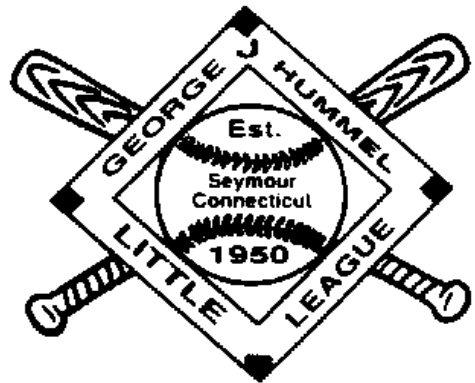
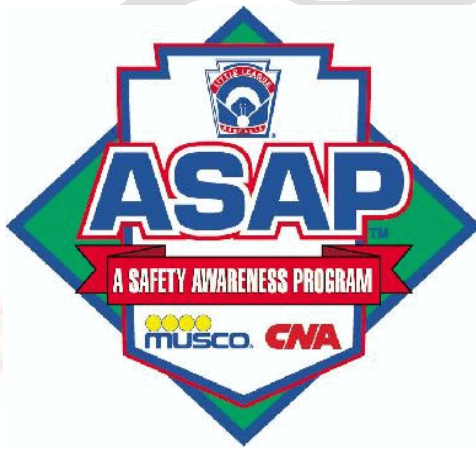


# 2018

## Safety Manual For Managers and Coaches

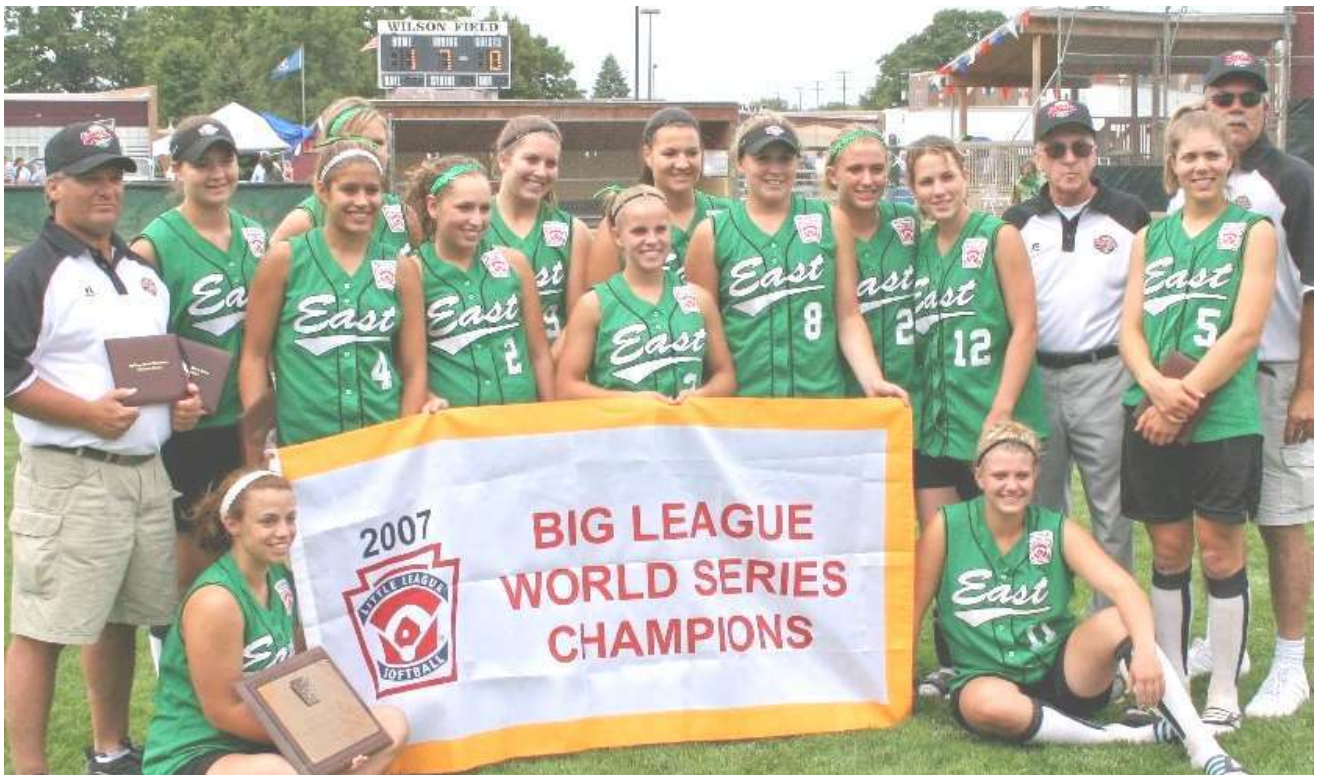


**George J Hummel Little League  
Seymour, CT**

**[gjhl.org](http://gjhl.org)**



**.....SPORTSMANSHIP COACHED,  
TALENT DEVELOPED, CHARACTER  
NURTURED, TEAMS FORGED.....**



**EXCELLENCE BEGINS WITH A PLAN.**



# Introduction

## ASAP - What is this Little League International program?

In 1995, ASAP (A Safety Awareness Program) was introduced with the goal of re-emphasizing the position of Safety Officer “to create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League.”



## ASAP – Our League!

Dear Managers, Coaches and League Volunteers,

Welcome to the new season. Once again our league will be using the ASAP (A Safety Awareness Program) as our guide to safety throughout the season. Our goal is to provide a safe environment for our children as they learn the game of Little League Baseball and Softball. It is only with your help and compliance that we may achieve this goal.

In this manual you will find some vital information. From important phone numbers through to how you should react in a lightning storm. If you should have any questions about any of the information you find in this manual please do not hesitate to call our **League Safety Officer, David Tomasheski** : [tomasheski1026@sbcglobal.net](mailto:tomasheski1026@sbcglobal.net) (**Officer on file with Little League International**).

We thank all of our volunteers in advance for their special efforts in keeping our league the safest place to play ball!!!!!!

GJHLL Board of Directors

# George J. Hummel Little League

## **SAFETY MANUAL**

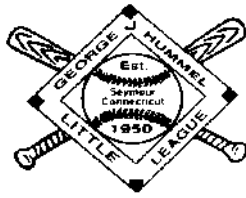
For Managers and Coaches

### Table of Contents

Emergency Contact List	Page 1
Emergency Contact Procedure	Page 2
Code of Conduct <ul style="list-style-type: none"><li>• Poster: <b><u>Player Crossing!!!</u></b></li><li>• Poster: <b><u>NO SMOKING!</u></b></li></ul>	Page 3-6
Safety Code	Page 7-10
Players Safety Code	Page 11-12
Accident Reporting Procedure <ul style="list-style-type: none"><li>• Form: <b><u>Activity / Incident Reporting</u></b></li><li>• Form: <b><u>Chartis Accident Notification Page 1</u></b></li><li>• Form: <b><u>Chartis Accident Notification Page 2</u></b></li><li>• Form: <b><u>Claim Form Instructions</u></b></li><li>• Form: <b><u>Claim Form Checklist</u></b></li><li>• Form: <b><u>General Liability Claim Form</u></b></li><li>• Form: <b><u>Medical Release Form</u></b></li></ul>	Page 13-20
Practice & Game Procedure <ul style="list-style-type: none"><li>• Poster: <b><u>Hey Coach</u></b></li><li>• Poster: <b><u>Make Sure</u></b></li><li>• Poster: <b><u>Players Catch</u></b></li><li>• Poster: <b><u>Don't Swing</u></b></li><li>• Poster: <b><u>Warm Up</u></b></li><li>• Poster: <b><u>Drink</u></b></li></ul>	Page 21-27
Communicable Disease Procedures	Page 28

# Table of Contents

Lightning!!! <ul style="list-style-type: none"><li>• <b>Flyer:</b> <u>Lightning Page 1</u></li><li>• <b>Flyer:</b> <u>Lightning Page 2</u></li></ul>	Page 29-32
Heads Up: Concussions in Youth Athletes <ul style="list-style-type: none"><li>• <b>Flyer:</b> <u>For Coaches</u></li><li>• <b>Flyer:</b> <u>For Athletes</u></li><li>• <b>Flyer:</b> <u>For Parents</u></li></ul>	Page 33-39
Concession Stand Procedures & Guidelines <ul style="list-style-type: none"><li>• <b>Poster:</b> <u>Wash Hands</u></li><li>• <b>Poster:</b> <u>Fight Bac!</u></li><li>• <b>Poster:</b> <u>Fire</u></li></ul>	Page 40-43
Storage Shed Procedures	Page 44
Additional Improvements & Upgrades	Page 45
Umpire Guidelines	Page 46
Parent / Volunteer Pledge <ul style="list-style-type: none"><li>• <b>Form:</b> <u>2018 Volunteer Form</u></li></ul>	Page 47-48
Coach / Player / Parent Expectations	Page 49
Parent News: What LL Parents should know	Page 50-51
What Parents should know about Little League Insurance	Page 52
Sports Parent Code of Conduct	Page 53
Parents Guide to Little League Child Protection Program	Page 54-55
Q & A About the Child Protection Program	Page 56-57
Emotional Security	Page 58-60
Prepare the Child for the Path	Page 61-62
Links to Information	Page 63
Little League Pledge	Page 64



## George J. Hummel Little League List of Important Phone Numbers

**THIS LIST WILL BE POSTED IN THE CONCESSION AREA**

### Local Emergency Phone Numbers

Seymour Police Department.....(non-emergencies).....	881-7676
Seymour Police Department.....(Emergencies).....	911
Seymour Fire Department.....(non-emergencies).....	888-1909
Seymour Fire Department.....(Emergencies).....	911
Seymour Ambulance.....(non-emergencies).....	888-8843
Seymour Ambulance.....(Emergencies).....	911

### Board of Directors

President	Bill Ragaini	203-751-1555
Vice President	Pete Tomlinson	203-954-5165
Vice President	Dawn Supranovich	203-640-7925
Secretary	Allison Brett	203-888-0662
Treasurer	Kristy Novitski	203-881-9621
Finance Director	Steve Betts	203-906-2781
League Safety Officer	David Tomasheski	203-927-7700
Player Agent	Kathy Supranovich	203-888-6846
League Information Officer	Frank Wright	TBA
Sponsorship Director	<b>Open</b>	
Concession Stand Coordinator	Brian Popielasz	203-906-2883
Coaches Coordinator	Scott Lang	TBA
Umpire in Chief	<b>Open</b>	
Field Maintenance	Tom Bennett	203-751-1515
Baseball Commissioner	<b>Open</b>	
Softball Commissioner	Bob Lang	203-888-6268
Minor Baseball Director	Joseph Lawruszko	TBA
Minor Softball Director	Tammy Brower	TBA
Coach Pitch Baseball Dir.	James Hoffman	203-923-6701
Coach Pitch Softball Dir.	Brendan O'Hayre	203-516-1109
Tee Ball Coordinator	<b>Open</b>	
Baseball Equipment Rep.	<b>Open</b>	
Softball Equipment Rep.	Mike McDaniel	203-906-2740
Team Leader Coordinator	Kelly Baker	203-913-6769
Marketing & Development Director	<b>Open</b>	



# Emergency Contact Procedure

## George J. Hummel Little League

**Police** - **Fire** - **Rescue**

The most important help you can provide a victim who is seriously injured is to call professional medical help. Make the call quickly, preferably from a cell phone near the injured person. If this is not possible, send someone else to make the call from a nearby telephone. Be sure that you or another caller follows these steps:

1. First: Dial 9-1-1
2. Give the dispatcher the necessary information. Answer all questions that he or she might ask.  
Most dispatchers will ask:

1. **The exact location or address of the emergency?**

**Casagrande / Bob Lang Field:** 12 Chestnut Street Seymour, CT.

**Gary Park:** Gary Park Drive off of Davis Road Seymour, CT

**Chatfield School:** 51 Skokorat Street Seymour, CT

**Bungay School:** 35 Bungay Road Seymour, CT

**Chatfield Park:** Chatfield Road Seymour, CT

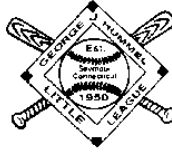
**Seymour Community Center:** 20 Pine Street Seymour, CT

**Matthies Park:** Silvermine Road Seymour, CT

**Seymour Middle School:** Botsford Road Seymour, CT across from Brookfield Drive

**Seymour High School:** 2 Botsford Road Seymour, CT













2. **The phone number from which call is made?**
  3. **The caller's name?**
  4. **What happened?**
  5. **How many people involved?**
  6. **The condition of injured person?**
  7. **What help is being administered to injured?**
3. Do not hang up until dispatcher hangs up!
  4. Continue to care for victim until professional help arrives!
  5. Appoint someone to go to street and look for emergency vehicles.



# George J. Hummel Little League









## CODE OF CONDUCT

### For Managers and Coaches

-  The posted speed limit at all practice and playing fields including parking lots and entrance roads is 5 mph. Please watch for children playing between parked vehicles.
-  Horseplay will not be permitted in the parking/driving areas.
-  Where available, crosswalks will be used by all those attending a Little League event.
-  Alcoholic beverages will not be allowed at any function sponsored by the Little League that involves children. No league member shall appear on the field of play, stands, or anywhere on the GJHLL complex while in the intoxicated state. Intoxicated will be defined as an odor or behavior issue.
-  All lawn equipment will be properly stored in the storage area prior to any game or practice, to ensure safety. (I.e. lawnmower, rakes, shovels, etc.)
-  The use of profanity will not be tolerated. Players, coaches and spectators will be immediately ejected from the playing field area and the incident will be brought before the Board of Directors for further action. The decision of the Board will be final.
-  Only a player (age 5-12) on the field AND at bat will be allowed to swing a bat. There is NO on deck warm-ups. Juniors, seniors, and big league players (age 13-18) are allowed an on deck batter that is allowed to swing a bat. This will be closely monitored by the manager for that team.
-  No player, coach, umpire or fan will be allowed to climb on or over any fences.
-  No pets are allowed at the Casagrande facility.
-  All local town ordinances must be complied with.
-  Gates: All gates leading onto the field will be kept closed but not locked during a game. Upon completion of the final game of the day, the safety monitor for the home team will be responsible for securing all gates.
-  No children under the age 16 will be allowed in the Sugar Shack Concession stand. No children under the age 18 will be allowed in the back cooking area of the Sugar Shack.



# CODE OF CONDUCT

-  Smoking is prohibited on the field and dugout. Casagrande is a Smoke free facility beyond the designated signs.
-  Heckling by players, coaches and fans will NOT be tolerated, nor will anyone be allowed to challenge an umpire's authority.
-  No league member will lay a hand upon, push, shove, strike, or threaten any league member at any time.
-  Poor sportsmanship by any player, coach or volunteer will NOT be tolerated.
-  Each team will be given weekly clean-up details. In addition, all teams are responsible for policing the dugouts at the completion of each game for debris. The home team is responsible for field preparation and field shut down.
-  Please observe all posted signs at the fields, (i.e.. speed limit, parking, foul ball areas) Players and spectators should be alert at all times for moving cars and balls that may leave the fenced playing areas.
-  All games played at Casagrande and Bob Lang Fields will be started after both teams line up for the traditional playing of the National Anthem or Pledge of Allegiance. We encourage both teams reciting the Little League Pledge at all fields prior to the game start.
-  At the completion of any game, both teams will line up for the traditional handshake.

Remember, Managers and Coaches:

This is supposed to be a fun learning environment. And a safe a sport as we can make it!!!

**Failure to comply with the aforementioned may result in expulsion from the George J. Hummel Little League field or any Little League complex.**

**SLOW**

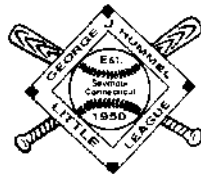


**BALL PLAYER  
CROSSING**

**George J. Hummel Little League  
Casagrande Complex**

**IS A SMOKE FREE FACILITY**





# George J. Hummel Little League

## SAFETY CODE

### Dedicated to Injury Prevention

- + All new Managers and Coaches must attend a Safety clinic sponsored by our league by a First Aid professional as stated in our by-laws. Returning managers and coaches must attend every third year. At least one manager or coach from each team must attend each year. Any other league volunteers such as practice helpers and team parents may also attend at no cost to them. In this clinic, a review of the safety manual and all policies with respect to safety issues and updates will be reviewed. Please refer to GJHLL Calendar of Events for the dates and times.
- + All new managers and coaches must attend a coaching fundamentals clinic sponsored by our league annually. All returning managers and coaches that have previously attended one of the coaching fundamentals clinics must attend one at least every three years. At least one manager or coach from each team must attend each year. Refer to GJHLL Calendar of Events for dates and times.
- + All managers shall carry with them at all times the Medical release forms for each player. You must also know that a Volunteer forms for any adult who participates in any practice or game has been approved. The Medical Release form MUST be in the dugout at any/all games and practices.
- + First Aid kits shall be carried to all practices and games. Replacement first aid items can be obtained from our league Safety Officer, Equipment Representative or League VP. First Aid kits MUST be in the dugout at any/all games and practices. Please make sure you have enough instant ice cold packs.
- + Always be aware of your surroundings. If you are practicing or playing a game at a field other than Casagrande that does not have a telephone, make sure one adult from your team always carries a cell phone in case of emergencies.
- + Coaches are responsible for inspecting all equipment (property of the League and players personal) for safe usage regularly. (Look for: Little League approved equipment, dented and/or cracked bats, broken and/or cracked helmets, missing and/or non-fitting straps and guards, poorly webbed gloves, First Aid kit content, etc.)
  - Damaged / non compliant equipment MUST be removed from play immediately.
  - Any equipment belonging to the League deemed damaged / non compliant MUST be turned in to the Division Equipment Rep. for proper disposal.
  - Any equipment belonging to a player deemed damaged / non compliant MUST be removed from play and handed over to the players Parent / Guardian for proper disposal.
  - Equipment MUST remain out of the area deemed “in play” by the Umpire.



# SAFETY CODE

- +** No league member will lay a hand upon, push, shove, strike or otherwise threaten physically and/or verbally another league member at any time.
- +** \*Managers are responsible for knowledge of all Little League rules. Also, responsible for determining that a player, coach and/or volunteer are compliant with any/all Little League Safety rules. The following sub points are a listing of rules that are of note:
  - Only players, managers, coaches, umpires, LL Board members and emergency personnel are permitted on the playing field or in the dugout during games and practice sessions.
  - Except when a runner is returning to base, head first slides are not permitted. Except in Junior, Senior and Big League divisions.
  - At no time should “horse play” be permitted on the playing field and in the dugout.
  - Players must not wear watches, rings, bracelets, necklaces, earrings, pins or metallic items during games or practices. Medical alert bracelets, etc may be worn.
  - No Player, Manager, Coach or Umpire who is wearing any cast will be allowed on the field while the ball is in play. This also applies to adults and children as base coaches.
  - The Catcher must wear a catcher’s helmet with mask with throat guard at warming up pitchers. This applies in game between innings, bull-pen warm-ups and any practices.
  - Managers, coaches or volunteers may not warm-up pitchers before or during a game including practices. Only players on the team are permitted to do so.
  - On-Deck batters are NOT permitted. Except in Junior, Senior and Big League divisions.
  - Disengage-able bases (1st, 2<sup>nd</sup> & 3<sup>rd</sup>) will be utilized at Casagrande, Bob Lang and Seymour Middle School fields. Double first base will be used at both GJHLL fields. Disengage-able bases will be utilized at ALL fields played on by GJHLL teams.
  - Managers and coaches will strictly adhere to the Little League rules as they apply to Pitch Count (Baseball) and Pitcher availability limitations (Baseball & Softball). Remember: These Rules were adopted to prevent short & long term injury to players!!!
- +** RIF balls (“Reduced Injury Factor”) will be used for T ball and Coach Pitch divisions.
- +** Batting helmets must be worn by players in base running at all games and practices.
- +** Players who are injured, ill or ejected should remain under league supervision until released to the parent or guardian.
- +** Players who have not been released to a parent or guardian during/after a game or practice will remain in the custody of not less than two LL representatives until the player is released. (LL representative is defined as a GJHLL Board approved Manager, Coach or Volunteer). Players may be turned over to the Seymour Police Department’s care after over 15 minutes following the event conclusion if no parent or guardian shows.
- +** Players that are coaching a base must wear a helmet. Remind all players AND coaches to remain in the coaches box. As well as to be keenly aware of line drive foul balls and errant throws.

# SAFETY CODE

- +** No player may operate any Pitching machine. Only approved volunteers and coaches may operate the machines both in the cage and on the field.
  
- +** When playing games it is the responsibility of the home team and the umpire to ensure safety of the playing area before the game begins. Perform a field “walk-through inspection” before allowing players to utilize. (What to look for: Holes, rough or uneven spots, slippery areas, long grass, glass, rocks, foreign objects, damage to screens or fences including holes with sharp edges or loose edges. Look for any unsafe conditions around backstop, pitcher’s mound or warning track.
  
- +** Currently only Casagrande Field has a lightning detector. Coaches must use their discretion for removing players from playing areas during inclement weather, (see Lightning Facts and Safety Procedures ... pages 29-32)
  
- +** The Manager must fill out an Accident Incident form for any injury that occurs while a player or volunteer is in attendance at any George J. Hummel Little League activity within 48 hours, (see Accident Reporting Procedures, pages 13-20).
  
- +** These items combined with all Safety Rules and Regulations in the Little League Rulebook and our Leagues By-laws and Rules and Regulation shall be followed and will be enforced at all times. If you have information you feel should be added to our safety code, please forward this information to our League Safety Officer, David Tomasheski (Email: [tomasheski1026@sbcglobal.net](mailto:tomasheski1026@sbcglobal.net)).
  
- +** Language was added regarding the recommended procedure a league should follow when a player sustains a possible concussion:

**Regulation III(d) Note 3 has been amended to read, in part, for All divisions:**

**NOTE 3: If a medical professional, Umpire in Chief, the player's coach, the player's manager or the player's parent has determined a player sustains a possible concussion, the player must be, at a minimum, removed from the game and/or practice for the remainder of that day. The league must also be aware of its respective state/ provincial/municipal laws with regards to concussions and impose any additional requirements as necessary. His/her return to full participation is subject to:**

1. The league's adherence to its respective state/provincial/municipal laws,
2. An evaluation and a written clearance from a physician or other accredited medical provider and
3. Written acknowledgement of the parents

**First Aid kits are stored at Casagrande Field, Bob Lang Field**

**Fire Extinguishers are stored at Casagrande Field, Bob Lang Field**

**All managers are encouraged to view the archive of past LL ASAP Newsletters online. The ASAP link can be found on our “Links to Information” page.**





# George J. Hummel Little League

## SAFETY CODE

### Some Important Do's and Don'ts

#### DO: 😊

- Reassure and aid children who are injured, frightened or lost.
- Provide or assist in obtaining medical attention to those who require it.
- Know your limitations!
- Carry your First Aid Kit to all practice and games.
- Regularly inspect the contents of the First Aid Kit. Replenish items as needed.
- Keep your "Prevention and Emergency Management of Little League Baseball & Softball Injuries" booklet (given to you at the Safety Clinic) with your First Aid Kit.
- Assist those who injuries require medical attention. And when administering aid, REMEMBER TO:
  - LOOK for signs of injury (blood, black & blue, deformity of joint, etc).
  - LISTEN to the injured person describe what happened and what hurts if conscious. Before questioning, you may have to calm and soothe an excited child.
  - FEEL gently and carefully the injured area for signs of swelling or grating of broken bones.
- Have your Medical Release and Volunteer forms with you at all games and practices.
- Make arrangements to have access to a phone in the need of emergency.
- Inspect the playing field and practice area prior to all game/practice situations.
- Remove damaged / non compliant equipment from play. Turn in the damaged equipment to Division Equipment Representative for proper disposal.

#### DON'T: 🚫

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



# George J. Hummel Little League

## Players Safety Code

### As a player in the George J Hummel Little, I will:

1. Wear all proper protective equipment at games and practice.
  - A). Male players must wear a protective athletic supporter.
  - B). All players must wear Catchers helmet, facemask and dangling throat guard when warming up a pitcher. This applies between innings, bullpen warm ups and practice.
  - C). All players will wear properly fitted full Catchers gear when playing the position in game.
  - D). Players who require prescription glasses are encouraged to wear "safety glasses".
  - E). Except Major Baseball and Tee Ball, all other divisions of Baseball and Softball must wear batting helmets with LL approved protective facemask.
  - F). For the Senior, Junior and Major Softball divisions, all players at the position of pitcher must wear a fielding face mask guard in games and practice. It is acceptable for all players to wear a fielding face guard while playing any position if the parent feels the need.
  - G). Baseball division players will wear long pants at games and practice.
  - H). Softball division players will wear undergarment sliding shorts and slider.
  - I). It is acceptable for all players to wear a mouth guard if the parent feels the need.
  - J). It is acceptable for all players to wear a heart guard if the parent feels the need.
2. Use only Little League approved equipment and will maintain personal equipment to meet Little League rules.
  - A). Personal helmets, bats, gloves and guards should be checked at time of purchase for markings that signify the item as Little League Approved.
  - B). Bats must meet LL approval for Baseball or Softball and utilized only within that division of play.
  - C). Maintain gloves. Be sure the lacing is maintained.
  - D). Discard any Little League Approved helmet, bat or guard once the item is damaged. (Cracks, chips or dents).
  - E). Do not paint or affix any stickers to helmet, bat or guard.
  - F). Metal cleats are NOT permitted.
3. Wear my uniform properly.
  - A). Hat or Visor must be worn with bill facing forward. Exception: Softball players who are wearing a fielding face mask guard.
  - B). Jersey shirts must be tucked in.
4. Not wear any watches, rings, pins, earrings, studs or any metallic items at games or practice.
  - A). Medical bracelets, etc may be worn.
  - B). Long hair should be restricted with non-metallic items so that vision is not obstructed.
5. Not climb on or over any fence or dugout at ANY time.



# Players Safety Code

6. Be alert and ready at all times.
  - A). At games and practice all players should be watching the batter on each pitch.
  - B). When in the coaches box be watching and concentrated on the batter each pitch.
  - C). When fielding be watching and concentrated on the batter each pitch.
  - D). When on base be watching and concentrated on the pitcher /batter each pitch.
  - E). Stay in the dugout and behind fencing while the ball is in play. Unless told otherwise by a coach or umpire.
7. Inform my coaches/umpires immediately if hurt, sick or in need of medical attention.
8. Be respectful of the field and dugout areas at all games and practice.
  - A). Do not dig any holes, build dirt mounds or otherwise alter the field of play.
  - B). Please clean up your litter. Place all litter in appropriate areas.
9. Never throw anything at anyone unless it's a ball, and only at a practice drill or game.
  - A). Do not throw a ball into a crowd.
  - B). Make sure the person you are throwing to is alert for the throw.
10. Never throw ANY equipment at anytime.
11. Slide into a base as if there was a close play.
12. Stay hydrated on warm days by drinking plenty of fluids.
  - A). Bring plenty of drinking water to games and practice.
  - B). Hydrate early and often well before scheduled games and practice.
13. Never leave a practice or playing area without an acknowledgement and permission from your Manager and/or Coaches. We strongly encourage that players use the "buddy system" whenever leaving the area after permission is granted.

**NEVER go off with a stranger!!! Always let your coach know if you need to leave the dugout or field!!**





# George J. Hummel Little League

## Accident Reporting Procedures

- 1. What to report?** An incident that causes any player, manager, coach, umpire or volunteer to receive medical treatment and/or first aid must be reported to the League Safety Officer. This includes even passive treatments such as the evaluation and the diagnosis of the extent of the injury or periods of rest.
- 2. When to report?** All such incidents described above must be reported to the League Safety Officer within 48 hours of the incident. The League Safety Officer can be reached in accordance with the contact list at the beginning of this manual. An incident report must then be filed within 72 hours of the incident.
- 3. How to make the report?** Initial reporting of an incident can come in a variety of forms, most typically via the telephone. The Activities/ Reporting form must then be filed within 72 hours and must be signed by the reporter.
- 4. When to fill out an Accident Claim Form?** After review of the incident and of the appropriate filed paperwork, the Safety Officer will determine in conjunction with the League President if and when an insurance claim form is required to be filed.
- 5. Near miss accidents should also be reported!!** Please report any near miss accidents on the Activity / Incident Report. After these incidents are entered into our tracking database we can identify problem areas that can either be immediately rectified and/or eventually corrected through Additional Improvements & Upgrades.

**See the next 7 pages for copy of:  
Accident Claim Form (w/instructions)  
Activity / Incident Report  
Medical Release Form**



League Name: \_\_\_\_\_ League ID: \_\_\_\_ - \_\_\_\_ - \_\_\_\_ Incident Date: \_\_\_\_\_

Field Name/Location: \_\_\_\_\_ Incident Time: \_\_\_\_\_

Injured Person's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ Age: \_\_\_\_\_ Sex:  Male  Female

City: \_\_\_\_\_ State \_\_\_\_\_ ZIP: \_\_\_\_\_ Home Phone: ( ) \_\_\_\_\_

Parent's Name (If Player): \_\_\_\_\_ Work Phone: ( ) \_\_\_\_\_

Parents' Address (If Different): \_\_\_\_\_ City \_\_\_\_\_

**Incident occurred while participating in:**

- A.)  Baseball       Softball       Challenger       TAD
- B.)  Challenger       T-Ball (5-8)       Minor (7-12)       Major (9-12)       Junior (13-14)
- Senior (14-16)       Big League (16-18)
- C.)  Tryout       Practice       Game       Tournament       Special Event
- Travel to       Travel from       Other (Describe): \_\_\_\_\_

**Position/Role of person(s) involved in incident:**

- D.)  Batter       Baserunner       Pitcher       Catcher       First Base       Second
- Third       Short Stop       Left Field       Center Field       Right Field       Dugout
- Umpire       Coach/Manager       Spectator       Volunteer       Other: \_\_\_\_\_

Type of injury: \_\_\_\_\_

Was first aid required?  Yes  No If yes, what: \_\_\_\_\_

Was professional medical treatment required?  Yes  No If yes, what: \_\_\_\_\_  
 (If yes, the player must present a non-restrictive medical release prior to to being allowed in a game or practice.)

**Type of incident and location:**

- |   |  |   |
|---|--|---|
| <p><b>A.) On Primary Playing Field</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Base Path:      <input type="checkbox"/> Running <i>or</i>      <input type="checkbox"/> Sliding</li> <li><input type="checkbox"/> Hit by Ball:      <input type="checkbox"/> Pitched <i>or</i>      <input type="checkbox"/> Thrown <i>or</i>      <input type="checkbox"/> Batted</li> <li><input type="checkbox"/> Collision with: <input type="checkbox"/> Player <i>or</i>      <input type="checkbox"/> Structure</li> <li><input type="checkbox"/> Grounds Defect</li> <li><input type="checkbox"/> Other: _____</li> </ul> | <p><b>B.) Adjacent to Playing Field</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Seating Area</li> <li><input type="checkbox"/> Parking Area</li> <li><b>C.) Concession Area</b></li> <li><input type="checkbox"/> Volunteer Worker</li> <li><input type="checkbox"/> Customer/Bystander</li> </ul> | <p><b>D.) Off Ball Field</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Travel:</li> <li><input type="checkbox"/> Car <i>or</i>      <input type="checkbox"/> Bike <i>or</i></li> <li><input type="checkbox"/> Walking</li> <li><input type="checkbox"/> League Activity</li> <li><input type="checkbox"/> Other: _____</li> </ul> |
|---|--|---|

Please give a short description of incident: \_\_\_\_\_

Could this accident have been avoided? How: \_\_\_\_\_

This form is for Little League purposes only, to report safety hazards, unsafe practices and/or to contribute positive ideas in order to improve league safety. When an accident occurs, obtain as much information as possible. For all claims or injuries which could become claims, please fill out and turn in the official Little League Baseball Accident Notification Form available from your league president and send to Little League Headquarters in Williamsport (Attention: Dan Kirby, Risk Management Department). Also, provide your District Safety Officer with a copy for District files. All personal injuries should be reported to Williamsport as soon as possible.

Prepared By/Position: \_\_\_\_\_ Phone Number: (\_\_\_\_) \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# LITTLE LEAGUE® BASEBALL AND SOFTBALL ACCIDENT NOTIFICATION FORM INSTRUCTIONS

**Send Completed Form To:**  
 Little League® International  
 539 US Route 15 Hwy, PO Box 3485  
 Williamsport PA 17701-0485  
**Accident Claim Contact Numbers:**  
 Phone: 570-327-1674 Fax: 570-326-9280

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

League Name			League I.D.			
Name of Injured Person/Claimant		SSN	PART 1	Date of Birth (MM/DD/YY)	Age	Sex <input type="checkbox"/> Female <input type="checkbox"/> Male
Name of Parent/Guardian, if Claimant is a Minor			Home Phone (Inc. Area Code) ( ) ( )		Bus. Phone (Inc. Area Code) ( ) ( )	
Address of Claimant			Address of Parent/Guardian, if different			

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

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

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

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

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

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

- |   |   |   |   |   |
|---|---|---|---|---|
| <input type="checkbox"/> BASEBALL         | <input type="checkbox"/> CHALLENGER (5-18)    | <input type="checkbox"/> PLAYER               | <input type="checkbox"/> TRYOUTS          | <input type="checkbox"/> SPECIAL EVENT (NOT GAMES)  |
| <input type="checkbox"/> SOFTBALL         | <input type="checkbox"/> T-BALL (5-8)         | <input type="checkbox"/> MANAGER, COACH       | <input type="checkbox"/> PRACTICE         | <input type="checkbox"/> SPECIAL GAME(S) (Submit a copy of your approval from Little League Incorporated) |
| <input type="checkbox"/> CHALLENGER       | <input type="checkbox"/> MINOR (7-12)         | <input type="checkbox"/> VOLUNTEER UMPIRE     | <input type="checkbox"/> SCHEDULED GAME   |   |
| <input type="checkbox"/> TAD (2ND SEASON) | <input type="checkbox"/> LITTLE LEAGUE (9-12) | <input type="checkbox"/> PLAYER AGENT         | <input type="checkbox"/> TRAVEL TO        |   |
|   | <input type="checkbox"/> JUNIOR (13-14)       | <input type="checkbox"/> OFFICIAL SCOREKEEPER | <input type="checkbox"/> TRAVEL FROM      |   |
|   | <input type="checkbox"/> SENIOR (14-16)       | <input type="checkbox"/> SAFETY OFFICER       | <input type="checkbox"/> TOURNAMENT       |   |
|   | <input type="checkbox"/> BIG LEAGUE (16-18)   | <input type="checkbox"/> VOLUNTEER WORKER     | <input type="checkbox"/> OTHER (Describe) |   |

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

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

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

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

**For Residents of California:**

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

**For Residents of New York:**

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

**For Residents of Pennsylvania:**

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

**For Residents of All Other States:**

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

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

Name of League	Name of Injured Person/Claimant	League I.D. Number
Name of League Official	Position in League	
Address of League Official	Telephone Numbers (Inc. Area Codes) Residence: (    ) Business: (    ) Fax: (    )	

Were you a witness to the accident?     Yes     No  
Provide names and addresses of any known witnesses to the reported accident.

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

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

Does your league use breakaway bases on:     ALL     SOME     NONE    of your fields?  
Does your league use batting helmets with attached face guards?     YES     NO  
If YES, are they     Mandatory    or     Optional    At what levels are they used?

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

Date	League Official Signature
------	---------------------------

Little League® Baseball & Softball  
**CLAIM FORM INSTRUCTIONS**



**WARNING** — It is important that parents/guardians and players note that: *Protective equipment cannot prevent all injuries a player might receive while participating in baseball/softball.*

To expedite league personnel's reporting of injuries, we have prepared guidelines to use as a checklist in completing reports. It will save time -- and speed your payment of claims.

The NUFI Accident Master Policy acquired through Little League contains an "Excess Coverage Provision" whereby all personal and/or group insurance shall be used first.

The Accident Claim Form must be fully completed, including a Social Security Number, for processing.

To help explain insurance coverage to parents/guardians refer to *What Parents Should Know* on the internet that should be reproduced on your league's letterhead and distributed to parents/guardians of all participants at registration time.

If injuries occur, initially it is necessary to determine whether claimant's parents/guardians or the claimant has other insurance such as group, employer, Blue Cross and Blue Shield, etc., which pays benefits. (This information should be obtained at the time of registration prior to tryouts.) If such coverage is provided, the claim must be filed first with the primary company under which the parent/guardian or claimant is insured.

When filing a claim, all medical costs should be fully itemized and forwarded to Headquarters. If no other insurance is in effect, a letter from the parent's/guardian's or claimant's employer explaining the lack of group or employer insurance should accompany the claim form.

The NUFI Accident Policy is acquired by leagues, not parents, and provides comprehensive coverage at an affordable cost. Accident coverage is underwritten by National Union Fire Insurance Company of Pittsburgh, Pa. This is a brief description of the coverage available under the policy. The policy will contain limitations, exclusions, and termination provisions.

With your league's cooperation, insurance rates have increased only three times since 1965. This rate stability would not have been possible without your help in stressing safety programs at the local level. The ASAP manual, **League Safety Officer Program Kit**, is recommended for use by your Safety Officer. In 2000 the State of Virginia was the first state to have its accident insurance rates reduced by high participation in ASAP and reduction in injuries. In 2002, seven more states have had their accident insurance rates reduced, as well. They are Alaska, California, Delaware, Idaho, Montana, Washington, Wisconsin.

### **TREATMENT OF DENTAL INJURIES**

Deferred Dental Treatment for claims or injuries occurring in 2002 and beyond: If the insured incurs injury to sound, natural teeth and necessary treatment requires that dental treatment for that injury must be postponed to a date more than 52 weeks after the date of the injury due to, but not limited to, the physiological changes occurring to an insured who is a growing child, we will pay the lesser of the maximum benefit of \$1,500.00 or the reasonable expense incurred for the deferred dental treatment. Reasonable expenses incurred for deferred dental treatment are only covered if they are incurred on or before the insured's 23rd birthday. Reasonable Expenses incurred for deferred root canal therapy are only covered if they are incurred

---

## CHECKLIST FOR PREPARING CLAIM FORM

---

1. Print or type all information.
2. Complete all portions of the claim form before mailing to our office.
3. Be sure to include league name and league ID number.

### **PART I - CLAIMANT, OR PARENT(S)/GUARDIAN(S), IF CLAIMANT IS A MINOR**

1. The adult claimant or parent(s)/guardians(s) must sign this section, **if the claimant is a minor.**
2. Give the name and address of the injured person, along with the name and address of the parent(s)/guardian(s), if claimant is a minor.
3. Fill out all sections, including check marks in the appropriate boxes for all categories. **Do not leave any section blank. This will cause a delay in processing your claim and a copy of the claim form will be returned to you for completion.**
4. It is mandatory to forward information on other insurance. Without that information there will be a delay in processing your claim. If no insurance, written verification from each parent/spouse employer must be submitted.
5. Be certain all necessary papers are attached to the claim form. (See instruction 3.) Only itemized bills are acceptable.
6. On dental claims, it is necessary to submit charges to the major medical and dental insurance company of the claimant, or parent(s)/guardian(s) if claimant is a minor. "Accident-related treatment to whole, sound, natural teeth as a direct and independent result of an accident" must be stated on the form and bills. Please forward a copy of the insurance company's response to Little League Headquarters. Include the claimant's name, league ID, and year of the injury on the form.

### **PART II - LEAGUE STATEMENT**

1. This section must be filled out, signed and dated by the **league official.**
2. Fill out all sections, including check marks in the appropriate boxes for all categories. **Do not leave any section blank. This will cause a delay in processing your claim and a copy of the claim form will be returned to you for completion.**

---

**IMPORTANT:** Notification of a claim should be filed with Little League International within 20 days of the incident for the current season.

---







# Little League. Baseball and Softball M E D I C A L R E L E A S E



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

Player: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Gender (M/F): \_\_\_\_\_

Parent (s)/Guardian Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Parent (s)/Guardian Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Player's Address: \_\_\_\_\_ City: \_\_\_\_\_ State/Country: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_

### PARENT OR GUARDIAN AUTHORIZATION:

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

Family Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State/Country: \_\_\_\_\_

Hospital Preference: \_\_\_\_\_

Parent Insurance Co: \_\_\_\_\_ Policy No.: \_\_\_\_\_ Group ID#: \_\_\_\_\_

League Insurance Co: \_\_\_\_\_ Policy No.: \_\_\_\_\_ League/Group ID#: \_\_\_\_\_

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

Name	Phone	Relationship to Player

Name	Phone	Relationship to Player

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

Medical Diagnosis	Medication	Dosage	Frequency of Dosage

Date of last Tetanus Toxoid Booster: \_\_\_\_\_

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

Mr./Mrs./Ms. \_\_\_\_\_  
Authorized Parent/Guardian Signature Date: \_\_\_\_\_

### FOR LEAGUE USE ONLY:

League Name: \_\_\_\_\_ League ID: \_\_\_\_\_

Division: \_\_\_\_\_ Team: \_\_\_\_\_ Date: \_\_\_\_\_

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



# George J. Hummel Little League

## Practice & Game Procedure

*The George J Hummel Little League recognizes that the health and safety of our players, members and fans are of the utmost importance. The following is a list of responsibilities that each Manager has with respect to insuring that safety is always considered prior to and after games and practice. While a manager may delegate this responsibility to a coach, it ultimately remains the Managers responsibility to make sure the procedures are complied with. We recognize that these items are within other sections of this manual, the main objective of this section is to highlight the responsibilities prior to and after games or practice.*

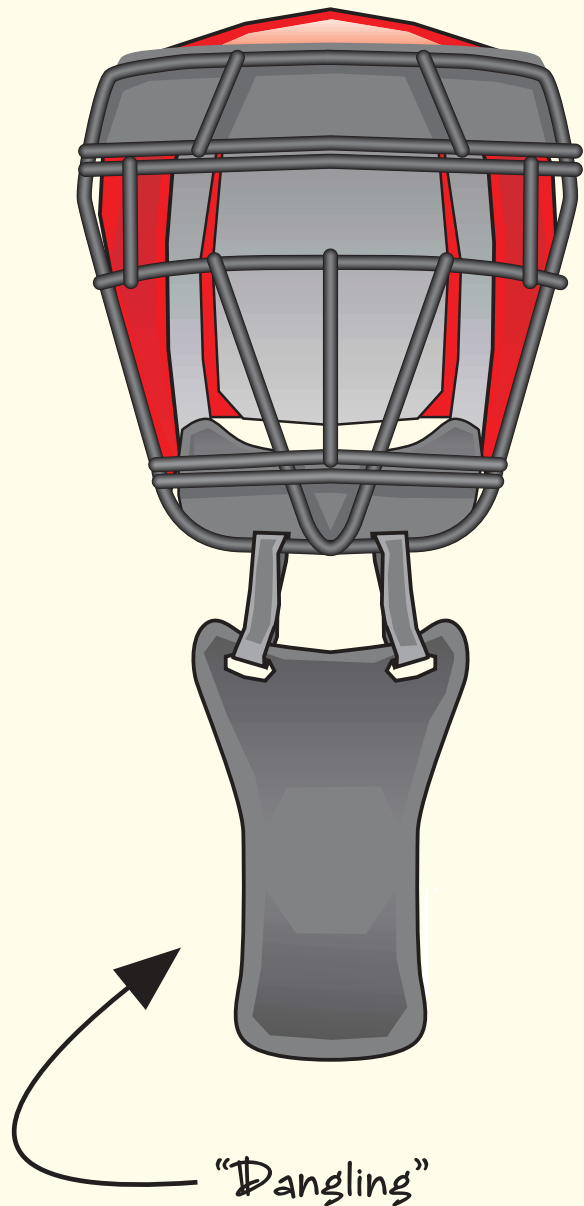
1. Be sure that a properly stocked First Aid Kit and current Medical Release Forms are in the dugout area at games and practice as noted in the Safety Code.
2. Be sure that a working land line telephone or cellular phone is available as noted in the Safety Code.
3. Inspect by performing walk through inspection of the field as noted in the Safety Code. Be sure to inspect the bases and base paths for unsafe conditions.
4. Inspect all equipment as noted in the Safety Code. Be sure to remove any equipment and notify the proper Division Equipment Rep for proper disposal. Any helmet that takes a direct impact should be immediately removed, replaced and ultimately properly discarded. All equipment with any breach should be removed, replaced and properly discarded. Remember that helmets, bats and some guards are rated to only absorb a certain amount of impact energy before their integrity is weakened.
5. Be sure that all players properly warm up prior to play. We encourage after game or practice cool down drill.
6. Be sure that all players are able to be properly hydrated.
7. Be sure that any drill machines are in proper working order. Do not utilize or try to repair machine if you suspect it is not in proper working order.
8. Be sure that pre games playing of National Anthem / Pledge of Allegiance and post game handshake traditions are observed. Remember to teach your team the Little League Pledge.
9. Be sure that pre game field preparation and post game field detail is observed when the home team.
10. Document and report any Accident / Incident Reports and other Safety Issues as noted in the Safety Code.
11. Document and report any other incidents to the division VP as noted in the Code of Conduct.



## **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**
- Held a warm-up drill**



**Make  
Sure  
They  
Are  
Safe!**

**REMEMBER:**

**Catchers must wear helmets during warm-ups and infield/outfield practice.**

**RULE 1.17**

"...All catchers must wear a mask, 'dangling' type throat protector and catcher's helmet during infield/outfield practice, pitcher warm-up and games."

# Coach, Please Let Players Catch!



**REMEMBER:**

**Coaches and managers must not warm up pitchers. Let Players Catch.**

**RULE 3.09**

“...Managers or coaches must not warm up a pitcher at home plate or in the bull pen or elsewhere at any time. They may, however, stand to observe a pitcher during warm-up in the bull pen.”

# Don't Swing It

**...Until You're Up to the Plate!**



(Photos from North Scott, Iowa, Little League)

**Don't let this happen to you, or to a teammate.**

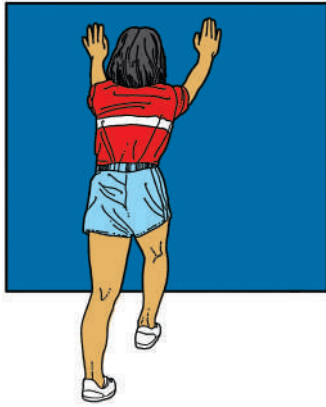
**REMEMBER:**

**Don't pick up your bat until you leave the dugout, to approach the plate.**

**RULE 1.08, Notes**

"1. The on-deck position is not permitted in Tee Ball, Minor League or Little League (Majors) Division. 2. Only the first batter of each half-inning will be allowed outside the dugout between the half-innings in Tee Ball, Minor League or Little League (Majors) Division."

# Suggestions for Warm-up Drills



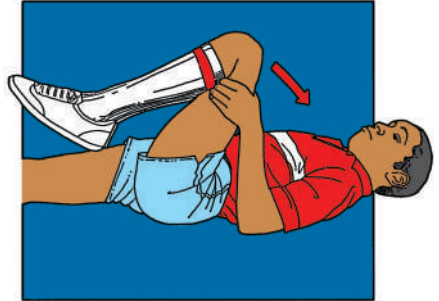
## Heel Cord Stretches

Lean against a wall. Reach one leg behind you. Keep the knee straight, heel on the ground, and toes pointed forward. Slightly bend the leg that's closer to the wall. Lean forward. You should feel the stretch along the back of your calf. Repeat with other leg.



## Head and Neck Circles

Make a circle with your head, going around first in one direction five times. Then reverse and make five circles in the opposite direction.



## Low Back Stretches

Lie on your back, bring one knee up, and pull the knee slowly toward your chest. Hold and repeat three times. Switch legs and repeat.



## Shoulder Stretches #1

Stand or sit, holding your throwing arm at the wrist with your other hand. Put your arm over your head and pull gently, feeling your upper arm against your head. You should feel the stretch inside your shoulder.



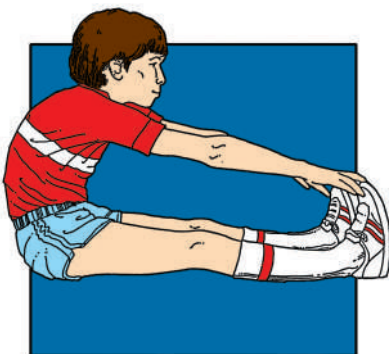
## Shoulder Stretches #2

Stand or sit, holding onto the elbow of your throwing arm with your other hand. Gently pull your throwing arm across your chest. You should feel the stretch inside your shoulder, especially at the back.



## Shoulder Stretches #3

Stand or sit with your pitching arm out to the side and your elbow bent. Move your arm back until you feel the stretch in the front of your shoulder.

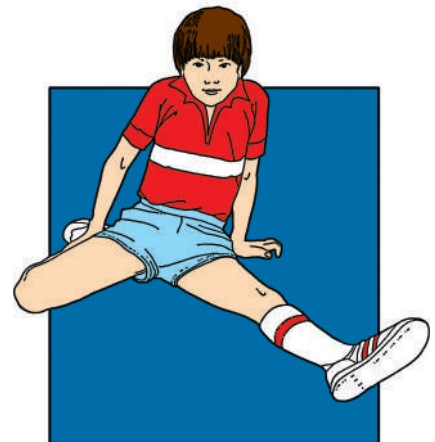


## Thigh Stretches #1

Sit on the ground. Stretch both legs out in front of you. Reach forward, touching your toes. Eventually, you want to lean forward far enough to put your head on your knees. You should feel the stretch along the backs of your legs.

## Thigh Stretches #2

Sit on the ground with one leg stretched out in front of you. Bend the other knee and put your foot behind you. Lean backwards. You should feel the stretch along the front of your thigh.





**WHEN IT'S HOT,  
DRINK BEFORE  
YOU'RE THIRSTY.**

© 1996 Little League Baseball® and Musco Lighting, Inc.

### **Drinking Guidelines For Hot Day Activities**

**Before:** Drink 8 oz. immediately before exercise

**During:** Drink at least 4 oz. every 20 minutes

**After:** Drink 16 oz. for every pound of weight lost

**Dehydration signs:** Fatigue, flushed skin, light-headed

**What to do:** Stop exercising, get out of sun, drink

**Severe signs:** Muscle spasms, clumsiness, delirium





# Communicable Disease Procedures

While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood born infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to, the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood or other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards and other articles containing body fluids.

Additional information is available from your state high school association and from the National Federation TARGET program.



# George J. Hummel Little League

## Lightning!!!

*If a storm is imminent then postpone activities promptly. Do not wait for rain. It is the policy of GJHLL that if you see lightning or hear thunder, the activity should be ceased and shelter immediately sought.*

- 1. Determination as to whether to resume and continue activities (game or practice) will be left to the appropriate decision makers as outlined in the GJHLL handbook, GJHLL By-laws and Little League Rule book.** Please note that many people take shelter from rain, but most people struck by lightning are NOT in the rain. If a determination is made to postpone an activity, then shelter should be sought inside a completely enclosed building. Not a dugout, awning, carport, open garage or covered patio. If an enclosed building is not convenient then get inside a hard topped metal vehicle.
- 2. Be the lowest point. Lightning strikes the tallest object.** In the mountains if you are above treeline, you ARE the highest object around. Quickly get below treeline and get into a groove of small trees. Do not be the second tallest object during the lightning storm! Crouch down if you are in an exposed area!
- 3. Keep an eye on the sky.** Look for darkening skies, flashes of lightning, or increasing wind which are signs of an approaching storm.
- 4. LISTEN and LOOK for a thunderstorm or if your hair stands on end then immediately suspend the game or practice and instruct everyone to go inside an enclosed building or vehicle.**
- 5. Watch local Weather Forecasts. Listen to NOAA Weather Radio.** Coaches, volunteers and parents should listen for a tone-alert during practice features and games. These alerts are followed by immediate instructions.
- 6. If you can't get to a shelter then STAY AWAY from trees.** If there is no shelter, crouch in the open while staying away from a tree a distance twice the amount as the tree is tall.
- 7. Get OUT of any water.** Lightning can strike the water and travel some distance beneath and away from its point of contact. Do not stand in puddles even if you are wearing rubber boots.
- 8. Avoid metal!!!** Do not touch ANY metal object. Large metal objects such as fencing can conduct lightning. Small metal objects can cause burns.
- 9. Move away from a group of people.** Stay several yards away from other people. Do not share a bleacher bench or huddle in a group.



# George J. Hummel Little League

## Lightning!!!

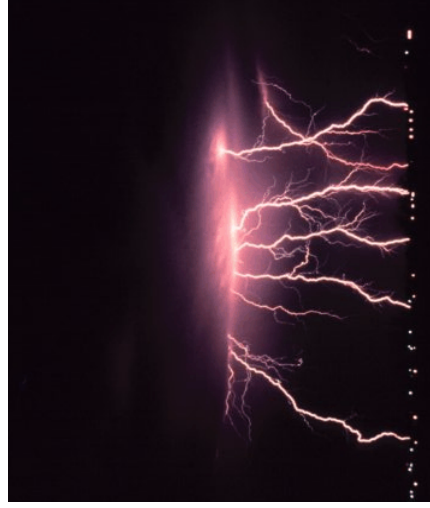
### *What to do if someone is stuck by lightning:*

- Call for help. Call 911. Get professional medical attention as quickly as possible.
- Give first aid. If the victim has stopped breathing, begin rescue breathing. If the heart has stopped beating then a trained person should administer CPR. If the person has a pulse and is breathing then address any other injuries.
- Check for burns in two places on the victim. The injured person has received an electric shock and may be burned. Victims of a lightning strike can also have nervous system damage, broken bones, and loss of hearing and/or eyesight. Persons struck by lightning hold NO electrical charge that will shock examiners. You can examine without risk. Look for two burn wounds. One entrance at point of contact and one exit at point of grounding. Prepare to provide emergency respondents with any vital information.

**Remain informed about local weather conditions!!!!**

## *What to do if someone is struck by lightning*

- ▶ **Lightning victims do not carry an electrical charge, are safe to handle, and need immediate medical attention.**
- ▶ **Call for help.** Have someone call 9-1-1 or your local ambulance service. Medical attention is needed as quickly as possible.
- ▶ **Give first aid.** Cardiac arrest is the immediate cause of death in lightning fatalities. However, some deaths can be prevented if the victim receives the proper first aid immediately. Check the victim to see that they are breathing and have a pulse and continue to monitor the victim until help arrives. Begin CPR if necessary.
- ▶ **If possible, move the victim to a safer place.** An active thunderstorm is still dangerous. Don't let the rescuers become victims. Lightning CAN strike the same place twice.



NOAA

## *STAY INFORMED*

Listen to NOAA Weather Radio for the latest forecast and for any severe thunderstorm WATCHES or WARNINGS. Severe thunderstorms produce winds of 58 mph or greater, or hail 3/4 of an inch or larger in diameter.

**A severe thunderstorm WATCH is issued** when conditions are favorable for severe weather to develop.

**A severe thunderstorm WARNING is issued** when severe weather is imminent. National Weather Service personnel use information from weather radar, satellite, lightning detection, spotters, and other sources to issue these warnings.



**NOAA WEATHER RADIO IS THE BEST WAY TO RECEIVE FORECASTS AND WARNINGS FROM THE NATIONAL WEATHER SERVICE.**

**Remember that all thunderstorms produce lightning and all lightning can be deadly to those outside.**

**Lightning Safety Awareness Week** is the last full week of June. For additional information on lightning or lightning safety, visit NOAA's lightning safety web site:

<http://www.lightningsafety.noaa.gov>

or contact us at:

**National Weather Service  
P.O. Box 1208  
Gray, Maine 04039**

GYX 0301 (August 2003) - Revised

# *Coach's and Sports Official's Guide to Lightning Safety...*



NOAA

***LIGHTNING...***  
***the underrated killer!***

**A SAFETY GUIDE**

**U.S. DEPARTMENT OF COMMERCE  
NATIONAL OCEANIC AND  
ATMOSPHERIC ADMINISTRATION**



**NATIONAL WEATHER  
SERVICE**

**Gray, Maine**

This safety guide has been prepared to help coaches and sports officials recognize the dangers of lightning and take appropriate safety precautions.

# LIGHTNING KILLS

## Play It Safe !

Each year in the United States, more than four hundred people are struck by lightning. On average, about 70 people are killed and many others suffer permanent neurological disabilities. Most of these tragedies can be avoided if proper precautions are taken. When thunderstorms threaten, coaches and sports officials must not let the desire to start or complete an athletic activity hinder their judgment when the safety of participants and spectators is in jeopardy.

### *It is important for coaches and officials to know some basic facts about lightning and its dangers*

- ▶ **All thunderstorms produce lightning and are dangerous.** In an average year, lightning kills more people in the U.S. than either tornadoes or hurricanes.
- ▶ **Lightning often strikes outside the area of heavy rain and may strike as far as 10 miles from any rainfall.** Many deaths from lightning occur ahead of storms because people wait too long before seeking shelter, or after storms because people return outside too soon.
- ▶ **If you hear thunder, you are in danger.** Anytime thunder is heard, the thunderstorm is close enough to pose an immediate lightning threat to your location.
- ▶ **Lightning leaves many victims with permanent disabilities.** While only a small percentage of lightning strike victims die, many survivors must learn to live with very serious, life-long disabilities.

### *To avoid exposing athletes and spectators to the risk of lightning take the following precautions*

- ▶ **Postpone activities if thunderstorms are imminent.** Prior to an event, check the latest forecast and, when necessary, postpone activities early to avoid being caught in a dangerous situation. Stormy weather can endanger the lives of participants, staff, and spectators.
- ▶ **Plan ahead.** Have a lightning safety plan. Know where people will go for safety, and know how much time it will take for them to get there. Have specific guidelines for suspending the event or activity so that everyone has time to reach safety before the threat becomes significant. Follow the plan without exception.
- ▶ **Keep an eye on the sky.** Pay attention to weather clues that may warn of imminent danger. Look for darkening skies, flashes of lightning, or increasing wind, which may be signs of an approaching thunderstorm.
- ▶ **Listen for thunder.** If you hear thunder, immediately suspend your event and instruct everyone to get to a safe place. Substantial buildings provide the best protection. Once inside, stay off corded phones, and stay away from any wiring or plumbing. Avoid sheds, small or open shelters, dugouts, bleachers, or grandstands. If a sturdy building is not nearby, a hard-topped metal vehicle with the windows closed will offer good protection, but avoid touching any metal.

- ▶ **Avoid open areas.** Stay away from trees, towers, and utility poles. Lightning tends to strike the taller objects.

- ▶ **Stay away from metal bleachers, backstops and fences.** Lightning can travel long distances through metal.

- ▶ **Do not resume activities until 30 minutes after the last thunder was heard.**

- ▶ **As a further safety measure, officials at outdoor events may want to have a tone-alert NOAA Weather Radio.** The radio will allow you to monitor any short-term forecasts for changing weather conditions, and the tone-alert feature can automatically alert you in case a severe thunderstorm watch or warning is issued. To find your nearest NOAA weather radio transmitter, go to <http://www.nws.noaa.gov/nwr/> and click on "Station Listing and Coverage."

### *If you feel your hair stand on end (indicating lightning is about to strike)*

- ▶ **Crouch down on the balls of your feet, put your hands over your ears, and bend your head down.** Make yourself as small a target as possible and minimize your contact with the ground.

- ▶ **Do not lie flat on the ground.**



NOAA

## Heads Up: Concussion in Baseball & Softball

Athletes who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

### Signs Observed by Coaching Staff

- 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 events after hit or fall

### Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

### Heads Up Concussion Action Plan

If you suspect that an athlete has a concussion, you should take the following four steps.

1. Remove the athlete from practice / play for the entire remainder of the day.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it's OK to return to play.

**It's better to miss one game than the whole season.**





## HEADS UP CONCUSSION IN YOUTH SPORTS

## A Fact Sheet for **COACHES**

To download the coaches fact sheet in Spanish, please visit [www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports)  
Para descargar la hoja informativa para los entrenadores en español, por favor visite:  
[www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports)

### THE FACTS

- A concussion is a **brain injury**.
- All concussions are **serious**.
- Concussions can occur **without** loss of consciousness.
- Concussions can occur **in any sport**.
- Recognition and proper management of concussions when they **first occur** can help prevent further injury or even death.

### WHAT IS A CONCUSSION?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost.

The potential for concussions is greatest in athletic environments where collisions are common.<sup>1</sup> Concussions can occur, however, in **any** organized or unorganized sport or

recreational activity. As many as 3.8 million sports- and recreation-related concussions occur in the United States each year.<sup>2</sup>

### RECOGNIZING A POSSIBLE CONCUSSION

To help recognize a concussion, you should watch for the following two things among your athletes:

1. A forceful blow to the head or body that results in rapid movement of the head.

**-and-**

2. Any change in the athlete’s behavior, thinking, or physical functioning. (See the signs and symptoms of concussion listed on the next page.)

***It’s better to miss one game than the whole season.***



## SIGNS AND SYMPTOMS

### SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

### SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

Adapted from Lovell et al. 2004

Athletes who experience any of these signs or symptoms after a bump or blow to the head should be kept from play until given permission to return to play by a health care professional with experience in evaluating for concussion. Signs and symptoms of concussion can last from several minutes to days, weeks, months, or even longer in some cases.

Remember, you can't see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. If you have any suspicion that your athlete has a concussion, you should keep the athlete out of the game or practice.

### PREVENTION AND PREPARATION

As a coach, you can play a key role in preventing concussions and responding to them properly when they occur. Here are some steps you can take to ensure the best outcome for your athletes and the team:

- **Educate athletes and parents about concussion.** Talk with athletes and their parents about the dangers and potential long-term consequences of concussion. For more information on long-term effects of concussion, view the following online video clip: [http://www.cdc.gov/ncipc/tbi/Coaches\\_Tool\\_Kit.htm#Video](http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm#Video).

Explain your concerns about concussion and your expectations of safe play to athletes, parents, and assistant coaches. Pass out the concussion fact sheets for athletes and for parents at the beginning of the season and again if a concussion occurs.

- **Insist that safety comes first.**
  - > Teach athletes safe playing techniques and encourage them to follow the rules of play.
  - > Encourage athletes to practice good sportsmanship at all times.
  - > Make sure athletes wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
  - > Review the athlete fact sheet with your team to help them recognize the signs and symptoms of a concussion.

Check with your youth sports league or administrator about concussion policies. Concussion policy statements can be developed to include the league's commitment to safety, a brief description of concussion, and information on when athletes can safely return to play following a concussion (i.e., an athlete with known or suspected concussion should be kept

from play until evaluated and given permission to return by a health care professional). Parents and athletes should sign the concussion policy statement at the beginning of the sports season.

- **Teach athletes and parents that it's not smart to play with a concussion.** Sometimes players and parents wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let athletes persuade you that they're "just fine" after they have sustained any bump or blow to the head. Ask if players have ever had a concussion.
- **Prevent long-term problems.** A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage, and even death. This more serious condition is called *second impact syndrome*.<sup>4,5</sup> Keep athletes with known or suspected concussion from play until they have been evaluated and given permission to return to play by a health care professional with experience in evaluating for concussion. Remind your athletes: "It's better to miss one game than the whole season."



## ACTION PLAN

### WHAT SHOULD A COACH DO WHEN A CONCUSSION IS SUSPECTED?

- 1. Remove the athlete from play.** Look for the signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head. Athletes who experience signs or symptoms of concussion should not be allowed to return to play. When in doubt, keep the athlete out of play.
- 2. Ensure that the athlete is evaluated right away by an appropriate health care professional.** Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:
  - Cause of the injury and force of the hit or blow to the head
  - Any loss of consciousness (passed out/knocked out) and if so, for how long
  - Any memory loss immediately following the injury
  - Any seizures immediately following the injury
  - Number of previous concussions (if any)

- 3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.**

Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.

- 4. Allow the athlete to return to play only with permission from a health care professional with experience in evaluating for concussion.** A repeat concussion that

occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long-term problems. Prevent common long-term problems and the rare *second impact syndrome* by delaying the athlete's return to the activity until the player receives appropriate medical evaluation and approval for return to play.

### REFERENCES

1. Powell JW. Cerebral concussion: causes, effects, and risks in sports. *Journal of Athletic Training* 2001; 36(3):307-311.
2. Langlois JA, Rutland-Brown W, Wald M. The epidemiology and impact of traumatic brain injury: a brief overview. *Journal of Head Trauma Rehabilitation* 2006; 21(5):375-378.
3. Lovell MR, Collins MW, Iverson GL, Johnston KM, Bradley JP. Grade 1 or "ding" concussions in high school athletes. *The American Journal of Sports Medicine* 2004; 32(1):47-54.
4. Institute of Medicine (US). Is soccer bad for children's heads? Summary of the IOM Workshop on Neuropsychological Consequences of Head Impact in Youth Soccer. Washington (DC): National Academy Press; 2002.
5. Centers for Disease Control and Prevention (CDC). Sports-related recurrent brain injuries-United States. *Morbidity and Mortality Weekly Report* 1997; 46(10):224-227. Available at: [www.cdc.gov/mmwr/preview/mmwrhtml/00046702.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/00046702.htm).

***If you think your athlete has sustained a concussion... take him/her out of play, and seek the advice of a health care professional experienced in evaluating for concussion.***



## A Fact Sheet for **ATHLETES**

### WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged"

### WHAT ARE THE SYMPTOMS OF A CONCUSSION?

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

### WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.

- **Get a medical check up.** A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
- **Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

### HOW CAN I PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:
  - > The right equipment for the game, position, or activity
  - > Worn correctly and fit well
  - > Used every time you play

**It's better to miss one game than the whole season.**



## A Fact Sheet for PARENTS

### WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

### WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

#### Signs Observed by Parents or Guardians

*If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:*

- 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 behavior or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

#### Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

### HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

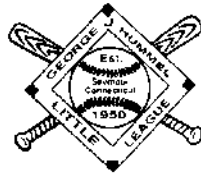
Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

### WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

- 1. Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
- 2. Keep your child out of play.** Concussions take time to heal. Don’t let your child return to play until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
- 3. Tell your child’s coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

**It’s better to miss one game than the whole season.**



# George J. Hummel Little League

## Concession Stand Procedures & Guidelines

1. The concession stand chairperson will be "Serve Safe" certified with the local Health Department. This person will be named with the GJHLL as the licensee to obtain a Food Service License for seasonal operation.
2. All members of the concession stand committee shall undergo training with a Certified Food Operator prior to season operation.
3. No person under the age of 16 will be allowed in the concession stand. No person under the age of 18 will be permitted in the concession stand food preparation area.
4. Casagrande Complex is a Smoke Free Facility. Therefore no smoking is allowed in the concession stand.
5. Procedures for cooking and handling of food shall be posted in the concession stand for all volunteers. All raw foods will be cooked within guidelines and reheating previously cooked food is prohibited.
6. All refrigeration temperatures shall be logged daily. All food stored in the refrigerator or freezer
7. All food items and food containers shall be stored at least six inches off the floor.
8. All chemical items shall be stored away from food items and food containers.
9. All dishes and utensils shall be cleaned using the wash, rinse and sanitize procedure outlined above the three bay sink. A separate sink shall be used for hand washing only.
10. The gas feed valve shall be shut off daily. Pilot lights will be extinguished daily. Two fire extinguishers are located in the concession stand at all times. The hood exhaust system shall be on during fryer/grill operation.
11. A properly stocked First Aid Kit shall be located in the concession stand.
12. All chemicals and otherwise hazardous materials stored and utilized in the operation of the GJHLL Concession Stand shall be properly marked and labeled as to its content. Material Safety Data Sheets for all chemicals and otherwise hazardous materials shall be placed for user view in a binder on the wall.
13. Any appliance malfunction/abnormality will be immediately documented/reported to the Concession Chairperson and Field Maintenance Representative.

# Volunteers Must Wash Hands

## HOW



## WHEN

**Wash your hands before you prepare food or as often as needed.**

**Wash after you:**

- ▶ use the toilet
- ▶ touch uncooked meat, poultry, fish or eggs or other potentially hazardous foods
- ▶ interrupt working with food (such as answering the phone, opening a door or drawer)
- ▶ eat, smoke or chew gum
- ▶ touch soiled plates, utensils or equipment
- ▶ take out trash
- ▶ touch your nose, mouth, or any part of your body
- ▶ sneeze or cough

**Do not touch ready-to-eat foods with your bare hands.**

Use gloves, tongs, deli tissue or other serving utensils.

Remove all jewelry, nail polish or false nails unless you wear gloves.

**Wear gloves.**

when you have a cut or sore on your hand  
when you can't remove your jewelry

**If you wear gloves:**

- ▶ wash your hands before you put on new gloves

**Change them:**

- ▶ as often as you wash your hands
- ▶ when they are torn or soiled

Developed by UMass Extension Nutrition Education Program with support from U.S. Food & Drug Administration in cooperation with the MA Partnership for Food Safety Education, United States Department of Agriculture Cooperating. UMass Extension provides equal opportunity in programs and employment.



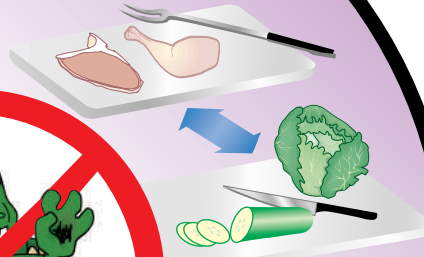
**UMASS  
EXTENSION**

# FIGHT BAC!

**CLEAN**  
Wash hands  
and surfaces  
often.



**SEPARATE**  
Don't cross-  
contaminate.



**CHILL**  
Refrigerate  
promptly.



**COOK**  
Cook to proper  
temperatures.



Keep Food Safe From Bacteria

TM



**T**hermy™ says:

"It's Safe to Bite  
When The Temperature is Right!"

Food Safety and Inspection Service, USDA



**Think PASS!**

**1. Pull Ring**

**2. Aim at Base of Fire**

**3. Squeeze Lever**

**4. Sweep Side to Side**

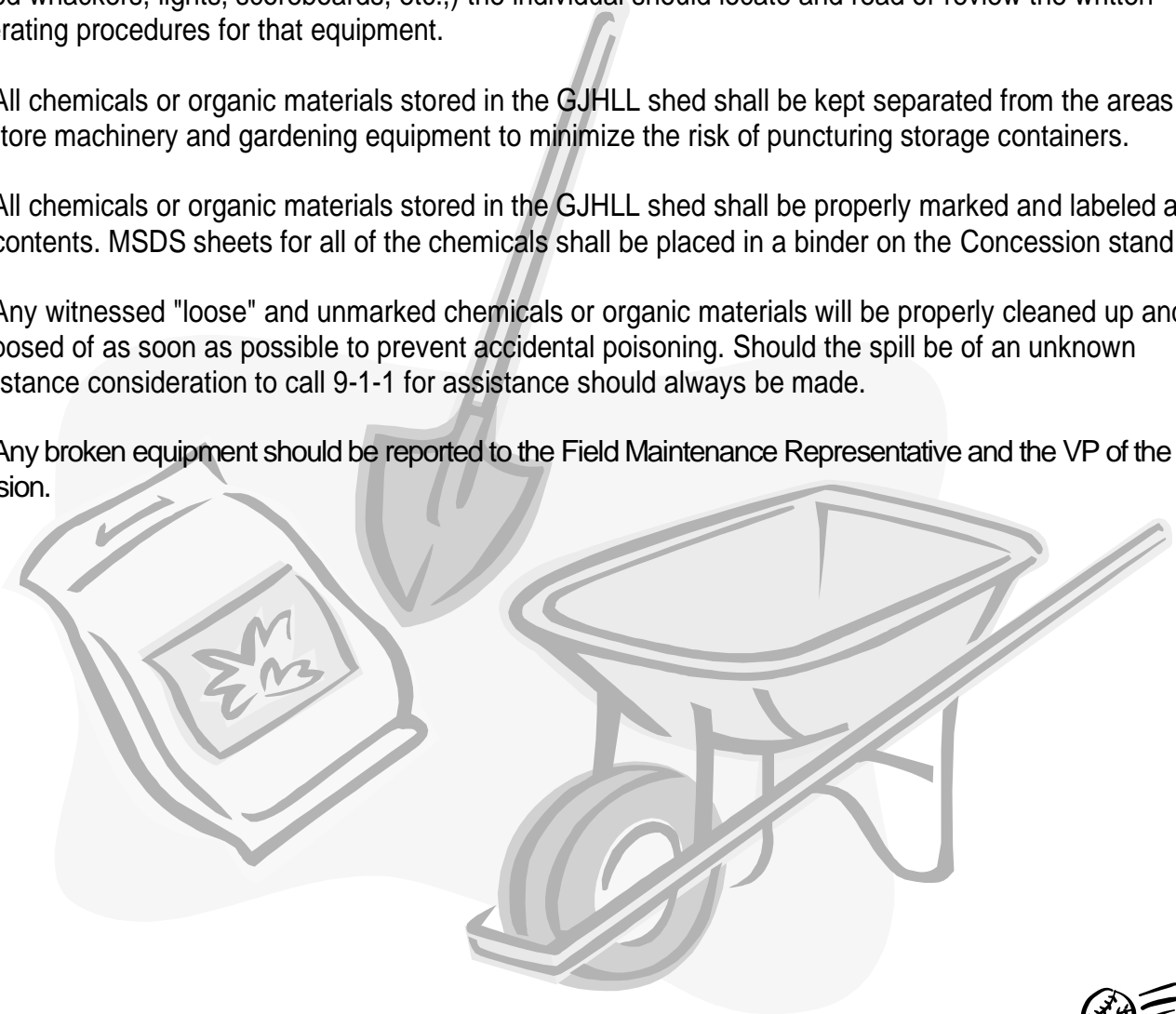


# George J. Hummel Little League

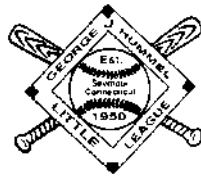
## Storage Shed Procedure

The following applies to all of the storage sheds used by GJHLL and applies to anyone who has been issued a key by GJHLL to use those sheds:

1. All individuals with keys to the GJHLL equipment sheds (i.e. Managers, Coaches, and Umpires etc.) have the responsibility for the orderly and safe storage of rakes, shovels, bases, etc.
2. Before any individual uses any machinery located in the shed (including but not limited to: lawn mowers, weed whackers, lights, scoreboards, etc.,) the individual should locate and read or review the written operating procedures for that equipment.
3. All chemicals or organic materials stored in the GJHLL shed shall be kept separated from the areas used to store machinery and gardening equipment to minimize the risk of puncturing storage containers.
4. All chemicals or organic materials stored in the GJHLL shed shall be properly marked and labeled as to its contents. MSDS sheets for all of the chemicals shall be placed in a binder on the Concession stand wall.
5. Any witnessed "loose" and unmarked chemicals or organic materials will be properly cleaned up and disposed of as soon as possible to prevent accidental poisoning. Should the spill be of an unknown substance consideration to call 9-1-1 for assistance should always be made.
6. Any broken equipment should be reported to the Field Maintenance Representative and the VP of the division.







# George J. Hummel Little League

## Additional Improvements, Upgrades and Notice

- The GJHLL ASAP plan will be checked each year by the District Safety Officer.
- Mandatory background checks for all volunteers will be done utilizing Contractors Advantage in contract with Little League International. NEW INITIATIVE IMPLEMENTED IN 2017- All approved GJHLL volunteers will be required to wear their photo identification lanyard in plain sight at all games/practices and GJHLL events. ID's will be produced at the coaches meeting prior to the start of a season.
- GJHLL Player roster data along with coach and manager data will be submitted via the Little League Data Center at [www.littleleague.org](http://www.littleleague.org). This process will be completed by our GJHLL Player Agent prior to the announced deadline for submitting.
- The GJHLL ASAP plan will be submitted along with the required qualified safety plan registration form.
- Once approved by Little League the plan will be printed for volunteers and to be posted in the concession stand. The plan will also be posted on the GJHLL website, [www.gjhll.org](http://www.gjhll.org).



# George J. Hummel Little League

## Umpire Guidelines

### Before the Game-Meet at home plate....

- Inspect playing field for unsafe conditions.
- Introduce Plate and base umpires, managers/coaches.
- Receive official line up cards or instruct teams to exchange.
- Discuss home league rules (time limit, boundaries, etc.).
- Discuss innings pitched by pitcher rules.
- Clarify calling an end to game due to weather or darkness.
- Discuss legal pitching motions or balks if needed.
- Discuss no head first slides and no on deck batter rules.
- Receive two game balls from the home team.
- Be sure players are not wearing any jewelry.
- Be sure players are in uniform (shirts in, hats on).
- Discuss or inspect equipment for damage or regulation acceptable.
- Ensure the games start promptly.

### During the game- Umpires and Coaches.

- Encourage coaches to speed up play by having catchers and players on the bench prepared and ready to take the field with two outs.
- Make sure catchers are wearing proper equipment.
- Continuously monitor the field for safety and playability.
- Make sure pitchers warming up in foul territory have a spotter with helmet and glove. And that the catcher is in proper gear.
- Keep the game moving- one minute or eight pitches to warm up pitcher between innings or in mid-inning replacement.
- Make calls loud and clear, signaling each properly.
- Make sure to be in proper position to make call.
- No protesting of any judgment calls by umpire.
- Managers are responsible for keeping their players and fans on their best behavior.
- Encourage everyone to think "Safety First".



## George J. Hummel 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  
THE UMPIRES.**

---

**I WILL PRAISE A GOOD EFFORT  
DESPITE THE OUTCOME OF THE GAME.**

---





# Little League® Volunteer Application - 2018

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 \_\_\_\_\_

First Middle Last

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Social Security # (mandatory with First Advantage or upon request) \_\_\_\_\_

Cell Phone \_\_\_\_\_ Business Phone \_\_\_\_\_

Home Phone: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Date of Birth \_\_\_\_\_

Occupation \_\_\_\_\_

Employer \_\_\_\_\_

Address \_\_\_\_\_

Special professional training, skills, hobbies: \_\_\_\_\_

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

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

1. Do you have children in the program? Yes  No

If yes, list full name and what level? \_\_\_\_\_

2. Special Certification (CPR, Medical, etc.)? (list) Yes No

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

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

4. Have you ever been convicted of or plead no contest or guilty to any crime(s) involving or against a minor? Yes  No

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

5. Have you ever been convicted of or plead no contest or guilty to any crime(s) Yes  No

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

(Answering yes to question 5, does not automatically disqualify you as a volunteer.)

6. Do you have any criminal charges pending against you regarding any crime(s)? Yes  No

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

(Answering yes to question 6, does not automatically disqualify you as a volunteer.)

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

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

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

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

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

**Name/Phone**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

<http://www.littleleague.org/learn/programs/childprotection/state-laws-bg-checks.htm>

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

Applicant Signature \_\_\_\_\_ Date \_\_\_\_\_

If Minor/Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Applicant Name (please print or type) \_\_\_\_\_

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

## LOCAL LEAGUE USE ONLY:

Background check completed by league officer \_\_\_\_\_ on \_\_\_\_\_

System(s) used for background check (minimum of one must be checked):  
**Regulation I(c)(9) Mandates First Advantage or another provider that is comparable**

\* First Advantage  Sex Offender Registry Data along with National   
Criminal Records check of at least 281 million records

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

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



# George J. Hummel Little League

## Expectations

### What do I expect from my players?

- To be on time for all games and practice.
- To always do their best whether in the field or on the bench.
- To be cooperative at all times and share in team duties.
- To be respectful of others. And to be respectful of themselves as well.
- To be positive with teammates at all times.
- To try not to become upset at their own mistakes or those of others. After all, we will ALL make our share of mistakes. So let's support each other when mistakes occur.
- To understand that winning is only important if you can accept losing. Both are important parts of any sport.

### What can you and your child expect from me?

- To be on time for all games and practice.
- To be as fair as possible in allocating playing time to all players.
- To do my best at teaching the fundamentals of the game.
- To be positive and respect each child as an individual while creating a team concept.
- To teach players the value of winning and losing.
- To be open to ideas, suggestions or help.
- To set reasonable goals and expectations for each child and the team throughout the season.
- To never holler at a member of my team, opposing teams, umpires or parents. Any confrontation will be handled in a respectful, low key and individual manner.
- Place the safety of my team as a top priority and remain proactive at doing so.

### What do I expect from you as parents and family?

- To come out and enjoy the game. Cheer to make ALL players feel important.
- To allow me to coach and run the team.
- To try and not question my leadership. All players will make mistakes, as will I.
- To not holler at the players, umpires, coaches or me. We adults are responsible for setting examples for our children. We are the role models. If we eliminate negative comments, our children will have an opportunity to play without unnecessary pressures while learning the value of sportsmanship.
- To volunteer your time via your Team Parent in the concession stand. The concession proceeds help keep the league operating.
- If you wish to question strategies or leadership, please do not do so in front of players or fans. My contact info will be available for you to call or email if you have a concern. I will also be available at games and practice, but please understand if I can't immediately address you till my coaching responsibilities are complete.
- Finally, do not expect the majority of players to have strong skills. Everybody learns and progresses at a different pace. Children should be allowed to learn from their mistakes within an environment of positive support. Let's allow the players to make their own mistakes and be there to support them when they fail.

## LITTLE LEAGUE MAGAZINE

Through a partnership with Major League Baseball, *Little League Magazine* is provided to players in June or July. To ensure that players at each league receive the magazine, the league president is asked to submit team rosters online through the Little League Network ([www.littleleague.org](http://www.littleleague.org)). Parents with computer skills may be able to assist the local league with this task.

## COMMUNITY PARTICIPATION

Some parents find it easy to excuse non-participation. It is an erroneous notion that unless a parent has qualifications as a coach, manager, umpire or some kind of administrative capacity, they cannot be accommodated as a member of the league.

There are a wide variety of services required for the overall operation of Little League in a community. There are fields to be built and maintained, fences to be painted and equipment to be cared for. There are fund-raising activities and special projects. There are responsibilities that range into the particular talents and inclinations of people found in every community.

## REPLACEMENT NEEDS

Each year, as youths graduate from the program, their parents "graduate" with them, creating a continual need for new adult leadership and service. Each league shares this experience in varying degrees. Parents of new youngsters coming into the program must take up where others leave off. This is where the enrichment of thousands of adults, each helping, each lending experience, brings out a faith and confidence in the child that will be retained for many years.

For every new Little Leaguer, there must be additional resources and help. Little League offers a beneficial climate that extends not only to the children, but also to the parents, families and communities as well.

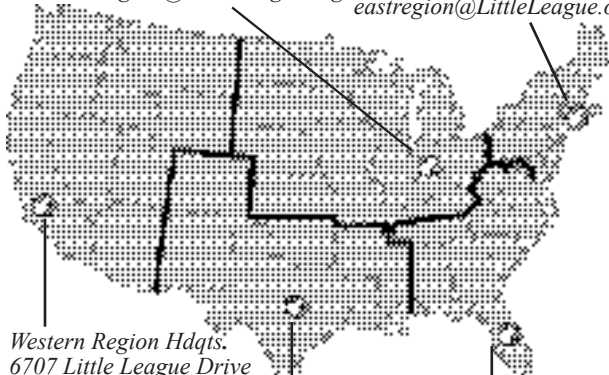
Unfortunately, it is the unwelcome behavior of parents at Little League games where the program draws its greatest criticism. Indifference on the part of a parent is almost certain to be reflected in a child's attitude towards the game. Presence of parents in the stands during a game should be a source of encouragement and stimulation for

the Little Leaguer. While it is the prerogative of baseball fans at professional games to voice loud, uncomplimentary opinions of umpires, managers and players, this practice is not condoned at Little League games. It is always in order to applaud a good player or an outstanding feat of baseball skills. However, parents must accept the fact that umpires, coaches and others identified with the program are volunteers and should not be subjected to criticism during ball games, especially by those unwilling to lend a hand.

## HOW TO CONTACT LITTLE LEAGUE

*Central Region Hdqts.*  
9802 E. Little League Drive  
Indianapolis, IN 46235  
PHONE: 317-897-6127  
FAX: 317-897-6158  
[centralregion@LittleLeague.org](mailto:centralregion@LittleLeague.org)

*Eastern Region Hdqts.*  
PO Box 2926  
Bristol, CT 06011  
PHONE: 860-585-4730  
FAX: 860-585-4734  
E-MAIL:  
[eastregion@LittleLeague.org](mailto:eastregion@LittleLeague.org)



*Western Region Hdqts.*  
6707 Little League Drive  
San Bernardino, CA 92407  
PHONE: 909-887-6444  
FAX: 909-887-6135  
[westregion@LittleLeague.org](mailto:westregion@LittleLeague.org)

*Southern Region Hdqts.*  
PO Box 13366  
St. Petersburg, FL 33733  
PHONE: 727-344-2661  
FAX: 727-344-2665  
[southregion@LittleLeague.org](mailto:southregion@LittleLeague.org)

*Southwestern Region Hdqts.*  
PO Box 20127  
Waco, TX 76702  
PHONE: 254-756-1816  
FAX: 254-757-0519  
[southwestregion@LittleLeague.org](mailto:southwestregion@LittleLeague.org)

Access Little League on the Internet at:  
[www.LittleLeague.org](http://www.LittleLeague.org)

*Little League Baseball does not limit participation in its activities on the basis of disability, race, creed, color, national origin, sexual preference or religious preference.*

Little League® Baseball and Softball

# PARENT NEWS

## What Little League® Parents Should Know

The Little League movement, formed in 1939 in Williamsport, Pennsylvania, has grown to become the world's largest youth sports program granted Federal Incorporation by the Congress of the United States. Yet it retains its independent identity through the sponsorship of the Little League Foundation.

The values of Little League are many, with the balanced development of the child as the ultimate goal. Through Little League Baseball and Softball, youngsters develop and appreciate the need for teamwork, sportsmanship and unselfish cooperation - disciplines to be treasured for a lifetime. Physical development of the child through Little League is a prime concern, under the safest and most time-tested rules ever adopted by a youth sports program.

From beginning to end, the local Little League is strictly a volunteer effort. Concerned adults dedicate their time, service and often their personal funds, to maintain an exemplary program wherein children may develop into young adults.

## HOW CAN YOU HELP?

As a parent of a child in the Little League program, you are a most valuable asset. By understanding how the Little League program operates, you may better understand how to become involved in the league. Be counted as a parent who wants to take an active part in the enrichment of their child's life. As a volunteer program, Little League cannot survive without your help. This overview of the program is designed to give you a brief look at many aspects of the Little League program.

## HOW IT'S ORGANIZED

Each Little League is chartered directly by Little League Baseball, Incorporated, in Williamsport, Pa. The charter to operate a Little League program is issued once each year under authorization of the Congress of the United States. For purposes of effective administration, a Board of Directors elected each year governs Little League. Little League International staff, a field organization of International Advisory Councils, District Administrators, and elected league officers fulfill the organizational structure.

The Little League name and trademark may not be used under any circumstances, except as authorized by the International Board of Directors.

## REGISTRATION

A completed application form and proof of age (preferably a birth certificate) are required at registration. Volunteers are needed even before the season begins. Distributing information to schools, churches, newspapers, radio stations, etc., helps to assure that youth in your area are notified of the registration dates.

## REGISTRATION DATES

Take the time at registration to review the league's boundaries to ensure that you are registering your child at the correct league. Only those youngsters that meet the residency requirements are eligible to participate. A copy of the residency requirements should be available from the local league, if necessary.

## ACCIDENT INSURANCE & GENERAL LIABILITY - A REQUIREMENT

Action to require all leagues to carry player accident insurance was legislated by the Little League Congress in 1957.

Also, as a result of action by the International Board of Directors in 2000, general liability insurance is now mandatory for all leagues for the adequate protection of volunteers. It was previously mandatory only for leagues that hosted tournaments.

Accident Insurance, with a minimum of \$100,000 per person/per claim and General Liability Insurance, with a minimum of \$1 million per

occurrence/per aggregate may be secured locally or through group plans available to local leagues as a result of their affiliation with Little League International. However, copies of all policies not purchased through Little League must be filed at Little League International, submitted at the beginning of the season to insure coverage meets the minimum standards Little League requires.

Other group plans that are available to local leagues through their affiliation with Little League are as follows: Association Directors and Officers Liability Insurance and Crime Insurance.

**NOTE:** The local league, not the parent, pays the premium. It must not be inferred that a parent who contributes to the support of a local league is paying for an insurance policy on a youngster. The policy is another service offered by your league.

## SAFETY - THE MOST IMPORTANT CONSIDERATION

Little League has an outstanding record of safety and protection. Safety practices are refined through continuing studies, application of rigid standards in equipment and the adoption of rules and regulations. The medical world has praised Little League for instituting regulations that limit physical exertion during this crucial phase in a child's development.

Parents may be assured their children utilize the best and safest equipment available, as required by Little League Regulations. Administrative training through Little League International has created an atmosphere of concern and safety-consciousness unequalled by other programs. ASAP (A Safety Awareness Program) was instituted to assist and educate leagues with tips on maintaining a safe environment for players, volunteers and fans.



## AUXILIARIES

Parents' responsibilities, other than managing and umpiring, have long ago established their value for the success of the league. Almost every league has an active auxiliary and it is proven experience that the more active and productive the auxiliary participation, the more efficient the league functions.

## OPPORTUNITIES TO EDUCATE

Little League provides a number of education programs to leagues. These include the Manager and Coach Education Program, umpire training, league administration clinics, the ASAP Safety Awareness Program, the National Spit Tobacco Education Program, the Little League Parent Education Program, and many other programs. In addition, the Little League Awards Program annually honors several types of volunteers at the local and national levels, helping to bring recognition to those who contribute significantly to the Little League program, and to teach children and others of the value associated with giving back to a community.

## ASSISTANCE AVAILABLE

Literature and material about Little League can be obtained through local league sources or on line at [www.littleleague.org](http://www.littleleague.org). Regular meetings of the local league are important sources of information. Officers of the league should welcome the opportunity to explain fully how the program operates. League get-togethers provide excellent avenues for league personnel to meet parents and for both to become better acquainted.

## LITTLE LEAGUE E-NEWS

Little League E-news is distributed by electronic mail monthly to league presidents, District Administrators, volunteers, parents, fans, players and many others. This valuable communication provides information about running the league, Little League news from around the world, World Series information and reminders about rule changes, and more. It is free and you may subscribe at [www.littleleague.org/common/enews](http://www.littleleague.org/common/enews).



# George J. Hummel Little League

## WHAT PARENTS SHOULD KNOW ABOUT LITTLE LEAGUE INSURANCE

**WARNING: Protective equipment cannot prevent all injuries a player might receive while participating in Baseball / Softball.**

The Little League Insurance Program is designed to afford protection to all participants at the most economical cost to the local league. The Little League Player Accident Policy is an excess coverage, accident only plan, to be used as a supplement to other insurance carried under a family policy or insurance provided by parent's employer. If there is no primary coverage, Little League insurance will provide benefits for eligible charges, up to Usual and Customary allowances for your area, after a \$50.00 deductible per claim, up to the maximum stated benefits.

This plan makes it possible to offer exceptional, affordable protection with assurance to parents that adequate coverage is in force for all chartered and insured Little League approved programs and events.

If your child sustains a covered injury while taking part in a scheduled Little League Baseball or Softball game or practice, here is how the insurance works:

1. The Little League Baseball accident notification form must be completed by parents (if the claimant is under 19 years of age) and a league official and forwarded directly to Little League Headquarters within 20 days after the accident. A photocopy of the form should be made and kept by the parent/claimant. Initial medical/dental treatment must be rendered within 30 days of the Little League accident.
2. Itemized bills, including description of service, date of service, procedure and diagnosis codes for medical services/ supplies and/or other documentation related to a claim for benefits are to be provided within 90 days after the accident. In no event shall such proof be furnished later than 12 months from the date the initial medical expense was incurred.
3. When other insurance is present, parents or claimant must forward copies of the Explanation of Benefits or Notice/ Letter of Denial for each charge directly to Little League Headquarters, even if the charges do not exceed the deductible of the primary insurance program.
4. Policy provides benefits for eligible medical expenses incurred within 52 weeks of the accident, subject to Excess Coverage and Exclusion provisions of the plan.
5. Limited deferred medical/dental benefits may be available for necessary treatment after the 52-week time limit when:
  - (a) Deferred medical benefits apply when necessary treatment requiring the removal of a pin /plate, applied to transfix a bone in the year of injury, or scar tissue removal, after the 52-week time limit is required. The Company will pay the Reasonable Expense incurred, subject to the Policy's maximum limit of \$100,000 for any one injury to any one Insured. However, in no event will any benefit be paid under this provision for any expenses incurred more than 24 months from the date the injury was sustained.
  - (b) If the Insured incurs Injury, to sound, natural teeth and Necessary Treatment requires treatment for that Injury be postponed to a date more than 52 weeks after the injury due to, but not limited to, the physiological changes of a growing child, the Company will pay the lesser of: 1. A maximum of \$1,500 or 2. Reasonable Expenses incurred for the deferred dental treatment.

Reasonable Expenses incurred for deferred dental treatment are only covered if they are incurred on or before the Insured's 23rd birthday. Reasonable Expenses incurred for deferred root canal therapy are only covered if they are incurred within 104 weeks after the date the Injury occurs.

No payment will be made for deferred treatment unless the Physician submits written certification, within 52 weeks after the accident, that the treatment must be postponed for the above stated reasons.

Benefits are payable subject to the Excess Coverage and the Exclusions provisions of the Policy.

We hope this brief summary has been helpful in a better understanding of an important aspect of the operation of the Little League endorsed insurance program.



# Sport Parent Code of Conduct

We, the \_\_\_\_\_ Little League, have implemented the following Sport Parent Code of Conduct for the important message it holds about the proper role of parents in supporting their child in sports. Parents should read, understand and sign this form prior to their children participating in our league.

Any parent guilty of improper conduct at any game or practice will be asked to leave the sports facility and be suspended from the following game. Repeat violations may cause a multiple game suspension, or the season forfeiture of the privilege of attending all games.

## *Preamble*

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles:

- Trustworthiness,
- Respect,
- Responsibility,
- Fairness,
- Caring, and
- Good Citizenship.

The highest potential of sports is achieved when competition reflects these “six pillars of character.”

## *I therefore agree:*

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

---

Parent/Guardian Signature



# A Parent's Guide to the Little League Child Protection Program

## Introduction

The backbone of Little League® is the adult volunteer. One million strong, it is this corps of dedicated people who coach the teams, umpire the games, work in the concession stands, serve on the local board of directors, and serve at the District level. These people, who live in every U.S. state and more than 100 other countries, make Little League the world's largest and most respected youth sports organization.

We know that the greatest treasure we have is children. As adults, we must ensure that these young people are able to grow up happy, healthy and, above all, safe. Whether they are our children, or the children of others, each of us has a responsibility to protect them.

The Little League Child Protection Program seeks to educate children and volunteers in ways to prevent child abusers from becoming involved in the local league. Part of that education has been to assist local Little League volunteers in finding effective and inexpensive ways to conduct background checks. Little League regulations now say: "No local league shall permit any person to participate in any manner, whose background check reveals a conviction for any crime involving or against a minor." (Reg. I [c] 9.)

Background checks were optional until the 2003 season. Effective in 2007, the local league must conduct a nationwide search that contains the applicable government sex offender registry data. Advances in computer technology – allowing greater access to public records – make it possible for background checks (at a minimum, to see if an individual is a registered sex offender in any given state) to be conducted in every U.S. state. Local Little League programs are now **required** to annually conduct a background check of Managers, Coaches, Board of Directors members and any other persons, volunteers or hired workers, who provide regular service to the league and/or have repetitive access to, or contact with, players or teams. (Reg. I [b], Reg. I [c] 9.)

The purpose of these background checks is, first and foremost, to protect children. Second, they maintain Little League as a hostile environment for those who would seek to harm children. Third, they will help to protect individuals and leagues from possible loss of personal or league assets because of litigation.

The United States Department of Justice National Sex Offender Public Registry is free and available at [www.nsopr.gov](http://www.nsopr.gov).

---

## What Can Parents Do?

Most children have been warned about the dangers of talking to strangers. But for many children, sexual molestation is committed by someone they know. In fact, 80 to 85 percent of all sexual abuse cases in the U.S. are committed by an individual familiar to the victim, according to statistics compiled by Big Brothers & Big Sisters of America.

The truth is, child sex offenders can come from every background, every occupation, every race, and every level of education. They may be married, and they may have children of their own. It is dangerous to believe that the only threat is the stranger in a long raincoat, lurking behind a tree.

In fact, the promotion of this myth may contribute to the problem. Sometimes, a child who is molested by a known and "trusted" person will feel so guilty about not reacting the "right" way that he or she never reports the problem.

Sadly, we have all seen too many reports in which teachers, police officers, clergy, youth sports volunteers, etc., trusted by all, have violated that trust and molested children in their care. Of course, this must never be tolerated in Little League or anywhere else.

In many of these situations, the young victims are actually seduced, sometimes over a period of months or even years. The child's family is lulled into believing the unusual attention being lavished is a bond of friendship between the adult and the child. In fact, the adult abuser often uses gifts, trips, attention and affection as part of a courtship process. Sometimes, the courtship process extends to the child's parent(s), but the real target is the child.

Often, but not always, the victim of this type of child sex offender is the child of a single parent. In these cases, the single parent sees the child's adult friend as a surrogate parent – a Godsend. The very opposite is true.

### **Two good rules of thumb for all local Little Leagues and parents**

- Generally, a person involved in a local Little League program should not put himself or herself in a one-on-one situation involving a child who is not their own. Of course, some isolated situations may arise where one-on-one situations could take place. However, a one-on-one situation should not be actively *sought out* by the adult, and should not be an ongoing occurrence.

- Generally, a person involved in a local Little League program should not provide unwarranted gifts, trips, attention and affection to individual children who are not their own. The key word is *unwarranted*.

## Warning Signs of a Seducer

While it remains important to teach young children about the dangers of accepting items from strangers, or talking to them, we should all beware of the danger posed by the “seducer-type” child sex offender.

*Each of the individual signs below means very little.* Taken as a group, however, the signs *MAY* point to this type of child sex offender, and should be applied to anyone who has repetitive access to, or contact with, children.

- Provides unwarranted gifts, trips, affection and attention to a specific child or small group of children
- Seeks access to children
- Gets along with children better than adults
- “Hangs around” children more than adults
- Has items at home or in vehicle specifically appealing to children of the ages they intend to molest, such as posters, music, videos, toys, and even alcohol or drugs
- Displays excessive interest in children (may include inviting children on camping trips or sleepovers)
- Single, over 25 years old (but could be married, sometimes as a “cover,” and could be any age)
- Photographs or videotapes children specifically
- Lives alone, or with parents
- Refers to children as objects (“angel,” “pure,” “innocent,” etc.)
- Manipulates children easily

Again, each of these items, by themselves, is relatively meaningless. Taken together, however, they may indicate a problem.

## What to Watch For in Your Child

We’ve seen the signs that could point to a child sex offender, but what about the signs a child might display when he or she has been sexually abused or exploited? Some of these symptoms may be present in a child who has been or is being sexually abused, when such symptoms are not otherwise explainable: sudden mood swings, excessive crying, withdrawal, nightmares, bed-wetting, rebellious behavior, fear of particular people or places, infantile behavior, aggressive behavior, and physical signs such as pain, itch, bleeding, fluid or rawness in private areas.

## Getting More Information

*These items are meant solely as a general guide, and should not be used as the only means for rooting out child sex offenders.* Parents can access more information on child abuse through the National Center for Missing and Exploited Children (a non-profit organization founded by John Walsh, <http://www.missingkids.com/>) and the National Clearinghouse on Child Abuse and Neglect

Information (part of a service of the Children’s Bureau, within the Administration on Children, Youth and Families, Administration for Children and Families, U.S. Department of Health and Human Services, <http://www.calib.com/nccanch/>).

## How to Report

### Suspected Child Maltreatment

The National Clearinghouse on Child Abuse and Neglect Information advises this: If you suspect a child is being maltreated, or if you are a child who is being maltreated, call the Childhelp USA National Child Abuse Hotline at 1-800-4-A-CHILD (1-800-422-4453; TDD [text telephone] 1-800-2-A-CHILD). This hotline is available 24 hours a day, seven days a week. The Hotline can tell you where to file your report and can help you make the report.

Or, for a list of states’ toll-free telephone numbers for reporting suspected child abuse, visit the “Resource Listings” section at this site: <http://www.calib.com/nccanch/pubs/prevenres/organizations/tollfree.cfm>, or call the Clearinghouse at 1-800-FYI-3366.

## Talk to Your Kids; Listen to Your Kids

It is important that you as a parent talk frankly to your children. If a child reports sexual abuse, statistics show he or she is probably telling the truth.

Unfortunately, the sexually molested child often sees himself or herself as the one “at fault” for allowing abuse to happen. Your children **MUST** know that they can come to you with this information, and that you will support them, love them, and *believe* them.

If there is an allegation of sexual abuse of a minor, the crime should be reported immediately. These criminals who steal childhood **MUST BE STOPPED**.

*This brochure was produced by Little League Baseball, Incorporated; P.O. Box 3485; Williamsport, PA 17701*

*Little League Baseball and Softball does not limit participation in its activities on the basis of disability, race, creed, color, national origin, gender, sexual preference or religious preference.*



# Questions and Answers about the Child Protection Program

## **1. What do we, as a league, have to do to comply so that can be chartered for the next season?**

Since 2003, the local league has been and required to have all board members, managers, coaches, and other volunteers or hired workers who provide regular service to the league or/and who have repetitive access to or contact with players or teams fill out the official Little League Volunteer Application. Additionally the league has been and is required to conduct a background check on each of these individuals. Since 2007, the local league has been required to conduct a nationwide search that contains the applicable government sex offender registry data as opposed to conducting statewide sex offense registry search. Little League Baseball and Softball will require each league to sign an agreement on the charter application that they will comply with Regulation I (b) and I(c) 8 & 9. The leagues are also required to sign a statement on the tournament enrollment form verifying that the process under the regulation has been completed and implemented. Failure to sign the agreement on the charter application will result in the league not being chartered and failure to fulfill the requirement of the regulations will result in the league's status being referred to the Charter/Tournament committee for action to revoke the league's charter and all privileges.

## **2. What type of background check is required by the new regulations?**

Effective in 2007, the local league must annually conduct a nationwide search that contains the applicable government sex offender registry data. Information on running a more thorough background check through ChoicePoint that contains not only crimes that appear on a sex offender registry, but other crimes of a sexual and nonsexual nature can be obtained at <http://LittleLeague.choicepoint.com/>. The first 80 checks through ChoicePoint are paid for by Little League International and are free to each chartered Little League. If additional checks are necessary, they will cost the league only \$1.00 per background check conducted.

## **3. What type of offenses are we screening for when we conduct a background check?**

Local leagues are conducting a search of the nationwide sex offender registry for anyone who has committed sexual offenses involving minors. An individual who has been convicted or plead guilty to charges involving or against a minor, no matter when the offense occurred, must not be permitted to work or volunteer.

## **4. Who in the local league should be responsible to process the background check information?**

Little League Baseball and Softball recommends the board of directors appoint the local league president and two other individuals to handle the background checks. These individuals may be from the board or individuals outside the board. For instance, the board of directors may appoint individuals who have significant professional background in this area, such as law enforcement officers or individuals with a legal background.

## **5. What if an individual has previously had a background check?**

Each league must conduct its own background check on the appropriate individuals annually.

## **6. What will result in termination of a volunteer under these regulations?**

Any background check that reveals a conviction of any crime involving or against a minor must result in immediate termination from the league. Additionally, volunteers who refuse to submit a fully completed Little League Volunteer Application, along with a government issued photo ID, must be immediately terminated or eliminated from consideration for any position. This includes individuals with many years of service to your league.

**7. What if offenses involving or against minors are pending prior to or after appointment to a position in the local league?**

We suggest the individual not be appointed or should be suspended from his/her current position pending the outcome of the charges.

**8. What if there are convictions or other offenses NOT involving or against minors?**

Even though convictions or other offenses may not be against a minor, the local league board of directors still may deem these individuals as inappropriate and/or unfit and may prohibit him/her from working as a hired worker or volunteer within the league.

**9. Who is to be made aware of the information found on the background check?**

The local league president shall only share personal information contained in the volunteer application, background check or other information obtained through the screening process with other members of the board of directors in order to make personnel decisions. If the information obtained through the background check is public record and causes an individual to not be appointed or to be terminated, Little League Baseball and Softball recommends this information be shared with the parents/guardians of the children who have had contact with the individual previously.

**10. Where should these records be maintained and for how long?**

The local league president shall retain each volunteer application, background check information, and any other documents obtained on file for the current year of service of that individual. After the local league has completed operation for the current season, the league president shall dispose of the records unless the league has taken action or made a decision based upon the information contained in the records subject to local and state laws.

**11. What is the timetable for completing the screening of each individual?**

The league must complete the annual screening process prior to the individual assuming his/her duties for the current season. This would include the individual submitting a completed volunteer application and the league completing an appropriate background check. The applicant must also submit a government issued photo ID, usually a driver's license, in order for the league to verify that the information on his/her volunteer application is correct, i.e., spelling of name, address, date of birth, etc.

**12. What resources are available through Little League Baseball and Softball to assist this process?**

The current Little League official Volunteer application is available at <http://www.LittleLeague.org/common/forms/volunteerapp.pdf>. Information on running a more thorough background check through ChoicePoint that contains not only crimes that appear on a sex offender registry, but other crimes of a sexual and nonsexual nature can be found on the Little League website at <http://LittleLeague.choicepoint.com/>. The first 80 checks conducted through ChoicePoint are paid for by Little League International and are free to each chartered little league. If additional checks are needed, they will cost the league only \$1.00 per background check conducted.

**13. What will it cost my league to implement this initiative ?**

There is no fee required for the Department of Justice Sex Offender Public Registry website, which checks sex offender registries in all fifty states. However, a more thorough background check which contains not only crimes that appear on a sex offender registry, but other crimes of a sexual and nonsexual nature is available through ChoicePoint at <http://LittleLeague.choicepoint.com/>. The first 80 checks conducted through ChoicePoint are paid for by Little League International and are free to each chartered Little League. If additional checks are needed, they will cost the league only \$1.00 per background check conducted.

**14. When should local leagues begin to conduct background checks on volunteers and hired workers?**

In accordance with Little League Regulation I(c) (8&9), local leagues must conduct background checks on all volunteers and hired workers prior to the applicant assuming his or her duties for the season. Background checks must be completed on all individuals who are required to complete the official "Little League Volunteer Application" and who provide a regular service to the league and/or have repetitive access to, or contact with, players and teams. This includes, but is not limited to, managers, coaches, Board of Director members and other persons or hired workers.

**15. Does this initiative also apply to those individuals that assist the manager and coaches at practices or games?**

Yes. Any individual who provides regular service to the league or/and who has repetitive access to or contact with players or teams must fill out the Volunteer Application, provide a copy of a government issued photo ID, and go through the background check process.

**16. Who is going to coach the team if a screened manager or coach is no longer able to fulfill his/her duties?**

Any permanent replacement cannot assume their duties until the volunteer application and background check has been completed. The league may temporarily assign a board member or another screened individual to fill the vacancy until the proper process and appointment has been made.


**17. Should our league wait until the entire screening process has been completed to submit our Charter Application and Insurance Enrollment Form?**

No. The appropriate league officers must sign the statement on the form agreeing to adhere to the new regulations requiring the use of the new volunteer application and background screening process as outlined in Regulations I(b) and I(c) 8 & 9. Once this section is completed the balance of the charter application can be completed and submitted to Little League Baseball and Softball.

**18. As the league president or an official of the local league, how do I explain the need for this initiative?**

These requirements were implemented in 2002 by Little League and your local league to:

- 1) protect our children and maintain Little League as a hostile environment for those who would seek to do them harm.
- 2) protect individuals and leagues from possible loss of personal or league assets because of litigation.
- 3) take advantage of current technology and laws that have made background check information accessible to your local league.



**Little League® Volunteer Application - 2008**  
Do not use forms from past years. Use extra paper to complete if additional space is required.

<p><b>A COPY OF VALID GOVERNMENT ISSUED PHOTO IDENTIFICATION MUST BE ATTACHED TO COMPLETE THIS APPLICATION.</b></p> <p>Name _____ Date _____                  Address _____                  City _____ State _____ Zip _____                  Home Phone _____ Business Phone _____                  E-mail Address: _____                  Date of Birth _____                  Occupation _____                  Social Security # (optional; mandatory upon request) _____                  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 <input type="checkbox"/> No <input type="checkbox"/> If yes, list full name and what level? _____                  Special Certification (i.e. CPR, Medical, etc.): _____                  Do you have a valid driver's license: Yes <input type="checkbox"/> No <input type="checkbox"/>                  Driver's License#: _____ State _____                  Have you ever been convicted of or plead guilty to any crime(s): Yes <input type="checkbox"/> No <input type="checkbox"/>                  If yes, describe each in full: _____                  _____                  Have you ever been refused participation in any other youth programs? Yes <input type="checkbox"/> No <input type="checkbox"/>                  If yes, explain: _____                  _____                  In which of the following would you like to participate? (Check one or more.)                  League Official <input type="checkbox"/> Coach <input type="checkbox"/> Umpire <input type="checkbox"/> Field Maintenance <input type="checkbox"/>                  Manager <input type="checkbox"/> Scorekeeper <input type="checkbox"/> Concession Stand <input type="checkbox"/> Other <input type="checkbox"/></p>	<p>Please list three references, at least one of which has knowledge of your participation as a volunteer in a youth program:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left; width: 70%;">Name</th> <th style="text-align: left; width: 30%;">Phone</th> </tr> <tr> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> </tr> </table> <p>As a condition of volunteering, I give permission for the Little League organization to conduct a background check on me, which may include a review of sex offender registries, child abuse and criminal history records. I understand that, if appointed, my position is conditional upon the league receiving no inappropriate information on my background. I hereby release and agree to hold harmless from liability the local Little League, Little League Baseball, Incorporated, the officers, employees and volunteers thereof, or any other person or organization that may provide such information. I also understand that, regardless of previous appointments, Little League is not obligated to appoint me to a volunteer position. If appointed, I understand that, prior to the expiration of my term, I am subject to suspension by the President and removal by the Board of Directors for violation of Little League policies or principles.</p> <p>Applicant Signature _____ Date _____</p> <p>Applicant Name (please print or type) _____</p> <p><small>NOTE: The local Little League and Little League Baseball, Incorporated will not discriminate against any person on the basis of race, creed, color, national origin, marital status, gender, sexual orientation or disability.</small></p> <div style="border: 2px solid black; padding: 5px; margin-top: 10px;"> <p><b>Local League Use Only:</b>                  Background check completed by league officer _____                  on _____                  System(s) used for background check (minimum of one must be checked):                  Sex Offender Registry <input type="checkbox"/> Criminal History Records <input type="checkbox"/> *Choicepoint <input type="checkbox"/>  <small>*Please be advised that if you use Choicepoint and there is a name match in the few states where only name match searches can be performed you should notify volunteers that they will receive a letter directly from Choicepoint in compliance with the Fair Credit Reporting Act containing information regarding all the criminal records associated with the name, which may not necessarily be the league volunteer.</small>                  Only attach to this application copies of background check reports that reveal convictions of this application.</p> </div>	Name	Phone	_____	_____	_____	_____	_____	_____
Name	Phone								
_____	_____								
_____	_____								
_____	_____								

01-073-05 rev. 8/07

This is an example of the revised mandatory Little League Volunteer Application. A version that can be filled out electronically and printed from your computer is available at <http://www.LittleLeague.org>.

From the sum of the total experience, along with the physical and mental reactions to such experiences, the player begins to develop certain attitudes. These attitudes then manifest themselves in patterns of behavior, behavior that could prove to be acceptable or unacceptable.

Thus, it is extremely important that the experiences arising out of Little League activity be healthy and stimulating. Furthermore, it is equally important that volunteer personnel recognize this fact and strive to help the youngster meet the challenges. It is within the province of responsibility of the volunteer to help the player to develop desirable attitudes.

- I. Is an attempt made to point out the desirability of:
  - a. Fair play.
  - b. Playing without finding fault or making excuses about mistakes.
  - c. Listening to directions.
  - d. Winning without bragging.
  - e. Recognizing certain standards of achievement.
  - f. Subscribing to the spirit of give and take.
- II. Have you observed any progress on the part of the youngsters in your league concerning the following:
  - a. They participate in practice and drills as you have planned them.
  - b. They accept the fact that there are some youngsters who have more or less skills than they do.
  - c. They have respect for other people's property.
  - d. They take care of equipment properly.
- III. In working with the players, do you sense that:
  - a. They are beginning to develop self-confidence.
  - b. They are showing signs of courage.
  - c. They are beginning to develop leadership qualities.
  - d. They are beginning to set standards for themselves.
- IV. In your observations, can you say that you have noticed improvement in the following areas:
  - a. Learning to accept reversals without undue emotional upset.
  - b. Accepting and playing by the rules of the game.
  - c. Learning to develop self-control over personal feelings.
  - d. Widening their circle of friends.
- V. Do you feel that the youngsters under your supervision recognize that:
  - a. Working to improve skills leads to self-satisfaction and achievement.
  - b. Being a good follower in certain situations is as important as being a good leader.
  - c. Self-sacrifice for the good of the team is necessary.
  - d. There are occasions when one must accept certain responsibilities for others.

## EMOTIONAL SECURITY AND ATTITUDES IN CHILDREN



[www.littleleague.org](http://www.littleleague.org)

by  
Dr. Luke LaPorta

An understanding of children is the most important component of the Little League® program. Adults working with youth should be constantly aware of emotional security and attitudes of children under their direction. Dr. LaPorta, of Liverpool, New York, is widely recognized as an authority in this field and was a recipient of the Athletic Director of the Year Award sponsored by the National Council of Secondary School Athletic Directors. He has been active in Little League for more than 40 years and served as the Chairman of the Little League International Board of Directors.

Little League Baseball does not limit participation in its activities on the basis of disability, race, creed, color, national origin, gender, sexual preference or religious preference.

## Emotional Security

In order to grow, children must have food, fresh air, light and exercise. This food, fresh air, light and exercise provide children with nourishment and activity required to satisfy the needs of physical growth and development. Along with this physical development, children must also develop emotionally. As children reach maturity, they will also reach certain levels of emotional maturity. It is hoped that the emotional maturity attained will be at a desirable level so that the individuals may function normally within their own sphere of relationships, whether it be with their peers, their immediate family or other adults.

The nutrients or ingredients necessary for emotional growth are not the same as they are for physical growth. However, they are very bit as important as food and drink are to physical growth and development. These nutrients satisfy the needs for emotional security just as food and drink satisfy a physical hunger pain. If children are to attain a level of emotional maturity, they must first have certain securities.

For example, children need to know that they are loved. It is possible that children who are deprived of love will suffer in a number of ways. One of these ways would be the inability of children to relate to other children and adults. Usually, children who feel they are not loved will be withdrawn, will find it difficult to make friends and, many times, will react to social situations in a manner that is unacceptable as normal behavior. Very often unloved children will react in a way that is harmful to themselves and also to the community in which they live. Some quarters contend that juvenile delinquency, in part, is a result of the deprivation of love.

In addition to being loved, there are other ways that children are able to satisfy the need for emotional security. Children have to feel that they are accepted, whether it is acceptance as part of a family, a school group, church group, gang or club. The need for acceptance is not limited to children, of course. Young teenagers want to be accepted in sororities, fraternities, social cliques or athletic teams. Even adults sometimes feel the need for acceptance in local associations, clubs, school groups and neighborhood circles.

In its healthiest form, acceptance is based on what the child actually is and not what the child has done or what family history reflects. Many times, however, acceptance is not based on the human qualities of the child and is, in effect, denied for a variety of reasons. Some of these being: color, physical handicaps, speech handicaps, or even a mischievous childhood prank that just can't seem to be forgiven.

Children must be made to feel that they are liked and accepted for what they are. This kind of acceptance fosters an independence and confidence, which the child needs in order to grow emotionally. This does not mean tht children have Carte Blanche to do anything that they desire without disapproval of their acts. Much to the contrary, unacceptable behavior should be dealt with firmly and with decisive action. For example, a manager in Little League could encounter a problem with a youngster, which, if not handled firmly, might cause further trouble, i.e., talking back to an umpire or rough play. The player could be told that this is not the behavior expected of a Little Leaguer and disapproval could be voiced quite strongly. However, it could be followed with, "remember I like you, but I sure didn't like what you did out on that field."

When working with children it is important to remember that at this particular age they are sensitive to the subtle pressures of acceptance and rejection.

In choosing activities in which they will take part, children make their choices for a variety of reasons. Some will choose an activity where they can be with someone they like, others will choose an activity that they enjoy, but, for the most part, children will choose the game or activity in which they have the greatest success. Children like to do the things that they can do best. The real fast runner wants to run races, the good basketball player wants to shoot baskets, and the heavy hitter wants to play baseball. For the most part, children enjoy most games they play, but they enjoy them that much more when they have a certain degree of success in that game.

Success feelings are necessary for the emotional growth and emotional security in children. These feelings help immeasurably in establishing and developing confidence, independence, poise and positive attitudes in youngsters. Frequently when faced with something new, youngsters will balk somewhat. However, in facing the challenge they suddenly find that they achieve some degree of success. At this point, the balkiness changes to aggressiveness and the newness is met with vigor and confidence.

Furthermore, children seem to respond readily to solicitous encouragement and to recognition of small successes they achieve. Success experiences for children are important to emotional security and to eventual emotional maturity.

Love, acceptance and success are strong emotional needs. They are necessary for establishing emotional security in the child and, in turn, emotional security, if necessary, in the attainment of emotional maturity. children will satisfy these emotional needs in one way or another. Their first choice, of course, is to do so in a socially acceptable manner. However, if they have no opportunity to do so, they will use other methods, usually in a socially unacceptable manner and from this derive satisfaction from the notoriety of unacceptable behavior.

Little League Baseball seems to be a well-established, acceptable way to provide degrees of satisfaction for the emotional needs of the child. Little League is an entirely new experience and, with its unique appeal to youngsters, plays a vital role in helping to fulfill these emotional needs. This is especially true if these needs are not met at home, or if there is a loss of a father or mother or if other complications deprive the child of an opportunity to satisfy these needs. In addition, Little League offers adult companionship which, for a variety of reasons, may be lacking at this age.

In an organization such as Little League Baseball, volunteer leaders will run into many problems with youngsters. They will be working with youngsters deprived of love and affection; they will work with highly over-protected children and come in contact with the out and out rejected child. Leaders must do their utmost to help these children, and, if they are unable to help them, the least that can be done is to attempt to understand them.

## Attitudes

In Little League Baseball there are many new and varied experiences facing the youngsters participating in the program. The children, probably for the first time, find themselves in situations that they alone must cope with. They alone must meet the challenge of each new experience.



Parents and managers frequently will ask, "How do I get the youngster to care?" Children feel free to care when they have the self-confidence that makes them think they have a chance for some satisfaction in the activity. You help a person care by increasing his sense of confidence. Start by praising the small successes and his efforts.

#### **Maintain Perspective**

One area that perhaps some people have not thought about as a potential problem is the team clown. I'm not referring to one of your better players who clowns around, but the child whose main source of recognition is in being the oddball or clown. The manager should set the example for the way the other kids deal with him because a youngster like this is having troubles or he wouldn't resort to being the clown for attention. Don't be too quick to laugh at his jokes and pranks. Take him seriously. It's easy to slip into a pattern of using nicknames that the other children use for the overweight, awkward or slow child. If they are all calling him "Fats" it's easy for the manager to use that name too. It's better if he doesn't. Even if it looks like Fats doesn't mind and the youngsters say, "Oh, he doesn't care, we've always called him that and he just laughs," don't believe he doesn't care. He's got a first name or another name that's not humiliating. Use it and maybe you can, by example, encourage the players to drop that nickname "Fats."

Managers, parents, all adults who are close to a child and his team should keep a sense of perspective. Little League baseball is a game for the children to enjoy and not something to brought up before the Security Council of the UN. It is when adults let their own wishes to succeed become tangled with the achievement of an individual or a particular team that there is a danger of too much psychological pressure. The adult who is bitter or angry after an error or a loss should consider helping the Little League program in some other capacity than as a manager or coach. The danger is that he will fill the players with an undue sense of guilt, failure, and shame. If you can't walk away from the losses, then get into some other role -- sell the popcorn or raise the money. Those vicarious needs for success that many of us have in sports as we follow a particular team are better kept with our favorite pro-team. If we're unhappy with Johnny Bench or Tom Seaver, it isn't going to bother them too much, but if we're unhappy with a player on our team or our child, there's dangerous pressure.

The key to the psychological impact of the Little League experience is set by the manager. Place the emphasis on the effort made and not the result. You can praise a player for his faithful attendance at practice, for his attitude and not just his batting and fielding percentage. This approach helps build

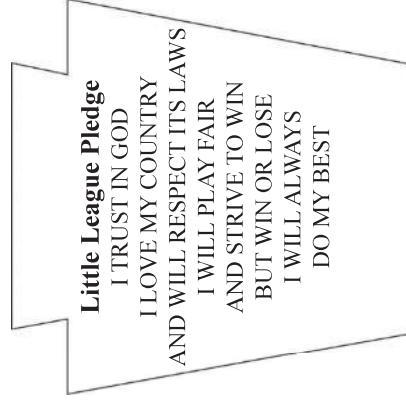
children who keep trying, who don't coast when they are ahead, who won't give up when they are behind or defeated, who won't feel the pressure to go beyond the bounds of the rules and good sportsmanship to win.

#### **Make It A Good Experience**

One of my favorite coaches is John Wooden, UCLA basketball coach. He expresses the kind of philosophy I'd recommend for all coaches. He asks that his players go out and do their best, then win or lose, he wants them to walk off the court with their heads up. They ought to feel good about the job they have done out there regardless of the score.

I remember, as some of you may, the interview that he gave after a loss to Houston that ended a long victory string. I'd see him in many interviews after winning. Here was a chance to see him after losing a big one. He was the same. I thought if this is what he does with his players in the locker room, then the players on his team are going to have a good experience regardless of how far they go in basketball.

The old, "It isn't whether you've won or lost, it's how you played the game" is really true. Rudyard Kipling, in his poem "If," had these lines that to me have always meant a great deal in terms of dealing with wins and losses. There's a part that goes, "if you can meet with triumph and disaster and treat those two imposters just the same..." That's what they are -- imposters and the manager who understands that gives a child the best possible kind of Little League experience.



Little League Baseball does not limit participation in its activities on the basis of disability, race, color, creed, national origin, gender, sexual preference or religious preference.

# **‘PREPARE THE CHILD FOR THE PATH... Not The Path For The Child.’**



[www.littleleague.org](http://www.littleleague.org)

by **Dr. Thomas P. Johnson, M.D.**

*Dr. Johnson was consultant to the Public School, Department of Probation, the United States Navy Hospital at San Diego, California.*

*Widely recognized for his work in the field of child psychiatry, Dr. Johnson graduated from the University of Minnesota and Medical School. He interned at Santa Barbara County Hospital, served his residency and Fellowship in psychiatry at Menninger School, Topeka, Kansas.*

*Dr. Johnson has ample personal credentials for his observations -- in addition to his professional background -- having participated as a Little Leaguer at St. Louis Park, Minnesota, and later serving as coach and umpire.*

I am very pleased to have the opportunity to be here because I place a high value on Little League's contribution to individuals and communities. If the world is going to change, it will probably be as the result of how we raise our children and the experiences we give them, and not what is said at conference tables between world powers. In this respect, I think Little League has tremendous responsibility and has contributed a great deal. Sports in general are probably making as many inroads into bettering international relations than any other field.

Over the years, it has been fashionable to criticize Little League. Critics have suggested that competitive athletics for youngsters of Little League age is damaging to their psyche. As a child psychiatrist who has been involved actively in organized baseball for this age group, first as a coach, manager, and umpire, I have had a chance to view Little League from a number of vantage points. As a player, I had to deal with the personal disappointment that is a normal part of defeat. As a manager, there were frustrating, provocative questions from parents: "Why isn't my boy playing more?" As an umpire, they questioned my vision: "You're blind, ump," they said.

I would like to discuss some of the ways in which Little League can be good and some of the dangers -- how to spot and deal with them.

#### **•Prepare The Child•**

From the standpoint of personality developments, we can divide life into a number of stages from the infant with the "I want what I want when I want it" attitude to the mature adult who can be the giving parent. Some main goals of the Little League age child are to gain increased self-control over feelings and channel them into appropriate actions, to increase his ability to subordinate his own wishes for the good of others or the group, to increase the ability to accept delay in gratification, to learn new skills, and to gain the satisfaction of mastery. Finally, and perhaps most important of all, to feel an acceptance as a man by one's own father, or substitute father such as his coach or manager. This is the key to building self-esteem and confidence in children. Little League experience can provide a supportive environment for sharing in mutually accepted rules of the game. The team effort of practice, of not quitting during a game or a season, are all extremely valuable. These are contributions that are important for a player who may never get a hit or catch a ball in a whole season. If they can do these things, their parents and their managers should be proud of them and praise them for their participation.

There is a saying, "Prepare the child for the path, not the path for the child." There are many of us as parents who feel the urge to intercede on our child's behalf with the school teacher or the Little League manager about playing our child more. This is preparing the path for the child, not the child for the path. Every time we do it, we rob our youngsters of the chance to solve the problem on their own or to solve it with our support, without our actually doing it for them.

There is value in a child's experiencing some frustration, tension and anxiety. Properly dosed, it promotes psychological growth. In early childhood development, we find that some frustration promotes the child's will to move about, to communicate and to learn other skills necessary to get along in this world.

The key to frustration's being helpful is that it not overwhelm the child so that he quits or ends up spinning his wheels with a hopeless feeling. He needs support and guidelines to shift his focus and give him a new sense of direction so that he can finally accomplish some success in the task. The normal Little League age youngster can psychologically handle the disappointment of loss, of personal and team mistakes, if he feels a basic sense of self worth, if he feels the support of his parents and his manager or coach, and if he feels that his relationship with them isn't changed by his losing, not getting a hit, or dropping the ball.

#### **Praise Builds Confidence**

Little League managers and coaches should recognize the power they have to help youngsters. Even on a professional level, where I have had a chance to do some consulting work with coaches, we find that the athlete brings to his relationship with the coach attitudes and expectations carried over from his relationship with his own father. The coach who realizes this can provide a strengthening of the positive aspects of the attitude and, where it exists, a corrective experience for the negative attitudes. The manager and the coach truly do become symbolic fathers, even for the professional athlete. The younger the athlete, the more influence the coach may have over the child.

Here are some guidelines recommended for your consideration. Be liberal with praise. Nobody was ever ruined by being overpraised. Praise sincerely given doesn't make people rest on their laurels; it gives them confidence to continue when the going is hard.

Be sparing of criticism and surround it with positive comments. I cringe when I hear an adult mention only something negative to a youngster so that the entire encounter is about what he did wrong. For example: A youngster playing

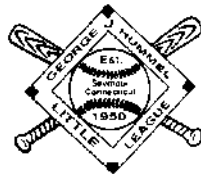
in the infield lets a ground ball get through. He gets over to it or he makes a good try, but he bobbles it, and doesn't make the play. The coach might say, "Johnny, you got a great jump on that ball." He starts out with a positive comment about something in the play that was good. Find something to compliment and say that first. Then you can add, "I think if you'll start out with your other foot first, you'll make that play next time." I don't claim that every child is going to do it right the next time, but I think more children are going to pay attention, try harder, and probably do better next time when the corrections are made in that way.

We teach best by the example we set. In victory, it's important the manager not take the team, himself, or individual player too seriously. In defeat, the manager should be a good listener to the players who are taking the loss hard. The art of listening isn't just saying, "uh, huh, uh, huh," while we're listening to four other people, reading the paper, or watching television. Real listening is looking at somebody, and giving him 100 percent of your attention. Run a test on yourself to see if you have really listened to a youngster by saying back to him in your own words what you think he has said to you. Say, "Is this what you mean, Johnny," and if he says, "Yes, that's it," then you both know you have listened and understood. Try to help elicit the child's feelings. Remain calm yourself. If you feel and act like you have just lost World War II, and are kicking the side of the dugout and throwing bats, it's pretty tough to set a good example. Try to avoid the trite supportive phrases, such as, "It's just a game," "There'll be other seasons," and "You'll get over it." If you have played sports, you know that people who use those phrases don't seem to really understand the way you are feeling at that moment.

Here are some signs a manager or parent can look for if he feels a youngster is experiencing undue emotional stress from athletics, school, or other areas.

In children, depression seldom presents itself as just plain sadness. Children of the 8-12 age group show depression more often in physical complaints. If you get an unusual number of physical complaints, one of the things to consider is that the youngster may be depressed about something.

The "I don't care" or "I won't try," attitudes may be masking the child's fear of failing. In Aesop's Fable, "The Fox and the Grapes," when the fox who wanted the grapes tried but couldn't reach them, he ended up by saying they were probably sour anyway. This is the kind of defense mechanism we may be dealing with in the "I don't care" child.



# George J. Hummel Little League

## Links to Information

George J Hummel LL:

[www.gjhll.org](http://www.gjhll.org)

CT District 3 LL:

<http://ctdistrict3.pointstreaksites.com/view/ctdistrict3>

CT State LL:

[www.eteamz.active.com/ctstate/](http://www.eteamz.active.com/ctstate/)

East Region LL:

[www.eteamz.active.com/llbeast/](http://www.eteamz.active.com/llbeast/)

Little League Online:

[www.littleleague.org](http://www.littleleague.org)

LL Parent Orientation:

[www.littleleague.org/programs/parentorientation/index.asp](http://www.littleleague.org/programs/parentorientation/index.asp)

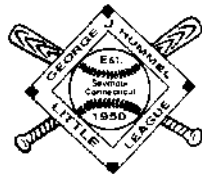
Sign up for LL Parent E-News:

[www.littleleague.org/common/enews/index.asp](http://www.littleleague.org/common/enews/index.asp)

LL Archive of ASAP Newsletters:

[www.littleleague.org/programs/asap/newsletters.asp](http://www.littleleague.org/programs/asap/newsletters.asp)





# **LITTLE LEAGUE PLEDGE**

**I TRUST IN GOD**

---

**I LOVE MY COUNTRY  
AND WILL PROTECT ITS LAWS**

---

**I WILL PLAY FAIR  
AND STRIVE TO WIN**

---

**BUT WIN OR LOSE  
I WILL ALWAYS  
DO MY BEST.**

---