



2024

LEAGUE SAFETY PLAN

League Name: Foothill Area Little League

League #: 405-01-19

The ASAP Mission

To increase awareness of the opportunities to provide a safer environment for children, volunteers, and all Little League participants.



ASAP 15 Requirements

- | | |
|--|---------|
| 1. Have a safety officer on file at Little League International. | Page 4 |
| 2. Make safety plan accessible to coaches, managers, board members, and any other volunteer in the league. | Page 7 |
| 3. Post and distribute emergency and league officer phone numbers. | Page 9 |
| 4. Require volunteers to complete and submit the official Little League Volunteer Application. | Page 13 |
| 5. Provide fundamentals training. | Page 18 |
| 6. Provide first-aid training. | Page 22 |
| 7. Require field inspections before games and practices. | Page 24 |
| 8. Complete the annual Facility Survey. | Page 30 |
| 9. Post and utilize concession stand procedures. | Page 36 |
| 10. Regularly inspect and replace equipment as needed. | Page 40 |
| 11. Have a procedure for reporting accidents/injuries. | Page 45 |
| 12. Require First-Aid Kits at all league events. | Page 54 |
| 13. Enforce Little League Rules & Regulations. | Page 59 |
| 14. Submit League Registration Data for players, coaches, and managers. | Page 73 |
| 15. Complete survey question in LL Data Center. | Page 76 |



Requirement 1

Have an active safety officer on file with Little League International



Manage Officers

[+ Add New Officer](#)

NOTE: The officer in the League President role cannot be deleted. The officer must be removed from the role first.

| Name | Email | Day Phone | Officer Type(s) | |
|----------------------|--|--------------|--|---|
| Ryan Ham | ryantarynham@yahoo.com | 530-941-7082 | League President | <div>Edit</div> <div>Reset Password</div> |
| Rachel Kofford | arjkofford12@gmail.com | 530-209-7433 | League Secretary | <div>Edit</div> <div>Delete</div> <div>Reset Password</div> |
| Nicole Iskra | foothillarealltreasurer@gmail.com | 530-410-3814 | League Treasurer | <div>Edit</div> <div>Delete</div> <div>Reset Password</div> |
| Katie Defigueiredo * | kdefig@gmail.com | 707-489-2955 | League Safety Officer * | <div>Edit</div> <div>Delete</div> <div>Reset Password</div> |
| Josh Baas | joshua.baas34@gmail.com | 916-224-5082 | League Player Agent, Minor Baseball | <div>Edit</div> <div>Delete</div> <div>Reset Password</div> |
| Jake Baldwin | jacob.baldwin@gmail.com | 530-744-4793 | League Coaching Coordinator | <div>Edit</div> <div>Delete</div> <div>Reset Password</div> |
| Rick Bennett | r.v.bennett@icloud.com | 530-524-5259 | League Umpire-in-Chief | <div>Edit</div> <div>Delete</div> <div>Reset Password</div> |
| Brandon Benting | brandonbenting@yahoo.com | 530-941-7938 | Equipment Manager, League Other Officer | <div>Edit</div> <div>Delete</div> <div>Reset Password</div> |
| Nick Day | nckdy@yahoo.com | 530-355-9318 | Junior/Senior Baseball, League Player Agent | <div>Edit</div> <div>Delete</div> <div>Reset Password</div> |
| Tara Day | tnrday@yahoo.com | 530-355-8051 | League Concession Manager | <div>Edit</div> <div>Delete</div> <div>Reset Password</div> |
| Shelby Dunbar | tjcdunbar@gmail.com | 757-771-5287 | League Marketing/PR Manager, Sponsorship/Fundraising | <div>Edit</div> <div>Delete</div> <div>Reset Password</div> |

Edit Officer

*Indicates a required field

Name and Email

First Name *

Katie

Last Name *

Defigueiredo

Email Address *

kdefig@gmail.com

Address Info

Address 1 *

P.O. Box 114

Address 2

City *

Palo Cedro

Country *

United States

State/Province *

California

Zip/Postal *

96073

Contact Info

Day Phone *

707-489-2955

Evening Phone

Cell Phone

Fax

League Roles

☐ League President

☒ League Safety Officer

Requirement 2

Publish and distribute safety manual to volunteers





Dear Foothill Area Little League Managers,

Thank you for volunteering to manage a Foothill Area Little League (FALL) team for the 2024 season. The season is off to a great start and we, as a Board, appreciate your willingness to volunteer your time. We have some very important dates that we would like to share with you at this time. This information is very important.

1. **MANDATORY** – Safety Meeting: Saturday, February 3, 2024 at 9 a.m. at Junction School in Palo Cedro. Basic First Aid and CPR will be taught by a certified instructor. * Additionally, FALL's A Safety Awareness Program (ASAP) will be distributed. * Lastly, injury reporting requirements will be discussed.
2. **MANDATORY** – Managers Meeting: Saturday, February 3, 2024 at 11 a.m. at Junction School in Palo Cedro. Equipment will be distributed and field practice schedules will be assigned.
3. **MANDATORY** – Fundamentals Training: Saturday, February 3, 2024 at 1 p.m. at Junction School gymnasium. Proper hitting, sliding, fielding, and pitching techniques will be discussed/demonstrated.

Please feel free to invite your coaches to attend the fundamentals training. If you have any questions, please don't hesitate to contact our Coaching Coordinator Jake Baldwin at (530) 744-4793 or at jacob.baldwin@gmail.com.

Managers, coaches, and umpires should have some training in first aid and CPR. First-aid kits will be distributed to each manager at the aforesaid safety meeting. The first-aid kits shall always remain in the team gear bag and be brought to each game and practice. A first aid kit will also be available at the snack bar.

Thank you very much and we look forward to a safe and successful baseball and softball season!

Sincerely,
Foothill Area Little League

Requirement 3

Post and distribute emergency and key league officials' phone numbers



Emergency Phone Number: 911

Local Police Emergency:

**Shasta County Sheriff's Office
300 Park Marina Circle
Redding, CA 96001
(530) 245-6025**

**California Highway Patrol
2503 Cascade Boulevard
Redding, CA 96003
(530) 225-0500**

Local Fire Emergency:

**Palo Cedro Fire Department
3180 Deschutes Road
Palo Cedro, CA 96073
(530) 547-3214**

This list will be posted in the dugout area.

FOOTHILL AREA LITTLE LEAGUE

BOARD OF DIRECTORS 2023-2024

| <u>NAME</u> | <u>EMAIL</u> | <u>PHONE</u> | <u>OFFICE HELD</u> |
|--------------------|--|----------------|----------------------------|
| Ryan Ham | ryantarynham@yahoo.com | (530) 941-7082 | President |
| Amanda Memeo | amemeco@tregonline.com | (530) 514-2071 | Baseball Vice President |
| Justin Haynes | just3430@hotmail.com | (530) 209-1134 | Softball Vice President |
| Rachel Kofford | arjkofford12@gmail.com | (530) 209-7433 | Secretary |
| Nicole Iskra | iskragal4@gmail.com | (530) 410-3814 | Treasurer |
| Vacant | | | Registration Coordinator |
| Jake Baldwin | jacob.baldwin@gmail.com | (530) 744-4793 | Coaching Coordinator |
| Brandon Benting | brandonbenting@yahoo.com | (530) 941-7938 | Equipment Manager |
| Clay Bydgness | | (650) 533-8467 | Field Prep |
| Katie Defigueiredo | kdefig@gmail.com | (707) 489-2455 | Safety Officer |
| Tara Day | tnrday@yahoo.com | (530) 355-8051 | Snack Bar Coordinator |
| Taryn Ham | ham.taryn@gmail.com | (530) 356-9956 | Website Coordinator |
| Shelby Dunbar | tjcdunbar@gmail.com | (757) 771-5287 | Sponsorship/Fundraising |
| Nick Day | nckdy@yahoo.com | (530) 355-9318 | Junior/Senior Player Agent |
| Greg Robinett | gregrobinett21@yahoo.com | (530) 410-2576 | Majors Player Agent |
| Josh Baas | joshua.bass34@gmail.com | (916) 224-5082 | Minors Player Agent |
| Josh Scheckla | solidmetalworksinc@gmail.com | (530) 941-5798 | Softball Player Agent |
| Benji Edwardson | benedwardson@gmail.com | (530) 949-9560 | Farm/Tee Ball Player Agent |
| Rick Bennett | r.v.bennett@icloud.com | (530) 524-5259 | Umpire Coordinator |
| Wes Stroud | wesleylauren1143@gamil.com | (530) 215-5892 | General Member |

Rev 12/3/23

2024 Spring Manager List

TBALL:

Kyle Loftin 530-768-7879 / Josh Bass
Josie Temples 541-891-4437 / Brad Padilla
Brody Angley 530-949-2370 / Mitchell Guhy
Greg Robinette 530-410-2576 / Chase Brown (Brock Brown)
Brandon Pero 530-410-9181 / Matt Swanson (Roper Swanson)
Brandon Benting / Ryan Zaugher (Jackson Zaugher)
Aaron Priz 530-351-4389
David Hakes 530-440-5486

FARM:

Benji Edwardson 530-949-9560 / Ryan Fisher,
Dan Newman 408-375-1540 / Jake Baldwin
Jamie Rouland 530-386-5528 / Alisha / Brad Davis
Scott Allen 530-601-6436 /
Clay Bygdens 530-533-8467 / Casey Stewart (
Luke Griffiths 530-410-1643 / Curtis Heekstra
Meagan Heuschel 707-490-6770
Austin Henry 530-356-4021

MINOR Baseball:

Wes Stroud 530-215-5892
Josh Bass 916-224-5082 / Clay Engh
Kristopher Bergfelder 530-768-0034 / Russ Jones
Nicole Iskra 530-410-3814 / Jeni Moore

MINOR softball:

Patrick Modesitt 415-2727-4024
Clayton Olds 530-604-3337

MAJOR baseball:

Jake Baldwin 530-744-4793
Tyler Bolen 530-338-8424
Rick Bennett 530-524-5259 / Justin Haynes
Ryan Ham 530-941-7082 / Derek Smith
KC Ervin - 530-949-4671

MAJOR softball:

Justin Haynes 530-209-1134 / Michelle Cogle

JUNIOR baseball:

Nick Day 530-355-9318

Requirement 4

Use of current, official Little League Volunteer Application Form or JDP
QuickApp electronically





Little League® Volunteer Application – 2024



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

This volunteer application should only be used if a league is manually entering information into JDP or an outside background check provider that meets the standards of Little League Regulations 1(c)(9). **THIS FORM SHOULD NOT BE COMPLETED IF A LEAGUE IS UTILIZING THE JDP QUICKAPP. Visit littleleague.org/LocalBGcheck for more information.**

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

All RED fields are required.

Name _____ Date _____
First Middle Name or Initial Last
Address _____
City _____ State _____ Zip _____
Social Security # (mandatory) _____
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?
If yes, list full name and what level? _____
☐ Yes ☐ No

2. Special Certification (CPR, Medical, etc.)? If yes, list: _____
☐ Yes ☐ No

3. Do you have a valid driver's license?
Driver's License#: _____ State _____
☐ Yes ☐ No

4. Have you ever been charged with, convicted of, plead no contest, or guilty to any crime(s) involving or against a minor, or of a sexual nature?
If yes, describe each in full: _____
(If volunteer answered yes to Question 4, the local league must contact Little League International.)
☐ Yes ☐ No

5. Have you ever been convicted of or plead no contest or guilty to any crime(s)?
If yes, describe each in full: _____
(Answering yes to Question 5, does not automatically disqualify you as a volunteer.)
☐ Yes ☐ No

6. Do you have any criminal charges pending against you regarding any crime(s)?
If yes, describe each in full: _____
(Answering yes to Question 6, does not automatically disqualify you as a volunteer.)
☐ Yes ☐ No

7. Have you ever been refused participation in any other youth programs and/or listed on any youth organization ineligible list? ☐ Yes ☐ No
If yes, explain: _____
(If volunteer answered yes to Question 7, the local league must contact Little League International.)

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: littleleague.org/BGstatelaws

AS A 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):
☐ JDP (includes review of the U.S. Center of SafeSport's Centralized Disciplinary Database and Little League International Ineligible/Suspended List)*
☐ National Criminal Database check ☐ U.S. Center of SafeSport's Centralized Disciplinary Database and Little League International
☐ National Sex Offender Registry ☐ Ineligible/Suspended List
OR
*Please be advised that if you use JDP and there is a name match in the law states where only name match searches can be performed you should notify volunteers that they will receive a letter or email directly from JDP 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.
☐ Proof of completion of Abuse Awareness Training for Adults provided to league

Safety Information for California Abuse Laws

Under the California statute, certain individuals (including teachers and school officials, day care or child care employees, employees of day camps or youth organizations or recreation programs or centers, public assistance workers, district attorneys, case workers, doctors or medical professionals or health care workers, counselors and therapists, coroner, commercial film developers, animal control officers, clergy, law enforcement officer or employees of a police department, alcohol and drug counselors, among several others) are required to report suspected child abuse to any police department, sheriff's department (but not including school district police or security), county probation department, or the county welfare department. These agencies will also accept reports from persons not named above as mandatory reporters.

The statutes define child abuse or neglect as physical injury or death inflicted upon a child through non-accidental means, the willful harming or endangering of a child, or unlawful corporal punishment. The statutes also define neglect, sexual abuse, and willful endangerment of a child.



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.

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/nccanah/>).

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/nccanah/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.

Requirement 5

Provide and require Fundamentals Training, with at least one coach or manager from each team attending (Fundamentals includes: hitting, sliding, fielding, pitching, etc)





2024 Calendar of Events

JANUARY 2024

- Jan. 6 Registration Goodtimes Pizza, 11:30am-2:00pm
Jan. 7 Board Meeting, 6pm, Goodtimes Pizza
Jan. 9 Registration Goodtimes Pizza, 5pm-7:30pm
Jan. 13 Registration Goodtimes Pizza, 11:30am-2pm
Jan. 17 Prospective Managers Interviews (if needed) 6pm Goodtimes Pizza
Jan. 17 Managers Selection Committee Meeting (if needed) 7pm Goodtimes Pizza
Jan. 20 Tryouts Junction: Majors 9-10:00am; Minors 10:00-11:30am; Softball 11:30 am
Jan. 24 Tryouts Big League Dreams: Majors 5:30-6:30pm; Minors 6:30-7:30pm; Softball 7:30pm
Jan. 27 Contingency **ONLY IF NEEDED DUE TO WEATHER:** Tryouts @ Junction 9:00am-12pm
(all divisions)
Jan. 28 Draft Night 6pm @ Goodtimes Pizza

FEBRUARY 2024

- Feb. District Umpire Clinic: TBA
* Feb. 3 **MANDATORY** Managers Meeting: Field practice, safety meeting, fundamentals training & equipment 9am Junction Gym *
Feb. 4 Board Meeting, 6pm, Goodtimes Pizza
Feb. 6 First Day of League Practice
Feb. 15 Team Mom/Dad meeting, 6:00pm Cow Creek Community Church Gym
Feb. 17 Field Preparation Day 8:30 am – NO PRACTICE AT JUNCTION SCHOOL FIELDS

MARCH 2024

- Mar. Scorekeepers Clinic – TBA
Mar. 3 Board Meeting, 6pm, Goodtimes Pizza
Mar. 16 Opening Day

APRIL 2024

- Apr. 7 Board Meeting, 6pm, Goodtimes Pizza
Apr. 1 to Apr. 7 Spring Break
Apr. 20 Hit-a-thon day (games, hit-a-thon, auction team baskets)

MAY 2024

May 5 Board Meeting, 6pm, Goodtimes Pizza
May 24 Last Day of regular season (Tee/Farm)
May All Star Selection process begin -TBA

JUNE 2024

June Tournament of Champions Begins - TBA
June 2 Board Meeting, 6pm, Goodtimes Pizza
June All Star play begins - TBA

JULY 2024

Board break

AUGUST 2024

Aug. 4 Board Meeting, 6pm, Goodtimes Pizza
Aug. Fall Ball Sign-ups start -TBA

SEPTEMBER 2024

Sept. 1 Board Meeting & Elections, 6pm, Goodtimes Pizza

OCTOBER 2024

Oct. 6 Board Meeting, 6pm, Goodtimes Pizza

NOVEMBER 2024

Nov. 3 Board Meeting, 6pm, Goodtimes Pizza

DECEMBER 2024

Dec. 1 Spring Registration opens for 2025 Season
Dec. 3 Board Meeting, 6pm, Goodtimes Pizza
Dec. 7 Country Christmas



Dear Foothill Area Little League Managers,

Thank you for volunteering to manage a Foothill Area Little League (FALL) team for the 2024 season. The season is off to a great start and we, as a Board, appreciate your willingness to volunteer your time. We have some very important dates that we would like to share with you at this time. This information is very important.

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Please feel free to invite your coaches to attend the fundamentals training. If you have any questions, please don't hesitate to contact our Coaching Coordinator Jake Baldwin at (530) 744-4793 or at jacob.baldwin@gmail.com.

Managers, coaches, and umpires should have some training in first aid and CPR. First-aid kits will be distributed to each manager at the aforesaid safety meeting. The first-aid kits shall always remain in the team gear bag and be brought to each game and practice. A first aid kit will also be available at the snack bar.

Thank you very much and we look forward to a safe and successful baseball and softball season!

Sincerely,
Foothill Area Little League

Requirement 6

Provide and require First-Aid Training, with at least one coach or manager from each team attending





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3. **MANDATORY** – Fundamentals Training: Saturday, February 3, 2024 at 1 p.m. at Junction School gymnasium. Proper hitting, sliding, fielding, and pitching techniques will be discussed/demonstrated.

Please feel free to invite your coaches to attend the fundamentals training. If you have any questions, please don't hesitate to contact our Coaching Coordinator Jake Baldwin at (530) 744-4793 or at jacob.baldwin@gmail.com.

Managers, coaches, and umpires should have some training in first aid and CPR. First-aid kits will be distributed to each manager at the aforesaid safety meeting. The first-aid kits shall always remain in the team gear bag and be brought to each game and practice. A first aid kit will also be available at the snack bar.

Thank you very much and we look forward to a safe and successful baseball and softball season!

Sincerely,
Foothill Area Little League

Requirement 7

Require coaches/umpires to walk fields for hazards before use



Good Procedures to Implement

Checklist for Managers, Coaches, and Umpires

Here are some good procedures for your league to implement and follow on several required areas of the safety plan. Requirements 7, 10, 12 and 13 are all included in the checklists below. These come from several leagues whose volunteers are providing safety leadership through their efforts to increase awareness and help volunteers do the right thing at the right time.

A. Safe Playing Areas

Regular safety inspections of all fields, (practice and game), structures, and dugouts, is the best way to eliminate conditions that cause accidents. Managers, coaches, and umpires should routinely check playing area for:

- ① Holes, damage, rough or uneven spots, slippery areas, and long-grass
- ② Glass, rocks, foreign objects
- ③ Damage to screens or fences, including holes, sharp edges, or loose edges
- ④ Unsafe conditions around backstop, pitcher's mound, or warning track
- ⑤ Proper attire by the catcher at all times, including in the bull pens and in between innings

B. Safe Equipment

All equipment shall be inspected before each use. Regular safety inspection of equipment is essential. Managers, coaches, and umpires should:

1. Be sure all equipment is LL approved
2. Inspect all bats, helmets, and other equipment on a regular basis. Dispose of unsafe equipment properly.

3. Keep loose equipment stored properly
4. Have all players remove all personal jewelry
5. Parents should be encouraged to provide safety glasses for players who wear glasses
6. Repair or replace defective equipment

C. Safe Procedures

Managers and coaches must:

1. Have all players' medical release forms with you at every practice and game
2. Have a first aid kit with you all practices and games
3. Have access to a telephone in case of emergencies
4. Know where the closest emergency shelter is in case of severe weather
5. Ensure warm-up procedures have been completed by all players
6. Stress the importance of paying attention, no "horse playing allowed"
7. Instruct the players on proper fundamentals of the game to ensure safe participation
8. Each practice should have at least 2 coaches in case of an emergency

D. Weather Conditions

Before the Storm

1. Check the weather forecast before leaving for a game or practice
2. Watch for signs of an approaching storm
3. Postpone outdoor activities if storms are imminent

Approaching Thunderstorm

1. Take caution when you hear thunder. If you hear thunder, you are close enough to get struck by lightning. During a game, the umpire will clear the field in the event of an approaching storm.

2. Move to a safe environment immediately. Do not go under a tree or stay in the dugout.
3. If lightning is occurring and there is not sturdy shelter near, get inside a hard top automobile and keep the window up.

4. Stay away from water, metal pipes, and telephone lines.

5. Unplug appliances not necessary for obtaining weather information. Avoid the telephone except for emergency use only.

6. Turn off air conditioners.

* If caught outdoors & no shelter exists

1. Find a low spot away from trees, fences, light poles, and flagpoles. Make sure the site you pick is not prone to flooding.
2. If in the woods, take cover under shorter trees.
3. If you feel your skin begin to tingle or your hair feels like it's standing on end, squat low to the ground, balancing on the balls of your feet. Make yourself the smallest possible target, tuck your head between your legs, and minimize your contact with the ground.

What to do if someone is struck by lightning

1. The person who has been struck will carry no electrical charge; therefore, they are safe to touch.
2. Call 9-1-1 as soon as possible for help.
3. Check for burns to the body.
4. Give first aid as needed.
5. If breathing and/or heartbeat have stopped, perform CPR until EMS arrives.
6. Contact the league Safety Officer or President ASAP.



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**



Facility and Field Inspection Checklist

Facility Name _____

Inspector _____

Date _____ Time _____

- ☐ Holes, damage, rough or uneven spots
- ☐ Slippery Areas, long grass
- ☐ Glass, rocks and other debris & foreign objects
- ☐ Damage to screens, fences edges or sharp fencing
- ☐ Unsafe conditions around backstop, pitchers mound
- ☐ Warning Track condition
- ☐ Dugouts condition before and after games
- ☐ Make sure telephones are available
- ☐ Area's around Bleachers free of debris
- ☐ General Garbage clean-up
- ☐ Who's in charge of emptying garbage cans
- ☐ Conditions of restrooms and restroom supplies
- ☐ Concession Stand inspection

NOTES/ HAZARDS

Signature _____

Little League SAFETY CODE

Responsibility for safety procedures should be that of an adult member of the local league. A copy of this code will be given to all Umpires as well.

- Arrangements should be made in advance of all games and practices for emergency medical services. Page 20 of the Safety Manual lists emergency numbers as well.
- Leagues will have all of their board members; managers, coaches and umpires complete a current Volunteer Application Form each new season. The Board will determine the repetitive contact with children for all other volunteers and require that they complete a Volunteer Application.
- No Child will be left unattended at a practice.
- All injuries, requiring medical attentions, will be reported to the League Safety Officer within 24 hours and in turn, the LSO will send an Accident report to the District Safety Officer.
- Managers, coaches and umpires should have some training in first-aid. First-aid kit should be available at the field. (First Aid kit is in each Coach's bag and will be also located at the concession stand.)
- The league will provide training on fundamentals and mechanics for coaches and managers as well as classes on first aid. All managers and coaches must attend the classes at least once every three years. One team representative will attend each year. This will be tracked for compliance purposes and available to the District.
- No games or practice should be held when weather or field conditions are not good, particularly when lighting is inadequate.
- Play area should be inspected frequently for holes, damage, glass and other foreign objects.
- Dugouts and bat racks should be positioned behind screens. No bat handles will be hung on the inside or outside of the screens that face the field of play.
- Only players, managers, coaches, and umpires are permitted on the playing field during play and practice sessions.
- Responsibility for keeping bats and loose equipment off the field of play should be that of a regular player assigned for this purpose.
- No offensive players will retrieve foul balls
- During practice and games, all players should be alert and watching the batter on each pitch.
- Players will stay inside the dugout during the game and will not sit or stand in the door opening. Managers and coaches will stay in the dugout or entirely behind the screen if available. No one will sit on buckets or squat at the doorway.
- During warm-up drills players should be spaced so that no one is endangered by wild throws or missed catches.
- Equipment should be inspected regularly. Make sure it fits properly. Umpires will inspect equipment before each game.
- Batters must wear Little League approved protective helmets during practice and during games. No paint or stickers unless accompanied by a manufacturer's letter of acceptance including manufacturer's letterhead.
- Catchers must wear catcher's helmet, mask, throat protector, long model chest protector, shin-guards and male catchers must wear a protective supporter at all times.
- Except when runner is returning to a base, headfirst slides are not permitted (12 years old and under).
- Spotters must wear a helmet.
- No skullcaps are permitted in any division of Little League
- No metal cleats except in upper divisions,

- Youths who are umpires under the age of 18 will be required to wear a mask with a dangling throat guard while behind the plate.
- On deck batters are not permitted in Little League. Exceptions: Upper Divisions.
- Managers, coaches, parent or any other person not listed as a player on the team roster shall not play catch with their team during a game, in between innings or at practice.
- Managers must stay on the field when watching a pitcher warm up in the bullpen.
- Adults will NOT allow players to carry the TEAM equipment bag.
- Injured players waiting for a medical release may be in the dugout, but must be in uniform and cannot play any position or coach in the boxes.
- Managers and coaches who are injured or wearing casts are not allowed on the field of play or to participate in practice.
- A cell phone must be available at all games and practices, as there is no pay phone or phone available in the snack shack.
- No electronic equipment of any kind will be allowed in the dugout during games.
- It is recommended that Volunteer: i.e. managers, coaches, concession stand, field maintenance, scorekeeper, umpires, etc. injured and requiring medical care, will have a release from a physician before returning to their volunteer position, and will not participate in any games or practices until such release is obtained.
- Any player or volunteer out for (7) seven consecutive days for an illness or an injury must have a medical release before returning. You MUST send a copy to the League Safety Officer, who will then submit this to the District Safety Officer.
- During sliding practice bases should not be strapped down and should be located away from the base anchoring system.
- At no time should "horse play" be permitted on the playing field or in the dugout.
- Parents of players who wear glasses should be encouraged to provide "safety glasses."
- Players must not wear watches, rings, pins, jewelry or other metallic items.
- Catchers must wear catcher's helmet and mask with a throat protector in warming up pitchers. This applies between innings and in bullpen practice.
- Emergency numbers are supplied to each Manager, and are posted in full view in the Concession Stand.
- Players may wear sunglasses when playing in games or at practices.
- No alcohol, drugs, cigarettes or any other tobacco products may be used on Little League complexes or at any practice.
- Pets must be on a leash at all times in accordance with City Ordinances.
- No skateboards, scooters or bikes are allowed next to or in the Concession Stand. Please use the bike racks to lock up bikes or scooters.
- No climbing or running on the bleachers or standing on the benches in the dugout.
- No playing on or around any machinery. Operation of any machinery will be only by adults.
- Do not climb fences and keep gates closed at all times.
- Watch for children coming out between cars, opposing traffic and observe parking lot speed limit of 5 miles per hour.
- Observe all posted signs.
- The League may make their Safety Code more stringent, and must observe the District Safety Code.

Requirement 8

Complete the annual Little League Facility Survey in the Little League Data Center



LITTLE LEAGUE BASEBALL® & SOFTBALL NATIONAL FACILITY SURVEY

2024



League Name: FOOTHILL AREA LITTLE LEAGUE

District #: 1

ID #: 04050119

(if needed) ID #: _____

(if needed) ID #: _____

City: PALO CEDRO State: CA

President: RYAN HAM

Address: 9707 SUNNYWOOD DRIVE

Address: _____

City: MILLVILLE

State: CA ZIP: 96062

Phone (work): (530) 568-6010

Phone (home): _____

Phone (cell): (530) 941-7082

Email: ryantarynham@yahoo.com

Safety Officer: KATIE DEFIGUEIREDO

Address: 21998 ROBLEDO ROAD

Address: _____

City: PALO CEDRO

State: CA ZIP: 96073

Phone (work): _____

Phone (home): _____

Phone (cell): (707) 489-2955

Email: kdefig@gmail.com

PLANNING TOOL FOR FUTURE LEAGUE NEEDS

| What are league's plans for improvements? | Indicate number of fields in boxes below. | | |
|---|---|----------|---------|
| | Next 12 mons. | 1-2 yrs. | 2+ yrs. |
| a. New fields | | | 1 |
| b. Basepath/infield | 4 | | |
| c. Bases | 4 | | |
| d. Scoreboards | 2 | | |
| e. Pressbox | | | 1 |
| f. Concession stand | | | 1 |
| g. Restrooms | 2 | | |
| h. Field lighting | | | 1 |
| i. Warning track | | | 2 |
| j. Bleachers | | | 2 |
| k. Fencing | | 1 | |
| l. Bull pens | | 1 | |
| m. Dugouts | | | 4 |
| n. Other (specify): | | | |

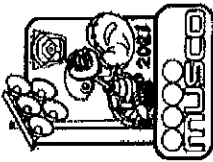
SPEC BALLFIELD QUESTIONS

Please list all fields by name.

Field Identification (List your ballfields 1-20) Use additional forms if more than 20 fields.

ASAP - A Safety Awareness Program

Limited Edition 10-year Pin Collection



This survey can assist in finding areas of focus for your safety plan. During your annual field inspections, please complete this form and return along with your qualified safety plan. In return, we'll send you the 2019 Disney® character collector's pin shown at right featuring Backstop behind home plate. Or enter data on the ASAP online site through the Little League Data Center.

GENERAL INVENTORY

1. How many cars can park in designated parking areas?

None

1-50

51-100

101 or more

None/NA

1-100

101-300

301-500

501 or more

Wood

Metal

Other

Yes

Yes

Yes

Yes

Permanent

Cellular

Permanent

Portable

Yes

Yes

Yes

Yes

Yes

GENERAL INVENTORY

2. How many people can your bleachers seat?

None

1-50

51-100

101 or more

None/NA

1-100

101-300

301-500

501 or more

Wood

Metal

Other

Yes

Yes

Yes

Yes

Permanent

Cellular

Permanent

Portable

Yes

Yes

Yes

Yes

Yes

GENERAL INVENTORY

3. What material is used for bleachers?

None

1-50

51-100

101 or more

None/NA

1-100

101-300

301-500

501 or more

Wood

Metal

Other

Yes

Yes

Yes

Yes

Permanent

Cellular

Permanent

Portable

Yes

Yes

Yes

Yes

Yes

GENERAL INVENTORY

4. Metal bleachers: Ground wire attached to ground rod?

None

1-50

51-100

101 or more

None/NA

1-100

101-300

301-500

501 or more

Wood

Metal

Other

Yes

Yes

Yes

Yes

Permanent

Cellular

Permanent

Portable

Yes

Yes

Yes

Yes

Yes

GENERAL INVENTORY

5. Wood bleachers: Are inspected annually for safety?

None

1-50

51-100

101 or more

None/NA

1-100

101-300

301-500

501 or more

Wood

Metal

Other

Yes

Yes

Yes

Yes

Permanent

Cellular

Permanent

Portable

Yes

Yes

Yes

Yes

Yes

GENERAL INVENTORY

6. Is a safety railing at the top/back of bleachers?

None

1-50

51-100

101 or more

None/NA

1-100

101-300

301-500

501 or more

Wood

Metal

Other

Yes

Yes

Yes

Yes

Permanent

Cellular

Permanent

Portable

Yes

Yes

Yes

Yes

Yes

GENERAL INVENTORY

7. Is a handrail up the sides of bleachers?

None

1-50

51-100

101 or more

None/NA

1-100

101-300

301-500

501 or more

Wood

Metal

Other

Yes

Yes

Yes

Yes

Permanent

Cellular

Permanent

Portable

Yes

Yes

Yes

Yes

Yes

GENERAL INVENTORY

8. Is telephone service available?

None

1-50

51-100

101 or more

None/NA

1-100

101-300

301-500

501 or more

Wood

Metal

Other

Yes

Yes

Yes

Yes

Permanent

Cellular

Permanent

Portable

Yes

Yes

Yes

Yes

Yes

GENERAL INVENTORY

9. Is a public address system available?

None

1-50

51-100

101 or more

None/NA

1-100

101-300

301-500

501 or more

Wood

Metal

Other

Yes

Yes

Yes

Yes

Permanent

Cellular

Permanent

Portable

Yes

Yes

Yes

Yes

Yes

GENERAL INVENTORY

10. Is there a pressbox?

None

1-50

51-100

101 or more

None/NA

1-100

101-300

301-500

501 or more

Wood

Metal

Other

Yes

Yes

Yes

Yes

Permanent

Cellular

Permanent

Portable

Yes

Yes

Yes

Yes

Yes

GENERAL INVENTORY

11. Is there a scoreboard?

None

1-50

51-100

101 or more

None/NA

1-100

101-300

301-500

501 or more

Wood

Metal

Other

Yes

Yes

Yes

Yes

Permanent

Cellular

Permanent

Portable

Yes

Yes

Yes

Yes

Yes

GENERAL INVENTORY

12. Adequate bathroom facilities available?

None

FIELD DIMENSION DATA

Please complete for each field. Use additional space if necessary.

| Field No. | Height of outfield fence | Distance from home plate to: | | | | Foul territory distance from: | | | | | |
|-----------|--------------------------|------------------------------|--------|-------|-----------|-------------------------------|-----|--------------------|-------------------------------|-----|--------------------|
| | | Outfield fence | | | Back stop | Left field line to fence at: | | | Right field line to fence at: | | |
| | | Left | Center | Right | | Home | 3rd | Outfield foul pole | Home | 1st | Outfield foul pole |
| 1 | 6' | 180' | 200' | 180' | 20' | 18' | 20' | 21' | 18' | 17' | 16' |
| 2 | NONE | NONE | NONE | NONE | 14' | 15' | 11' | N/A | 14' | 13' | N/A |
| 3 | 6' | 250' | 275' | 225' | 25' | 25' | 25' | 16' | 25' | 25' | 25' |
| 4 | NONE | NONE | NONE | NONE | 13' | 14' | 16' | N/A | 14' | 14' | N/A |
| 5 | | | | | | | | | | | |
| 6 | | | | | | | | | | | |
| 7 | | | | | | | | | | | |
| 8 | | | | | | | | | | | |
| 9 | | | | | | | | | | | |
| 10 | | | | | | | | | | | |
| 11 | | | | | | | | | | | |
| 12 | | | | | | | | | | | |
| 13 | | | | | | | | | | | |
| 14 | | | | | | | | | | | |
| 15 | | | | | | | | | | | |
| 16 | | | | | | | | | | | |
| 17 | | | | | | | | | | | |
| 18 | | | | | | | | | | | |
| 19 | | | | | | | | | | | |
| 20 | | | | | | | | | | | |

Mailing address:
Little League International
PO Box 3485
Williamsport, PA 17701

Shipping address:
Little League International
539 US Route 15 Hwy.
South Williamsport, PA 17702

Requirement 9

Written safety procedures for concession stand: concession manager trained in safe food handling, preparation, and procedures



Concession Stand Tips

SAFETY FIRST

Requirement 9

12 Steps to Safe and Sanitary Food Service Events: The following information is intended to help you run a healthful concession stand. Following these simple guidelines will help minimize the risk of foodborne illness. This information was provided by District Administrator George Glick, and is excerpted from "Food Safety Hints" by the Fort Wayne-Allen County, Ind., Department of Health.

1. Menu.

Keep your menu simple, and keep potentially hazardous foods (meats, eggs, dairy products, protein salads, cut fruits and vegetables, etc.) to a minimum. Avoid using precooked foods or leftovers. Use only foods from approved sources, avoiding foods that have been prepared at home. Complete control over your food, from source to service, is the key to safe, sanitary food service.

2. Cooking.

Use a food thermometer to check on cooking and holding temperatures of potentially hazardous foods. All potentially hazardous foods should be kept at 41° F or below (if cold) or 140° F or above (if hot). Ground beef and ground pork products should be cooked to an internal temperature of 155° F, poultry parts should be cooked to 165° F. Most foodborne illnesses from temporary events can be traced back to lapses in temperature control.

3. Reheating.

Rapidly reheat potentially hazardous foods to 165° F. Do not attempt to heat foods in crock pots, steam tables, over sterno units or other holding devices.

Slow-cooking mechanisms may activate bacteria and never reach killing temperatures.

4. Cooling and Cold Storage.

Foods that require refrigeration must be cooled to 41° F as quickly as possible and held at that temperature until ready to serve. To cool foods down quickly, use an ice water bath (60% ice to 40% water), stirring the product frequently, or place the food in shallow pans no more than 4 inches in depth and refrigerate. Pans should not be stored one atop the other and lids should be off or ajar until the food is completely cooled. Check temperature periodically to see if the food is cooling properly. Allowing hazardous foods to remain unrefrigerated for too long has been the number ONE cause of foodborne illness.

5. Hand Washing.

Frequent and thorough hand washing remains the first line of defense in preventing foodborne disease. The use of disposable gloves can provide an additional barrier to contamination, but they are no substitute for hand washing!

6. Health and Hygiene.

Only healthy workers should prepare and serve food. Anyone who shows symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, jaundice, etc.) or who has open sores or infected cuts on the hands should not be allowed in the food concession area. Workers should wear clean outer garments and should not smoke in the concession area. The use of hair restraints is recommended to prevent hair ending up in food products.

7. Food Handling.

Avoid hand contact with raw, ready-to-eat foods and food contact surfaces. Use an acceptable dispensing utensil

to serve food. Touching food with bare hands can transfer germs to food.

8. Dishwashing.

Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never reuse disposable dishware. Wash in a four-step process:

1. Washing in hot soapy water;
2. Rinsing in clean water;
3. Chemical or heat sanitizing; and
4. Air drying.

9. Ice.

Ice used to cool cans/bottles should not be used in cup beverages and should be stored separately. Use a scoop to dispense ice; never use the hands. Ice can become contaminated with bacteria and viruses and cause foodborne illness.

10. Wiping Cloths.

Rinse and store your wiping cloths in a bucket of sanitizer (example: 1 gallon of water and 1/2 teaspoon of chlorine bleach). Change the solution every two hours. Well sanitized work surfaces prevent cross-contamination and discourage flies.

11. Insect Control and Waste.

Keep foods covered to protect them from insects. Store pesticides away from foods. Place garbage and paper wastes in a refuse container with a tight-fitting lid. Dispose of wastewater in an approved method (do not dump it outside). All water used should be potable water from an approved source.

12. Food Storage and Cleanliness.

Keep foods stored off the floor at least six inches. After your event is finished, clean the concession area and discard unusable food.

13. Set a Minimum Worker Age.

Leagues should set a minimum age for workers or to be in the stand; in many states this is 16 or 18, due to potential hazards with various equipment.



Thermy says:

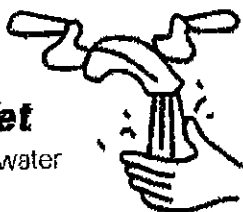
"It's Safe to Bite
When The Temperature is Right!"

Food Safety and Inspection Service, USDA

Volunteers Must Wash Hands

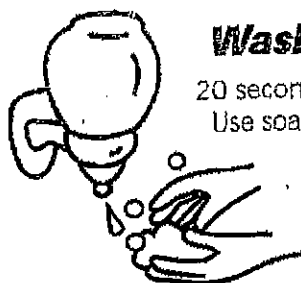
Wet

Wet
warm water

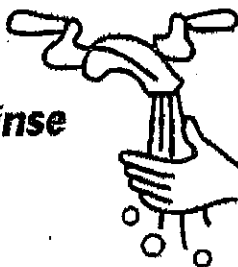


Wash

20 seconds
Use soap

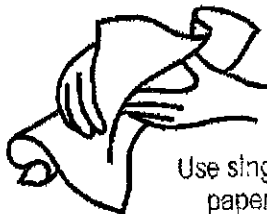


Rinse



Dry

Use single-service
paper towels



Gloves



Wash

**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. UMass Extension
provides equal opportunity in programs and employment.



**UMASS
EXTENSION**

Requirement 10

Require regular inspection and replacement of playing equipment



Good Procedures to Implement

Checklist for Managers, Coaches, and Umpires

Here are some good procedures for your league to implement and follow on several required areas of the safety plan. Requirements 7, 10, 12 and 13 are all included in the checklists below. These come from several leagues whose volunteers are providing safety leadership through their efforts to increase awareness and help volunteers do the right thing at the right time.

A. Safe Playing Areas

Regular safety inspections of all fields, (practice and game), structures, and dugouts, is the best way to eliminate conditions that cause accidents. Managers, coaches, and umpires should routinely check playing area for:

1. Holes, damage, rough or uneven spots, slippery areas, and long grass
2. Glass, rocks, foreign objects
3. Damage to screens or fences, including holes, sharp edges, or loose edges
4. Unsafe conditions around backstop, pitcher's mound, or warning track
5. Proper attire by the catcher at all times, including in the bull pens and in between innings

* B. Safe Equipment

All equipment shall be inspected before each use. Regular safety inspection of equipment is essential. Managers, coaches, and umpires should:

- ① Be sure all equipment is LL approved
- ② Inspect all bats, helmets, and other equipment on a regular basis. Dispose of unsafe equipment properly.

- ③ Keep loose equipment stored properly

- ④ Have all players remove all personal jewelry

- ⑤ Parents should be encouraged to provide safety glasses for players who wear glasses

- ⑥ Repair or replace defective equipment

C. Safe Procedures

Managers and coaches must:

1. Have all players' medical release forms with you at every practice and game
2. Have a first aid kit with you all practices and games
3. Have access to a telephone in case of emergencies
4. Know where the closest emergency shelter is in case of severe weather
5. Ensure warm-up procedures have been completed by all players
6. Stress the importance of paying attention, no "horse playing allowed"
7. Instruct the players on proper fundamentals of the game to ensure safe participation
8. Each practice should have at least 2 coaches in case of an emergency

D. Weather Conditions

Before the Storm

1. Check the weather forecast before leaving for a game or practice
2. Watch for signs of an approaching storm
3. Postpone outdoor activities if storms are imminent

Approaching Thunderstorm

1. Take caution when you hear thunder. If you hear thunder, you are close enough to get struck by lightning. During a game, the umpire will clear the field in the event of an approaching storm.

2. Move to a safe environment immediately; Do not go under a tree or stay in the dugout.

3. If lightning is occurring and there is not sturdy shelter near, get inside a hard top automobile and keep the window up.

4. Stay away from water, metal pipes, and telephone lines.

5. Unplug appliances not necessary for obtaining weather information. Avoid the telephone except for emergency use only.

6. Turn off air conditioners.

If caught outdoors & no shelter exists

1. Find a low spot away from trees, fences, light poles, and flagpoles. Make sure the site you pick is not prone to flooding.
2. If in the woods, take cover under shorter trees.
3. If you feel your skin begin to tingle or your hair feels like it's standing on end, squat low to the ground, balancing on the balls of your feet. Make yourself the smallest possible target, tuck your head between your legs, and minimize your contact with the ground.

What to do if someone is struck by lightning

1. The person who has been struck will carry no electrical charge; therefore, they are safe to touch.
2. Call 9-1-1 as soon as possible for help.
3. Check for burns to the body.
4. Give first aid as needed.
5. If breathing and/or heartbeat have stopped, perform CPR until EMS arrives.
6. Contact the league Safety Officer or President ASAP.



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**

Little League SAFETY CODE

Responsibility for safety procedures should be that of an adult member of the local league. A copy of this code will be given to all Umpires as well.

- Arrangements should be made in advance of all games and practices for emergency medical services. Page 20 of the Safety Manual lists emergency numbers as well.
- Leagues will have all of their board members, managers, coaches and umpires complete a current Volunteer Application Form each new season. The Board will determine the repetitive contact with children for all other volunteers and require that they complete a Volunteer Application.
- No Child will be left unattended at a practice.
- All injuries, requiring medical attentions, will be reported to the League Safety Officer within 24 hours and in turn, the LSO will send an Accident report to the District Safety Officer.
- Managers, coaches and umpires should have some training in first-aid. First-aid kit should be available at the field. (First Aid kit is in each Coach's bag and will be also located at the concession stand.)
- The league will provide training on fundamentals and mechanics for coaches and managers as well as classes on first aid. All managers and coaches must attend the classes at least once every three years. One team representative will attend each year. This will be tracked for compliance purposes and available to the District.
- No games or practice should be held when weather or field conditions are not good, particularly when lighting is inadequate.
- Play area should be inspected frequently for holes, damage, glass and other foreign objects.
- Dugouts and bat racks should be positioned behind screens. No bat handles will be hung on the inside or outside of the screens that face the field of play.
- Only players, managers, coaches, and umpires are permitted on the playing field during play and practice sessions.
- Responsibility for keeping bats and loose equipment off the field of play should be that of a regular player assigned for this purpose.
- No offensive players will retrieve foul balls
- During practice and games, all players should be alert and watching the batter on each pitch.
- Players will stay inside the dugout during the game and will not sit or stand in the door opening. Managers and coaches will stay in the dugout or entirely behind the screen if available. No one will sit on buckets or squat at the doorway.
- During warm-up drills players should be spaced so that no one is endangered by wild throws or missed catches.
- ⊙ Equipment should be inspected regularly. Make sure it fits properly. Umpires will inspect equipment before each game.
- ⊙ Batters must wear Little League approved protective helmets during practice and during games. No paint or stickers unless accompanied by a manufacturer's letter of acceptance including manufacturer's letterhead.
- ⊙ Catchers must wear catcher's helmet, mask, throat protector, long model chest protector, shin-guards and male catchers must wear a protective supporter at all times.
- Except when runner is returning to a base, headfirst slides are not permitted (12 years old and under).
- Spotters must wear a helmet.
- No skullcaps are permitted in any division of Little League
- No metal cleats except in upper divisions,

- Youths who are umpires under the age of 18 will be required to wear a mask with a dangling throat guard while behind the plate.
- On deck batters are not permitted in Little League. Exceptions: Upper Divisions.
- Managers, coaches, parent or any other person not listed as a player on the team roster shall not play catch with their team during a game, in between innings or at practice.
- Managers must stay on the field when watching a pitcher warm up in the bullpen.
- Adults will NOT allow players to carry the TEAM equipment bag.
- Injured players waiting for a medical release may be in the dugout, but must be in uniform and cannot play any position or coach in the boxes.
- Managers and coaches who are injured or wearing casts are not allowed on the field of play or to participate in practice.
- A cell phone must be available at all games and practices, as there is no pay phone or phone available in the snack shack.
- No electronic equipment of any kind will be allowed in the dugout during games.
- It is recommended that Volunteer: i.e. managers, coaches, concession stand, field maintenance, scorekeeper, umpires, etc. injured and requiring medical care, will have a release from a physician before returning to their volunteer position, and will not participate in any games or practices until such release is obtained.
- Any player or volunteer out for (7) seven consecutive days for an illness or an injury must have a medical release before returning. You MUST send a copy to the League Safety Officer, who will then submit this to the District Safety Officer.
- During sliding practice bases should not be strapped down and should be located away from the base anchoring system.
- At no time should "horse play" be permitted on the playing field or in the dugout.
- Parents of players who wear glasses should be encouraged to provide "safety glasses."
- Players must not wear watches, rings, pins, jewelry or other metallic items.
- Catchers must wear catcher's helmet and mask with a throat protector in warming up pitchers. This applies between innings and in bullpen practice.
- Emergency numbers are supplied to each Manager, and are posted in full view in the Concession Stand.
- Players may wear sunglasses when playing in games or at practices.
- No alcohol, drugs, cigarettes or any other tobacco products may be used on Little League complexes or at any practice.
- Pets must be on a leash at all times in accordance with City Ordinances.
- No skateboards, scooters or bikes are allowed next to or in the Concession Stand. Please use the bike racks to lock up bikes or scooters.
- No climbing or running on the bleachers or standing on the benches in the dugout.
- No playing on or around any machinery. Operation of any machinery will be only by adults.
- Do not climb fences and keep gates closed at all times.
- Watch for children coming out between cars, opposing traffic and observe parking lot speed limit of 5 miles per hour.
- Observe all posted signs.
- The League may make their Safety Code more stringent, and must observe the District Safety Code.

Requirement 11

Implement prompt accident reporting and tracking procedure





ALL ACCIDENTS AND INJURIES WILL BE REPORTED TO THE SAFETY OFFICER OF THE LEAGUE

All injuries, requiring medical attention, will be reported to the League Safety Officer within 24 hours and in turn, the League Safety Officer (LSO) will send an Accident Report to the District Safety Office (DSO). The LSO shall supply accident forms to all managers and to be carried with Medical Release forms. Accidents not requiring medical attention should be reported in a timely manner to the LSO and in turn reported to the DSO. All injuries requiring medical attention should be sent to Chartis Insurance in Williamsport no later than (30) days from the time of the occurrence. Please help by sending in the forms required within the time limits. This will help bring down the costs if insurance in the future and assure those injured, that as a league and district, we are concerned for the welfare of those who participate.

League Safety Officer:

Phone:

KATIE DEFIBUEIREDO
(707) 489-2955



In compliance with organization requirement #1. Have a active safety officer

Safety Preliminaries

All managers, and/or coaches and/or umpires are required to walk the entire field to identify any safety hazards and ensure that the field is safe prior to use for games and practices. Any hazards should be eliminated prior to start of play and reported to the safety officer within 24 hours.

Reporting Accidents

All accidents and injuries shall be reported to the league Safety Officer within 24 hours. After notification, the Safety Officer will notify the FALL President in which all information will be recorded and the proper forms completed and mailed to the Insurance representative. If the Safety Officer is unavailable, the FALL President is to be notified of the accident or injury. If the FALL President or Safety Officer cannot be located on the facility grounds, any board member can be notified of the accident or injury.

Accident Reporting Procedures

What to report - An incident that causes any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid. This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury or periods of rest.

When to report - All such incidents described above must be reported to the FALL ~~Safety Officer~~ Safety Officer within 24 hours of the incident.

Document Injury - All injuries will be documented on the Safety Awareness Program's Incident Injury Tracking Report. It is the responsibility of the Team Manager/Coach to see that the FALL Safety Officer, in a timely manner, receive this form for tracking purposes.
(24 Hours)

REMEMBER!!

IF A PLAYER SEES A PHYSICIAN FOR A LITTLE LEAGUE
RELATED ILLNESS OR INJURY HE/SHE MUST GIVE
YOU A MEDICAL RELEASE TO RETURN TO THE FIELD.
WHEN YOU ARE GIVEN THIS RELEASE YOU MUST
SEND A COPY TO THE LEAGUE SAFETY OFFICER AND
THE DISTRICT #1 SAFETY OFFICER.

IN ADDITION, IF A PLAYER MISSES MORE THAN ONE
WEEK OF PRACTICE/GAMES FOR AN ILLNESS OR
INJURY THEY MUST HAVE A MEDICAL RELEASE
FROM THEIR PHYSICIAN TO RETURN TO PLAY.

League Safety Officer- **KATIE DEFIEVEIREDD 707-489-2455**

District #1 Safety Officer- **LISA O'NEAL 530-921-5790**

For Local League Use Only**Activities/Reporting****A Safety Awareness Program's
Incident/Injury Tracking Report**

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 ☐ TADB.) ☐ Challenger ☐ T-Ball ☐ Minor ☐ Major ☐ Intermediate (50/70)☐ Junior ☐ Senior ☐ Big LeagueC.) ☐ 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 being allowed in a game or practice.)

Type of incident and location:

A.) On Primary Playing Field

- ☐ Base Path: ☐ Running or ☐ Sliding
☐ Hit by Ball: ☐ Pitched or ☐ Thrown or ☐ Batted
☐ Collision with: ☐ Player or ☐ Structure
☐ Grounds Defect
☐ Other: _____

B.) Adjacent to Playing Field

☐ Seating Area☐ Parking Area

C.) Concession Area

☐ Volunteer Worker☐ Customer/Bystander

D.) Off Ball Field

☐ Travel:☐ Car or ☐ Bike or☐ Walking☐ League Activity☐ Other: _____

Please give a short description of incident: _____

Could this accident have been avoided? How: _____

This form is for local Little League use only (should not be sent to Little League International). This document should be used to evaluate potential 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 Accident claims or injuries that could become claims to any eligible participant under the Accident Insurance policy, please complete the Accident Notification Claim form available at http://www.littleleague.org/Assets/forms_pubs/asap/AccidentClaimForm.pdf and send to Little League International. For all other claims to non-eligible participants under the Accident policy or claims that may result in litigation, please fill out the General Liability Claim form available here: http://www.littleleague.org/Assets/forms_pubs/asap/GLClaimForm.pdf.

Prepared By/Position: _____ Phone Number: () _____

Signature: _____ Date: _____

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 National Union Fire Insurance Company of Pittsburgh, Pa. (NUFIC) Accident Master Policy acquired through Little League® contains an "Excess Coverage Provision" whereby all personal and/or group insurance shall be used first.

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 Little League International. If no other insurance is in effect, a letter from the parent/guardian or claimant's employer explaining the lack of group or employer insurance should accompany the claim form.

The NUFIC 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, a Pennsylvania Insurance company, with its principal place of business at 175 Water Street, 18th Floor, New York, NY 10038. It is currently authorized to transact business in all states and the District of Columbia. NAIC Number 19445. This is a brief description of the coverage available under the policy. The policy will contain limitations, exclusions, and termination provisions. Full details of the coverage are contained in the Policy. If there are any conflicts between this document and the Policy, the Policy shall govern.

The current insurance rates would not be 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.

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 within 104 weeks after the date the Injury is sustained.

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 International. 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

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

Accident & Health (U.S.)

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 | 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 (4-18) | <input type="checkbox"/> PLAYER | <input type="checkbox"/> TRYOUTS | <input type="checkbox"/> SPECIAL EVENT (NOT GAMES) |
| <input type="checkbox"/> SOFTBALL | <input type="checkbox"/> T-BALL (4-7) | <input type="checkbox"/> MANAGER, COACH | <input type="checkbox"/> PRACTICE | <input type="checkbox"/> SPECIAL GAME(S) |
| <input type="checkbox"/> CHALLENGER | <input type="checkbox"/> MINOR (6-12) | <input type="checkbox"/> VOLUNTEER UMPIRE | <input type="checkbox"/> SCHEDULED GAME | (Submit a copy of your approval from Little League Incorporated) |
| <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"/> INTERMEDIATE (50/70) (11-13) | <input type="checkbox"/> OFFICIAL SCOREKEEPER | <input type="checkbox"/> TRAVEL FROM | |
| | <input type="checkbox"/> JUNIOR (12-14) | <input type="checkbox"/> SAFETY OFFICER | <input type="checkbox"/> TOURNAMENT | |
| | <input type="checkbox"/> SENIOR (13-16) | <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 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 _____

Requirement 12

Require a first-aid kit at each game and practice





Dear Foothill Area Little League Managers,

Thank you for volunteering to manage a Foothill Area Little League (FALL) team for the 2024 season. The season is off to a great start and we, as a Board, appreciate your willingness to volunteer your time. We have some very important dates that we would like to share with you at this time. This information is very important.

1. **MANDATORY** – Safety Meeting: Saturday, February 3, 2024 at 9 a.m. at Junction School in Palo Cedro. Basic First Aid and CPR will be taught by a certified instructor. Additionally, FALL's A Safety Awareness Program (ASAP) will be distributed. Lastly, injury reporting requirements will be discussed.
2. **MANDATORY** – Managers Meeting: Saturday, February 3, 2024 at 11 a.m. at Junction School in Palo Cedro. Equipment will be distributed and field practice schedules will be assigned.
3. **MANDATORY** – Fundamentals Training: Saturday, February 3, 2024 at 1 p.m. at Junction School gymnasium. Proper hitting, sliding, fielding, and pitching techniques will be discussed/demonstrated.

Please feel free to invite your coaches to attend the fundamentals training. If you have any questions, please don't hesitate to contact our Coaching Coordinator Jake Baldwin at (530) 744-4793 or at jacob.baldwin@gmail.com.

* Managers, coaches, and umpires should have some training in first aid and CPR. First-aid kits will be distributed to each manager at the aforesaid safety meeting. The first-aid kits shall always remain in the team gear bag and be brought to each game and practice. A first aid kit will also be available at the snack bar.*

Thank you very much and we look forward to a safe and successful baseball and softball season!

Sincerely,
Foothill Area Little League

Safety Code of Conduct

ASAP - What is it?

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"to create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League Baseball"

This manual is offered as a tool to give some Important Information to managers and coaches.

IMPORTANT DO'S AND DON'TS

DO...

- ☉ Reassure and aid children who are injured, frightened or lost
- ☉ Provide, or assist in obtaining, medical attention for those who require it
- ☉ Know your limitations
- * ☉ Carry your first-aid kit to all games and practices
- ☉ Keep your "Prevention and Emergency Management of Little League and Softball Injuries" booklet with your first-aid kit
- ☉ Assist those who require medical attention
 - When administering aid, remember to:
 1. **LOOK** for signs of injury (blood, black-and-blue deformity of joint, etc.)
 2. **LISTEN** as the injured person (if conscious) describes what happened and what hurts. Before questioning, you may have to calm and soothe an excited child.
 3. **FEEL** gently and carefully the injured area for signs of swelling, or grating of broken bone.
- ☉ Have your player's Medical Clearance Forms with you at all games and practices.
- ☉ Make arrangements to have a cellular phone available when your game or practice is at a facility that does not have a public phone.

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 the proper procedures
- ☉ Transport injured individuals except in extreme emergencies
- ☉ Leave an unattended child at a practice or game
- ☉ Hesitate to report any present or potential safety hazard immediately to the Safety Officer

Little League SAFETY CODE

Responsibility for safety procedures should be that of an adult member of the local league. A copy of this code will be given to all Umpires as well.

- Arrangements should be made in advance of all games and practices for emergency medical services. Page 20 of the Safety Manual lists emergency numbers as well.
- Leagues will have all of their board members; managers, coaches and umpires complete a current Volunteer Application Form each new season. The Board will determine the repetitive contact with children for all other volunteers and require that they complete a Volunteer Application.
- No Child will be left unattended at a practice.
- All injuries, requiring medical attentions, will be reported to the League Safety Officer within 24 hours and in turn, the LSO will send an Accident report to the District Safety Officer.
- Managers, coaches and umpires should have some training in first-aid. First-aid kit should be available at the field. (First Aid kit is in each Coach's bag and will be also located at the concession stand.)
- The league will provide training on fundamentals and mechanics for coaches and managers as well as classes on first aid. All managers and coaches must attend the classes at least once every three years. One team representative will attend each year. This will be tracked for compliance purposes and available to the District.
- No games or practice should be held when weather or field conditions are not good, particularly when lighting is inadequate.
- Play area should be inspected frequently for holes, damage, glass and other foreign objects.
- Dugouts and bat racks should be positioned behind screens. No bat handles will be hung on the inside or outside of the screens that face the field of play.
- Only players, managers, coaches, and umpires are permitted on the playing field during play and practice sessions.
- Responsibility for keeping bats and loose equipment off the field of play should be that of a regular player assigned for this purpose.
- No offensive players will retrieve foul balls
- During practice and games, all players should be alert and watching the batter on each pitch.
- Players will stay inside the dugout during the game and will not sit or stand in the door opening. Managers and coaches will stay in the dugout or entirely behind the screen if available. No one will sit on buckets or squat at the doorway.
- During warm-up drills players should be spaced so that no one is endangered by wild throws or missed catches.
- Equipment should be inspected regularly. Make sure it fits properly. Umpires will inspect equipment before each game.
- Batters must wear Little League approved protective helmets during practice and during games. No paint or stickers unless accompanied by a manufacturer's letter of acceptance including manufacturer's letterhead.
- Catchers must wear catcher's helmet, mask, throat protector, long model chest protector, shin-guards and male catchers must wear a protective supporter at all times.
- Except when runner is returning to a base, headfirst slides are not permitted (12 years old and under).
- Spotters must wear a helmet.
- No skullcaps are permitted in any division of Little League
- No metal cleats except in upper divisions,

- Youths who are umpires under the age of 18 will be required to wear a mask with a dangling throat guard while behind the plate.
- On deck batters are not permitted in Little League. Exceptions: Upper Divisions.
- Managers, coaches, parent or any other person not listed as a player on the team roster shall not play catch with their team during a game, in between innings or at practice.
- Managers must stay on the field when watching a pitcher warm up in the bullpen.
- Adults will NOT allow players to carry the TEAM equipment bag.
- Injured players waiting for a medical release may be in the dugout, but must be in uniform and cannot play any position or coach in the boxes.
- Managers and coaches who are injured or wearing casts are not allowed on the field of play or to participate in practice.
- A cell phone must be available at all games and practices, as there is no pay phone or phone available in the snack shack.
- No electronic equipment of any kind will be allowed in the dugout during games.
- It is recommended that Volunteer: i.e. managers, coaches, concession stand, field maintenance, scorekeeper, umpires, etc. injured and requiring medical care, will have a release from a physician before returning to their volunteer position, and will not participate in any games or practices until such release is obtained.
- Any player or volunteer out for (7) seven consecutive days for an illness or an injury must have a medical release before returning. You MUST send a copy to the League Safety Officer, who will then submit this to the District Safety Officer.
- During sliding practice bases should not be strapped down and should be located away from the base anchoring system.
- At no time should "horse play" be permitted on the playing field or in the dugout.
- Parents of players who wear glasses should be encouraged to provide "safety glasses."
- Players must not wear watches, rings, pins, jewelry or other metallic items.
- Catchers must wear catcher's helmet and mask with a throat protector in warming up pitchers. This applies between innings and in bullpen practice.
- Emergency numbers are supplied to each Manager, and are posted in full view in the Concession Stand.
- Players may wear sunglasses when playing in games or at practices.
- No alcohol, drugs, cigarettes or any other tobacco products may be used on Little League complexes or at any practice.
- Pets must be on a leash at all times in accordance with City Ordinances.
- No skateboards, scooters or bikes are allowed next to or in the Concession Stand. Please use the bike racks to lock up bikes or scooters.
- No climbing or running on the bleachers or standing on the benches in the dugout.
- No playing on or around any machinery. Operation of any machinery will be only by adults.
- Do not climb fences and keep gates closed at all times.
- Watch for children coming out between cars, opposing traffic and observe parking lot speed limit of 5 miles per hour.
- Observe all posted signs.
- The League may make their Safety Code more stringent, and must observe the District Safety Code.

Requirement 13

Enforce Little League rules including proper equipment





Tips For Manager and Coaching Success

Whether you are a new manager or a seasoned veteran, we hope you find the following information a useful starting point when organizing your season. Preplanning your season goals, practices, expectations, and communication rules, will help alleviate much of your stress. Your parents, players, and spouse will thank you for it! Here are a few tips:

Step 1: Coaching Equipment:

You will be provided with the essential equipment, including first aid kit, rule book, managers binder, helmets, catchers equipment, baseballs, bats, and batting Tee. Although not essential, the following items should be considered:

Clipboard/Line up board
Extra batting tees
Tennis balls or Safety balls
Plastic disc cones
Wiffle balls
Pop-up style net
Baseballs (the more you have the better)

Step 2: Team Meeting & Communication:

Make contact with your team as soon as possible and establish a team meeting time as well as first scheduled practice. This is your opportunity to set the tempo for the year and convey your goals, expectations, and your coaching philosophy. Please consider the following topics when addressing your team:

General:

- Be excited about your squad: enthusiasm is contagious!
- Convey your commitment to be a positive role model to their players.
- Expect players to be positive & respectful towards themselves, opponents, officials and coaches.
- Provide your appropriate contact information: phone, text, email, etc.
 - Establish proper contact times
- Gather pertinent medical needs; i.e. food allergies, asthma, etc.

Schedules:

- Provide practice schedules and locations: through opening day, at a minimum.
- Game Schedules will be posted on FALL website.

- Discuss Practice Expectations:
 - Start/End times
 - Necessary player gear
 - Sweat pants or baseball pants.
 - Cleats & Tennis Shoes.
 - Glove
 - Hat
 - Groin Protection
 - Appropriate Snacks & Drinks.

Parent Involvement:

- Fill the following positions:
 - **Team Mom:** Organize snacks, snack bar duties, end of year party, dugout traffic control (T-ball & Farm), and team banner.
 - **Communications Director:** Consider setting up a Facebook account for your team, mass email account or text message procedure.
 - **Scorekeepers:** As needed
 - **Pitch Counter:** As needed
 - **Field Setup:** At least two people per home game.
 - **Assistant Coaches:** must have volunteer form completed and submitted to league.

Coaching Philosophy (You may want to convey your philosophy separate from players):

- Convey your beliefs, goals, and expectations.
 - Training Wheel Theory
- Teaching of fundamentals:
 - Provide opportunities for athletes to:
 - Succeed
 - Improve Fundamentals
 - Improve mental growth to avoid repeat mistakes
 - Baseball is a game; it must remain one.
 - Baseball is also a game of failure:
 - Athletes must not fear failure or be ridiculed for failure!
 - Players will naturally be exposed to pressures, stress.
 - Will learn valuable life lessons.
 - Supposed to be fun.
 - Practice is for Coaches & Game is for players; let them play the game!
- Discuss Player Playing time and Player positions:
 - Beginning baseball: rotate positions
 - Advanced baseball: will have more defined positions
 - 1st base, Pitcher, and Catcher can be more difficult positions at younger levels.
- Player Homework:
 - Success is dependant upon parent & player buy-in & parent support.
 - Assign regular homework for players (make it fun!)
- Attendance & Punctuality:
 - Shows respect for your time.
 - Necessary for team success.

- Communication Rules:

- Coaches will:

- Remain positive.
 - Avoid profanity.
 - Lead by Example.

- Parents will:

- Avoid Coaching from stands.
 - Not berate umpires, players.
 - Address issues away from other players and not during game/practice.

- Athletics will:

- Show respect for themselves, and opponents.
 - Arrive with a positive attitude.
 - Not argue with officials.

Step 3: Organize your team:

- Season Planning:

- In a single document layout what you want to cover during the season.

- Defense Skills
 - Offense Skills
 - Conditioning
 - Team Skills

- Plan to cover each topic at least twice, usually will be more.

- This will be your master document when planning your practices.

- Practice Planning:

- Most important responsibility of a Manager

- Preplan each practice and convey information to coaches so they can prepare.

- Break each practice into designated time blocks

- Team Drills
 - Station Drills
 - Appropriate rest breaks

- Game Planning:

- Recommend posting plan so players know responsibilities.

- Pregame:

- Field Prep responsibilities
 - Scorekeeper/Snack bar responsibilities
 - Warm up regimen:
 - Pitcher/bull pen warm up

- Game time line up with anticipated substitutions.

- Post Game

Step 4: Play Ball!

Good Procedures to Implement

Checklist for Managers, Coaches, and Umpires

Here are some good procedures for your league to implement and follow on several required areas of the safety plan. Requirements 7, 10, 12 and 13 are all included in the checklists below. These come from several leagues whose volunteers are providing safety leadership through their efforts to increase awareness and help volunteers do the right thing at the right time.

A. Safe Playing Areas

Regular safety inspections of all fields, (practice and game), structures, and dugouts, is the best way to eliminate conditions that cause accidents. Managers, coaches, and umpires should routinely check playing area for:

1. Holes, damage, rough or uneven spots, slippery areas, and long grass
2. Glass, rocks, foreign objects
3. Damage to screens or fences, including holes, sharp edges, or loose edges
4. Unsafe conditions around backstop, pitcher's mound, or warning track
5. Proper attire by the catcher at all times, including in the bull pens and in between innings

*B. Safe Equipment

All equipment shall be inspected before each use. Regular safety inspection of equipment is essential. Managers, coaches, and umpires should:

1. Be sure all equipment is LL approved
2. Inspect all bats, helmets, and other equipment on a regular basis. Dispose of unsafe equipment properly.

3. Keep loose equipment stored properly
4. Have all players remove all personal jewelry
5. Parents should be encouraged to provide safety glasses for players who wear glasses
6. Repair or replace defective equipment

C. Safe Procedures

Managers and coaches must:

1. Have all players' medical release forms with you at every practice and game
2. Have a first aid kit with you all practices and games
3. Have access to a telephone in case of emergencies
4. Know where the closest emergency shelter is in case of severe weather
5. Ensure warm-up procedures have been completed by all players
6. Stress the importance of paying attention, no "horse playing allowed"
7. Instruct the players on proper fundamentals of the game to ensure safe participation
8. Each practice should have at least 2 coaches in case of an emergency

D. Weather Conditions

Before the Storm

1. Check the weather forecast before leaving for a game or practice
2. Watch for signs of an approaching storm
3. Postpone outdoor activities if storms are imminent

Approaching Thunderstorm

1. Take caution when you hear thunder. If you hear thunder, you are close enough to get struck by lightning. During a game, the umpire will clear the field in the event of an approaching storm.

2. Move to a safe environment immediately. Do not go under a tree or stay in the dugout.
3. If lightening is occurring and there is not sturdy shelter near, get inside a hard top automobile and keep the window up.

4. Stay away from water, metal pipes, and telephone lines.

5. Unplug appliances not necessary for obtaining weather information. Avoid the telephone except for emergency use only.

6. Turn off air conditioners.

If caught outdoors & no shelter exists

1. Find a low spot away from trees, fences, light poles, and flagpoles. Make sure the site you pick is not prone to flooding.
2. If in the woods, take cover under shorter trees.
3. If you feel your skin begin to tingle or your hair feels like it's standing on end, squat low to the ground, balancing on the balls of your feet. Make yourself the smallest possible target, tuck your head between your legs, and minimize your contact with the ground.

What to do if someone is struck by lightning

1. The person who has been struck will carry no electrical charge; therefore, they are safe to touch.
2. Call 9-1-1 as soon as possible for help.
3. Check for burns to the body.
4. Give first aid as needed.

5. If breathing and/or heartbeat have stopped, perform CPR until EMS arrives.
6. Contact the league Safety Officer or President ASAP.



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**

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- No playing on or around any machinery. Operation of any machinery will be only by adults.
- Do not climb fences and keep gates closed at all times.
- Watch for children coming out between cars, opposing traffic and observe parking lot speed limit of 5 miles per hour.
- Observe all posted signs.
- The League may make their Safety Code more stringent, and must observe the District Safety Code.



LITTLE LEAGUE **SAFETY PLAYING RULES & REGULATIONS**

The following are Little League Rules and Regulations that are designed with the safety and well being of the players in mind. Local leagues may add additional safety rules and/or guidelines but are not permitted to alter any of the following.

NOTE: Junior, Senior and Big League Rules and Regulations differ in some applications.

1. Regulation VI **Pitching Restrictions**
 - *Pitching activity should be monitored on a regular basis by both the Player Agent and Safety Officer.*
2. Rule 1.08 (NOTE) **The On-deck Position Is Not Permitted**
 - *Players are not allowed to hold a bat in their hands until the umpire calls them to bat. At that point, they are permitted to pick up their bat (from a controlled area, bat rack, and proceed to home plate to take their position in the batters box. They may take a couple of practice swings on their way to home plate.*
 - *Players are not permitted to take practice swings in between innings and/or while the pitcher is warming up.*
3. Rule 1.10 & NOTE **Bat Restrictions and Guidelines**
 - *The traditional batting donut is not permissible.*
 - *Only composite bats approved and on the Little League waiver list are allowed to be used in all divisions of Little League Baseball.*
 - *Watch for metal bats without proper grip material.*
 - *Watch for metal bats that have flat spots or cracks.*
 - *Non-wood bats may develop dents from time to time. Bats that cannot pass through the approved Little League Bat Ring must be removed from play.*
4. Rule 1.11 (e) through (k) **Playing Uniform Restrictions**
 - *Pins or jewelry must not be worn by players, coaches or umpires.*
5. Rule 1.16 **Batting Helmet Requirements and Restrictions**
 - *Helmets must remain on until player has returned to the dugout area.*
6. Rule 1.17 **Athletic Supporter & Catching Gear Requirements**
 - *All male players must wear athletic supporters.*
 - *Catchers gear must fit properly to protect the player.*
 - *The catcher (males) must wear a athletic supporter, metal, fiber or plastic type cup, long model chest protector, catchers helmet and mask with dangling throat guard, and shin guards.*
 - *The flap on long model chest protectors (majors and below) must never be turned up. This includes between innings.*
 - *A player warming up a pitcher must be wearing a helmet with mask and dangling throat protector as a minimum. A protective cup is optional.*
 - *Catchers or any player shagging balls for the coach during infield or outfield warm ups must have a helmet and mask on at all times.*

7. Rule 1.17 (continued) **Athletic Supporter & Catching Gear/Requirements**
- *Skull caps and other type hard hats are not permitted.*
 - *Throat guards (dangling type) are required on all catcher's helmets.*
 - *A player with helmet mask and dangling throat protector must catch for the coach during infield and outfield warm-ups.*
8. Rule 2.00 (obstruction) **Obstruction**
- *A fake tag is considered obstruction.*
9. Rule 3.01 (a) & (b) **Game Preliminary Requirements**
- *The umpire must require strict observance of all rules governing team personnel, implements of play and equipment of players.*
10. Rule 3.09 **Player, Manager & Coach's Conduct During Games**
- *Adults are not permitted to warm up pitchers or play catch at any time. There must only be one adult for infield and one for outfield warm-ups, the person catching, if used, must be a player.*
11. Rule 3.14 **Keeping Playing Field (fair & foul territory) Clear**
- *Dead ball areas must be kept clean at all times. Playing equipment must be as far out of the way as possible.*
 - *Bats must be kept in a bat rack and never allowed loose in the dugout area.*
12. Rule 3.17 **Bench & Dugout Conduct and Restrictions**
- *Players in the dugout area must remain behind the protective fencing at all times, and away from the dugout openings.*
13. Rule 4.05 (all) **Requirements For Base Coaches**
- *Player coaches must wear a batting helmet at all times while coaching.*
 - *Base coaches may not wear a cast of any type.*
 - *The coaches shall not leave their respective dugouts until the pitcher has completed his/her preparatory pitches to the catcher.*
 - *Base coaches must pay attention to the action and the ball at all times.*
14. Rule 5.10 (a) & (b) **Field Conditions**
15. Rule 5.10 (c) **Incapacitated Players**
- *If an accident to a runner is such as to prevent said runner from proceeding to an entitled base, as on a home run hit out of the playing field or an award of one or more bases, a substitute runner shall be permitted to complete the play.*
16. Rule 7.08 (a3 & a4) **Sliding**
- *A runner must slide or attempt to get around a fielder who has the ball and is waiting to make the tag.*
 - *A runner is not permitted to head first slide while advancing.*



Little League Pitch Count Questions and Answers – Revised for 2008

These commonly asked questions apply only to the regular season baseball pitching regulation (pitch count). The new pitch count regulation (Reg. VI) will be printed in the 2008 Rules and Regulations for baseball, and is available at the Little League web site <http://www.LittleLeague.org/rules/index.asp>.

1. Why has Little League changed the pitching regulation for all baseball divisions?

Recently, researchers and medical professionals in the field of sports medicine have determined that the actual number of pitches thrown (i.e., pitch count) is a safer way to regulate pitching in youth baseball. Little League has a rich history of pioneering baseball safety innovations. As the world's largest organized youth sports program, Little League is again taking a leadership position in youth sports safety.

2. How will a league determine who is responsible for counting the pitches?

Selecting the person responsible for counting pitches will be a decision of each local league. That person's pitch count will be the officially recognized pitch count for the game.

In most leagues, this responsibility will rest with the game's official scorekeeper. In that case, since a scorekeeper already keeps track of the balls and strikes on each batter, so he or she will additionally need to keep track of the number of foul batted balls that are hit with two strikes. Each pitcher's pitch count is computed by adding the number of balls and strikes, the number of foul balls hit with two strikes, and the number of fair batted balls.

Other leagues might assign a separate person who simply keeps track of every pitch on a piece of paper. Little League International will provide local leagues with a suggested form for this in the coming months. Leagues also can use any of the various digital or mechanical pitch counting tools that are available commercially.

Still other leagues might assign the task to one or both of the managers, or to one of the base umpires.

3. What is the penalty for violating the pitch count regulation?

Violating the regular season pitch count regulation can be protested in accordance with Rule 4.19. And, as with all regular season games, the local league (by action of the local league Board of Directors through the Protest Committee) resolves all protests. The local league Protest Committee could decree a forfeit, or not, as it sees fit. The Board of Directors also could suspend or remove managers who willfully and persistently violate any rule or regulation.

4. What is the procedure for Interleague Play games?

As with any procedure of this nature, the Interleague Play Committee (formed from among personnel in the leagues involved before the start of the season) should decide this. The procedure for counting pitches should be agreed upon between all leagues involved in an interleague arrangement before the first game is played.

5. What is meant by "calendar days" in the regulation?

The principle of "calendar days" remains the same. A calendar day is one full day as it is seen on a calendar. A calendar day begins at midnight and ends at midnight the following evening.

Example: If a pitcher in the Little League Major Division throws 70 pitches in a game on Saturday morning, that pitcher cannot pitch again until Wednesday, when he/she has had three calendar days of rest (Sunday, Monday, and Tuesday). It makes no difference what time of day the pitcher pitched on Saturday, as the rest period does not begin until midnight that night.

6. Can the same pitcher throw in consecutive games?

Depending on the number of pitches thrown and the days of rest, the same pitcher could pitch in consecutive games. However, pitchers who deliver a certain number of pitches beyond the threshold stated in the regulation/rule must also have a game of rest. The "game of rest" refers only to pitching. A pitcher completing his/her "game of rest" may play in any other position. (See also question 17.)

7. Can the same pitcher pitch in both games of a doubleheader played on the same day?

No. A player may not pitch in more than one game in a day. (Exception: In the Big League Division, a player may be used as a pitcher in up to two games in a day.)

8. If a pitcher is pitching a perfect game or no hitter and reaches his or her maximum pitch count, does he or she have to be removed as a pitcher, or can he/she continue until the perfect game or no hitter is lost?

Any pitcher, without regard to his/her effectiveness, must be removed when he or she reaches the limit prescribed in the regulation. Remember, no game is more important than protecting pitchers' arms.

9. Is the pitch count regulation mandatory in all divisions of baseball? What about softball?

The regulation applies to all baseball divisions of Little League. It does not apply to and cannot be used in softball.

10. Is there a limit to the number of 12 year olds that can pitch in a week?

No. A manager may use as many 12-year-old pitchers in a week as he/she chooses.

11. Can 12 year olds pitch in the minors?

No. The regulation prohibits 12 year olds from pitching in the Minor Division. The Minor Division must be considered an instructional division for players who, because of age or ability, are not placed in the Major Division. It should be the goal of every league to place all 12 year olds in the Major Division who are capable of playing at that level.

Note: A local Little League is limited to only one Major Division, but may have multiple levels of Minor Division play (player pitch, coach pitch, machine pitch, etc.).

12. Are warm up pitches calculated in the pitch count for a pitcher?

No. As always, however, umpires should be mindful that the rules permit a returning pitcher to have eight preparatory pitches, or one minute, whichever comes first. (See Rule 8.04.)

13. If a Major Division pitcher has completed six innings in a game, and the game is tied, will that pitcher be permitted to pitch in the seventh inning?

Yes. There is no limit to the number of innings a pitcher can pitch in a day. A limit is placed on the number of pitches only.

14. Is the Tournament Pitching Rule the same as the regular season regulation?

The Tournament Pitching Rule is similar to the regular season rule, but there are some modifications.

15. Will local leagues have the ability to continue to provide feedback to Little League International regarding the new pitch count regulation?

Absolutely. As with any rule or regulation of Little League, local leagues and districts are encouraged to provide feedback through the regional office. This feedback is valuable in determining what, if any, changes need to be made.

16. What about breaking pitches (curve balls, sliders, etc.)?

As of now, there is no solid medical evidence that these pitches are detrimental. However, Little League and many experts recommend they not be thrown until age 14. We are currently conducting an epidemiological study on this issue to see if these pitches are harmful.

17. Why is there a regulations prohibiting a player from moving from pitcher to catcher in the same day?

Medical authorities and experts say that a player who warms up to pitch, and then pitches, should not play catcher for the remainder of the day. Doing so does not provide enough "cool down" time for such a player. The same is not true for catchers who may become pitchers.

Curveballs, Catchers and Fatigue

Research needs to continue on links between overuse injuries and two hottest topics.

New research suggests that curveballs aren't as dangerous as some in the medical field have suggested, with stresses similar between the curveball and fastball. But let's not be so quick to accept curveballs for youngsters, warns Dr. James Andrews, orthopaedic surgeon and baseball injuries researcher. Add to that concern that catchers are joining the growing trend of patients seeing orthopaedic surgeons needing to repair their injured arms.

Dr. Andrews stated that while the most recent studies "can't show in the lab that the curveball causes more damage" than the fastball or other pitches, he does not advocate teaching or throwing curveballs until a player's arm is close to fully developed, at age 13 to 15.

Fatigue Still the Key Risk

"We still believe the two major pitches to throw... are the fastball and the change-up," Dr. Andrews said. "My personal opinion is fatigue is ... the highest risk factor in youth baseball related to injuries. If you can prevent fatigue, then you will have done 95% of what you can do to keep these kids healthy."

"So how does the curveball interact with fatigue? If you are playing competitively... they want to win, and the curveball is a major factor" in winning games, Dr. Andrews said. "Fatigue comes from the inability of a young player to throw the curveball properly with good mechanics. That's the whole key."

Dr. Andrews stated he does not call curveballs "safe" for younger players. "However, if you throw the curveball with good mechanics, there are no greater forces on the shoulder or elbow than throwing the fastball, apparently, from what we can measure in the lab."

He also explained that throwing a curveball requires a great deal of control, and "is not an easy pitch to throw, and certainly not everyone can throw it properly."

Teach Proper Curveball Mechanics

And teaching good curveball mechanics is important, no matter what age, he said. "Do we have knowledgeable coaches teaching these kids the curveball?" Dr. Andrews asked. "We've got to be really careful. When you put a kid in a competitive situation, a championship series, and call for 70% curveballs, what's that going to do to the fatigue factor? Remember, it's a highly neurologically controlled pitch: if the mechanics get off because you're fatigued; and throwing 70% curves, then we're in trouble. So be careful throwing curveballs." Dr. Andrews repeated the caution

from the position statement, that "throwing curveballs too early may be counterproductive, leading to arm fatigue as well as limiting the youth's ability to master fastball mechanics," he said. "In theory, don't throw curves till you can shave."

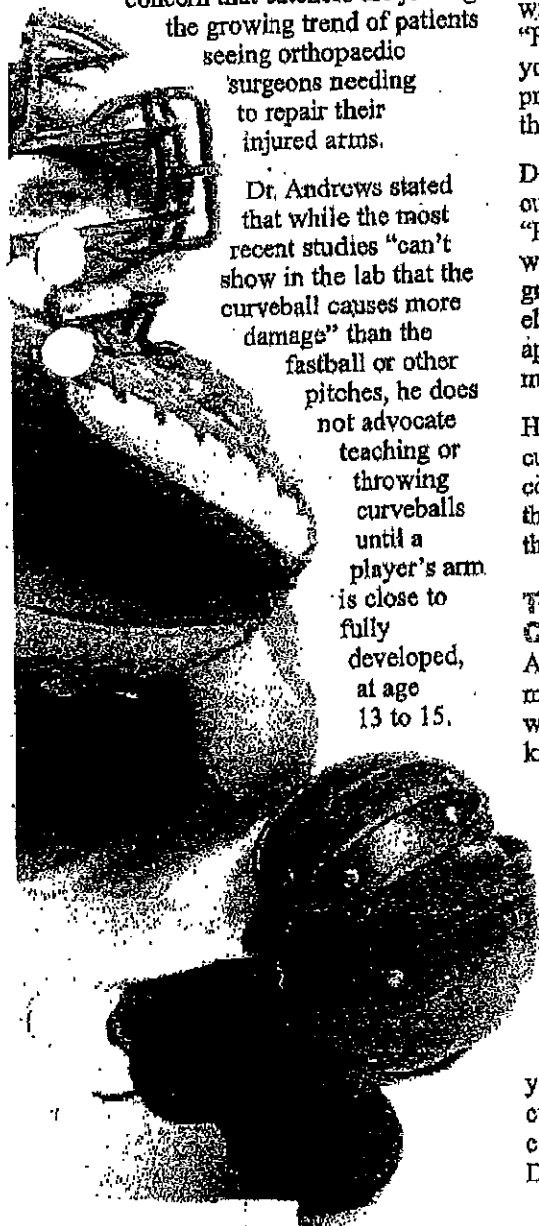
Catchers at Increasing Risk

When the most talented and athletic players are catchers, a coach's natural desire is to make that player a pitcher, too. But Dr. Andrews warned that catchers, good catchers who are mirroring every throw from the pitcher as well as being asked to throw long, fast, accurate throws to first, second and third bases are at increased risk of arm fatigue and subsequent injury.

"We're seeing a lot of injuries with catchers. I had a catcher come in from Atlanta, and I did surgery on him. I asked him how he got hurt. He's 15 years of age, and he's not supposed to have an injury [at that age]; but believe me, they're out there all over the place in that age group," Dr. Andrews stated.

He said the player was at a showcase and was asked to throw 100 throws in 200 seconds. Throwing a ball from home to second in 2 seconds is a good throw; and the organizers were timing the catchers on the total they could throw down in 200 seconds. "So he would throw as hard as he could throw, and then reach and they'd put a ball in his hand and do it again, to see how he fell off, what kind of stamina he had," Dr. Andrews related. "And about the 50th throw, he tore his ligament."

"Now that particular situation was almost criminal, and unfortunately what might happen down the road is it might become a criminal offense," he added. "So the timing is right to get this under control, before the federal courts and the state courts and the lawyers get it under control."



Requirement 14

Submit League Player Registration data to the Data Center



Foothill LL (#4050119)

Western Region | California | District 1
District Administrator: Chris Brown | Email: cadeerhunter@sbcglobal.net | Phone: 5303567569

Charter Status

Approved

Tournament Status

Enrollment opens Spring 2024.

Outstanding Balance

\$3,233.80 USD

[View Statement](#)

Make Online Payment

Please allow 2-3 business days for your outstanding balance to reflect payments made online.

- League Resources
- Change Chartered Teams

Download Charter Certificate

Download Official Logos

File Cabinet

Find Umpires

Little League® Training Opportunities [🔗](#)

Manage Fields (Facility Survey)

Manage Financials

Manage Forms

Manage Insurance/View Insurance Certificates

Manage/View Officers

Manage Registration Data

Review League Information

Submit/View 2024 Season ASAP Safety Plan

Submit Background Checks

View District Information

View League Boundary Map

View Reports
- Available until June 1, 2024

Last Uploaded December 6, 2023

Available until September 1, 2024

Teams Chartered

| Program | TB | CP | MI | LL | SO/70 | JR | SR | CH | SC |
|----------------|----|----|----|----|-------|----|----|----|----|
| Baseball | 8 | 9 | 5 | 5 | 0 | 1 | 0 | 0 | 0 |
| Girls Softball | 0 | 0 | 2 | 1 | - | 0 | 0 | - | - |
| Boys Softball | 0 | 0 | 0 | 0 | - | 0 | 0 | - | - |

Accident Insurance: LLB

Liability Insurance: LLB

Note: For insurance coverage, LLB means that the league has requested coverage through the Little League approved insurance program, but the insurance may not be in effect unless the league's premiums are paid in full.

Manage Registration Data

By uploading your data, you will be able to help fulfill Regulation IV(g) and ASAP Requirement 14. Please remember that your league's ASAP Safety Plan cannot be approved until registration data for the current season is submitted.

We've determined that your league is using Sports Connect for online registration. Your player registration and volunteer data is automatically being sent to Little League International- which means you don't need to upload it separately to the Data Center. Please continue to use Sports Connect to manage your registration data.

[If you prefer to manually upload your league's registration data, click here.](#)

Note: Updating your registration data does not change the number of teams you have chartered. To update the number of your chartered teams, please use the [Change Chartered Teams](#) form.

2024 Season Registration Data Summary

| | |
|------------------|-----|
| Total Records | 218 |
| Total Players | 187 |
| Total Managers | 11 |
| Total Coaches | 20 |
| Total Volunteers | 0 |



As an exclusive benefit for Little Leagues using Sports Connect (formerly Blue Sombrero) for online registration, player registration and volunteer data will be **automatically** sent to Little League International. Leagues will be able to see that information on this page within 24 hours after submitting it through Sports Connect. To learn more about this and other benefits of Sports Connect, visit <https://www.sportsconnect.com/little-league/>.

Requirement 15

Complete survey question in LL Data Center

Survey Question – Other than completing an ASAP plan, please list some best practices or initiatives that your local league utilizes to enhance the safety of all participants in your league, including the implementation of the Child Protection Program.

- Foothill Area Little League (FALL) has adopted and abides by the five requirements of the Child Protection Program. In addition to requiring all FALL volunteers to undergo background checks via JDP, they are also required to be Live Scan fingerprinted.

Survey Question – Please indicate which coach training initiatives are offered by your local league.

- Traditional Coaching Clinic with Instructors
- Baseball and Softball Rules and Regulations Clinic
- CPR/First Aid
- Positive Coaching Alliance

