



# Golden Little League (GLL) Safety Plan

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## 1. Introduction

Introduced in 1995 and long the pacesetter in youth sports safety, Little League has taken the lead with the development of ASAP (A Safety Awareness Program). Each local Little League in the United States is unique to its community or neighborhood, but operating a safe and healthy program is a constant, common goal. To help guide local programs, A Safety Awareness Program (ASAP) includes 15 requirements developed to encourage responsible best practices in support of a rewarding and safer Little League experience.

## 2. Safety Policy Statement

Golden Little League (GLL) provides our players, volunteers, and spectators with a safe environment. Safety is the paramount concern that requires cooperation from all members of the GLL community, including coaches, parents, players, and local officials. Our policies and procedures ensure that every participant enjoys a safe and rewarding experience within our league.

## 3. League Safety Officer: Ben Eddy / (720) 376-9257

The role of the Safety Officer within GLL is pivotal to maintaining and enhancing the safety and well-being of all participants. As a key position on the Board, the Safety Officer is responsible for both the educational aspect of safety and the practical application through developing and implementing a comprehensive safety plan. The Safety Officer's ultimate goal is to protect all children and participants involved in GLL, creating a secure and enjoyable environment for everyone. The Safety Officer helps establish and sustain a safe atmosphere through diligent work, thereby enhancing the Little League experience for families and the community.

GLL is committed to having an active Safety Officer on file with Little League International, ensuring a direct line of communication and adherence to the latest safety standards and guidelines. The league will consistently update the roster of league officers, including the Safety Officer, in the Little League Data Center to maintain transparency and accessibility. The Safety Officer's contact information will be prominently listed in the safety manual, making it easily accessible for all league participants.

### Duties

- **Awareness and Training:** The Safety Officer is responsible for raising safety awareness and providing education across the league, including organizing programs and clinics for players, coaches, umpires, volunteers, and parents, focusing on safety procedures, first aid, proper equipment use, and player health.
- **Coaches Clinics:** By hosting clinics that cover critical topics such as first aid, the correct use of pitching machines, and player safety regulations (like pitching limits), the Safety Officer equips our volunteers with the knowledge and tools needed to ensure a safe playing environment.
- **Annual Safety Plan:** The Safety Officer is tasked with preparing and updating GLL's safety plan annually, ensuring it is actively used and adhered to throughout the league.
- **ASAP Program Submission:** A vital duty of the Safety Officer is to prepare and submit the Safety Awareness Program (ASAP) to Little League International each year. This program is a cornerstone in establishing and refining safety plans and procedures within the league.

- **Culture of Safety:** Promoting a culture of safety is a fundamental aspect of the Safety Officer's role, including advocating for compliance with safety procedures and fostering a prioritized safety environment.
- **Accident and Near-Miss Reporting:** A crucial function of the Safety Officer is to oversee reporting accidents and near-misses, which not only aids Little League International in developing new safety rules but also helps GLL identify potential safety concerns to address in future safety plans. (**See Accident / Injury Procedures Section**)

#### 4. Emergency Contacts

In GLL, ensuring the safety and well-being of our players, volunteers, and spectators is our top priority. In the event of an emergency, immediate and appropriate action is crucial. Below is a list of emergency and non-emergency contact numbers that should be readily accessible during all league activities.

**In an Emergency, Dial 911 for immediate assistance from police, fire, or medical services.**

For situations that require assistance but do not constitute an immediate emergency, use the following non-emergency numbers:

- Golden Police Department: (303) 794-1551
- Jefferson County Sheriff's Department: (303) 271-0211
- Golden Fire Department: (303) 904-1876
- West Metro Fire Department: (303) 989-4307
- Colorado Department of Human Services: Call 1-844-CO-4-Kids (1-844-264-5437) for child welfare concerns.
- Jefferson County Child Abuse and Neglect Hotline: To report child abuse or neglect, call 303-271-HELP (4357).
- GLL Safety Officer – Ben Eddy: (720) 376-9257
- GLL President – Mike Griffeth: (303) 482-7303
- GLL Vice President – Russ Bailess: (720) 548-0875

Coaches must have a current list of emergency contact information for all players at every game, practice, and league event. This list must include:

- Parent/Guardian contact details
- Alternative emergency contacts
- Any relevant medical information that could be necessary in an emergency

#### 5. Safety Training

GLL recognizes the critical role that training plays in enhancing the Little League® experience for our players. By prioritizing local training, we empower our coaches and volunteers to improve our players' fundamental skills and ensure their safety through proper response to medical accidents. This dual focus on developing baseball/softball fundamentals and proficient first aid response is central to our commitment to creating a safe, enjoyable, and thriving environment for all participants.

### **Fundamental Skills Training**

- **What's Required:** As per LittleLeague.org Safety Plan requirements, GLL is committed to providing annual fundamental skills training for representatives from each team. At least one coach from each team must attend these sessions annually.
- **Training Focus Areas:**
  - Tee Ball, Coach Pitch, and Minor Divisions: Focus on basic ball handling and batting skills, incorporating safety aspects and strategies for engaging practices.
  - Majors Division: Advanced clinics covering offensive and defensive strategies and more complex skills tailored to older players.
- **2025 Training Date/Time:** 02/02/2025 @ 11:00

### **First Aid Training**

- **What's Required:** Equipping our coaches and volunteers with first aid knowledge is not merely a requirement but a vital component of our safety plan. At least one coach from each team is expected to attend a first aid class, with all league volunteers encouraged to participate.
- **Expert-Led Sessions:** GLL will organize first-aid training sessions led by local medical professionals, such as sports injury specialists, firefighters, EMTs, and healthcare workers. These classes will provide essential knowledge and skills for responding to injuries and emergencies on and off the field.
- **2025 Training Date/Time:** Prior to formal practices beginning in March of 2025.

### **Rules Training**

- **What's Required:** Training on rules to emphasize the importance of enforcing Little League® rules, using proper equipment, and maintaining a high-safety standard for all participants. This training is crucial for coaches and league officials to ensure a safe, enjoyable, and competitive environment for young athletes. Below are key points to consider in the Rules Training program:
  - **Preseason Review of Little League® Rules:** Utilize the preseason period as an opportunity for coaches and league officials to review Little League® rules thoroughly. This review should be comprehensive, covering all aspects of gameplay, equipment requirements, and safety protocols. Understanding these rules is fundamental to their proper enforcement throughout the season.
  - **Safety as a Priority:** Little League® established most rules with player safety as the primary concern. Adherence to these rules is mandatory to protect the well-being of all participants. Rules training should highlight the safety rationale behind each rule to reinforce its importance.
  - **Mandatory Equipment Requirements:** Ensure that all players, especially catchers, have the required equipment at all times, including during warm-ups on the field, including helmets, chest protectors, shin guards, and catchers' mitts. The absence of proper equipment poses a significant risk to player safety and is not in compliance with Little League® standards.
  - **Enforcement in All Settings:** Coaches shall enforce Little League® rules during practices and games. This consistent enforcement helps ensure a sense of discipline and respect for the rules among players, contributing to a safer and more structured playing environment.
- **2025 Training Date/Time:** 2/2/2025 @ 11:00

### **Concussion Awareness Training**

- **What's Required:** In our commitment to player health and safety, Concussion Awareness Training is crucial for all involved in our league. All coaches must complete this training.
- **Expert-Led Sessions:** The GLL will coordinate online Concussion Awareness Training sessions through the National Alliance for Youth Sports.
- **2025 Training Schedule:** Prior to formal practices beginning in March of 2025.

### **The Jake Snakenberg Youth Concussion Act**

Colorado's "Jake Snakenberg Youth Concussion Act" is found at Sections 25-43-101 through 25-43-103 of the Colorado Revised Statutes, under the title dealing with Health. (Colo. Rev. Stat. §§ 25-43-101 through 25-43-103). Colorado law requires that each public and private school require each coach of any youth athletic activity involved in interscholastic play to undergo annual concussion training and requires that each private club or public recreational facility and athletic league sponsoring youth athletics require each volunteer coach to undergo annual concussion training. The law defines "youth athletic activity" as an organized activity involving participants eleven (11) years of age or older and under nineteen (19) years of age who are engaged in an organized athletic game or competition against another team. If a coach who has completed concussion training suspects a youth athlete has sustained a concussion, the coach shall immediately remove the youth athlete from participation and the youth athlete may not return until all symptoms of a concussion cease, they are evaluated by a health care provider and they are cleared in writing. A registered athletic trainer with knowledge of the concussed athlete's condition may manage the athlete's graduated return to play. The parents/guardians of a youth athlete must be notified of a suspected concussion.

### **Abuse Awareness Training**

- **What's Required:** Recognizing and preventing abuse within our community is paramount. We mandate that all coaches undergo Abuse Awareness Training to foster a safe and supportive environment.
- **Expert-Led Sessions:** The GLL will coordinate online Abuse Awareness for Adults Training sessions through Little League®.
- **2025 Training Schedule:** The training is issued and required to be completed in February 2025.

## **6. Safety Manual Accessibility and Distribution Procedures**

All individuals associated with GLL, including board members, coaches, concession workers, and facilities crew, must have easy access to the league's safety manual. This ensures everyone knows the safety guidelines, protocols, and procedures essential to maintaining a safe environment.

**Distribution Methods:** The safety manual will be posted on GLL's website. This allows for easy updates and ensures the most current safety information is always accessible.

**Communication:** Upon posting the safety manual to the league's website, all applicable league personnel will receive an email containing the direct link to the manual. This ensures that everyone knows the manual's online availability.

**Additional Distribution:** A copy of the safety manual will be provided to the District Administrator and/or District Safety Officer.

## 7. Volunteer Application Procedures

All individuals looking to hold positions within GLL, including coaches, board members, and any other persons, whether volunteers or hired workers, who provide regular service to the league and/or have repetitive access to or contact with players or teams, are required to undergo a comprehensive application and background check process to ensure the safety and security of all league participants.

All prospective volunteers must register through GLL's website. This process ensures that all volunteer information is systematically collected and managed.

### **Background Checks**

- **Authority:** [Little League International](#) regulations.
- **Provider:** GLL is required to utilize Little League International's background check system as provided by [JD Palatine, LLC \(JDP\)](#) to conduct thorough background checks on all volunteers. This step is initiated at the time of registration for new volunteers or for existing volunteers whose background checks have expired. Background checks for our GJBA program, which is not affiliated with Little League, are conducted through a different provider named [Protect Youth Sports](#).
- **Required Information:** Volunteers must provide comprehensive personal information during registration, including Legal First Name, Legal Middle Name, Legal Last Name, Social Security Number (SSN), Gender, Date of Birth, Email Address, Home Address, and Phone Number. This information is critical for a thorough background check.
- **Consent and Process:** Volunteers will be prompted to agree to an online consent form authorizing the background check. JDP receives the information upon confirmation and submission and commences the background check process, and then provides results to GLL administrators.
- **Policy on Non-Compliance:** All volunteers must complete the Volunteer Application process. Refusal to submit a Volunteer Application renders an individual ineligible to participate in any league capacity. This policy underscores GLL's commitment to the safety and well-being of its participants.
- **Dismissal of Prospective Volunteer(s):** The following offenses prohibit an individual from participating.
  - An individual has any charge, conviction, no contest plea or guilty plea, or admission to any crime involving or against a minor.
  - An individual is listed on either of the [U.S. Center for SafeSport's Centralized Disciplinary Database](#) and/or Little League International Ineligible List.
  - An individual has any charge, conviction, no contest plea or guilty plea, or admission to any crimes that are considered sexual in nature, or listed on the National Sex Offender Registry. Individuals must contact the [Security Manager](#) at Little League International (570-326-1921) before appointing the individual as a volunteer to participate in any capacity in the league.
  - An individual involved with a league, or any activity of the Little League program, is under investigation for any type of child abuse, or has a pending charge against, or involving, a minor, they must be suspended until the outcome of the investigation or pending charges are complete and the allegations are resolved.

## 8. Accident / Injury Procedures

Ensuring a prompt and effective response to injuries is a critical component of GLL's commitment to safety. If a Little Leaguer® sustains an injury during a game, practice, or other league-approved activity, league

officials, including coaches, the Safety Officer, Player Agents, and others, are required to follow these essential steps:

- **Contact Emergency Services:** If the accident or injury is deemed emergent by responsible adults, ensure emergency services are contacted before taking any further measures.
- **Administer Initial First Aid:** If necessary, provide immediate first aid treatment to the injured player. Ensure that all volunteers are trained in basic first aid and CPR.
- **Medical Release Information:** Always have the player's medical release form on hand or easily accessible at league activities. This ensures that anyone treating the player knows allergies or special medical conditions.
- **Parental Notification:** If the player's parent or legal guardian is absent, contact them immediately to inform them of the incident.
- **Incident Documentation:** Document the incident in as much detail as possible. Use the [ASAP Incident/Injury Tracking Report](#). This documentation should include the nature of the incident, the response provided, and any follow-up actions taken.

## 9. Pre-Game/Activity Safety Procedures

GLL prioritizes the safety and readiness of players, coaches, umpires, and all participants before any activity or game begins. The following pre-game/activity safety procedures are established to maintain the highest standards of safety and preparedness:

### Coach Pre-Game/Activity Safety Procedures

- **Hazard Check:** A detailed inspection of the playing field must be conducted to identify and mitigate any potential hazards, including holes, divots, rocks, glass, or slippery areas. This proactive measure safeguards player safety and reinforces the league's dedication to a safe playing environment.
- **Equipment Safety:** All game equipment, including helmets, bats, and catchers' gear, must be inspected for compliance and safety. Damaged or non-compliant equipment must be removed or replaced. Any equipment found to be broken or unsafe must be immediately destroyed or marked as unusable to prevent accidental future use. Coaches should contact the Equipment Director regarding equipment needs.
- **First Aid Readiness:** Ensure the availability of a fully stocked First Aid kit at the field. This kit should be easily accessible and stocked with essential medical supplies, including but not limited to bandages, antiseptic wipes, sterile gauze, adhesive tape, ice packs, disposable gloves, and a basic first aid guide.
- **Facility Conditions:** The conditions of fences, backstops, bases, and the warning track must be checked for stability and safety, correcting any issues that could pose risks to players or spectators. Dugouts and bat racks must be safely positioned behind protective screens to prevent injuries.
- **Emergency Communication:** Confirm the availability of a cell phone or another communication device for emergencies, ensuring a swift response to any incidents requiring medical attention.
- **Protective Cups:** Confirm all male players are wearing a protective cup.
- **Structured Warm-Up:** Conduct organized warm-up drills to prepare players physically for the game, reducing the risk of injury through proper stretching and light exercise.
- **Equipment Inspection Authority:** The manager (i.e. head coach) of each team is responsible for ensuring that all equipment is legal and proper for play according to Little League rules. Umpires are not

required to inspect equipment prior to the start of the game. However, before the game begins, the umpire(s) shall require strict observance of all rules governing team personnel, implements of play, and confirm with the managers of both teams at the plate conference that all equipment is proper and legal for play according to Little League Rules. The manager (i.e. head coach) of each team is responsible for ensuring that all equipment is legal and proper for play according to Little League rules.

- **PENALTY:** If illegal equipment is used during the game, the manager of the team (head coach) will be ejected from the game and the player who used the illegal equipment will also be ejected from the game. Both the manager (head coach) and the player who used the illegal equipment will be suspended for their team's next physically played game and may not be in attendance at the game site. This includes pregame and postgame activities.
- **Bat Inspection:** Before starting any Little League® game, coaches are required to inspect the bats to be used. Coaches should conduct this inspection collaboratively. All bats must feature the [USABat](#) Standard marking for the Major Division and below and comply with Little League Rule 1.10. Bats must be free from physical damage and alterations that would affect compliance. Any bat deemed unsafe must be brought to the coach's attention for immediate removal. A bat may be re-introduced if repaired to the Umpire's satisfaction before the game begins.
- **Helmet and Catcher's Equipment:** Coaches are required to inspect batting helmets and catcher's equipment, including helmets, chest protectors, and shin guards, for compliance and safety. Catcher's helmets must have a dangling-type protective throat guard. Batting helmets must carry the NOCSAE symbol, be free of cracks or visible damage, and retain all internal padding in good condition. Helmet stickers that comply with LL regulations are permitted, provided that such usage is not excessive, is not offensive, and does not make inappropriate references, such as that to drugs or alcohol. Coaches shall provide in the dugout or bench of the offensive team six (6) protective helmets which must meet NOCSAE (National Operating Committee on Standards for Athletic Equipment) specifications and standards. Use of the helmet by the batter, all base runners, and non-adult base coaches is mandatory. Use of a helmet by an adult base coach or any defensive player is optional. Helmets must have a non-glare surface and cannot be mirror-like in nature. Each helmet must meet NOCSAE specifications and bear the NOCSAE stamp and shall have an exterior warning label. Manufacturers have advised that altering helmets in any way can be dangerous. Altering the helmet in any form, including painting or adding decals (by anyone other than the manufacturer or authorized dealer) may void the helmet warranty and/or NOCSAE certification. Helmets may not be re-painted and may not contain tape. Little League recommends that no alternations be made to any type of helmet.
- **Pre-Game Meeting:** The Umpire(s) shall meet with the Coaches to discuss game logistics and any special considerations. This meeting should cover:
  - Review of key game rules and any league-specific regulations.
  - Discussion of weather conditions and contingency plans for weather-related interruptions.
  - Appointment of Game Coordinator, if the umpire(s) are under Age 18 (non-adults).
- **Game Coordinator:** If/when an adult umpire (age 18 or older) is NOT PRESENT at any GLL game, the head coach of the home team shall assign ONE adult as the Game Coordinator in accordance with Little League Rules [9.03], otherwise the game cannot be played. If an adult umpire is present, the Game Coordinator role is not applicable and shall not be assigned. The Head Coach of the home team shall

designate a volunteer parent/guardian for this task. The Game Coordinator shall not be a coach of either team and cannot be assigned as Game Coordinator for more than one game at a time.

- The Game Coordinator's duties shall be:
  - To be included in the pregame meeting at home plate.
  - To remain at the game at all times, including between half-innings, in a position to see all actions on the field and in close proximity to the field. If, for some reason, the Game Coordinator is not present or is unable to perform the duties for any reason, the game must be suspended until the Game Coordinator returns or until a new adult Game Coordinator is present and assumes the duties of Game Coordinator for the remainder of the game.
  - To oversee the conduct of all players, coaches, umpires, and spectators at the game.
  - To have the authority to disqualify any player, coach, or spectator for objecting to the decisions of an umpire, for unsportsmanlike conduct or language, or for any of the reasons enumerated in the Playing Rules, and to eject such disqualified person from the playing field and/or facility. If the Game Coordinator disqualifies a player while a play is in progress, the disqualification shall not take effect until no further action is possible in that play.
  - To have the sole ability to judge as to whether and when play shall be suspended during a game because of inclement weather conditions (i.e. lightning) or unfit condition of the playing field; as to whether and when play shall be resumed after such suspension; and as to whether and when a game shall be terminated after such suspension. The Game Coordinator shall not call the game until at least thirty minutes after play as suspended. The Game Coordinator may continue suspension as long as there is a chance to resume play.

## 10. In-Game Safety Procedures

- **Game Management:** Coaches, in consultation with the Umpire, have the responsibility to call or suspend games due to darkness or inclement weather, with specific protocols for lightning conditions (**see Lighting Safety Procedure**).
- **Pitcher Warm-up Safety:** When warming up a pitcher located on the field's mound, the player acting as a catcher must wear full protective gear. An adult may warm-up the pitcher. When warming up a pitcher not located on the field's mound, the warm-up shall take place on the main field, and an additional player shall protect the catcher against stray balls. Unless a designed bullpen exists, the warmup pitcher/catcher shall be located in foul territory and throw warm-up pitches in a direction parallel to the foul line in either direction.
- **Ball Retrieval:** Balls hit or thrown out of bounds should be returned to the Umpire when play is paused, ensuring a controlled environment. Do not throw balls back onto the field or over the fence.
- **Equipment Conduct:** Players are prohibited from throwing equipment, such as helmets and bats, to prevent injuries and maintain discipline.
- **Dugout Conduct:** Players are expected to remain in the dugout unless actively participating, and base coaches must stay within their designated boxes to avoid interference with play.
- **Dress Code:** The wearing of jewelry or non-uniform accessories is banned on the field to prevent accidents or injuries. Any jewelry worn by a player that poses harm to injury will be subject to removal. This rule applies regardless of the composition of such jewelry, hard cosmetic item, or hard decorative

item. Hard items to control the hair, such as beads, are permitted. Pitchers are also prohibited from wearing wristbands, maintaining a clear distinction between player gear and personal items.

- **Field Access:** Only one Coach is permitted to leave the dugout when play is paused, ensuring minimal disruption to the game. Furthermore, dugout access is strictly limited to authorized personnel like Coaches and players, emphasizing the importance of a focused and professional environment.

## 11. Lightning Safety Procedures

Lightning presents a significant risk during thunderstorms, particularly for outdoor activities. Our league prioritizes the safety of all participants. It adheres to a detailed Lightning Safety Procedure, developed in line with recommendations from the National Weather Service, to minimize lightning-related risks.

**Responsibility for Monitoring:** Coaches, supported by umpires and adults present, are tasked with monitoring weather conditions. Decisions to suspend or resume activities due to lightning or thunder will be based on real-time weather assessments.

**Weather Monitoring:** The [Weather Bug App](#) will be utilized to monitor the proximity of lightning. Activities will be suspended if the app indicates lightning within a 10-mile radius. Additional data points to support activity suspension to supplement the Weather Bug App (or in place of the Weather Bug App if it's not available) include:

- Lightning is observed near the event.
- Thunder is heard, indicating a storm within 10 miles.
- The time between seeing lightning and hearing thunder is 30 seconds or less, suggesting the storm is within 6 miles.
- Any significant weather change indicates an approaching thunderstorm.

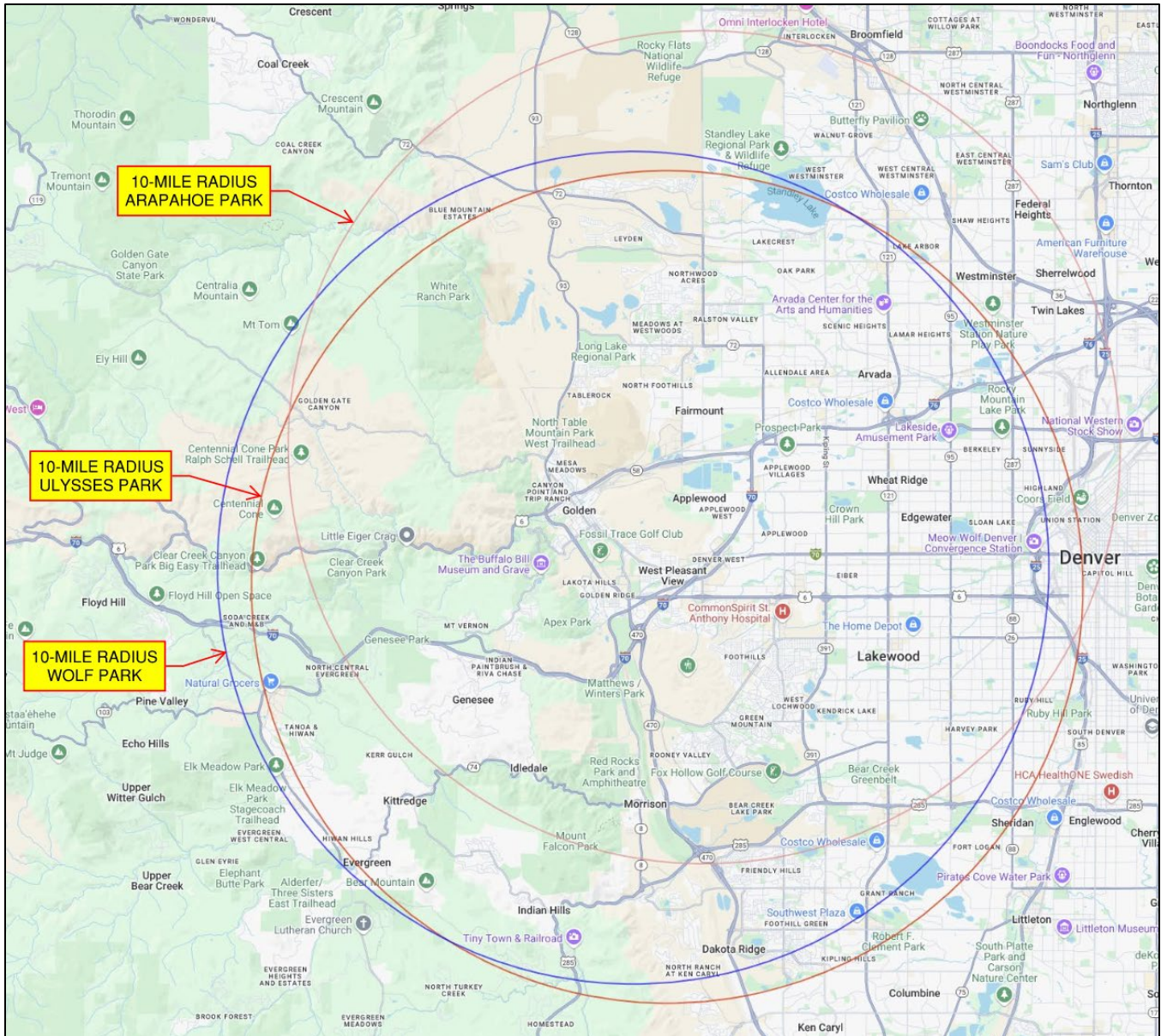
**Safe Shelter:** Upon activity suspension, everyone must seek shelter in substantial buildings with wiring and plumbing, like office buildings, schools, or homes. Hard-topped metal vehicles with windows up can serve as a temporary refuge. Small outdoor structures are not safe.

**Resuming Activities:** A 30-minute waiting period is required after the last lightning detection within 10 miles before activities can be resumed.

**Emergency Response:** In the event of a lightning strike victim, immediate medical attention is paramount. Call for emergency services and administer first aid if necessary. Victims do not carry an electrical charge and can be touched. CPR might be required for unresponsive or non-breathing victims.

**Education and Awareness:** All league participants, including players, coaches, and spectators, will be educated about the Lightning Safety Procedure at the season's start and reminded of it at high-risk events.

**Implementation and Compliance:** Strict adherence to this procedure is mandatory at all league events to ensure the safety and well-being of all participants.



## 12. GLL Child Protection Program

In alignment with the [Little League® Child Protection Program](#), GLL is steadfast in its commitment to ensuring the safety and well-being of all participants within our program. The ethos of Little League is to foster an environment where children can grow in a happy, healthy, and secure atmosphere, both on and off the field. As such, we have a zero-tolerance stance towards any form of abuse or misconduct against minors.

This policy applies universally within the GLL framework, encompassing board members, volunteers, coaches, umpires, players, and any individual who regularly interacts with or has access to young participants. Queries regarding the applicability of the Child Protection Program should be directed to Little League International via [SecuritySpecialist@LittleLeague.org](mailto:SecuritySpecialist@LittleLeague.org).

## **Definitions**

- **Child Abuse or Neglect:** Any recent act or failure to act resulting in severe harm or an imminent risk thereof to a minor by a caregiver.
- **Types of Abuse:** Encompasses neglect, physical, emotional, and psychological abuse, sexual abuse, bullying, and grooming.
- **Child/Minor:** An individual under 18 or an unemancipated minor.
- **League Programs and Activities:** Includes all games, practices, tournaments, and approved Little League events.
- **Volunteer:** Any person providing regular services to GLL with access to or contact with minors.

## **GLL Child Protection Requirements**

- **Volunteer Background Checks:** Prospective GLL volunteers must submit a volunteer application that includes an annual background check, disallowing participation from individuals with disqualifying offenses. **(See Volunteer Application Procedure)**
- **Mandatory Training & Continuing Education:** All volunteers must annually complete Abuse Awareness Training provided by USA Baseball or an equivalent program to ensure they are equipped to recognize and prevent abuse. **(See Safety Training Section)**
- **One-on-One Interactions are Prohibited:** Child sexual abuse often occurs in isolated one-on-one situations. Limiting private interactions between adult volunteers and players can reduce this risk while allowing for beneficial mentorship under safe guidelines. To safeguard against grooming and abuse, GLL has implemented the following requirements:
  - Adult volunteers must avoid being alone with a minor athlete during league activities, except in emergencies, with written parental consent, or if the volunteer is a family member or personal caregiver of the player.
  - All interactions between volunteers and players must be visible and interruptible by another adult.
  - Direct communication between volunteers and players through social media or electronic means should include another adult or the player's parent/guardian in the conversation.
  - Volunteers should avoid private, one-on-one interactions with players outside league activities, including at personal residences, in vehicles, or through private communications.
  - Players cannot live with unrelated volunteers to qualify for league participation.
  - When a volunteer unavoidably finds themselves alone with a player, they must make every effort to comply with the policy guidelines, except in medical emergencies where the priority is the child's well-being.
  - Physical contact between volunteers and players should be minimal and appropriate, such as high fives or necessary first aid.
- **Mandatory Reporting Requirements:** When a Little League volunteer is accused of abuse, immediate action is required to safeguard children by suspending the accused from league activities pending investigation. All league volunteers are mandated by the Safe Sport Act to report suspected

abuse, adhering to federal and state laws, which can be reviewed at [LittleLeague.org/StateLaws](http://LittleLeague.org/StateLaws). Local leagues should consult legal counsel to ensure compliance with reporting obligations.

- **Investigating Suspected Abuse:** Upon receiving an abuse report, the league must suspend the accused individual and consult with legal counsel to navigate the investigation process and protect the rights involved. The league should not conduct its investigation but pass all relevant information to the authorities.
- **Reporting Suspected Abuse:** Volunteers must report any suspected abuse to local child services or law enforcement and the League President and District Administrator within 24 hours. Federal law sets a nationwide standard for reporting. Immediate danger should prompt a 911 call. Following a report, leagues can seek additional support from organizations like the U.S. Center for SafeSport and The Childhelp National Child Abuse Hotline. Little League International must be informed of the incident via [SecuritySpecialist@LittleLeague.org](mailto:SecuritySpecialist@LittleLeague.org).
- **Suspension/Termination:** Pending the outcome of an investigation, the accused must be suspended from all league activities. If allegations are substantiated, the individual must be permanently removed from their position and banned from volunteering in any capacity within Little League. The league's Board of Directors should communicate the termination to league members.
- **Communication from the League:** In the event of a substantiated allegation, the league must inform parents, respect the privacy rights of all parties, and limit communication to information in public records. Media inquiries should be directed to Little League International at [Media@LittleLeague.org](mailto:Media@LittleLeague.org), with guidance available at [LittleLeague.org/CrisisCommunications](http://LittleLeague.org/CrisisCommunications).
- **Non-Retaliation for Reporting:** GLL will not retaliate against any individual within the league who makes a good-faith report of suspected abuse, even if the allegation is later determined to be unsubstantiated. Reporters of abuse cannot be afraid to come forward in cases where they either have firsthand knowledge of or a good faith belief that abuse has occurred, even if there is a possibility that the report is wrong. The local league should encourage all individuals to be vigilant and observant regarding the safety and protection of the children in the league.

### **Compliance and Enforcement**

GLL is committed to enforcing these policies rigorously. Failure to adhere to these guidelines or to promote a culture of zero-tolerance towards abuse will lead to severe consequences, including the potential revocation of Little League charter status for the local program involved. Our primary goal is to provide a safe, nurturing environment for all participants, fostering their growth and enjoyment of the sport.

## **13. Concussion Safety Procedures**

GLL follows the [CDC Heads Up Concussion Action Plan](#), a comprehensive guide designed to help coaches, parents, and athletes manage concussions effectively. The key components of the action plan include:

- **Immediate Removal from Play:** If an athlete is suspected of having a concussion after experiencing a bump, blow, or jolt to the head or body, they must be immediately removed from play to prevent further injury. The motto "When in doubt, sit them out" emphasizes the importance of caution.

- **Informing and Involving Parents:** The athlete's parents or guardians should be informed about the possible concussion. Providing them with the CDC's Heads Up fact sheet can help them understand the signs and symptoms to watch for at home.
- **Professional Evaluation:** The athlete must be evaluated by a licensed healthcare provider experienced in concussion management. The athlete should not return to play on the same day as the injury and should only resume activities with the written approval of a healthcare provider.
- **Following Written Instructions for Return to Play:** Coaches should obtain written instructions from the healthcare provider regarding the athlete's safe return to sports. These instructions typically include a gradual, step-by-step protocol to ensure the athlete fully recovers before returning to full activity.
- **Monitoring Symptoms:** Athletes with suspected concussions should be monitored for symptoms that may worsen or emerge later. Immediate medical attention is required if symptoms such as loss of consciousness, seizures, worsening headaches, increased confusion, or other severe symptoms occur.
- **Gradual Return to Activity:** Once an athlete is symptom-free and has been cleared by a healthcare provider, they should follow a gradual return-to-play protocol. This process involves several stages, beginning with light aerobic activity and progressing to more sport-specific exercises, non-contact training drills, full contact practice, and finally, return to competition. Each step should be at least 24 hours apart, and any recurrence of symptoms should lead to a step back in the protocol.
- **Concussions Sustained Outside Little League:** If a player sustains a concussion outside Little League games or practices, the above measures must be followed. Coaches should emphasize to players' guardians the need to be informed of concussions if they occur at school, home, or other sporting events.

The CDC Heads Up Concussion Action Plan prioritizes the health and safety of athletes by ensuring concussions are taken seriously, evaluated thoroughly, and managed carefully to prevent long-term consequences and facilitate a safe return to sports and other activities.

## 14. Communicable Disease Procedures

The following guidelines shall be followed to minimize the risk of infectious disease transmission:

- Athletes must report skin issues to coaches and get cleared by a healthcare professional before returning to activities. In case of a team outbreak, evaluate all members and disinfect shared equipment. Follow official guidelines for when competing with a covered lesion is safe.
- If possible, use gloves to prevent exposure to blood and body fluids. Stop bleeding, cover wounds, and change bloodied uniforms before continuing play. Wash hands and skin surfaces immediately after contact with blood or fluids. Disinfect contaminated surfaces with a CDC-recommended bleach solution. Use proper disposal methods for sharps and contaminated materials. Coaches or volunteers with open wounds should not participate in direct care. Properly dispose of or disinfect contaminated towels and gear. These streamlined measures emphasize reporting, hygiene, protective gear, and professional evaluation to safeguard against infectious disease spread in sports settings.

## 15. Heat Illness Prevention and Protection Policy

Heat illnesses such as cramps, heat exhaustion, and heat stroke can affect individuals, particularly the very young, elderly, obese, alcoholics, or those with certain diseases. Overexertion in heat can also impact young, healthy people. The average internal temperature for humans ranges between 97° and 99° Fahrenheit and cools itself through blood-vessel dilation near the skin and sweating. Excessive sweating can lead to significant electrolyte and water loss, causing heat illnesses.

### Prevention Strategies

- **Acclimatization:** Gradually adapt to hot conditions over a week before intense exercise.
- **Hydration:** Drink water or sports drinks (16-20 oz/hour) to replenish electrolytes like sodium, potassium, and magnesium.
- **Timing and Clothing:** Avoid the hottest parts of the day for exercise; opt for morning or evening. Wear light, loose, and moisture-wicking clothing to facilitate sweat evaporation.
- **Sun Protection:** Use sunscreen to prevent sunburn, which impairs the skin's cooling ability, and wear a brimmed hat.
- **Moderation:** Reduce or stop activity if feeling overheated and seek shade.

### Recognizing and Responding to Heat Illnesses

- **Cramps:** Caused by salt depletion from sweating. Treat with muscle massage, hydration with sports drinks, and rest.
- **Heat Exhaustion:** Results from dehydration and salt loss. Symptoms include fainting, headaches, dizziness, and pale skin. Treat by stopping activity, lying down with elevated feet, hydrating, and moving to a cooler area.
- **Heat Stroke:** The most severe form, characterized by a rapid rise in body temperature, hot and dry skin, confusion, and a fast pulse. It's a medical emergency; call for help, remove excess clothing, and cool the person rapidly without inducing shivering.

Preventative measures like proper hydration, wearing suitable clothing, and exercising during cooler times are crucial. Recognizing the symptoms of heat illnesses and responding promptly can prevent serious health consequences.

## 16. Facility Survey Procedures

The Facility Survey is a critical component that requires annual completion or updating within the Little League Data Center. This process is essential for maintaining up-to-date records and ensuring all facilities meet the standards and conditions necessary for safe and effective use. The following steps outline the process and requirements for the Facility Survey:

- **Annual Update in the Little League Data Center:** Every year, it is mandatory for leagues to access the Little League Data Center and either complete a new Facility Survey or update the existing information. This ensures that all data related to the league's facilities remain current and accurate.
- **Physical Review of Facilities:** Besides updating the information in the Data Center, leagues must physically inspect their field(s) and facilities. This inspection should identify any changes since the

last review and assess any needs for repairs, improvements, or safety enhancements. This step is crucial for maintaining a safe environment for all participants.

- **Completion and Submission:** The Facility Survey must be completed or updated within the Little League Data Center. It is important to note that the Facility Survey cannot be attached to the safety manual or any other documents uploaded by the league to the Data Center. This ensures the survey is easily accessible and can be reviewed independently of other submissions.

By adhering to these guidelines, leagues contribute to a safe, enjoyable, and productive Little League experience for all participants. The Facility Survey serves as a vital tool in this process, helping to identify and address any issues that may impact on the quality and safety of the league's facilities.

## 17. Concession Stand Safety Plan

GLL recognizes the importance of concession stand safety as a critical component of our overall safety plan. Ensuring the well-being of our volunteers, players, and spectators extends beyond the field to include all facilities, particularly the concession stand, which can present unique safety challenges.

A copy of the concession safety procedures will be included in the safety manual and visibly posted in the concession area, regardless of whether the stand is league-operated or outsourced. This ensures that all volunteers and operators know and can follow established safety guidelines.

### Concession Stand Inspection Checklist

For league officials, conducting thorough and regular inspections of the concession stand is vital to prevent injuries and maintain a safe environment.

- **Key Areas for Inspection:** Cooking Appliances and Equipment: Ensure all cooking devices are in good working order and safe for use.
- **Electrical Outlets and Sinks:** Test all outlets and check sinks to guarantee access to clean water.
- **Countertops, Tables, and Floors:** Verify cleanliness to avoid health hazards from leftover food debris and ensure pest control measures are in place and safe.
- **Staff Training:** Proper training for concession staff prevents injuries and ensures a safe working environment. This includes clear instructions on equipment operation and maintaining cleanliness.
- **Professional Consultation:** If possible, involve a local restaurant manager or health inspection officer to review the concession stand's safety setup, offering an expert eye for potential oversights.

### Concession Operations Guidelines

- **Simple Menu:** Keep the menu straightforward, minimizing potentially hazardous foods. Use only approved food sources to maintain food safety from source to service.
- **Food Thermometer Use:** Employ thermometers to monitor hazardous foods' temperatures, adhering to safe temperature guidelines for cooking and storage.
- **Cooling and Cold Storage:** Implement rapid cooling techniques and proper cold storage to prevent bacterial growth in perishable foods.
- **Hand Washing:** Encourage frequent and thorough hand washing among staff, supplementing with disposable gloves as needed.

- **Health and Hygiene:** Ensure that only healthy individuals without open wounds or illnesses handle food, maintain personal cleanliness, and use hair restraints.
- **Safe Food Handling:** Avoid bare-hand contact with ready-to-eat foods and use appropriate utensils for serving.
- **Dishware Washing:** Prefer disposable utensils and follow a strict washing, rinsing, sanitizing, and air-drying process for reusable items.
- **Ice Handling:** Store ice separately from cooling ice for consumption, using scoops to avoid hand contact.
- **Wiping Cloths:** Maintain wiping cloths in a sanitizing solution, changing the solution regularly to ensure cleanliness.
- **Insect Control and Waste Management:** Cover foods to protect against insects, store pesticides safely, and manage waste effectively with sealed containers.
- **Food Storage and Cleanliness:** Store food off the floor and thoroughly clean the concession area post-events.
- **Minimum Worker Age:** Adhere to state regulations concerning the minimum age for concession workers to mitigate risks associated with equipment handling.

By implementing these detailed safety and operational guidelines, Golden Little League ensures that our concession stand is a safe, clean, and welcoming environment for all participants and guests, reflecting our commitment to the health and safety of our community.