



## SAFETY PLAN 2020

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Sunrise Little League

[www.sunrisellstockton.com](http://www.sunrisellstockton.com)





# Sunrise Little League

Christa McAuliffe Middle School

3880 Iron Canyon Circle

Stockton, CA 95209

League ID# 04050819





## Safety Officers

Sunrise Little League: Francis Novero, (415) 370-6430, [francis.novero@gmail.com](mailto:francis.novero@gmail.com)

# Important Safety Contacts

Emergency Phone number:	911
Stockton Fire	209-937-8836
Stockton Police	209-937-8377
Hazardous Materials	209-937-8271
District 8 Administrator: Dee Dee Martinez	209-933-9377
League President: Matt Vaccarezza	209-484-5284
Vice President: Russ Hayden	209-400-1027
Secretary: Christina Gilbert	209-351-2605
Player Agent: Emmett Haire	209-933-1279
Safety Officer: Francis Novero	415-370-6430

A copy of the Safety Plan will be distributed to all league volunteers, District Administrator, and Little League Headquarters. A list of these numbers will also be posted in common areas including the concession stand.

# Important Safety Contacts

Umpire In Chief: John Landucci	209-487-2221
Major Administrator: Renee Jackson	209-401-2027
Minor A Administrator: Mike Tibon	209-938-9949
Minor B Administrator: Marc Demandante	913-240-9101
Tee Ball Administrator: Miguel Munoz	831-320-4594
Snack Bar Consultant: Melissa Marquez	209-256-5034





24 Hour Safety Awareness Hotline: 1-800-811-7443

# Background Checks

- Sunrise will utilize the 2020 Volunteer Application form to screen all volunteers. See next page.
- Volunteers must pass the DOJ's nationwide sex offender registry as well as criminal background check using First Advantage.
- Anyone refusing to fill out Volunteer Application form or failing the background check will not be a part of Sunrise Little League.



# Little League Volunteer Application 2015

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

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

Name \_\_\_\_\_ Date \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Social Security # (include only with First Advantage or upon request)  
 Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_  
 Date of Birth \_\_\_\_\_ E-mail Address: \_\_\_\_\_  
 Occupation \_\_\_\_\_  
 Employer \_\_\_\_\_  
 Address \_\_\_\_\_  
 Special professional training, skills, hobbies: \_\_\_\_\_

Community affiliations (clubs, Service Organizations, etc.): \_\_\_\_\_

Previous volunteer experience (including baseball/softball and year): \_\_\_\_\_

Do you have children in the program? Yes  No  If yes, list full name and what level? \_\_\_\_\_

Special Certification (CPA, etc.), etc.): \_\_\_\_\_

Do you have a valid driver's license? Yes  No

Driver's License #: \_\_\_\_\_ State \_\_\_\_\_

Have you ever been convicted of or pled guilty to any crime(s) involving or against a minor? Yes  No

If yes, describe each in full: \_\_\_\_\_

Are there any criminal charges pending against you regarding any crime(s) involving or against a minor? Yes  No

If yes, describe each in full: \_\_\_\_\_

Have you ever been refused participation in any other youth programs? Yes  No

If yes, explain: \_\_\_\_\_

In which of the following would you like to participate? (Check one or more.)  
 League Official  Coach  Umpire  Field Maintenance   
 Manager  Scorekeeper  Concession Stand  Other

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

Name/Phone \_\_\_\_\_

\_\_\_\_\_

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**LOCAL LEAGUE USE ONLY:**

Background check completed by league official \_\_\_\_\_

System(s) used for background check (minimum of one must be checked):  
 Sex Offender Registry  Criminal History Records  \*First Advantage

\*To be advised that if you use First Advantage and there is a home state in the ten states where only home state searches can be performed you should notify volunteers that they will receive their reports from that state. In compliance with the Fair Credit Reporting Act, a copy of the information reported by the state will be given to the individual with the name, which may not necessarily be the league volunteer.

**Only attach to this application a copy of background check reports that reveal convictions if the applicant is a minor.**

managers will read this Code of Conduct space provided below, acknowledging that stands and agrees to comply with the etc. Tear the signature sheet on the dotted

## Little League Code of Conduct:

number, manager, coach, player or spectator (time):  
 and upon, push, shove, strike, or threaten to official.  
 of heaping personal verbal or physical abuse y official for any real or imaginary belief of a decision or judgment.

ity of an objectionable demonstration of dissent official's decision by throwing of gloves, bats, bats, balls, or any other forceful rtsman-like action.

ality of using unnecessarily rough tactics in the of a game against the body of an opposing player.

guilty of a physical attack upon any board member, cial manager, coach, player or spectator.

guilty of the use of profane, obscene or vulgar gungo in any manner at any time.

◆ Be guilty of gambling upon any play or outcome of any game with anyone at any time.

◆ Smoke while in the stands or on the playing field or in any dugout. Smoking will only be permitted in designated areas which will be 20 feet from any spectator stands or dugouts.

◆ Be guilty of publicly discussing with spectators in a derogatory or abusive manner any play, decision or a personal opinion on any players during the game.

◆ As a manager or coach, be guilty of mingling with or fraternizing with spectators during the course of the game.

◆ Speak disrespectfully to any manager, coach, official or representative of the league.

◆ Be guilty of tampering or manipulating any league rosters, schedules, draft positions or selections, official score books, rankings, financial records or procedures.

◆ Challenge an umpire's authority. The umpires shall have the authority and discretion during a game to penalize the offender according to the infraction up to and including expulsion from the game.

*The Board of Directors will review all infractions of the Code of Conduct. Depending on the seriousness or frequency, the board may assess additional disciplinary action up to and including expulsion from the league.*

# Volunteer Application and Code of Conduct Forms

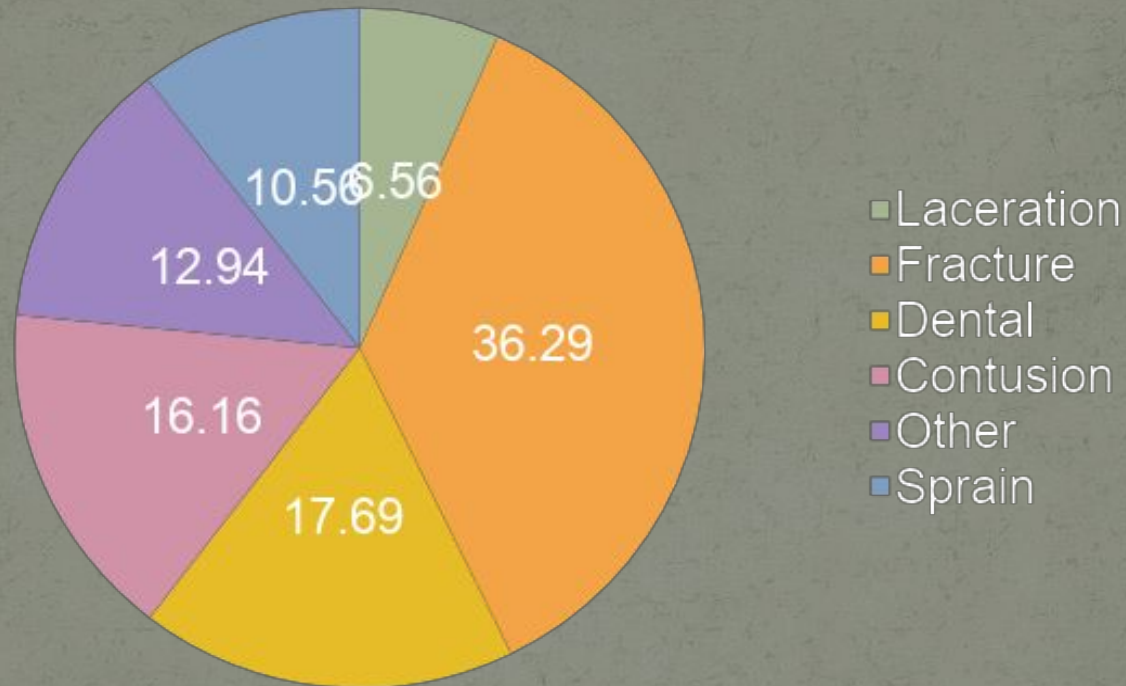


# Fundamentals Training: February 25, 2020

Sunrise Little League will lead a Clinic with an emphasis on safely teaching the fundamentals of baseball including: hitting, sliding, fielding, pitching, etc. The Clinic will be held at Sunrise Little League.



# Most Common Player Injuries-Includes Offensive and Defensive Players



Source: ASAP News 2013



# Concussion-Awareness

## Signs and symptoms of concussion.....

- There are many different symptoms reported by athletes who suffer concussions, and in some cases they may not be easily detected for hours or days after the injury. Look for clues immediately and make sure athletes are re-evaluated every few minutes over several hours. At home, parents should watch for the following symptoms as well as complaints that lights are too bright, noises too loud, or your child has difficulty concentrating while watching TV or playing video games. Signs and Symptoms continued next page.....

# Concussion: Signs / Symptoms

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall. Can't recall after hit.
- "Pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light / noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems



# Concussion: Signs / Symptoms

**HELP KEEP ATHLETES SAFE from CONCUSSIONS**  
AND OTHER SERIOUS BRAIN INJURIES

**REPORT IT**  
Remind your athletes to tell coaching staff right away if they think they have a concussion or that a teammate has a concussion.

**FOLLOW THE RULES**  
Make sure that athletes follow the rules for safety and the rules of the sport.

**SPORTSMANSHIP**  
Encourage athletes to practice good sportsmanship at all times.

**ACTION PLAN**  
Keep the Heads Up Action Plan at all games and practices.

LEARN more AT:  
[www.cdc.gov/Concussion](http://www.cdc.gov/Concussion)

**WHEN APPROPRIATE MAKE SURE AN ATHLETE USES THE CORRECT HELMET FOR THEIR ACTIVITY.**

Wearing a helmet can help protect athletes from serious brain or head injuries.

THERE IS NO "CONCUSSION-PROOF" HELMET.





## HEY COACH



### HAVE YOU:

- ✓ Walked field for debris/foreign objects
- ✓ Inspected helmets, bats, catchers' gear
- ✓ Made sure a First Aid kit is available
- ✓ Checked conditions of fences, backstops, bases and warning track
- ✓ Made sure a working telephone is available
- ✓ Hold a warm-up drill

## Umpire Guidelines

North Teesquah, Washington, Little League

### Before the Game— Meet at home plate

- Introduce plate and base umpires, managers/coaches
- Remove official lineup cards from each team
- Discuss any local playing rules (time limit, playing boundaries, etc.)
- Discuss the strike zone
- Discuss unsportsmanlike conduct by the players
- Discuss the innings pitched by a pitcher rule
- Clarify calling the game due to weather or darkness
- Inspect playing field for unsafe conditions
- Discuss legal pitching motions or balks, if needed
- Discuss no head-first slides, no on-deck circle rules
- Get two game balls from home team
- Be sure players are not wearing any jewelry
- Be sure players are in uniform (shirts on, hats on)
- Inspect equipment for damage and to meet regulations
- Ensure that games start promptly

### During the Game— Umpires and Coaches

- Encourage coaches to help speed play by having catchers and players on the bench prepared and ready to take the field with two outs
- Make sure catchers are wearing the proper safety equipment
- Continually monitor the field for safety and playability
- Pitchers warming up in foul territory must have a spotter and catcher with full equipment
- Keep game moving — one minute or eight pitches to warm up the pitcher between innings or in case of mid-inning replacement
- Make calls loud and clear, signalling each properly
- Umpires should be in position to make the call
- No protesting of any judgment call by the umpire
- Managers are responsible for keeping their fans and players on their best behavior
- Encourage everyone to think "Safety First!"

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8 January 2001

## Regular Facility Inspection

- Field inspection will be performed prior to any practice or game by respective coaches, managers, and umpires. All safety issues should be reported immediately to the safety officer
- Field Managers: Bill Bruneel and Russell Hayden will conduct weekly inspections of field conditions and report any issues to the safety officer.
- Chief Umpire: Will also inspect and report findings.
- All issues will be addressed in a timely fashion to ensure safe playing conditions.

# Facility Survey

- A 2017 Facility Survey has been submitted to Little League International on March 1, 2020.



# Sunrise Little League Concession Stand






# Snack Bar / Restrooms



# Concession Stand Safety

## Hand Hygiene Technique with Soap and Water

WHO GUIDELINES ON HAND HYGIENE IN HEALTH CARE

 Duration of the entire procedure: 40-60 seconds

0



Wet hands with water;

1



Apply enough soap to cover all hand surfaces;

2



Rub hands palm to palm;

3



Right palm over left dorsum with interlaced fingers and vice versa;

4



Palm to palm with fingers interlaced;

5



Backs of fingers to opposing palms with fingers interlocked;

6



Rotational rubbing of left thumb clasped in right palm and vice versa;

7



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

8



Rinse hands with water;

9



Dry hands thoroughly with a single use towel;

10



Use towel to turn off faucet;

11



Your hands are now safe.

# Wash Your Hands



# Concession Stand Guidelines

Cooking	Ground beef/pork internal temp 155° F, poultry 165° F minimum
Reheating	165° F or higher
Cooling/Storage	Foods that require refrigeration must be cooled to 41° F. <b>*Unrefrigerated foods linked to Number One cause of foodborne illness*</b>
Hand Washing	Frequent and thorough hand washing remains the first line defense in preventing foodborne disease
Health and Hygiene	Volunteers must be healthy and free of any skin infections or irritations
Food Handling	Avoid touching food with bare hands. Use gloves
Dishwashing	Use disposable utensils for food service. Wash in four-step process: 1) Washing in hot soapy water 2) Rinse in clean water 3) Chemical or heat sanitizing 4) Air drying
Ice	Utilize ice scoop, never hands
Insect control and Waste	Keep foods covered. Place garbage away from food with tight fitting lid
Food Storage and Cleanliness	Keep foods stored at least six inches above floor. End of events, CLEAN concession area and discard unusable food
Minimum Worker Age	Snack bar volunteers must be at least 16 years of age. Minors may assist when accompanied by and adult or parent

# Equipment Inspection

*Do you know what equipment is required for player safety on the field? Do you know which optional items can help keep players safer? Check out the following list for ideas and reminders.*

## REQUIRED PLAYER EQUIPMENT

### Defense

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

### Offense

- ✓ Helmet meeting NOCSAE standards – all batters, base runners, and players in coaches boxes
- ✓ Helmet chinstrap – all helmets made to have chinstrap (with snap buttons, etc.)
- ✓ Regulation-sized ball for the game and division being played; marked RS for regular season or RS-T for regular season and tournament in baseball
- ✓ Regulation-sized bat – all batters; Little League (Majors) and younger baseball divisions must have bat marked with BPF 1.15 (beginning in 2009)
- ✓ Non-wood bats must have a grip of cork, tape, or composite material, and must extend a minimum of 10 inches from the small end. Slippery tape is prohibited.

## REQUIRED FIELD EQUIPMENT

- ✓ 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> bases that disengage from their anchors
- ✓ Pitcher's plate and home plate
- ✓ Players' benches behind protective fences
- ✓ Protective backstop and sideline fences

## OPTIONAL PLAYER EQUIPMENT

### Defense

- ✓ Metal, fiber, or plastic type cup – any player, esp. infielders
- ✓ Pelvic protector – any female, esp. catchers

### Offense

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

## OPTIONAL FIELD EQUIPMENT

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

**IMPORTANT:**

## BPF RULE GOES INTO EFFECT FOR BASEBALL DIVISIONS

Buying bats for your league's baseball divisions? If it is composite metal, make sure it has the BPF 1.15 label. Bats in use in Little League Baseball (Majors Division and younger) must have the new bat performance factor listed on the bat.

Unless this marking is present, the bat will be removed from games.

Little League officials are aware some bats do not have the required markings but are Little League approved. And some of the bats on the approved bat list may not carry the required BPF 1.15 marking, depending on when they were manufactured and licensed.

Little League is building a list of bats that are approved but do not have the BPF marking due to special circumstances. For these bats, the eligibility for play will be extended until December 31, 2009. As Little League is made aware of bats that meet the BPF rule for this extension, the bats will be added to the list.

*ONLY bats with a BPF 1.15 marking or that are listed below will be allowed for use in the Little League (Majors) Baseball and younger divisions in 2009.*

**Non-BPF-marked bats approved until Dec. 31, 2009:**

**Atidas – Vanquish (blue design)** A newer model of this bat, also named Vanquish with copper and black markings, has the proper labeling, so is therefore not subject to the one-year rule.

- The League Safety Officer will inspect all equipment in the pre-season.
- Managers/Coaches/Umpires will be responsible for inspecting, removing, and replacing unsafe equipment prior to each game.
- All unsafe equipment will be destroyed and replaced immediately.



# Accident Reporting

- Sunrise Little League will use the incident/injury tracking form from the Little League website.
- Accident forms will be provided to the Safety Officer within 24-48 hours of the incident.
- Players who sustain injuries during practice or a game may be allowed to continue to play if in the opinion of the umpire or manager it is safe and will cause no further injury or harm.
- When possible, the parents of the player should be notified immediately.

Little League Rules Enforcement:



- A First Aid Kit will be accessible to all managers located at the storage shed for Majors and Minor A. Minor B and T Ball will have their First Aid Kit at the Snack Bar.
- Sunrise Little League will enforce Little League rules including:
  - Proper equipment for catchers
  - No on-deck batters
  - Coaches **will not** warm up pitchers





Safety Matters!

# Safety Plan Registration

- A 2020 Qualified Safety Plan Registration Form has been submitted to Little League International.





# League Registration Data

- Sunrise Little League data will be on file and will include: Player registration, Player roster, and Coach and Manager data. These records will be accessible through the Player Agent: Emmett Haire 209-933-1279





“The mission of Sunrise Little League shall be to implant firmly in the children of the community the ideals of good sportsmanship, honesty, loyalty, courage and respect for authority, so that they may be well adjusted, Stronger and happier children and will grow to be good, decent, healthy and trustworthy citizens.”

Source: Stockton Sunrise Little League, Inc. Constitution, Article 2, Section 1



# Play Ball

