Western Region Poway American Little League

(Pending Approval)



"Where Safety comes First" 2024 Safety Plan



League ID #: 405311

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Poway American Little League Safety Program

Safety Mission Statement

Poway American Little League is a non-profit organization run by volunteers whose mission is to provide an opportunity for our community's children to learn the game of baseball in a safe and friendly environment.

2024 Board of Directors

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<u>Title</u>	Name	E-Mail	Phone
President Vice President Secretary Treasurer Player Agent	Bob Gerardi John Vanderveen Pey Shiuan Zavala Greg Pellegrino Aaron Poreda	president@pallbaseball.org john@pallbaseball.org secretary@pallbaseball.org treasurer@pallbaseball.org playeragent@pallbaseball.org	(858) 525-3657 (619) 247-2307 (858) 336-7617 (619) 890-5412 (925) 360-5341
Upper Coaching Safety Officer	Kyle Kaechele Mark Sanchez	uppercoaches@pallbaseball.org safetyofficer@pallbaseball.org	(858) 531-5559 (858) 344-2602
Sponsorship Equipment Director Snack Shack	Dan Cermak Paul Victor Nicole Bernier	sponsorship@pallbaseball.org equipment@pallbaseball.org	(805) 459-1241 (619) 316-2550
Development Coordinator Fields Umpire in Chief	Spanky Michaelis Jackson Reese Kyle Bramwell	snackshack@pallbaseball.org development@pallbaseball.org fields@pallbaseball.org umpires@pallbaseball.org	(858) 539-9170 (858) 736-6081 (760) 809-7200 (858) 243-2513

Distribution of Safety Manual

Requirement 2:

Each team will receive a paper copy of this safety manual. Managers and or Team Safety Officers should have a copy of the safety manual at all league functions.

EMERGENCY PHONE NUMBERS

Requirement 3:

Police Emergencies 911 Non-threat Emergency 311 Fire 911

Poway Sheriff's Department (Non-Emergency) (858) 513-2800 San Diego County - City of Poway Fire Department (858) 668-4460

NEIGHBORING HOSPITALS

NAME: Pomerado Hospital / Palomar Medical Center ADDRESS: 15615 Pomerado Road, Poway, CA 92064

PHONE NUMBER: (858) 485-6511

NAME: Palomar Medical Center - Escondido

ADDRESS: 2185 Citracado Parkway, Escondido, CA 92029

PHONE NUMBER: (858) 485-6511

NAME: Rady's Children Hospital - San Diego Emergency Room

PHONE NUMBER: (858) 966-8036

NAME: Sharp Medical Center

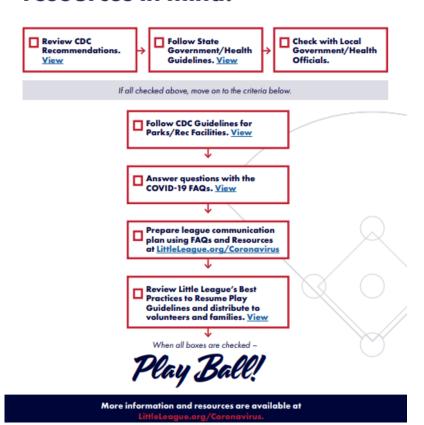
PHONE NUMBER: (800) 827-4277

NAME: Urgent Care - Arch Partners

ADDRESS: 15611 Pomerado Road, Poway, CA 92064

PHONE NUMBER: (858) 675-3200

As your local league considers returning to play, keep these resources in mind:



STAY SAFE ON AND OFF THE FIELD



Stay home if you are sick.



Bring your own equipment and gear (if possible)



Cover your coughs and sneezes with a tissue or your elbow.



Wash your hands or use sanitizer before and after events and sharing equipment.



Tell a coach or staff member if you don't feel well.





cdc.gov/coronavirus

Background Checks & Abuse Awareness Training

Requirement 4:

Little League International has established criteria for each chartered league's performance of an investigation into the background of all individuals who volunteer in any capacity. Each volunteer will be required to complete a volunteer application from and provide a copy of their government issued photo identification. The minimum requirement for these background investigations is verification that volunteers are not registered sex offenders. To provide additional protection to the children we will submit a list of all volunteers to JDP. A background investigation that will list any convictions nationwide will be completed. Upon clearance of individual background investigations all volunteers will be notified by The Board of Directors. Background Checks Regulation 1 (8) Annual October 1 to September 30

A DE SET OF THE PROPERTY OF TH	ittle League® V Do not use forms from past yea					
This volunteer application should only be used or an outside background check provider that THIS FORM SHOULD NOT BE COMPLETED IF A Littleleague.org/LocalBGcheck for more infor A COPY OF VALID GOVERNMENT ISSUED PHOTOOMPLET	neets the standards of Little League Regu EAGUE IS UTILIZING THE JDP QUICKAPP. mation.	lations 1(c)9. Visit		d participation in any other yes yes to Question 7, the local le	eague must contact Little I	Yes No
Social Security # (mandatory)	State Zip Business Phone		☐ League Official	Umpire Field Maintenance at least one of which has kno	☐ Manager ☐ Scorekeeper	Concession Stand Other
Home Phone: Date of Birth Occupation Employer Address Special professional training, skills, hobbies: Community affiliations (Clubs, Service Organizations, etc.):	E-mail Address:		BACKGROUND CHECK. FOR I AS A CONDITION OF VOLUM me now and as long as I continu which contain name only search history records. I understand that, background. I hereby release an officers, employees and voluntee that, regardless of previous appo	MORE INFORMATION ON STA NTEERING, I give permission for ue to be active with the organizati es which may result in a report be i, if appointed, my position is cond di agree to hold harmless from lial ers thereof, or any other person o intiments, Little League is not oblig yetm, I am subject to suspension	ATE LAWS, VISIT OUR WEI the Little League organizat tion, which may include a re ting generated that may or n titional upon the league recei bility the local Little League, or organization that may pro pated to appoint me to a valu	ASEATIACH A COPY OF THAT STATE'S SOFTE: Little league oray flag bitmle may not be control to be deployed and the control to be control to be deployed and the control to be control to be control to be control to be control to an open proper part in florements on on my under the control to an open proper part in florements on an open proper part in florements on the control to the
Previous volunteer experience (including baseball/softball and		No No	Applicant Signature If Minor/Parent Signature _ Applicant Name (please pri			Date
Special Certification (CPR, Medical, etc.)? If yes, li Do you have a valid driver's license? Driver's License#:	☐ Yes	No No	NOTE: The local Little League or creed, color, national origin, ma	arital status, gender, sexual orient	orated will not discriminate tation or disability.	against any person on the basis of race,
4. Have you ever been charged with, convicted of, pliminor, or of a sexual nature? If yes, describe each in full: (If volunteer answered yes to Question 4, the los of the convicted of or plead no content of the convicted of	Ye cal league must contact Little League International st or guilty to any crime(s)? Ye: fically disqualify you as a volunteer. Use garding any crime(s)? Ye	s 🗆 No	System(s) used for back Review the Little Leag JDP (Includes rev League Internatic National Crimina National Sex Off *Please be advised that if yo you should notify doubtears combining information region Only attach to this region	al Database check ifender Registry souse JDP and there is a name match that they will receive a letter or em ding all the criminal records associa	Il background check recesport's Centralized Disist)* OR U.S. Center of SafeSpo Database and Little Lec Ineligible/Suspended I in the few states where only roal directly from JDP in complicate with the name, which may check reports that reveal	cplinary Database and Little rt's Centralized Discplinary gue International ist one moth searches can be performed ance with fee for Cnell Reporting Act or exceptions of the search control control convictions of this application.
	O YAL		I trust in God I love my country And will respect its laws I will play fair And strive to win But win or lose I will always do my best			Last Updowd: 10/25/22

Little League® "Basic" Volunteer Application - 2024

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



This volunteer application can be used <u>as a reference</u> for leagues utilizing the JDP Quick App or for leagues that are using an outside background check provider that meets the standards

All RED fields are required.			
Name			
First	Middle Name or Initial		Lost
Address			
City	State		_Zip
Home Phone:	Cell Phone		
Work Phone:	E-mail Address:		
Driver's License#:			
Have you ever been charged with,	convicted of, plead no contest, or	guilty to any crin	ne(s) involving or again
a minor, or of a sexual nature?			
If yes, describe each in full:			Yes No
(If volunteer answered yes to G	Question 1, the local league must con	ntact Little League	International.)
2. Have you ever been convicted of a	or plead no contest or guilty to any	rime(s)?	☐ Yes ☐ No
If yes, describe each in full:			
(Answering yes to Question 2,	does not automatically disqualify yo	ou as a volunteer.)
3. Do you have any criminal charges p	ending against you regarding any cr	ime(s)?	Yes No
If yes, describe each in full:		2000000	52 - C 52 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
(Answering yes to Question 3,	does not automatically disqualify yo	ou as a volunteer.)
			any youth organization
 Have you ever been refused partici ineligible list? 	pation in any other youth programs	and/or listed on	
 Have you ever been refused partici ineligible list? If yes, explain: 		and/or listed on	any youth organization Yes No
4. Have you ever been refused partici ineligible list? If yes, explain:	pation in any other youth programs	and/or listed on	any youth organization Yes No Security International.
4. Have you ever been refused particineligible list? If yes, explain: (If volunteer answered yes to G 5. In which of the following would you like to	pation in any other youth programs Duestion 4, the local league must cor participate* (Check one or more.) league Official	and/or listed on ntact Little League Coach Umpire Field Main	any youth organization Yes No Security International.
4. Have you ever been refused participated in legible list? If yes, explain: (If volunteer answered yes to G S. In which of the following would you like to A COPY OF VALID GOVERNMI	pation in any other youth programs Duestion 4, the local league must cor participate? (Check one or more.) League Official	and/or listed on ntact Little League Coach Umpire Field Main	any youth organization Yes No Security International.
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Special Certification	ns (CPR, Medical, etc.):					
Special Affiliations (Clubs, Services Organization	s, etc.) :	8			
Previous volunteer e	experience (including basebal	l/softba	II and ye	ors (s)):		
	THAT REQUIRES A SEPARATE BAC CK. FOR MORE INFORMATION (
Manager						
Scorekeeper						
Concession Stand						
Other						
Information on my back Incorporated, the office	i name only searches which may re cords. I understand that, if appoint iground. I hereby release and agre ers, employees and volunteers ther regardless of previous appointme	e to hold I eaf, or an	harmless for ny other per	om liability the l	ocal Little L ation that r	eague, Little League Bo may provide such infor
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Last Updated: 10/25/23



VOLUNTEER BACKGROUND CHECKS & SAFETY

Volunteer Background Checks & Safety

Little League® Baseball and Softball has always strived to create a safe and healthy environment for all Little Leaguers and their families.

In 2018, the "Protecting Young Victims from Sexual Abuse and SafeSport Authorization Act of 2017" became Federal law. The mission of the U.S. Center for Sofesport is to make the athlete well-being the centerpiece of our nation's sports culture. All athletes deserve to participate in sports free from bullying, hazing, sexual misconduct, or any form of emotional or physical abuse. Education and awareness are the most critical components to creating safe and respectful sporting environments, free of abuse and horeasment. There are certain requirements from the SafeSport Act that Utile League International and all local little league programs must adhere to. To Learn about SafeSport and how it impacts your league, visit LittleLeague.org/ SafeSport.

As a condition of service to any Little League program, the following groups of individuals must submit a Little League Volunteer Application and complete an annual background screening prior to involvement in the league in any fashion:

- Board Members
- Managers and Coaches
- Umpires
- Any other volunteer or hired worker who provide regular service to the league and/or have repetitive access to, or contact with, players or leams

Any individual with a conviction, guilty plea, no contest plea, or admission of guilty to a crime against or involving a minor may not participate in the Little League program.

On overage, leagues can estimate the number of background checks that should be completed by multiplying the total number of teams in the league by six. To assist leagues in completing this requirement, Little League provides 125 free searches through an agreement with J.D. Palantine (JDP). Additional searches are ovalable for a naminal cast.

TLU Learn More About Background Checks:

LittleLeague.org/BackgroundCheckQuestions

Little League International has contracted with JDP Background Screening to provide local leagues and district with a special web site that allows members to intantly search a criminal necords dotabase of more than 450 million criminal records. This site provides searches of available criminal records from various repository sources and statelevel sex offender registries. The fee for the first 25 searches per chartered league and district is free to the local league and district as the cost for these searches to been 25 will cost the league or district a minimal fie.



Liffe League International requires all leagues in the United States to conduct background checks that titles DIP Background Screening, or another provider that is comparable to JDP in accessing background check records for sex offender registry data and criminal records Leagues must include a review of the U.S. Center for Sa68-parts. Centralized Disciplinary Database and Little League International Ineligible List as part of the background check process (JDP includes this additional review as a part of the standard background check). The JDP National Criminal File database that contains more than 450 million records, including criminal and sex offender registry records covering 50 states and the District of Columbia, and meets the current regulation requirement. Leagues are not required to use the JDP website, but may also use a dhemate resources. However the alternate resources must equal or exceed the services provided by JDP.

For More Information on JDP and Background Check Process:

• LittleLeague.org/LocalBGCheck

Requirement 4 Abuse Awareness Training:

Beginning with the 2024 Little League regular season, <u>Abuse Awareness Training</u> will be a mandatory part of the annual Little League Volunteer Application and background check. This requirement will also be incorporated into the ASAP program. During the ASAP Submission process in the Little League Data Center, leagues will be asked to provide information about how they are implementing and tracking this requirement in their local league program.

- 1. All volunteers in your league are required to complete Abuse Awareness.
- 2. Please provide the number of volunteers in your league that completed the training. Our league will require 100% of our volunteers to complete the training.
- 3. Please share how your league monitored compliance.

 Volunteers must provide a copy of the USA Baseball Certificate of Completion for the league's file prior to being an approved volunteer. https://usabdevelops.com/
 Completion date and Expiration date, along with the Completion Code will be provided on the certificate. Visit LittleLeague.org/SafeSport for information on how to access the USA Baseball's BASE Abuse Awareness Training and for more information on this Federal law. Abuse Awareness for Adults course can be found at https://usabdevelops.com/page/3532/courses
- 4. The following training methods have been used:
 - SafeSport
 - USA Baseball Abuse Awareness Training

Safe Sports Act

- "Protecting Young Victims from Sexual Abuse and SafeSport Authorization Act of 2017" became federal law in 2018
- The goal of SafeSport is to protect children from abusive situations by engaging more people in the reporting and education processes
- A volunteer now can be held legally responsible if they have firsthand knowledge and fail to report any type of Child Abuse to the correct parties
- SafeSport covers all types of Child Abuse both physical and psychological
- SafeSport prompted USA Baseball to create Pure Baseball



USA Baseball Pure Baseball Initiative

- Little League International and all local little league programs must adhere to the following requirements from the SafeSport Act:
- Reporting of Abuse involving a minor to the proper authorities
- All volunteers of a local league are now mandated reporters and could face criminal charges if the league chooses to ignore, or not report to the proper authorities, any witnessed act of child abuse, including sexual abuse, within 24 hours.
- Local leagues must be aware of the proper procedures to report any type of abuse in their state. Please reference www.LittleLeague.org/ChildAbuse
- Leagues must adopt a policy that prohibits retaliation for "good faith" reports of child abuse.
- Leagues must adopt a policy that limits one-one-one contact with minors.

https://www.littleleague.org/player-safety/child-protection-program/safesport-resources-parents/

https://www.usabdevelops.com/ItemDetail?iProductCode=OCAAA&Category=ONLINE&WebsiteKey=f50aacb2-a59e-4e43-8f67-29f48a308a9e



League Training Dates and Times

Requirement 5: Date Location Time Coach Fundamental Training:02/15/2024
15445 Harrow Ln
7pm

Requirement 6:DateLocationTimeSafety Manual & First-Aid Training:02/15/202415445 Harrow Ln7pm

Requirement 2: Each team will receive a paper copy of this safety manual. Managers and or Team Safety Officers should have a copy of the safety manual at all league functions.

Field Inspections and Storage Procedures

Requirement 7:

BEFORE THE SEASON STARTS

- ✓ Familiarize yourself with the safety materials.
- ✓ Appoint a Safety Parent for your team. They need to be at all the games and have a cellular phone. It can be an Assistant Coach.

PRIOR TO EACH GAME

- ✓ Complete a field safety checklist. Report any problems to your commissioner. Or to the League Safety Officer.
- ✓ Check the team equipment for any problems. Report any equipment problems to the Equipment Manager.
- ✓ Check the contents in your team's first aid kit. Contact the League Safety Officer for any items that need to be replaced.

STORAGE SHED

The following applies to the entire storage shed used by the League and applies to anyone who has been issued a key to use those sheds.

- ✓ All individuals are aware of their responsibility for the orderly and safe storage of rakes, shovels, and bases.
- ✓ Before you use any equipment located in the shed (lights, scoreboards, etc.) please read the written operating procedures for that equipment.

- ✓ All chemicals or organic materials stored in the sheds shall be properly marked and labeled as to its contents.
- ✓ Any witnessed "loose" chemicals or organic materials within these sheds should be cleaned up and disposed of as soon as possible to prevent accidental poisoning.

PRE-GAME FIELD INSPECTION CHECKLIST

MANAGERS NAME:

FIELD:

DATE: Time:

Field Condition	Yes	No	Catchers Equipment	Ye	No
D. 1.4 L.tt			H. 1. C. d. L. W. H. L. d.	S	
Backstop Intact			Hockey Catchers Helmet		
Home Plate Intact			Dangling Throat Guard		
Bases Secure			Helmets		
Pitcher's Mound Safe			Catcher's Mitt		
Batter Box Lined/Level			Chest Protector		
Infield Fence Repair			Shin guards		
Outfield Fence Repair			Dugouts	Ye s	No
Foul Lines Marked			Fencing Needs Repair		
Infield Need Repairs			Bench Needs Repair		
Outfield Need Repairs			Trash Cans		
Warning Track			Clean Up Is Needed		
Coaches' boxes Lined					
Free Of Foreign Objects			Spectator Area	Ye	No
				S	
Grass Surface Even			Bleachers Need Repair		
			Protective Screens Ok		
Player Equipment	Yes	No	Bleachers Clean		
Batting Helmets			Parking Area Safe		

Jewelry Removed	Safety Equipment	Ye	No
		S	
Shoes/Bats Inspected	First-aid Kit Each Team		
Face Mask (Minor/Mjrs)	Medical Release Forms		
Proper Cleats	Ice Pack/Ice		
Athletic Cups (boys)	Safety Manual		
Full Uniform	Injury Report Forms		
Bats Meet Standards	Drinking Water		

REPORT ANY PROBLEMS TO YOUR COMMISSIONER OR SAFETY OFFICER. Turn this form into the concession stand or to your division Rep.

Requirement 8:

Annual Little League Facility Survey will be submitted in the Data Center.

Concession Stand Guidelines

Requirement 9:

Every worker must be instructed on these guidelines before they can work.

Wash your hands regularly:

- Use soap and warm water.
- Rub your hands vigorously as you wash them.
- Wash all surfaces including the backs of hands, wrists, between fingers and under fingernails.
- Rinse hands well.
- Dry hands well.
- Dry hands with paper towels.
- Turn off water using a paper towel, instead of your bare hands.

Wash your hands in this fashion before you begin work and especially after performing any of these activities:

- After touching bare human body parts other than clean hands and clean exposed portions of arms.
- After using restrooms.
- After caring for or handling animals.
- After coughing, sneezing, using a handkerchief or disposable tissue.
- After touching soiled surfaces.

- After drinking, using tobacco, or eating.
- During food preparation.
- When switching from raw to ready to eat foods.
- After engaging in activities that contaminate hands.

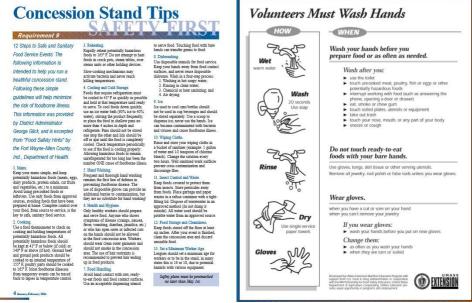
Basic Rules:

- 1. Menu... smaller is better. No salads cut up fruit or vegetables, no food prepared at home.
- 2. Cook food thoroughly. Use a meat thermometer. Keep hotdogs and burgers at 41 degrees when cold and cook to 155 degrees or above when hot.
- 3. Rapidly reheat foods to 165 degrees. Slow cooking devices may activate bacteria and never reach killing temperatures.
- 4. All foods that require refrigeration must be cooled to 41 degrees F. as quickly as possible and held there until ready to use. To cool foods quickly, use the ice water bath (60% ice and 40% water), stirring the product frequently, or place their food in shallow pans no more than 4 inches in depth and refrigerate. Pans should not be stored one on top of the other and lids should be off or afar until the food is completely cooled. Check the temperature periodically to see if the food is cooling properly. DO NOT LEAVE FOOD OUT AT ALL!!
- 5. FREQUENT AND THOROUGH HANDWASHING IS REQUIRED.
- 6. Only healthy people should prepare and serve food. Anyone with any symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, cough etc.) or who has open sores or infected cuts on the hands should not be allowed in the food concession area. Workers' clothes should be clean, and they should not smoke in the concession area. Hair restraints are recommended.
- 7. Food handling: Avoid hand contact with raw food, ready-to-eat foods, and food contact surfaces. Use a utensil and/or glove.
- 8. Use disposable utensils for food service. Keep your hands away from food contact surfaces and never reuse disposable dishware. Ideally utensils should be washed in a four-step method: (1) Hot soapy water, (2) Rinsing in clean water, (3) Chemical or heat sanitizing, (4) Air drying.
- 9. Ice that is 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 hands.
- 10. Wiping cloths should be rinsed and stored in a bucket sanitizer. (1-gallon water and ½ tsp. chlorine bleach. Change the solution every 2 hours.
- 11. Insect control and waste. Keep food covered to protect it from insects. Store pesticides away from food. Place garbage and paper waste in a refuse container with a lid that fits tightly. Dispose of all water in the restrooms, do not pour outside. All water that is used should be potable from an approved source.
- 12. Keep food stored off the floor at least 6 inches. After your event is finished, clean the concession area and discard any unusable food. Do not save food for reheating.

THE TOP SIX CAUSES FOR ILLNESS

- 1. Inadequate cooling and cold holding.
- 2. Preparing food too far in advance of service.
- 3. Poor personal hygiene and infected personnel.

- 4. Inadequate reheating.
- 5. Inadequate hot holding.
- 6. Contaminated raw foods and ingredients.



Requirement 10:

- This Little League requires regular inspection of playing equipment.
- Unsafe equipment should not be given in team equipment bags.
- Manager's Coaches and Umpires are required to inspect equipment prior to each use.
- Bad equipment will be logged and will be removed and destroyed.

Accident Reporting Procedure

Requirement 11:

<u>What to Report:</u> An incident that causes a Payer, Manager, Coach or Umpire to receive medical treatment or first aid must be reported to The Safety Officer.

<u>When to Report:</u> All such incidents described above must be reported to The Safety Officer within 24 to 48 hours of the incident.

The Safety Officer is NAME: MARK SANCHEZ

Cell Number: (858) 344-2602 Home Number: (858) 344-2602

Email: safetyofficer@pallbaseball.org

How to Make a Report: Reporting incidents can come in a variety of forms. Most typically they are telephone conversations. At a minimum, the following information is needed.

- 1. The name and address of the injured person.
- 2. The date, time, and location of the incident.
- 3. A completely detailed description of the incident as possible.
- 4. The preliminary estimation of the extent of the injury.
- 5. The name and phone number of the person making the report.
- 6. Names and phone numbers of any witnesses.

In your safety packet you will find the injury report forms. If your Safety Parent is there, he/she can assist you in getting the front of the form filled out. Then a call is to be made to The Safety Officer reporting the incident within 48 hours. Little League insurance is a supplemental insurance to the insured's own insurance. There is a small deductible.

How to Replace the Injury Report Forms: The forms can be replaced by The Safety Officer or downloaded from www.leagueleague.org found under forms and publications.

FIRST AID KITS

Requirement 12:

Each team is provided with a league issued first aid kit. Each kit includes the following.

- (10) Adhesive sterile bandage
- (2) Extra-large adhesive sterile bandage
- (2) Non-adherent pads 2 x 3
- (2) Gauze pad 12-ply 3 x 3 sterile
- (1) Adhesive tape
- (2) Instant cold compress 4 x 4
- (3) Triple antibiotic ointment
- (3) Antiseptic towelette
- 1/8 oz. Burn Cream
- (3) Sting relief wipes
- (1) Tweezers

Communicable Disease Procedures

- 1. Bleeding must be stopped, the open wound covered, and the uniform changed if there is blood on it before the athlete may continue.
- 2. Routinely use gloves to prevent mucous membrane exposure when contact with blood or other body fluids is anticipated (Provided in the first aid kit).
- 3. Immediately wash hands and other skin surfaces if contaminated with blood.

- 4. Clan all blood contaminated surfaces and equipment.
- 5. Managers, Coaches, and Volunteers with open wounds should refrain from all direct contact until the condition is resolved.
- 6. Follow accepted guidelines in the immediate control of bleeding and disposal when handling bloody dressings, mouth guards and other articles containing body fluids.

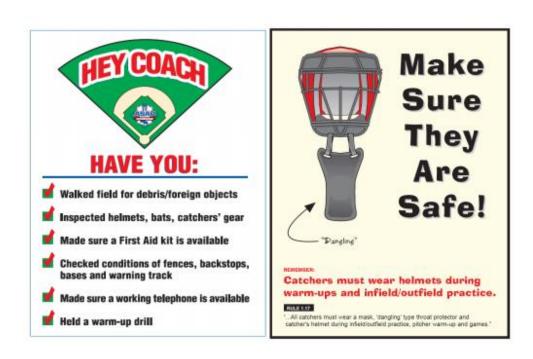
Enforcement of Little League Rules

Requirement 13:

- All volunteers must have a volunteer application filled out and on file with the League. Our league will provide annual background checks.
- No laminated bat shall be used... (rule 1.10)
- The traditional batting donut is not permissible... (rule 1.10)
- A pitcher shall not wear any items on his/her hands, wrists or arms which may be a distraction to the batter. White long sleeve shirts are not permitted... (rule 1.11)
- Pitcher shall not wear sweat bands on his/her wrists... (rule 1.15)
- Players must not wear jewelry... (rule 1.11)
- Catcher must wear a catcher's mitt... (rule 1.12)
- All batters must wear protective batting helmets, all helmets must bear the NOCSAE stamp, No painting, or stickers on helmets... (rule 1.16)
- All male players must wear athletic supporters. Male catchers must wear the metal, fiber, or plastic type protective cup.
- A catcher's helmet must have the dangling type of throat protector and catcher's helmet during infield/outfield practice, pitcher warm-up and games.
- Skull caps are not permitted... (rule 1.17)
- Each team is allowed three coaches in the dugout...
- Coaches are encouraged to discourage "horseplay"
- No on deck batters are allowed in the Majors and below... (rule 1.08)







Consider the following facts:

- The average lightning stroke is 6-8 miles long.
- The average thunderstorm is 6-10 miles wide and travels about 25 miles an hour.
- On average, thunder can only be heard over 3-4 miles, depending on humidity, terrain, and other factors. This means that by the time you hear the thunder, you are already in the risk area for lighting strikes.

Rule of Thumb: The ultimate truth about lighting is that it is unpredictable and cannot be prevented. Therefore, a manager or coach who feels threatened should contact the head umpire and recommend stopping play and clearing the field. In our league the umpire makes the decision as to whether play is stopped. Once play is stopped, take the kids to safety until play resumes or the game is called.

<u>Where to Go?</u> No place is safe from lightning threats, but some places are safer than others. Constructed buildings are usually the safest. Most people will find shelter in a fully enclosed metal vehicle with the windows rolled up. If you are stranded in an open area, put your feet together, crouch down and put your hands over your ears to prevent eardrum damage.

Where not to go? Avoid high places and open fields, isolated trees, unprotected gazebos, rain or picnic shelters, dugouts, flagpoles, light poles, bleachers, metal fences and water.

First Aid for a Lightning Victim:

- Call 911 immediately.
- Typically, the lightning victim has similar symptoms as that of someone having a heart attack. Consider: will moving cause more injury. If the victim is in a high-risk area, determine if movement is necessary. Lightning does strike twice in the same place. If you are not at risk, and moving is a viable option, you should move the victim.
- If the victim is not breathing, start mouth to mouth resuscitation. If it is decided to move the victim, give a few quick breaths prior to moving the victim.
- Determine if the victim has a pulse. If no pulse is detected, start cardiac compressions as well.

NOTE: CPR should only be administered by a person knowledgeable and trained in the technique.

Remember: Safety is everyone's job. Prevention is the key to reducing accidents to a minimum. Report all hazardous conditions to the Safety Officer or another Board Member immediately. Do not play on an unsafe field or with unsafe equipment. Check the teams' equipment prior to each use.

Hydration

Managers are required to bring water to each practice and game. Players are encouraged to bring bottled water or sports drinks.

Tips to Prevent Heat Illness:

- Know that once you are thirsty you are already dehydrated.
- Drink before you become thirsty.
- Drink plenty of liquids like water, or sports drinks every 15 minutes.
- Water seems to be the preferred beverage. Water has many critical functions in the body that are important for performance. They include carrying oxygen and nutrients to exercising muscles.

- Do not drink beverages with caffeine before practice or games. Caffeine can increase the rate of dehydration.
- Do not exercise vigorously during the hottest time of the day.
- Practice in the morning and during the latter part of the evening.
- Wear light color loose clothes.
- Use sunscreen to prevent sunburn.
- If you begin to feel faint or dizzy, stop your activity and cool off by sitting in the shade, air-conditioned car or using a wet rag to cool you off.

How is it treated?

Emergency medical treatment is necessary. If you think someone has a heat stroke, call 911 or a doctor immediately. In the meantime, give first aid as follows:

- Move the person to a shady area.
- Cover the person with a wet sheet and keep the sheet wet for cooling from evaporation.
- Fan the person with paper or an electric fan (preferably not cold air).
- Sponge down the body, especially the head, with cool water.
- Continue giving first aid until the body feels cool to the touch.
- If the person is conscious, let them sip water, fruit juice, or a soft drink.



Submitting I myer, winninger and Coach Data

Requirement 14:

Player, Manager, and Coach information will be submitted through the Little League Data Center at www.littleleague.org

DEADLINES: March 22, 2024, for early submission deadline

April 5, 2024, for league deadline

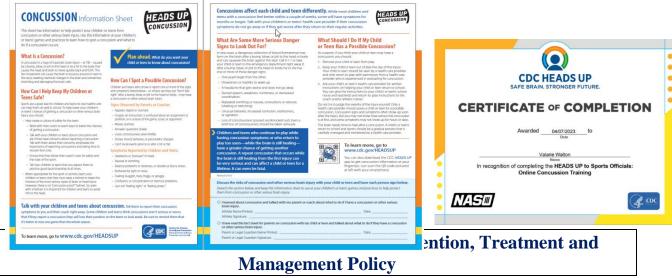
Requirement 15:

We will answer the survey questions in the Little League Data Center.

Concussions

All 50 states have laws specific to the management of concussions and head injuries. Some states require not just leagues but DA's, ADAs, and umpires to undergo annual training.

- Some states may affect only school-based activities, but many also address any group using school facilities or grounds for athletic purposes.
- Little League has developed a concussion overview page for each state that will be like the Child Abuse page.
- The CDC (Centers for Disease Control and Prevention) website is a great tool for leagues to encourage their managers/coaches, parents, and players to review concussion information www.cdc.gov/concussion/HeadsUp/youth.html Concussions
- DA's and local league volunteers must also be aware of their state's respective laws, especially during any Special Games events or International Tournament games being hosted by the district.
- Failure to adhere to these laws could expose the district and/or host to unwanted liability and penalties Some states require that the participant and a parent/guardian must sign and acknowledge that they understand the risks of concussions before they can participate
- The majority of states also require immediate removal from competition if a person has sustained a concussion and that they cannot return until being released in writing by a medical professional.



The Legislature enacted a law which requires youth sports organizations to adopt a policy concerning the prevention and treatment of injuries to the head which may occur during a youth's participation in competitive sports, including, without limitation, a concussion of the brain.

A concussion is a brain injury that results from a bump, blow or jolt to the head or body which causes the brain to move rapidly in the skull and which disrupts normal brain function. The Centers for Disease Control and Prevention of the United States Department of Health and Human Services estimates that as

many as 3.8 million concussions occur each year in the United States which are related to participation in sports and other recreational activities. Athletes who continue to participate in an athletic activity while suffering from a concussion or suffering from the symptoms of an injury to the head are at greater risk for catastrophic injury to the brain or even death. Ensuring that a Little League player who sustains or is suspected of sustaining a concussion or other injury to the head receives appropriate medical care before returning to baseball activity will significantly reduce the child's risk of sustaining greater injury in the future.

THEREFORE, **Poway American Little League** hereby adopts the following policy for purposes of prevention, treatment, and management of injuries to the head that may occur during a player's participation in the Little League program, including, without limitation, a concussion of the brain:

- 1. Prior to a team's first practice each season, every manager, coach, and adult assistant shall:
- a) Familiarize themselves with the CDC publication "Heads Up Concussion in Youth Sports A Fact Sheet for Coaches". This publication will be provided to all such individuals by the League Safety Officer or other Board members; and,
- **b)** Complete the CDC on-line training course at: https://www.train.org/cdctrain/course/1089818/

A copy of the Certificate of Completion for each of the above individuals shall be submitted to the League Safety Officer.

- **2.** If a Little League player sustains, or is suspected of sustaining, an injury to the head while participating in any Little League game or even the player must:
- a. Be immediately removed from the game or event; and
- **b.** May only return to Little League activity if the parent or legal guardian of the player provides a signed statement from a provider of health care indicating that the youth is medically cleared for Little League participation and the date on which the player may return to participation.
- **3.** The Little League player and his or her parent or legal guardian must sign the statement below acknowledging that they have read and understand the terms and conditions of the policy and agree to be bound by the policy.

Poway American Little League Concussion Prevention, Management and Treatment Policy Player and Parental Acknowledgement

We, the undersigned, acknowledge that we have been provided with a copy of the Poway American Little League Concussion Prevention, Management and Treatment Policy, and that we have read and understand the policy, or it has been read to us and we understand the same. We hereby agree to follow all procedures set forth in said Policy at all times during which our son or daughter participates in Little League activities and events.

Dated:		
	Player	
Dated:		
	Parent/Legal Guardian	Parent/Legal Guardian

Accident Notification Form Page 1 (Parent/Guardian Statement)

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.

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				DADT						
Name of Injured Person/0	Claimant		SS	PART	Date of Birt	h (MN	M/DD/YY)	Age	Sex	
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Address of Claimant				Ac	dress of Parent	/Guar	dian. if differer	ıt.		
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The Little League Master	Accident	Policy provides	benefit	s in excess of	benefits from ot	ner in	surance progra	ams subjec	ct to a \$50 dec	ductible
per injury. "Other insurance employer for employees a										an
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Check all applicable resp										
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complete and correct as h	_									
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submitting an application										
I hereby authorize any ph										
that has any records or ke										
Little League and/or Natio			e Compa	any of Pittsburg	gh, Pa. A photos	tatic o	copy of this aut	thorization	shall be cons	idered
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Date	Claimar	nt/Parent/Guard	ian Sign	ature (In a two	parent househo	old, bo	oth parents mu	st sign this	form.)	
Date	Claimar	nt/Parent/Guard	ian Sign	ature						

Accident Notification Form Page 2 (League Use Only)

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.

Name of League	PART 2 - LEAGUE STATEMENT Name of Injured P		laimant) League I.D. Number
Name of League Official	1		Position in League
Address of League Official			Telephone Numbers (Inc. Area Codes) Residence: () Business: () Fax: ()
Were you a witness to the accider Provide names and addresses of	nt? □Yes □No any known withesses to the reporte	ed accident.	
Check the boxes for all appropriate	e items below. At least one item in	each column must be sele	cted.
POSITION WHEN INJURED 01 1ST 02 2ND 03 3RD 04 BATTER 05 BENCH 06 BULLPEN 07 CATCHER 08 COACHING BOX 10 DUGOUT 11 MANAGER 12 ON DECK 13 OUTFIELD 14 PITCHER 15 RUNNER 16 SCOREKEEPER 17 SHORTSTOP 18 TO/FROM GAME 19 UMPIRE 20 OTHER 21 UNKNOWN 22 WARMING UP	INJURY	PART OF BODY	CAUSE OF INJURY 01 BATTED BALL 02 BATTING 03 CATCHING 04 COLLIDING WITH FENCE 06 FALLING 07 HIT BY BAT 08 HORSEPLAY 09 PITCHED BALL 10 RUNNING 11 SHARP OBJECT 12 SLIDING 13 TAGGING 14 THROWING 15 THROWN BALL 16 OTHER 17 UNKNOWN
Does your league use batting heln If YES, are they □Mandatory		□YES □NO lat levels are they used?	
			Baseball Accident Insurance Policy at the fication is true and correct as stated, to the
Date League	Official Signature		