteer Form and YCLL Safety Code signature page to YCLL Safety Officer. Both documents are in the Appendix of this manual.
- Ensure players warm-up to prevent injuries.

<https://www.slideshare.net/windsgroup/umpire-preseason-conditioningstretching-and-warmup-exercises>

### Team Safety Officer (TSO)

Appointed by the Team Manager, the TSO is designated to ensure a focus on safety is maintained throughout all practices and games. The TSO should:

- Always have a cell phone available at each game/practice.
- Be familiar with basic first-aid and contents of this safety plan.
- Inspect team equipment prior to each practice and game. Broken or improperly sized equipment should be turned in and replaced by the BOD Equipment Managers [equipment@ycll.net](mailto:equipment@ycll.net)
- Remind the manager or coach to conduct proper warm-up stretches.
- Ensure that all players have an updated Medical Release Form.
- Walk the playing field prior to each practice and game looking for hazards and potential safety concerns.
- Ensure that any player that misses seven consecutive days of team activities due to injury/illness has a written medical clearance form from a physician before returning to team activities.



- Follow-up with parents/guardians on any injuries that require first-aid.
- Contact the YCLL Safety Officer call/text 757-869-0807 when injuries occur during practices or games that require emergency medical care.

### Umpires

Umpires are an important part of ensuring that all games are conducted safely. Umpires will ensure and enforce all safety related rules and regulations. Umpires will also conduct the following:

- For baseball and softball games, only the home plate umpire authorizes start of game.
- Ensures all team equipment is stored within the dugout or behind the dugout and not within the playing field.
- All pre-game warm-ups should be performed within the confines of the field of play. At no time should warm-ups be allowed that endangers the safety of spectators.
- Players are not allowed to wear any external accessories (i.e. watches, rings, earrings, pins, necklaces, or any other object at practice of games. The exception to this rule is for those players that have a medical alert necklace or bracelet which needs to be taped or secured so injury can be avoided.

### Spectators

- At no time should children be permitted to climb on the back stop or stick their fingers through the fence behind home plate during play.
- All spectators should have good sportsmanship and refrain from using abusive/vulgar language toward the opposing team player, coaches, or umpires.
- A Player and Parent Code of Conduct will be provided to all players, parents, and guardians at the initial team meeting. The Parent Code of Conduct can also be found on the YCLL website.

### Equipment Inspection

YCLL requires regular inspection of all baseball and softball equipment. Replacement of defective equipment must be done immediately by Equipment Managers on the BOD. The equipment checks will be done by three sources:

1. The Equipment Mangers on the BOD will inspect equipment prior to distribution to managers for the baseball/ softball season.
2. Team Safety Officers will inspect equipment prior to each practice or game.
3. Umpires will inspect equipment prior and during the course of a game.

### Required Field Inspections

Coaches are required to walk/inspect the fields prior to practices and games. Umpires are also required to walk the fields for hazards before each game. Prior to each game, managers/TSO/umpires should:

- ✓ Walk the field for debris/ foreign objects
- ✓ Inspect helmets, bats, catchers gear
- ✓ Make sure first-aid kit is available
- ✓ Check conditions of fences, back stops, and warning track
- ✓ Make sure cell phone is available for emergencies
- ✓ Hold a warm-up drill

### Weather Risks

- In the event of rain, managers and coaches should monitor field closures using the <http://rainoutline.com/> mobile app. York County Parks and Rec update this website routinely and it will give you the most up-to-date field status. All York County fields are listed on this site, EXCEPT for the two fields at ZOOK. Zook fields are maintained by YCLL. Typically, if Parks and Rec closes fields, YCLL will close Zook as well. There may be an instance where Managers will have to decide if Zook is safe and playable based on weather conditions. We always ask you to put player safety first and use your best judgement.
- No games or practices shall be held when weather or conditions of the playing field are poor. No games or practices should be held when **lightning or thunder** are present. This includes any unauthorized baseball or softball fields that are not identified on the 2026 Facility Survey.

**If You See it, Flee It;  
If You Hear It, Clear It!**



**REMEMBER:**

- Track approaching storms using radar websites and monitor weather websites.
- Evacuate fields when storms are about 10 miles away. Have players and spectators go to enclosed building or vehicles with car windows rolled up.
- Clear fields immediately after thunder has been heard or lightening has been seen!

**PLEASE WAIT!**

- **Wait 30 minutes before returning to play after last sign of lightening activity in your area.**
- **Cars should not leave until game is called, so all players can be accounted for.**

- **Heavy winds** can cause dust particles to obstruct a player's ability to focus on the game and can lessen a player's ability to see clearly causing a serious safety risk. Heavy winds are any winds registering at 35 mph or greater. In the event of heavy winds, the game or practice must stop immediately.
- **Tornado Watches** are issued for broad areas where conditions exist for the development of twisters. Managers and coaches must track approaching storms using radar websites and monitor weather websites. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio provide alerts. **Tornado Warnings** are issued for highly localized areas where tornado is imminent or has been detected on radar. In the event of a tornado warning, the game or practice must be cancelled immediately. The manager or coaches should gather players and find a safe area. Safe areas include an inside room without windows. Once in a safe location, get in the tornado safe position pictured below.



- **Hot summer days** can result in a heat advisory. It is the manager and coach's responsibility to make sure that all players have sufficient amounts of water for drinking and ensure players take adequate breaks to hydrate properly. Additionally, managers need to highlight the importance of players always bringing a water bottle, and on days with high temperatures a wet cloth. Heat stroke is a form of hyperthermia in which the body temperature is elevated dramatically. **Heat stroke** is a medical emergency and can be fatal if not treated promptly and properly. The cause of heat stroke is an elevation in body temperature, often accompanied by dehydration. Symptoms of heat stroke can include:
  - High body temperature of 104 F
  - Altered mental state or behavior
  - Nausea or vomiting
  - Rapid breathing
  - Flush skin
  - Racing heart rate
  - Headache

In the event of extreme temperatures, the YCLL Safety Officer will monitor heat advisories using <https://www.weather.gov/bgm/heat> (National Weather Service) and communicate dangerous conditions to managers.

### Reporting Accidents/ Injuries

YCLL is committed to implementing prompt accident reporting. In the event of an injury (minor or major), use the York County Little League Preliminary Accident Report to document the incident and submit to the YCLL Safety Officer at [safety@ycll.net](mailto:safety@ycll.net) within 24-48 hours. The York County Little League Preliminary Accident Report is located at <https://www.ycll.net/> as a quick link and a paper copy will be available in the Manager's notebook.

## Helpful First-Aid Procedures

YCLL strives to create a safe environment for everyone. However, accidents can still happen. In any type of emergency, please remember to remain calm. This section contains helpful information regarding injuries and medical emergencies.

### **First Aid Basics**

If you are treating the injured player on site:

- ✓ Access the injury. If the player is conscious, find out what happened, where it hurts, and watch for shock.
- ✓ Know your limitations.
- ✓ Call 911 immediately if the player is unconscious or seriously injured.
- ✓ Look for signs of injury (blood, bruising, deformity of joint, etc.)
- ✓ If blood is involved, use gloves before applying treatment.
- ✓ Feel gently and carefully the injured area for swelling or grating of broken bone.
- ✓ Talk to your team afterwards. Often players are upset and worried when another player is injured. They need to feel safe and understand why the injury occurred.

### **DO NOT**

- ✓ Administer any medications
- ✓ Provide any food or beverage other than water
- ✓ Hesitate in giving aid when needed
- ✓ Be afraid to ask for help if you are not sure of the proper procedure (i.e. CPR)
- ✓ DO NOT transport individual except in extreme emergencies

### **Minor Injuries**

- ✓ Use the first-aid kit as needed.
- ✓ If blood is present where gloves for your protection as well as the protection of the injured player. Use antiseptic wipes and apply pressure to stop the bleeding. Once the bleeding has stopped, use a suitable bandage to cover the injured area.
- ✓ Complete the YCLL Accident Report Form and submit to the YCLL Safety Officer within 24-48 hours of incident. [safety@ycll.net](mailto:safety@ycll.net)

### **Major Injuries**

- ✓ Go to the player. Have another coach clear the field and send players to the dugout. Make sure one coach is in the dugout supervising and keeping other players calm.

- ✓ DO NOT move the injured player, especially if a head or neck injury is suspected.
- ✓ Have someone call 911. When calling 911, the dispatcher will prompt you for information. Remember to remain calm. Here is the information you will most likely be asked to provide:
  1. Give your location & phone number
  2. Give the specific location. If at MAC, provide the dispatcher with a field number.
  3. Provide the dispatcher with as much information about the injury as possible (i.e. loss of consciousness, broken bone, head injury, etc.)
  4. Inform the dispatcher what aid was administered.
  5. Answer any additional question the dispatcher may ask. Stay on the phone and do not hang-up until directed to do so.
- ✓ After the player is stable, call/text the YCLL Safety Officer at 757-869-0807.
- ✓ After the player is stable, complete the YCLL Accident Report Form and submit to the YCLL Safety Officer within 24-48 hours of incident.  
safety@ycll.net

### YCLL Concussion Rule

A concussion is a mild traumatic brain injury (TBI). It can occur after an impact to your head or after a whiplash-type injury that causes your head and brain to shake quickly back and forth.

A concussion results in an altered mental state that may include becoming unconscious.

Concussions are serious, need medical attention and require ample rest to heal. If a concussion is suspected from a baseball related injury, instruct parents to take their child to the doctor. YCLL will require a doctor's note for the player to resume activities with his/ her team. Complete the YCLL Accident Report Form and submit to the YCLL Safety Officer within 24-48 hours of incident.  
safety@ycll.net

Signs Observed By Coach	Symptoms Reported By Player
<ul style="list-style-type: none"> <li>• Appears dazed or stunned</li> <li>• Confused about assignment or position</li> <li>• Forgets an instruction</li> <li>• Moves clumsily</li> <li>• Slower response time</li> <li>• May lose consciousness briefly</li> <li>• Mood changes</li> <li>• Can't recall events prior to the incident</li> </ul>	<ul style="list-style-type: none"> <li>• Headache</li> <li>• Nausea or vomiting</li> <li>• Balance problems or dizziness</li> <li>• Double or blurry vision</li> <li>• Sensitivity to light and/or noise</li> <li>• Feeling sluggish and groggy</li> <li>• Confusion</li> <li>• Does not feel right/ feeling down</li> </ul>

## **Little League Claim Instructions and Claim Form**

In the event of a player injury that does require medical attention and the parent of such player wishes to make an insurance claim, they may do so. To expedite league personnel's reporting of injuries, Little League has prepared guidelines to use as a checklist in completing reports. It will save time and speed-up the payment of claims. Both documents are located in the Manager's folder as well as in the links below. It is important to note that The National Union Fire Insurance Company of Pittsburgh, Pa. (NUFIC) Accident Master Policy acquired through Little League® contains an "Excess Coverage Provision" whereby all personal and/or group insurance shall be used first.

### **Accident Claim Form Instructions**

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

### **Little League Claim Form**

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

## **Annual Facility Survey**

The 2026 League President, Will Lewis, shall complete the Annual Little League Facility Safety Survey for 2026 and submit the documents to Little League International for review and approval.

## **Concession Stand Safety**

- Concession stand operation standards shall meet or exceed the local board of health regulations. The following will be posted in the concession stand: Concession Stand Operation Standards, BOD information and emergency numbers, and procedures for proper hand washing.

## **YCLL Concession Stand Operation Standards & Closing Procedures**

- All menu items have been approved by YCLL BOD and are posted.
- All concessions volunteers must be 18 years of age or older unless being accompanied by a parent or volunteer.
- At least 3 volunteers must operate concession stands at all times.
- All volunteers must use posted hand washing procedures.
- All volunteers must wear gloves when handling and preparing food.
- No products in glass containers will be sold.
- Maintain a stocked first-aid kit.
- If an accident occurs, complete the YCLL Accident Report Form and submit to the YCLL Safety Officer within 24-48 hours of incident. [safety@ycll.net](mailto:safety@ycll.net)

- Volunteers that are feeling ill or have an active cough, runny nose, or other symptoms, will not be permitted to volunteer in the concession stand that day.

**Closing Procedures:**

All concession stand equipment must be turned off and cleaned thoroughly at the end of the day.

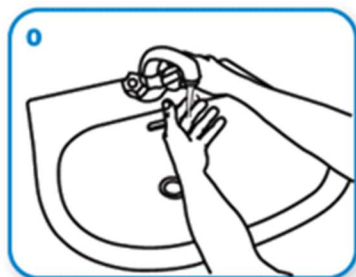
- Properly clean and store food utensils.
- Sweep and mop floors.
- Empty garbage into trash and recycle bins located at the field.

**Handwashing Procedures:**

How do I wash my hands properly?

Washing your hands properly takes about as long as singing "Happy Birthday" twice, using the images below.





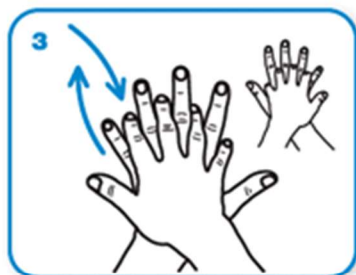
Wet hands with water



apply enough soap to cover all hand surfaces.



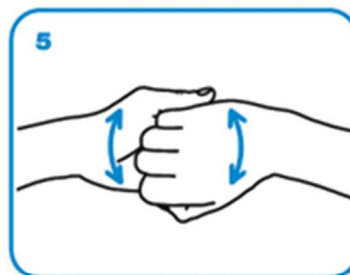
Rub hands palm to palm



right palm over left dorsum  
with interlaced fingers  
and vice versa



palm to palm with fingers  
interlaced



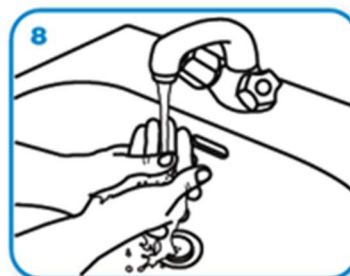
backs of fingers to opposing  
palms with fingers interlocked



rotational rubbing of left thumb  
clasped in right palm  
and vice versa



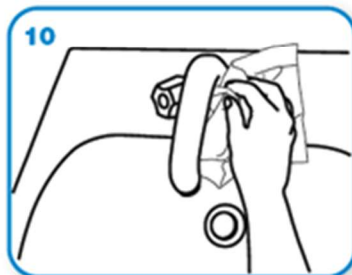
rotational rubbing, backwards  
and forwards with clasped  
fingers of right hand in left  
palm and vice versa.



Rinse hands with water



dry thoroughly with a single  
use towel



use towel to turn off faucet



...and your hands are safe.

## Appendixes

Parent Code of Conduct

2026 Volunteer Form



## **PARENT CODE OF CONDUCT**

I hereby pledge that our family will support our baseball team by adhering to the Parent Code of Conduct as stated below:

- We will let the coach be the coach and will respect the coach's decisions.
- We will show interest, enthusiasm and support for all children on the team.
- We will provide only supportive comments to coaches and players of both teams. We will avoid any derogatory comments. If we have concerns to bring to the coach's attention, we will apply the "24 Hr. Rule" before having a respectful, private conversation.
- We will not criticize or question the umpire's calls. We will let the umpires be umpires.
- We will not coach our son or daughter during the game.
- We will avoid the use of alcohol and tobacco products at practices or games or come having drunk too much.
- We will remain in the spectator area and we will be in control of our emotions.
- We will help when asked by umpires or coaches
- Pets are not allowed on YCLL fields.

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Signature

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Date

YCLL Team Volunteer Form 2026

Team Name \_\_\_\_\_ Team League \_\_\_\_\_

Please print clearly and submit to [safety@ycll.net](mailto:safety@ycll.net)

Position	First Name	Last Name	Email Address
Manager			
Coach 1			
Coach 2			
Coach 3			
Team Safety Officer (Required)			
Team Mom			
Umpire 1			
Umpire 2			
Additional Volunteer			
Additional Volunteer			
Additional Volunteer			
Additional Volunteer			