



**TRI CITY LITTLE
LEAGUE SAFETY PLAN
2023**

LEAGUE ID 405-11-08

TABLE OF CONTENTS

3	TRI CITY LITTLE LEAGUE SAFETY MISSION
4	ASAP: A SAFETY AWARENESS PROGRAM COMPLIANCE STATEMENT
6	SAFETY MILESTONES, PAST, PRESENT AND FUTURE
7	EMERGENCY CONTACTS
8	LEAGUE OFFICER CONTACTS
9	ENFORCEMENT OF LITTLE LEAGUE RULES
10	MANAGERS AND COACHES RESPONSIBILITIES
11	SAFETY REMINDERS
12	SAFETY CODE
14	CODE OF CONDUCT
15	PLAYERS CODE OF CONDUCT
16	VOLUNTEER CODE OF CONDUCT
17	SPECTATOR CODE OF CONDUCT
18	IMPROPER CONDUCT
20	FIRST AID
22	EMERGENCY PROCEDURES
23	ACCIDENT REPORTING PROCEDURES
24	RETURN TO PLAY GUIDELINES
26	INJURY AND ACCIDENT PREVENTION
27	CONCUSSION RECOGNITION AND TRAINING
28	WEATHER PREPARATION
29	COMMUNICABLE DISEASE AND BLOODBORNE PATHOGENS
30	FACILITIES
31	CONCESSION STAND PROCEDURES
	APPENDIX A: GROUND RULES BY TEAM, FORMS, & SAFETY FLYERS

ASAP – What is it?

In 1995, ASAP (A Safety Awareness Program) was introduced with the goal of re-emphasizing the position of Safety Officer “to create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League Baseball”. This manual is offered as a tool to place some important information at the manager’s and coach’s fingertips.

Used in conjunction with the Little League Rule Book this manual is part of the overall safety plan for our league. Please read through this manual thoroughly and share it with your team. Safety is both an individual and team effort. If there are any questions, contact the Tri City Little League Safety Officer.

Our Mission

Tri City Little League is a non-profit organization, run by volunteers from the community who are committed to the children and families we serve. We provide a place for our community’s children to learn the fundamentals of baseball in a safe, supportive, and friendly environment. We are dedicated to helping build good character traits in our players, and demonstrating and teaching honesty, loyalty, courage, respect, and good sportsmanship – in accordance with the goals and precepts of Little League International. We hope that our efforts help our players to be stronger and happier, leaving them with fond memories of playing for Tri City Little League, and a love for the game of baseball.

Our Safety Program’s Mission

Tri City Little League’s implementation of ASAP aims to maintain a high degree of safety awareness, to ensure that our league is as safe as possible for the players we serve. All sports carry with them an inherent risk of injury, but our safety program seeks to mitigate and reduce that risk as much as possible through the application of the precepts in this safety plan.

This document communicates what is expected from all managers, coaches, players, volunteers, and parents. Behavior that violates the tenants set forth in this document will be treated as misconduct and may result in the application of appropriate corrective action up to, and including, dismissal.

Safety is everyone’s responsibility!



ASAP: A Safety Awareness Program Compliance Statement

Little League International encourages leagues to create a safety manual that includes the 15 basic requirements.

Our safety plan complies with the Little League International as stated below, documented in this Safety Manual and as demonstrated by our volunteers.

1. Have a Safety Officer on file at Little League International

Tri City Little League's Safety Officer is Brent Edwards and is on file with Little League International

2. Make Safety Plan accessible to coaches managers, board members and any other volunteers in the league

TCLL will publish this safety plan to be available to all applicable members of TCLL as well as the District 11 Administrator. All members will have access on our league site, www.tricitylittleleague.com

3. Post and distribute emergency league officer phone numbers

Emergency and league officer phone numbers are published in this safety plan, TCLL field concession stands, and on our league site, www.tricitylittleleague.com

4. Require volunteers to complete and submit the Official Little League Volunteer Application

TCLL utilizes the 2023 "Basic Volunteer Application" as well as completes Live Scan through the Department of Justice alongside the JDP background check.

5. Provide Fundamentals Training

TCLL will require a minimum one coach or manager from each team to attend at least once every 3 years. Time and location will be communicated via email and the TCLL website.

6. Provide First Aid Training

TCLL encourages and provides training resources to all managers and coaches:

Basic First Aid Training – <https://www.firstaidforfree.com/free-first-aid-course>

Pediatric First Aid Training – <https://www.firstaidforfree.com/pediatric-online-first-aid-course>

Concussion Training – <https://headsup.cdc.gov>

Sudden Cardiac Arrest Prevention - <https://epsavealife.org/sca-prevention-training/>

Abuse Awareness Program -

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

7. Require field inspections before practices and games

TCLL requires coaches, managers and umpires to inspect the fields and report any hazards immediately

8. Complete the annual Facility Survey

TCLL has completed the annual Facility Survey for 2022

9. Post and utilize concession stand procedures

Concession stand procedures and training material is included in this safety plan and will be posted in both concession stands.

10. Regularly inspect and replace equipment as needed

Coaches, managers and umpires are required to inspect equipment before practice and games and to report any defects to the Equipment Manager.

11. Have a procedure for reporting accidents / injuries

Procedures are in this Safety Plan

12. Require First Aid Kits at all league events

Managers are provided with travel first aid kits and MUST have at all games and practices as well as first aid kits are located in our 2 concession stands and equipment sheds.

13. Enforce Little League Rules and Regulations

TCLL ensures that all volunteers are aware of all rules and regulations.

14. Submit League Registration Data for players, coaches and managers

TCLL submits all data as required once the team drafts are complete

15. Complete survey question in LL Data Center

SAFETY MILESTONES

CURRENT YEAR IMPLEMENTATIONS

- Enhanced code of conduct to include ALL volunteers that may be involved with TCLL. This enhanced code of conduct includes a Code of Conduct Review Committee that will meet and review any person or persons that violates ANY of the rules of Tri City Little League
- Requiring ALL volunteers who volunteer in the Snack Bar to possess a Food Handlers Card
- Repair / Replace score booths on fields 3 and 4
- Communicating with City of Rocklin to install video cameras at all heavily trafficked areas of the park
- Communicating with Sponsors and the Board of Directors of the purchase of an AED machine
- Require Team Parent to distribute Parent Code of Conduct to ALL Parents
- New screens and nets
- New lighting on field 3 in progress
- Repair batting cages
- New base pegs on field 3
- Repair/ replaced field 4 scorebooth
- Repair field 2 scorebooth

PAST YEARS IMPLEMENTATIONS

- Installation of all New Back Stops on All Fields
- Replaced 3 Infields
- Replaced ALL Base Pegs on 6 of our fields
- Replaced “grease” fryers in Snack Bar with “air” fryers
- Replaced ALL new Umpire Equipment
- Repair / Replace score booth on field 5
- Required ALL Volunteers to complete the Department of Justice Live Scan Fingerprinting
- Implemented Panel Interviews by ALL Coaches and Managers that wished to volunteer regardless of status. Panel Interviews were conducted over a series of days by Board of Directors.

**TRI CITY LITTLE LEAGUE EMERGENCY AND LOCAL AGENCY
CONTACTS**

AGENCY	EMERGENCY	NON-EMERGENCY
Rocklin Fire & Police	911	916.625.5400
Rocklin Fire & Police	916.632.4093	Cell Phone – w/in City Limits
Placer County Sheriff-Loomis Station		916.652.2400
Sutter-Roseville Hospital		916.781.1000
Kaiser Roseville Medical Center		916.784.4000
CA Poison Control		800.876.4766
Rocklin Animal Control		916.625.5434
City of Rocklin Community Services		916.632.4100
Director of Rocklin Community Services		916.625.5210

TRI CITY LITTLE LEAGUE OFFICER CONTACTS

ROLE	NAME	PHONE	EMAIL
President	Jordan Holm	916.533.2823	president@tricitylittleleague.com
Vice President	Angela Day	916.247.7077	vicepresident@tricitylittleleague.com
Secretary	Katrina Ardito	760.628.8999	secretary@tricitylittleleague.com
Treasurer	Valerie Cozad	916.203.6893	treasurer@tricitylittleleague.com
Safety Officer	Brent Edwards	408.368.0192	safety@tricitylittleleague.com
League Information Officer	Paul Ybarra	831.419.2615	pmybarra5@gmail.com
Umpire in Chief	Michael Ardito	760.227.9363	uic@tricitylittleleague.com
Head Field Coordinator	Jeff Lloyd	916.380.9033	headfieldguy@tricitylittleleague.com
Field # 1 & # 6 Coordinator	Matt Fischer	916.995.3564	field6@tricitylittleleague.com
Field # 2 Coordinator	Kyle Westphal	916.215.7510	field2@tricitylittleleague.com
Field # 3 Coordinator	Shawn Anderson	916.521.5022	field3@tricitylittleleague.com
Field # 4 Coordinator	Mike Hanson	858.472.4264	field4@tricitylittleleague.com
Field # 5 Coordinator	Ian Tipton	916-316-3161	field5@tricitylittleleague.com
Minor AAA/AA Player Agent	Joe Hernandez	916.307.8401	aaa-aaplayeragent@tricitylittleleague.com
Major Player Agent	Eric Patterson	925.895.8723	majorplayeragent@tricitylittleleague.com
50/70 & Juniors Player Agent	Trevor Luna	916.803.1573	aaa-aaplayeragent@tricitylittleleague.com
Coaching Coordinator	John Wardlaw	916.202.9562	coaching@tricitylittleleague.com
Team Parent Coordinator	Taylor Glowacki	916.749.0724	teamparent@tricitylittleleague.com
Sponsorship Coordinator	Pete McDonald	530.961.3122	sponsorship@tricitylittleleague.com
Equipment Manager	Dana Smith	916.475.8569	equipment@tricitylittleleague.com
Booster & Apparel Coordinator	Danielle Holaday	916.425.3291	booster@tricitylittleleague.com
Fundraising Coordinator	Crystal Schubert	916.934.9448	fundraising@tricitylittleleague.com
Volunteer Coordinator	Kit Becker	209.251.9675	volunteer@tricitylittleleague.com
Snack bar Coordinator	Michael McDonald	916.316.7816	snackbar@tricitylittleleague.com
Scheduler	Crystal Doherty	916.878.1981	scheduling@tricitylittleleague.com

ENFORCEMENT OF LITTLE LEAGUE RULES

TCLL expects every board member, umpire, manager, coach, volunteer, and player to abide by the rules set forth in Little League Baseball's 2023 Rulebook.

The National Anthem will be recited prior to every tournament game, after The Little League Pledge. Rulebooks will be located in the Snack Bars for managers to use and reference throughout the season. Umpires will inspect equipment prior to the beginning of every game, and every manager is responsible for their players using proper equipment during practice and games.

Key points for to be aware of:

All Tri City Little League Volunteers (Managers, Coaches, Umpires, Board Members, Parent Volunteers, or anyone with access to or contact with players or team) are required to complete the volunteer application. This application allows a background check to be conducted to the applicable government operated sex offender registry. The league president and the Safety Officer will handle the background checks. Volunteer forms are available by request at the little league office.

Players are not permitted to hold bats until they are called to the batter's box. Managers & coaches are required to enforce this rule at all times. All bats should be kept off the ground and in some form of a holder to discourage children from picking them up & swinging them. This is a mandatory rule, which will be strictly enforced for the safety of all participants.

Dangling Throat Guard. Catchers must wear a catcher's helmet with a face mask and DANGLING throat guard, chest protector, and shin guards. Male catchers must wear a long-model chest protector (division below Senior League), protective supporter, and cup at all times. Catchers must wear a catcher's helmet, face mask, and DANGLING throat guard in warming up pitchers. This applies between innings and in bullpen practices. Skull caps are not permitted.

Catchers must always wear protection. If a child is at home plate receiving batted balls thrown in, even if it is the manager or coach batting the ball, the player must wear the catcher's helmet with a face mask and dangling throat guard.

Players must not wear any form of jewelry. Or other metallic items during practice or game day.
Medical Alert items may be worn

No one under the age of 16 is permitted in the concession stand area when the deep-fryers and/or ovens are being used.

NO FOOD in the dugouts during games i.e. pizza, hot-dogs, French fries, chips, soda, etc NO Glass

Containers in the dugout.

MANAGER AND COACHES RESPONSIBILITIES

The Little League Manager & Coach must be leaders. All must recognize that they hold a position of trust and responsibility in a program that deals with a sensitive and formative period of youngster's development. It is required that the manager and coach have understanding, patience, and the capacity to work with youngsters. The manager and coach should be able to inspire respect. Above all else, managers and coaches must realize that they are helping shape the physical, mental, and emotional development of young people.

AS A MANAGER OR COACH IT IS YOUR RESPONSIBILITY TO...

Read the Safety Code for Little League, Communicable Disease Procedures, and the Official Regulations & Playing Rules.

- Stay Alert -- If you see anyone (player, manager, coach, umpire, parent, etc.) who is not putting SAFETY FIRST please remind him or her in a friendly way.
- Check the playing fields before the start of each practice or game, and bring to the attention of the umpire and/or league officials any serious safety concerns you may discover.
- Remember to check your equipment. If you packed it away broken after your last game, it will still be broken when you need to use it again.
- Remind any children you see playing on the compound that they must not swing any bats unless they are in the batter's box and wearing a batter's helmet.
- Discourage horseplay. What may seem to be harmless fun can easily turn into a very serious accident. Players not in the field, or at bat must remain seated in the dugouts.
- Walk those bikes while on the compound & discourage playing on the bleachers.
- Remind children not to share drinking cups.
- Make sure all players are properly equipped and that all jewelry is removed. Only medical alert items may be worn.
- Be certain that any player warming up a pitcher is wearing a helmet and face guard with a dangling throat guard.
- Take special care in knowing any medical conditions your players may have i.e. asthma, allergies, etc. Do any of your players need to carry an inhaler?
- Make certain that bats and balls are Little League approved.
- Carry those medical release forms with you along with your First-Aid Kit at all times.

IMPORTANT SAFETY REMINDERS

- The speed limit at the park is a crawl. 5 mph is even too fast for an area our size with children running around.
- No foul language, smoking, and/or alcohol is permitted at Tri City Little League.
- Please put litter in its place. Remember a clean field is a happy field. After your game or practice, have all players clean the dugout that they used. Ask spectators to pick up any trash from the area where they were sitting. Both teams are responsible for making sure that their respective dugouts are cleaned after each game and practice.
- No horse playing.
- No swinging bats unless you are in the batter's box wearing a batter's helmet.
- No climbing on the fences.
- Make sure your players are properly equipped.
- Especially when it is hot, make sure your players drink plenty of water.
- Be certain that all of your players have left the field before you leave. It is recommended that you know who is permitted to walk home and who is to stay with you until someone picks them up.
- Stretch - Stretch – Stretch
- Always keep your players moving! Hustle in, hustle out.
- Get your games started promptly
- Limit your timeouts. Stick to the rules. You cannot argue judgment calls - you are just delaying the game.
- When it starts to get late - no balls in the outfield between innings.
- Please remember you are here for the children.
- Always check your fields before playing for any foreign objects or ankle busters.

SAFETY CODE

All participants, league officers, volunteers and members are required to abide by this code. It will be mandatory during all practices and games that team managers and umpires take the necessary actions to comply with this code.

The League Safety Officer will monitor compliance and make revisions as needed. This Code will be reviewed each season.

- All managers will have access to current Little League Rules via Rulebooks located in the Snack Bars or Little League mobile app.
- All Board members, managers, coaches, and volunteers must have filled out the background check forms.
- All managers and coaches are required to attend the annual managers meeting.
- All teams should have access to a cellular phone in the event emergency medical personnel are needed.
- Equipment must be in good shape and be inspected regularly & kept in the equipment shed.
- Breakaway bases shall be used on all fields.
- All low level fences will have a protective cap installed to protect fielders.
- Batters at all levels of play must wear Little League approved batting helmets.
- All equipment should remain off of the fields during practices and games
- During warm ups, utilize the entire playing field. Maintain ample space between players to avoid being struck by errant throws or missed catches.
- Catchers must wear Little League approved protective equipment at all times during practices and games. This includes catchers helmet, mask with dangling type throat guard, long chest protector, shin guards and protective cup with athletic supporter (male). NO EXCEPTIONS. All other players are encouraged to wear protective cups, supporters, mouth guards, and chest protector devices for practices and games.
- Catchers must wear catchers helmet and mask with dangling throat guard while warming up pitchers. This applies between innings and in the bullpen.
- Headfirst slides are not permitted while advancing to a base.
- Players who wear glasses are encouraged to wear "safety/sport glasses"
- There is to be no jewelry worn during games (except medic alert bracelet)
- It is recommended that coaches or parents provide ample nourishment during games and practices
- During practices and games, all players and coaches should be alert and watch the batter on each pitch.
- All bats and equipment should be secure and out of the way.
- Players are not to pick up their bats until they leave the dugout to bat. Managers and coaches are to have their players to keep all bats in the rack or bag and not to handle or swing them in the dugout.
- No games or practices will be held when weather, inadequate light, or poor field conditions will pose a safety risk for the players.
- Pre-game warm-ups should be confined to the playing field. There will be no throwing, catching or swinging bats in areas that are frequented by, and thus, endangering spectators.
- Players, managers, or coaches may not wear casts during a game. They must remain in the dugout or off the playing field.

- First aid kits will be provided to each manager. First Aid kits will also be located in the snack bars and equipment sheds. Contact the Safety Officer if additional supplies are needed. There is always an ample supply of ice packs in the concession stand as well as a stocked first aid kit.
- Managers and umpires should walk the fields prior to each game to inspect for potential safety hazards i.e. holes, rocks, broken glass and other foreign objects.
- Parents, players, coaches, and managers should always be observant of any safety issues and correct them as needed. If these issues cannot be resolved, they should be reported to the Safety Officer.
- This Safety Plan will be available on the league website under Downloads. A copy will be available at each concession stand as reference. This safety manual will be enforced at all league activities.
- Safety is everyone's job. Prevention is the key to reducing and eliminating accidents. Report all hazardous conditions to the Safety Officer or any board member. Do not play on a field that is not safe or use unsafe equipment. Be sure, prior to the start of games/practices, that all players are fully equipped at all times and all equipment is in working order.

CODE OF CONDUCT

Tri City Little League has an established code of conduct that managers and coaches must agree to abide by, and a separate code of conduct for parents that they must agree to when registering their player(s). These codes of conduct describe the way we require everyone to behave at our games and practices. There are penalties that will be enforced in the event any person violates any of these codes of conduct.

We strive to ensure our parents and spectators act in a manner that is not threatening or harmful to any player, manager, coach, umpire, or other persons attending the game or practice. Managers, Coaches, the Team Parent, Umpires and Board of Directors are held to a higher standard, and as such lead by example.

- No smoking allowed at any of the TCLL playing, parking, or common areas
- No alcohol allowed at any time in any of the TCLL playing, parking, or common areas
- No playing in parking areas at any time
- Mandatory 5mph speed limit when operating vehicles in and around parking areas, be aware of small children
- Park vehicles to allow emergency vehicles the right of way
- Use crosswalks when crossing roadways. Always be alert for traffic.
- The use of profanity or violent behavior is prohibited
- No swinging of bats or throwing baseballs at any time within the walkways and common areas of the TCLL fields
- No throwing balls against dugouts, backstops, or fences
- No throwing rocks or other objects
- No horseplay at any time in walkways or common areas
- No climbing fences
- Pets are not permitted at any TCLL Little League games or practices
- Batters must be alert of the area around them when swinging the bat while on deck.
- Players and spectators should be alert at all times for foul balls or errant throws
- During games, players must remain in the dugout area and in an orderly fashion at all times
- After the game, each team is responsible for cleaning up any trash or debris in the dugout, around the playing area and in the spectator stands
- Gates to the field must remain closed at all times. After players have entered or left the playing field, gates should be closed and secured
- No one under the age of 12 are to be permitted in the concession stands
- Managers, coaches and umpires are to ensure a safe playing area. Before every game and or practice they should walk the field
- Failure to comply with the above may result in suspension or expulsion from the park.

PLAYERS CODE OF CONDUCT

The following guidelines will provide an environment that is sure to create an enjoyable experience for all our players, coaches and parents.

- Any player using foul or abusive language or gestures to any other player, coach, or umpire can be ejected from a game
- Fighting is an automatic ejection from a game
- All players are to treat their co-players, coaches, umpires, and fans with respect
- Players will not taunt, yell at, or in any way try to distract players on the opposing team
- Players will shake hands with the opposing team after the game
- We must all remember in order to get respect we must first give respect. We take pride in Tri City Little League. Therefore, let us, both children and adults, set the example to one another.

VOLUNTEER CODE OF CONDUCT

No board member, manager, coach, player, or spectator shall at any time

- Lay a hand upon, push, shove, strike, or threaten to strike anyone at any time
- Be guilty of heaping personal verbal or physical abuse upon any official for any real or imaginary belief of a wrong decision or judgment
- Be guilty of objectionable demonstration of dissent at an official's decision by throwing gloves, helmets, hats, bats, balls, or any other forceful un-sportsman like action
- Be guilty of using unnecessary rough tactics in the play of a game against the body of an opposing player
- Be guilty of physical attack upon any board member, official manager, coach, player, or spectator
- Be guilty of the use of profane, obscene or vulgar language in any manner at any time
- Be guilty of gambling upon any play or outcome of any game with anyone at any time
- Be guilty of publicly discussing with spectators in a derogatory or abusive manner any play, decision, or a personal opinion on any players during the game
- As a manager or coach, be guilty of mingling with or fraternizing with spectators during the course of the game
- Speak disrespectfully to any manager, coach, official, or representative of the league
- Be guilty of tampering or manipulating any league rosters, schedules, draft positions or selections, official score books, rankings, financial records or procedures
- Challenge an umpire's authority. The umpires shall have the authority and discretion during a game to penalize the offender according to the infraction up to and including expulsion from the game
- The board of directors will review all infractions or complaints. Depending on the seriousness or frequency, the board may assess additional disciplinary action up to and expulsion

Tri-City Little League Spectators Code of Conduct

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

Tri-City Little League (TCLL) does not condone or tolerate inappropriate behavior from any individual. Therefore, if any inappropriate behavior is experienced during games or practices, the following disciplinary action may include, but is not limited to, the following:

1. Verbal warning by umpire, manager, Board Member on Duty, and/or head of league organization.
2. Written warning.
3. Parental game suspension with written documentation of the incident kept on file by TCLL.
4. Game forfeit through the umpire or Manager/Coach.
5. Parental season suspension.

I/we have read the Spectators Code of Conduct and agree to abide by the guidelines established above. Tri-City Little League is under obligation to establish a Good Sportsmanship Program and if necessary, take the disciplinary actions required in order to enforce the Spectators Code of Conduct.

Player: _____ Team: _____

Signature: _____ Relationship to Player: Father/Mother/Guardian Date: _____

Signature: _____ Relationship to Player: Father/Mother/Guardian Date: _____

Improper Conduct for which an Umpire/Official Shall Issue a Warning or Ejection

- Verbal abuse of any player, manager/coach, or spectator shall be grounds for a warning or ejection.

- Equipment throwing by any player, manager/coach, or spectator shall be grounds for a warning or ejection.

- Physical contact with another player, manager/coach, or umpire not in the spirit of the game by a player, manager/coach, or spectator shall be grounds for ejection.

- Smoking at the field by a player, manager/coach, or spectator may be grounds for a warning or ejection.

- Alcohol/Drug consumption during a game by a player, manager/coach, or spectator shall be grounds for ejection

It is the responsibility of each umpire and official scorekeeper to log warnings and ejections.

It is the responsibility of the chief umpire to present all warnings and ejections to the Board of Directors, in writing within 24 hours.

It is the responsibility of the Board of Directors to decide if any deviation from the league's ejection policy is to be enforced, modified, or revoked.

Any inappropriate behavior by a spectator may be cause for the suspension of a game by the Umpire. Game suspension may continue until such time as the spectator leaves the park.

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

Code of Conduct Incident may be filed by any Manager, Coach, Umpire, Board Member, Parent, Spectator, or Player, and must be delivered to a Tri City Little League Board Member, either by email (posted on the TCLL website), telephone, or in person.

Three Strike Policy:

All participants and spectators in the Tri City Little League will adhere to the “Three Strikes and You’re Out” principle.

The Board of Directors will assign Strikes according to the severity of each incident. Depending on the incident, an infraction can carry more than one Strike as determined by the Board of Directors.

The table below is a guideline for assignment of Strikes by the committee. Strikes may only be filed against an individual if a majority of the Board of Directors determines that an infraction has been committed.

All decisions made by the Board of Directors are at their discretion and all decisions are final. If the discipline consists of suspension or 3 games/practices or more, the Board of Directors must approve the discipline by a vote of 2/3 or greater. The Board, in evaluating and accepting volunteers into our program, shall take into consideration previous strikes assigned prior to appointing any individual to a volunteer position.

Notice of Infraction:

The Board of Directors will send via the United States Post Office or hand delivered by a member of the Board, a Notice of Conduct Infraction to the offending party with a description of the resulting penalty. Below is a non-exhaustive list of examples of applicable penalties, included solely as a reference.

Conclusion:

As Board Members, Managers, Coaches, Parents, Spectators, and Volunteers we are entrusted with the well-being of the participants in Tri City Little League. It is critical that each child has a positive experience with his/her participation. Umpires, Volunteers, Parents, Spectators, and Players all must be educated in Code of Conduct expectations and enforcement. The Board of Directors must consistently enforce this policy to provide a healthy playing environment for all participants in Tri City Little League.

Reference Chart and Actions

EXAMPLES OF STRIKE ASSIGNMENT >>> ACTION TO BE TAKEN BASED ON STRIKES

1. Foul language from a Player, Umpire, Spectator, Manager, or Coach >>> All participants shall receive a Notice of Infraction
2. Player abusing of TCLL’s or other people’s property >>> Player shall be suspended for 1 game (next game to be played*)
3. Player criticizing a participant in foul or abusive manner >>> Player shall be suspended for 2 games (next 2 consecutive games to be played*)
4. Manager, Coach, Umpire, Player, or Spectator criticizing a Player or Umpire >>> Manager and/or Coach shall be suspended for 4 games (next 4 consecutive games to be played*)
5. Any second offense of an infraction that would normally constitute a warning >>> Party making infraction can be suspended or expelled from the league
6. Physical abuse or fighting of any kind >>> Suspension from League for the remainder of the year and put on restrictions for the following year(s)

FIRST AID

First-Aid is the first care given to a victim of accident or illness. It is usually performed by the first person on the scene and continued until professional medical help arrives (EMTs). Managers, coaches, board members, and some volunteers are CPR and First Aid certified. You should never administer care beyond your capabilities. Always know your limits. The average response time on 9-1-1 calls is 5-7 minutes. Perform whatever First Aid you can and wait for the EMTs to arrive. You should never attempt to transport a victim unless the injury is minor. EMS providers have specialized training in immobilization to reduce further injury and make transport more tolerable.

DO...

- Reassure children who are injured, frightened, or lost
- Provide, or assist in obtaining, medical attention for those who require it
- Know your limitations
- Carry a first aid kit to all games and practices
- Have your players medical clearance forms with you at all games and practices
- Make sure there is a cellular phone nearby at all games and practices
- When administering aid to the sick or injured:
 - Look for signs of injury
 - Listen to the description of what happened, calm or soothe as needed.
 - Feel the injured area carefully and gently

DON'T...

- Administer any medications
- Provide food or beverages, water only for heat injuries
- Be afraid to ask for help if you are not sure of proper procedures
- Hesitate in giving aid when needed
- Transport individuals for medical aid
- Leave an unattended child at a practice or game
- Hesitate to report any present or potential safety hazard to the Safety Office or Board Member

BASIC FIRST AID

Unconscious Player: Call for help immediately, check breathing continuously (CPR if required). DO NOT move the person, even if they regain consciousness. Keep them calm and quiet until professional help arrives. Have an adult keep track of time if a child becomes unconscious and CPR is administered.

Unconscious Player- due to a blow to the chest (*Commotio Cordis*): A player who collapses after a blow to the chest is in extreme danger. You must call for help immediately and seek the assistance of the local fire station and their AED device. Rescue care with an AED device is critical within the first 5 mins of the collapse!

Cuts, Scrapes & Bruises (*minor*): stop the bleeding, cleanse and protect the wound.

Bleeding (*profuse*): apply direct pressure and elevate the wound above the heart if possible.

Bloody Nose: sit victim down, lean forward with chin toward the chest, and pinch the nose.

Strains & Sprains: apply ice, immobilize & elevate.

Fracture: apply ice, immobilize & elevate.

Heat Injury: Symptoms; dry hot skin, no sweating, confusion, dizziness, and/or chills on the chest. Cool the athlete immediately. If the athlete is unconscious (1) remove clothes, (2) douse with cold water, icy towels, (3) do not give liquids by mouth, (4) call an ambulance and, (5) give CPR if breathing stops.

Bites & Stings: apply ice compress and insect sting salve.

Treatment for a Knocked out tooth: act quickly!! The best chance of saving the tooth is within the first 30 mins of the accident. 1) Find the tooth; 2) Handle the tooth at the crown, do not touch the root, 3) Replant the tooth if possible, 4) Do not allow the tooth to dry out. Keep the tooth moist by doing one of the following: A) Put the tooth in cold whole milk, B) Put the tooth in commercially available solutions or C) Put the tooth inside the victim's mouth between the cheeks and gum. Victim should get to the dentist immediately.

Fractured Tooth:

- 1) Clean the fractured tooth and find the broken piece;
- 2) Apply a cold compress outside the cheek if swelling is present;
- 3) Go to the dentist immediately.

Cut lip, gums or tongue:

- 1) Rinse with cold water to remove foreign object
- 2) Apply cold compresses to the cut or bleeding area
- 3) Go to the dentist immediately.

EMERGENCY PROCEDURES

REMEMBER

If you are not qualified to deal with an injury, DON'T! Get medical assistance immediately.

Your objective is to keep the victim calm and get help ASAP. Even with the most careful and complete planning, in an emergency, everyone involved is likely to be upset. In that state of mind, it is easy to forget something important.

You may have to calm both worried parents, frightened teammates, excited witnesses, and keep both curious and well-meaning out of the way

Never take medical actions that you are not qualified to perform. Our hope and intent is that we will not find the need to utilize any emergency plans, but we need to be prepared.

IN THE EVENT 911 IS CALLED, FOLLOW THE BELOW STEPS

First, take a deep breathe and remain calm. 911 dispatchers are trained to calmly and effectively gather information and assess emergency situations so that they can send the right medical, fire, or law enforcements to the scene.

Step 1 Share your location and phone number.

Step 2 Clearly state your emergency. Describe the situation.

Step 3 Describe the condition of the victim, and let them know if anyone else is providing assistance.

Step 4 Follow any instructions from the dispatcher.

Remember, stay on the line until the dispatcher has told you to hang up and answer all questions best you can.

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 must be reported to the Safety Officer, appropriate Player Agent, and League President. 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 Safety Officer, appropriate Player Agent, and the league President within 48 hours of the incident. (See page 8 for contact info).

How to make the report - Reporting incidents can come in a variety of forms. It is recommended to use Appendix 1, Incident/Injury Report. Most typically, they are telephone conversations.

At a minimum, the following information must be provided:

- The name and phone number of the individual involved.
- The date, time, and location of the incident.
- As detailed a description of the incident as possible.
- The preliminary estimation of the extent of any injuries.
- The name and phone number of the person reporting the incident.

Safety Officer's Responsibilities - Within 48 hours of receiving the incident report, the Safety Officer will contact the injured party or the party's parents and

- (1) verify the information received;
- (2) obtain any other information deemed necessary;
- (3) check on the status of the injured party;
- (4) in the event that the injured party required other medical treatment (i.e., Emergency Room visit, doctor's visit, etc.) will advise the parent or guardian of the NASA Area Little League's insurance coverage and the provisions for submitting any claims.

If the extent of the injuries is more than minor in nature, the Safety Officer shall periodically call the injured party to

- (1) check on the status of any injuries
- 2) To check if any other assistance is necessary in areas such as submission of insurance forms, etc. until such time as the incident is considered "closed" (i.e., no further claims are expected and/or the individual is participating in the league.)

If any league office reporting is required, the Safety Officer shall be responsible to ensure the process is completed in a timely manner.

RETURN TO PLAY GUIDELINES

SOURCE: American Red Cross and United States Olympic Committee Sport Safety Training

If an athlete has been injured or ill but seems to have recovered, you may need to decide whether the athlete can safely return to play. Always err on the side of safety and that may mean an evaluation by a medical facility/professional.

Importance for Athletes

The severity of an injury or illness is not easily determined. An injury or illness that is incorrectly identified and for which the athlete does not receive medical attention may become worse. If medical care is needed, returning to play would be inappropriate after an injury. Sometimes even “sitting it out” through the rest of the practice or competition/game may be inappropriate. Recovery time may be longer if proper care is delayed and the athlete could experience increased or permanent damage.

Guidelines

Discourage the athlete from returning to play if he or she feels unable to participate.

Know and follow the guidelines for how and when to request/call emergency

The absence of pain does not signify the injury is not serious. Do not return an athlete to play simply because he/she says the pain is minimal.

With an injury causing pain, swelling, or redness, do not ask the athlete to try to “walk it off.” Movement may aggravate the injury.

Do not let the athlete move AT ALL with any suspected injury to the head, neck, or back. Do not let others touch the athlete or roll him/her over.

An athlete with any of the following injuries/conditions needs immediate medical care:

- Deformity of limb;
- Any extreme localized pain;
- Joint pain;
- Altered level of consciousness, including drowsiness, disorientation, seizure, unconsciousness;
- Repeated vomiting or diarrhea;
- Unequal pupil size;
- Severe bleeding;
- Breathing difficulty or breathing irregularly;
- Fluid leaking from nose or ears;
- Any eye injury affecting vision;
- Chest pain.

When in doubt play it safe and do not let the athlete return to play.

Only when none of the above conditions are present is it safe to allow an athlete to return to play. However, never try to advise a reluctant athlete to return. Any athlete who does return to play should be watched closely for any signal that the injury or illness is significant.

Following a serious injury or illness, return-to-play should be guided by a physician's recommendation. These include injuries or illnesses such as:

- Unconsciousness;
- Concussion;
- Surgery;
- Missing more than seven (7) consecutive days of training, practice, and games.

**LITTLE LEAGUE NOTE:
Athletes who have obtained
professional medical attention after
an injury must have an
UNRESTRICTED “return-to-play”
note from their doctor before
playing. This must be presented to
the player agent and the safety
officer.**

INJURY AND ACCIDENT PREVENTION

To reduce the risks that your child will be injured playing Little League Baseball, the American Academy of Pediatrics, Centers for Disease Control and Prevention (CDC), Consumer Product Safety Commission, American Academy of Orthopedic Surgeons, and other sports and health organizations recommend the following:

Medical Release Form

Part of keeping a player safe from injury or worsening an injury that is sustained is having the past & present medical history and related social history of the player. These important medical conditions that he/she may have (such as ADD/ADHD, asthma, diabetes, drug, environmental, food or insect allergies etc.) will help the managers & coaches deal with each situation properly should the parent(s)/guardian(s) not be around when an incident occurs, help the managers & coaches may be the only person around to give potentially life saving information.

A player is not allowed to participate in practices or games until a medical form is returned to the manager.

Managers MUST have these in their possession at all practices and games.

Practice and Games

Make sure all players wear all required safety gear every time he or she plays and practices.

Protective equipment is one of the most important factors in minimizing the risk of injury in baseball. According to a June 1996 study by the Consumer Product Safety Commission (CPSC), baseball protective equipment currently on the market may prevent, reduce, or lessen the severity of more than 58,000 injuries, or almost 36% of the estimated 162,100 baseball-related injuries requiring emergency-room treatment each year. Because most organized sports-related injuries (62%) occur during practices rather than games, children need to take the same safety precautions during practices as they do during games.

Make sure all players warm up and stretch.

Make sure your players always take time to warm up and stretch. Research shows that cold muscles are more injury prone. While a proper warm-up is important for all youth athletes, it is particularly critical during a growth spurt, when your children's muscles and tendons are tight.

Experts, including the American Academy of Orthopedic Surgeons, recommend that your children warm up by:

Doing jumping jacks, jogging or walking in place for 3 to 5 minutes to get the blood moving through the muscles and ligaments. Then slowly and gently stretching, holding each stretch for 30 seconds.

Have your players do stretches for the position they plays: for instance, pitchers should concentrate on stretching their arms, shoulders, neck and wrists, in addition to stretching their legs, knees, feet and back.

Inspect the playing field

The playing field can pose a risk of injury. Before every game or practice, a manager, coach, an umpire and/or parent should check for holes, ruts, glass, or any other unsafe conditions. Protective fence tops where equipped must be in proper condition. Players should be reminded to bring any holes that they encounter on the field to the attention of the coach or umpire.

Concussion Recognition and Training

In July 2010, the RI General Assembly passed the law titled School and Youth Programs Concussion Act. Although the recommendations relate to school sports, section 4 of this statute applies to all other youth sports programs and reads: "All other school sports programs not specifically addressed by this statute are encouraged to follow the guidance set forth in this statute for all program participants who are nineteen and younger". In summary, the statute requires a preseason meeting with coaches/managers on concussion risks/recognition and to have the managers/coaches pass this information on to the parents. It also requires that training material be provided, that all managers/coaches complete the online concussion training program, and that a return to play verification by a healthcare profession be submitted to TCLL prior to the player returning to play.

The following is required by TCLL for all managers and is recommended for all coaching staff:

1. Completion of the online training program titled "Heads Up, Concussion in Youth Sports". Verification of completion of this program must be submitted to the TCLL Safety Officer

<http://www.cdc.gov/concussion/HeadsUp/Training/HeadsUpConcussion.html>

Weather Preparation

Lightning

In baseball, three strikes and you're out. But, with lightning, one strike is all it takes. Lightning cannot be stopped. At any given time, more than 2,000 thunderstorms are in progress around the world. Strikes to earth are random and total protection from lightning is impossible.

Tri City Little League has and uses the "if we see it -- we stop it" technique. That is, we stop the game or practice immediately if lightning was spotted, no matter what the indicator states.

We wait 30 minutes from the first flash and then 30 minutes from each new flash. The game is continued if needed and if time allows, once the lightning stops and the storm passes.

Safe evacuation sites include metal vehicles with windows up, enclosed buildings, or if necessary, low ground.

Unsafe shelter areas include all out-door metallic objects like flagpoles, fences, light poles, picnic tables, and metal bleachers.

Avoid trees, water, open fields, and using the phone.

People who have been struck by lightning do not carry an electrical charge and are safe to handle. Apply CPR immediately, if qualified, and get emergency help.

Heat Safety

Make sure players drink enough fluids. As a parent or coach, you are responsible for taking precautions to prevent heat illnesses in exercising children and making sure they drink enough fluids.

It is recommended that 2 hours prior to a game, players should consume at least 16 ounces of fluid.

During a game, players should drink cold fluids every 10 to 15 minutes. Caffeinated and carbonated drinks will increase the chance of dehydration and are not recommended.

Sunscreen: Apply an SPF level 15 sunscreen on a child's face, neck, and arms before going outside and reapply if he/she is sweating.

Air Quality Policy

At 127 AQI or more based on information given at www.airnow.gov, practices shall be limited to walk-through or chalk-talk

At 151+ AQI, all practices and games must be canceled

Heat Policy

At 105 degrees or more, all Tball, Farm, and Minor A practices and games must be canceled

At 110 degrees or more, all practices and games must be canceled for all age groups/divisions

Communicable Disease and Blood borne Pathogens

While the risk of one athlete infecting another with a communicable disease during competition is close to non-existent, there is a remote risk that other bloodborne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood and other body fluids. Hepatitis B can survive potential for transmission of these infectious agents should include, but not be limited to, the following:

- If bleeding is present, it must be controlled and the open wound covered. If there is an excessive amount of blood on the uniform it must be changed before the athlete resumes play.
- Latex free gloves or other precautions must be used to prevent skin and or mucous membrane exposure when contact with blood or body fluids is anticipated.
- Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or body fluids. Wash hands immediately after removing gloves. Alcohol based hand cleaner is an acceptable alternative to soap and water.
- Clean all contaminated surfaces and equipment with an appropriate disinfectant before play resumes. A cleanup kit will be available at the concession stand.
- Practice proper disposal procedures to prevent injuries caused by needles and other sharp contaminated devices.
- CPR barrier devices must be used when performing artificial respirations.
- Managers, coaches, or volunteers with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
- Contaminated materials such as dressings, towels, or other items contaminated with blood or body fluids shall be disposed in red biohazard bags. Contact the safety Officer for disposal of biohazard bag

FACILITIES

Facility Survey

The Safety Officer will conduct a facility survey annually with assistance from the Field Manager. It will be submitted along with the annual Tri City Safety Plan.

Equipment

Inspections of all equipment and facilities will be conducted before, during, and after the season. It is the responsibility of all volunteers to report problems. Any worn or broken equipment will be repaired or replaced. Any equipment used by players fits properly, is worn correctly, and is used for its intended purpose. Manufacturers of baseball equipment make improvements every year. Much of this equipment is approved by Little League and is the only equipment that is allowed for use. Be it batting helmets with face or chin protection, improved catchers gear, fence caps, or breakaway bases. Safety should be considered a work in progress, never wait for an incident to happen to a player or our league.

Storage & Equipment Sheds

The following applies to all of the storage sheds and field boxes used by the Tri City Little League and to all individuals who are issued keys for its use:

1. All individuals issued keys to the TCLL storage sheds or field boxes are aware of their responsibilities for the orderly and safe storage of bases, bats, helmets, and field maintenance tools.
2. All chemicals or organic materials stored shall be properly labeled as to its contents
3. All chemicals or organic materials stored within the sheds will be separated from areas used to store gardening equipment to minimize the risk of puncturing storage containers
4. Any witnessed "loose" chemicals or organic materials within these sheds must be cleaned up and disposed of as soon as possible to prevent accidental poisoning.

CONCESSION STAND PROCEDURES

Tri City Little League has developed the following concession stand procedures to be followed at all snack bar facilities.

- Proper Use of Food Handlers Gloves will always be enforced
- Use of food thermometers to check food temperatures is advised
- Access to clean running water and sink to wash utensils is provided
- All refrigerated foods shall be kept in the refrigerator until they are to be cooked, used, or served
- All foods will be stored in appropriate containers
- Expiration dates must be checked before an item is cooked, used, or served
- All expired food shall be disposed
- All cooking utensils shall be kept clean and stored in a clean place when not in use
- All cooked food that is not sold shall be thrown out
- Only adults shall operate the barbecue
- Only adults having knowledge of how to change a propane tank on a barbecue shall change or handle the propane canisters used in conjunction with the barbecue
- No grills will be used indoors
- No person under the age of 15 shall be in or work in the snack-bar/concession stand
- No person under the age of 18 shall handle any propane tank
- All refrigeration equipment must meet commercial standards
- All workers within the snack-bar/concession-stand shall upon return from the restroom or the handling of any non-food item wash their hands in warm, soapy water; signs are posted in the bathrooms and near hand washing sink
- No person having any communicable disease, such as TB or hepatitis, shall work in the snack bar / concession-stand
- No person having open sores, cuts, or oozing skin conditions shall work in the snack bar / concession stand until the condition clears/resolves
- A fire extinguisher complying with ABC standards must be placed in each snack-bar/concession stand where it can be seen and easily accessed
- All fire extinguishers must be checked annually and serviced as needed
- Any fire extinguisher that is used or discharged must be re-charged as soon as possible
- A Food Handlers Card must be obtained from the Placer County Department of Environmental Health
- Use of Non-Toxic Cleaners and Anti-Bacterial Soap to keep surfaces and utensils sanitized and free from cross contamination

2023 T-Ball Ground Rules

PLAYER DRESS CODE:

- Player must be in uniform provided by the league, a shirt and hat with the team logo.
- No metal cleats.
- Only Little League approved equipment may be used.

PRE-GAME:

- Coaches should meet and review all ground rules.

GAME DURATION:

- Games will be played for 60 minutes.

OFFENSE:

- All players bat every inning.
- All players will hit off the tee.
- Each batter will wear a helmet when batting and running the bases until back in the dugout.
- Runners advance one base at a time, except the last batter each inning. This batter will clear the bases.
- A ball failing to cross the arc is foul.
- No stealing, sliding, or leading off.

DUGOUTS:

- No food, including sunflower seeds or gum will be allowed in the dugouts. Water in non-glass containers is recommended.
- All batters will wait to bat inside the dugout. No on-deck area will be available for warm up. Bats will not be touched in the dugout.

DEFENSE:

- A regular infield will be played: P, C, 1B, 2B, 3B, & SS.
- The remaining players will field a staggered shallow/deep outfield.
- Players must be rotated through infield positions, including catcher, each game & throughout the season.
- Catcher should be ready to play defense prior to the last batter ending an inning.

COACHES:

- Two adult base coaches allowed when batting.
- A few coaches should be on the field to guide defensive players.

FORMS:

- All coaches, including practice coaches, and managers must have a league-approved application on file.
- Player medical release forms must be with the manager/coach at every game or practice.

FIELD PREPARATION:

- Both managers are responsible for field prep (watering, dragging, raking, and chalking-foul lines, batters box, and the arc) before each game. **Coaches from the completed game should help prep the field for the next game.**

END OF GAME RESPONSIBILITIES:

- Both managers are responsible for the trash in their dugout and in the stands after each game or practice. When time permits between games and after the last game of the day, please rake the field and groom the batter's box and pitchers mound. Managers are to keep the equipment room clean and organized after each game or practice and will also ensure the equipment shed is locked and all lights are off before leaving the park. ***Both managers shall empty all trashcans and replace liners after the last game of the day.***
- **Put both sets of catcher's gear in the equipment shed. Do not take home.**

SPIRIT OF PLAY:

- Our responsibility as managers/coaches is to teach the fundamentals of baseball and sportsmanship in a fun and relaxed environment.

2023 Farm Ground Rules

PLAYER DRESS CODE:

- Player must be in uniform provided by the league, a shirt and hat with the team logo.
- No metal cleats.
- Only Little League approved equipment may be used.

PRE-GAME:

- Coaches should meet and review all ground rules.

GAME DURATION:

- Games will be played for 1 hour and 15 minutes.

OFFENSE:

- All players bat every inning.
- Each batter will wear a helmet when batting and running the bases until back in the dugout.
- Runners advance one base at a time, except the last batter each inning. This batter will clear the bases.
- A ball failing to cross the arc is foul.
- No stealing, sliding, or leading off.

DUGOUTS:

- No food, including sunflower seeds or gum will be allowed in the dugouts. Water in non-glass containers is recommended.
- All batters will wait to bat inside the dugout. No on-deck area will be available for warm up. Bats will not be touched in the dugout.

DEFENSE:

- A regular infield will be played: P, C, 1B, 2B, 3B, & SS.
- The remaining players will field a staggered shallow/deep outfield.
- Players must be rotated through infield positions, including catcher, each game & throughout the season.
- Catcher should be ready to play defense prior to the last batter ending an inning.

COACHES:

- Two adult base coaches allowed when batting.
- A few coaches may be on the field to guide defensive players.

COACH PITCH:

- Managers/coaches will throw a maximum of **3 overhand pitches** to each batter. If the ball is not put into play, the player must use a tee for the remainder of that at-bat.
- A tee should be ready in order to keep the game moving.

FORMS:

- All coaches, including practice coaches, and managers must have a league-approved application on file.
- Player medical release forms must be with the manager/coach at every game or practice.

FIELD PREPARATION:

- Both managers are responsible for field prep (watering, dragging, raking, and chalking-foul lines, batters box, and the arc) before each game. **Coaches from the completed game should help prep field for next game.**

END OF GAME RESPONSIBILITIES:

- Both managers are responsible for the trash in their dugout and in the stands after each game or practice. When time permits between games and after the last game of the day, please rake the field and groom the batters box and pitchers mound. Managers are to keep the equipment room clean and organized after each game or practice and will also ensure the equipment shed is locked and all lights are off before leaving the park. ***Both managers shall empty all trashcans and replace liners after the last game of the day.***
- **Put both sets of catcher's gear in the equipment shed. Do not take home.**

SPIRIT OF PLAY:

- Our responsibility as managers/coaches is to teach the fundamentals of baseball and sportsmanship in a fun and relaxed environment.

2023 Minor A Ground Rules

PLAYER DRESS CODE:

- Players must be in uniform provided by the league, a shirt, and hat with the team logo.
- Catchers must wear a protective cup, and all catchers gear must meet Little League requirements (ie throat guard).
- Uniform shirts are to be tucked in at all times.
- Only Little League approved equipment may be used. No metal cleats.

PRE-GAME:

- Coaches should meet and review all ground rules.

GAME DURATION:

- Weekday game duration will be six (6) innings **OR** until the game is called due to darkness.
- Weekend game duration will be six (6) innings **OR** ninety (90) minutes from the scheduled start time. If time expires during an at bat, the batter will complete the at bat before ending the game due to time. Teams need 15 minutes to warm up and prep the field for the following game.

5-RUN RULE:

- An inning will end after a team scores its fifth run.

OFFENSE:

- Managers/coaches will pitch the entire season.
 - A coach-pitch stripe shall be chalked at a set distance from the front of home plate as follows:
 - 30 feet during March
 - 35 feet during April
 - 40 feet during May
 - The coach pitcher should start the pitch near the coach-pitch stripe and may either throw from a standing or kneeling position at their discretion. Variation of this rule for individual players may be allowed by manager agreement.
- An umpire or coach will call balls and strikes.
- A traditional count will be used and there will be **no strike outs**.
- If a batter takes or swings at three strikes the batter will return to the dugout but it will not count as an out.
- Runners **will not** advance on overthrows to any base. Runners may advance on balls hit to the outfield.
- When a throw from the outfield is controlled by a defensive player positioned anywhere in the infield, the ball is dead and base runners may not take extra bases. Base runners must stop at the base they were heading to when the ball was controlled.
- There will be no stealing, sliding, or leading off.
- An offensive team will complete their “at bat” if any of the following occur:
 1. Three (3) defensive outs. (no strike outs)
 2. Five (5) runs scored
 3. Offensive team has batted through the line up.

DUGOUTS:

- No food or gum will be allowed in the dugouts. Water in non-glass containers is recommended. All batters will wait to bat inside the dugout. No on-deck area will be available for warm up. Bats will not be touched in the dugout until the on-deck batter is leaving the dugout to go to home plate to hit.

DEFENSE:

- A regular defense will be played: P, C, 1B, 2B, 3B, SS, LF, CF, & RF only.
- Outfielders will start behind the outfield chalk line.
- Players will play an infield position a maximum of two innings in a row and three innings per game.
- Players must be rotated through infield positions, including catcher, each game & throughout the season.

COACHES:

- Two adult base coaches allowed when batting.
- Two coaches allowed in fair territory to assist defensive players.
- A coach should be placed behind their catcher to assist in quick ball return back to the pitcher.

FORMS:

- All coaches and managers must have a league-approved application on file.
- Player medical release forms must be with the manager/coach at every game or practice.

FIELD PREPARATION:

- Both managers are responsible for field prep (watering, dragging, raking, & chalking) before each game.
- If a pitching machine is being used, then it is to be set up by the home team.
- **Coaches from the completed game should help prep the field for the next game.**

END OF GAME RESPONSIBILITIES:

- Both managers are responsible for the trash in their dugout and in the stands after each game or practice. When time permits between games and after the last game of the day, please rake the field and groom the batter's box and pitchers mound. Managers are to keep the equipment room clean and organized after each game or practice and will also ensure the equipment shed is locked and all lights are off before leaving the park. ***Both managers shall empty all trash cans and replace liners after the last game of the day.***

SPIRIT OF PLAY:

- Our responsibility as managers/coaches is to teach the fundamentals of baseball and sportsmanship in a fun and relaxed environment. Game score will be kept only to determine innings, not a winner or loser.

2023 Minor AA Ground Rules

PLAYER DRESS CODE:

- Player must be in uniform provided by the league, a shirt and hat with the team logo.
- All players must wear an athletic supporter and catchers must wear a protective cup.
- Uniform shirts are to be tucked in at all times.
- No metal cleats. Only Little League approved equipment may be used.

GAME DURATION:

- **Weekend** games will be 2-hours from the official start time. The official start time is per the schedule, not when the umpire starts the game. If time expires during an at bat, the batter will complete the at bat before the umpire ends the game due to time.
- **Weekday** games will be 6 innings or shortened because of safety issues due to lack of sunlight. This is to be enforced by the team coordinator and/or adult umpire or the Board Member on Duty.

5-RUN RULE: An inning will end after a team scores its fifth run, except for the 6th inning.

10-RUN RULE: 10-run rule will apply only after the 5th inning. If one team is ahead by 10 runs or more going into the 6th inning, the 10-run rule will apply and the game will be complete.

ADULT UMPIRE: If an adult umpire is not present at the game, visiting team will provide an adult umpire to work the game as head umpire. The adult umpire is not required to work the plate. The Home Team Parent will act as an adult Team Coordinator who will find the BMOD or another Board Member to resolve any issues (i.e. rules questions, inappropriate conduct).

PITCHING:

- Pitchers are limited to two (2) innings per game.
- Days rest and pitching availability will follow Little League Pitch count rules. Players age 6 may pitch a maximum of 35 pitches per day. Players age 7 or 8 may pitch a maximum of 50 pitches per day. Players age 9 or 10 may pitch a maximum of 75 pitches per day.
 - If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
 - If a player pitches 51-65 pitches in a day, three (3) calendar days or rest must be observed.
 - If a player pitches 36-50 pitches in a day, two (2) calendar days or rest must be observed.
 - If a player pitches 21-35 pitches in a day, one (1) calendar day or rest must be observed.
 - If a player pitches 1-20 pitches in a day, no (0) calendar days or rest must be observed.
- NOTE: Under no circumstances shall a player pitch in three (3) consecutive days.
- **Regulation VI (d):** If a pitcher reaches a day(s) threshold while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs: 1. The batter reaches base; 2. That batter is retired; 3. The third out is made to complete the half-inning. The pitcher will only be required to observe the calendar day(s) of rest for the threshold he/she reached during that at-bat, provided that pitcher is removed before delivering a pitch to another batter.
- If a player delivers 41 or more pitches, and is not covered under the threshold exception, the player may not play the position of catcher for the remainder of that day.
- **Any player who has played the position of catcher in four (4) or more innings in a game is not eligible to pitch on that calendar day. Catching 1 pitch in their fourth (4th) inning constitutes catching a fourth**

(4th) inning.

- There will be no walks. After four (4) balls a coach from the offensive team will assume the count and pitch the remaining strikes. A coach may strike a batter out.
- Coaches must pitch overhand from the pitching rubber. Player remaining in the game to play defensive pitcher must stand on the dirt surrounding the pitching rubber either to the left or right of the coach pitcher.
- A pitcher must be removed from pitching (but may remain in the game) if 2 batters are hit in one inning or 3 in a game.

OFFENSE:

- All players will bat thru the line-up.
- No direct steals are allowed. Once the pitched ball crosses the plate, runners are limited to a standard 2- step lead equal to the length of the cutout arc in the grass.
- Runners may advance **only 1** base after a pitched ball touches the backstop. No runner will steal home on any **pitched** ball.
- Runners may advance on throws from the catcher back to the pitcher when the throw travels past the entire grass infield and reaches the dirt infield or beyond. **No steals during a coach pitch situation.**
- When a throw from the outfield is controlled by a defensive player positioned anywhere in the infield, the ball is dead and base runners may not take extra bases. Base runners must stop at the base they were heading to when the ball was controlled.
- A batter is out for illegal action when he/she fakes a bunt and then takes a full swing.
- An offensive team will complete their “at bat” if any of the following occur:
 1. Three (3) defensive outs
 2. Five (5) runs scored
 3. Offensive team has batted through the line up.

DEFENSE: Catchers should be ready to play defense before the 3rd out is made. If the catcher is not ready, the coach can have another player ready with a mask and catcher’s glove to warm up the pitcher. Managers and coaches are permitted to warm up a pitcher at home plate or in the bullpen at any time.

DUGOUTS: No food allowed in the dugouts.

SUBSTITUTION RULES: All players must play at least nine (9) defensive outs. Every player must play a minimum of one inning in the infield (P, 1B, 2B, 3B, SS, C) in the first 4 innings of play.

COACHES: Rule 4.05 – Base coaches shall be eligible players in the uniform of their team; an adult manager and/or coach. Both base coaches may be adult managers or coaches. At least one adult manager or coach must be in the dugout. A maximum of four (4) coaches are allowed in the dugout.

FORMS:

- All coaches and managers must have a league-approved application on file. Player medical release forms must be with the manager/coach at every game or practice.

FIELD PREPARATION:

- Both managers are responsible for field prep.

Home Team

- A. Drag and Water the infield
- B. Rake and dress the field

Visiting Team

- A. Prep the mound & home plate
- B. Chalk the box and lines

- Both managers will check and prep the bullpen area. Post game fieldwork will be completed as time allows. Repair the mound (game and bullpen) and plate areas first then water and drag the infield.

Coaches from the completed game should help prep field for next game.

SCORE KEEPING: Home team will provide an official scorekeeper. Visiting team will provide someone to track pitch counts that will be recorded in the official scorebook after each half inning. This person is also responsible for updating the official scoreboard. The scorekeeper will advise the umpire (and coach if asked) the pitcher's status between each inning. All pitch count and scorekeeping must be done in the score booth.

PRE-GAME INFIELD:

- Visiting team: 20 minutes before game time.
- Home team: 10 minutes before game time.
- No live batting practice from home plate before games – wiffle ball batting practice in the outfield is okay.

PENALTIES: Rule 4.07 – When a manager, coach or player is ejected from a game, they shall leave the field immediately and take no further part in the game. They may not sit in the stands and may not be recalled. Any manager, coach or player ejected from a game is suspended for the next physically played game and may not be in attendance at the game site from which they are suspended.

END OF GAME RESPONSIBILITIES: Both managers are responsible for the trash in their dugout and in the stands after each game or practice. When time permits between games and after the last game of the day, please rake the field and groom the batters box and pitchers mound. Managers are to keep the equipment room clean and organized after each game or practice. **Both managers shall empty all trashcans and replace liners after the last game of the day.** Home team will also ensure the equipment shed is locked and all lights are off before leaving the park.

2023 Minor AAA Ground Rules

PLAYER DRESS CODE:

- Player must be in uniform provided by the league, a shirt and hat with the team logo.
- All players must wear an athletic supporter and catchers must wear a protective cup.
- Uniform shirts are to be tucked in at all times.
- No metal cleats. Only Little League approved equipment may be used.

GAME DURATION:

- **Weekend** games will be 2-hours from the official start time. The official start time is per the schedule, not when the umpire starts the game. If time expires during an at bat, the batter will complete the at bat before the umpire ends the game due to time.
- **Weekday** games will be 6 innings or shortened because of safety issues due to lack of sunlight. This is to be enforced by the team coordinator and/or adult umpire or the Board Member on Duty.

5-RUN RULE: An inning will end after a team scores its fifth run, except for the 6th inning.

10-RUN RULE: 10-run rule will apply only after the 5th inning. If one team is ahead by 10 runs or more going into the 6th inning, the 10-run rule will apply and the game will be complete. **Note:** The 10-Run Rule does not apply to the AAA tournament.

ADULT UMPIRE: If an adult umpire is not present at the game, visiting team will provide an adult umpire to work the game as head umpire. The adult umpire is not required to work the plate. The Home Team Parent will act as an adult Team Coordinator who will find the BMOD or another Board Member to resolve any issues (i.e. rules questions, inappropriate conduct).

PITCHING:

- Warm-up pitches are limited to six (6) per inning or are at the discretion of the umpire (i.e. one-minute guideline).
- A pitcher must be removed from pitching (but may remain in the game) if there are two (2) batters hit in one inning or (3) in a game.
- Days rest and pitching availability will follow Little League Pitch count rules. Players age 7 or 8 may pitch a maximum of 50 pitches per day. Players age 9 or 10 may pitch a maximum of 75 pitches per day. Players age 11 may pitch a maximum of 85 pitches per day.
 - If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
 - If a player pitches 51-65 pitches in a day, three (3) calendar days of rest must be observed.
 - If a player pitches 36-50 pitches in a day, two (2) calendar days of rest must be observed.
 - If a player pitches 21-35 pitches in a day, one (1) calendar day of rest must be observed.
 - If a player pitches 1-20 pitches in a day, no (0) calendar days of rest must be observed.
- **NOTE:** Under no circumstances shall a player pitch in three (3) consecutive days.
- **Regulation VI (d):** If a pitcher reaches a day(s) threshold while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs: 1. The batter reaches base; 2. That batter is retired; 3. The third out is made to complete the half-inning. The pitcher will only be required to observe the calendar day(s) of rest for the threshold he/she reached during that at-bat, provided that pitcher is removed before delivering a pitch to another batter.
 - If a player delivers 41 or more pitches, and is not covered under the threshold exception, the player may

not play the position of catcher for the remainder of that day.

• **Any player who has played the position of catcher in four (4) or more innings in a game is not eligible to pitch on that calendar day. Catching 1 pitch in their fourth (4th) inning constitutes catching a fourth (4th) inning.**

OFFENSE:

- All players will bat thru the line-up.
- A runner may advance once the ball reaches the batter.
- A batter is out for illegal action when he/she fakes a bunt and then takes a full swing.
- An offensive team will complete their “at bat” if any of the following occur:
 - Three (3) defensive outs
 - Five (5) runs scored
 - Offensive team has batted through the line up.

DEFENSE: Catchers should be ready to play defense before the 3rd out is made. If the catcher is not ready, the coach can have another player ready with a mask and catcher’s glove to warm up the pitcher. Managers and coaches are permitted to warm up a pitcher at home plate or in the bullpen at any time. A catcher’s glove must be worn at all times by any player warming up the pitcher or in catcher’s position during a game.

DUGOUTS: No food allowed in the dugouts.

SUBSTITUTION RULES: All players must play at least nine (9) defensive outs. Every player must play a minimum of one inning in the infield (P, 1B, 2B, 3B, SS, C) in the first 4 innings of play. This rule only applies prior to the Minor Tournament.

COACHES: Rule 4.05 – Base coaches shall be eligible players in the uniform of their team; an adult manager and/or coach. Both base coaches may be adult managers or coaches. At least one adult manager or coach must be in the dugout. A maximum of three (3) coaches are allowed in the dugout.

FORMS: All coaches and managers must have a league-approved application on file. Player medical release forms must be with the manager/coach at every game or practice.

FIELD PREPARATION:

- Both managers are responsible for field prep.

Home Team

- A. Prep the mound & home plate
- B. Chalk the box and lines

Visiting Team

- C. Drag and Water the infield
- D. Rake and dress the field

- Both managers will check and prep the bullpen area. Post game fieldwork will be completed as time allows. Repair the mound (game and bullpen) and plate areas first then water and drag the infield. **Coaches from the completed game should help prep field for next game.**

SCORE KEEPING: Home team will provide an official scorekeeper. Visiting team will provide someone to track pitch counts that will be recorded in the official scorebook after each half inning. This person is also responsible for updating the official scoreboard. The scorekeeper will advise the umpire (and coach if asked) the pitcher’s status between each inning. All pitch count and scorekeeping must be done in the score booth.

PRE-GAME INFIELD:

- Visiting team: 20 minutes before game time.
- Home team: 10 minutes before game time.
- No live batting practice from home plate before games, outfield wiffle ball batting practice is okay.

PENALTIES: Rule 4.07 – When a manager, coach or player is ejected from a game, they shall leave the field immediately and take no further part in the game. They may not sit in the stands and may not be recalled. Any manager, coach or player ejected from a game is suspended for the next physically played game and may not be in attendance at the game site from which they are suspended.

END OF GAME RESPONSIBILITIES: Both managers are responsible for the trash in their dugout and in the stands after each game or practice. When time permits between games and after the last game of the day, please rake the field and groom the batters box and pitchers mound. Managers are to keep the equipment room clean and organized after each game or practice and will ensure the equipment shed is locked and all lights are off before leaving the park. **Both managers shall empty all trash cans and replace liners after the last game of the day.**

AAA TOURNAMENT: The TCLL AAA tournament will follow the District 11 TOC rules of play

2023 Major Ground Rules

PLAYER DRESS CODE:

- Player must be in uniform provided by the league, a shirt and hat with the team logo.
- All players must wear an athletic supporter and catchers must wear a protective cup.
- Uniform shirts are to be tucked in at all times.
- Only Little League approved equipment may be used. No steel cleats.

GAME DURATION:

- All games must be regulation games.
- All games will be six (6) innings, except:
 - Curfew is 10:00 pm.
 - The first game of a weekday double header will start at 5:00 pm, unless scheduled at a different time by the Board. This shall be the official start time. The time limit for the first game is 2 hours, 30 minutes from the official start time. The second game will begin immediately after the first game.
 - If curfew or time limit is reached during a player's at bat, that player may finish the at bat; a substitute batter is not allowed.
 - Regulation games that are not completed to 6 innings (5 ½ if the home team is ahead) shall be adjudged according to the Little League Rule Book (Rule 4).

10-RUN RULE:

- Game is official if either team is ahead by 10 or more runs after 4 complete innings. To ensure that all players have the opportunity to play their minimum playtime, 4 full innings must be played, even if the home team is ahead after 3 ½ innings. After 4 full innings have been played, the scoreboard will be turned off and the game will continue on until all 6 innings have been completed, if under the 2 hours and 30 minute limit (2 hours on weekends), but it does not count as an official part of the game.
- All pitching rules remain in effect.

PITCHING:

- Pitchers are limited to six (6) warm-up pitches per inning or the discretion on the umpire.
- Days rest and pitching availability will follow Little League Pitch count rules. Players age 9 or 10 may pitch a maximum of 75 pitches per day. Players age 11-12 may pitch a maximum of 85 pitches per day.

*If a pitcher reaches the limit imposed while facing a batter, he may continue to pitch until the batter either gets on base or is put out.

- If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
- If a player pitches 51-65 pitches in a day, three (3) calendar days or rest must be observed.
- If a player pitches 36-50 pitches in a day, two (2) calendar days or rest must be observed.
- If a player pitches 21-35 pitches in a day, one (1) calendar day or rest must be observed.
- If a player pitches 1-20 pitches in a day, no (0) calendar days or rest must be observed.

- NOTE: Under no circumstances shall a player pitch in three (3) consecutive days.

• **Regulation VI (d):** If a pitcher reaches a day(s) threshold while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs: 1. The batter reaches base; 2. That batter is retired; 3. The third out is made to complete the half-inning. The pitcher will only be required to observe the calendar day(s) of rest for the threshold he/she reached during that at-bat, provided that pitcher is

removed before delivering a pitch to another batter.

- If a player delivers 41 or more pitchers, and is not covered under the threshold exception, the player may not play the position of catcher for the remainder of that day.
- **Any player who has played the position of catcher in four (4) or more innings in a game is not eligible to pitch on that calendar day. Catching 1 pitch in their fourth (4th) inning constitutes catching a fourth (4th) inning.**

DROPPED THIRD STRIKE:

- **6.05** - A batter is out when: (1) a third strike is legally caught by the catcher; (2) a third strike is not caught by the catcher when first base is occupied before two are out.
- **Summary and Implementation:** During the 2023 season, for the Major Baseball Division, players may advance on a third strike that is not caught in flight by the catcher

DUGOUTS: No food allowed in the dugouts.

OFFENSE:

- A batter is out for illegal action when he/she fakes a bunt and then takes a full swing.

Rule 4.04

- All players will bat thru the line-up.
- Continuous batting order is to include all players on the team roster that are present for the game
- If a player shows up after the start of the game, they will be placed at the end of the batting order
- When a player is injured, becomes ill, or must leave the game, the team will skip their at-bat in without penalty

INTENTIONAL WALK RULE: Rule 6.08 (a)(2)

- When the defense elects to Intentionally Walk a batter, the decision is to be announced to the plate umpire
- The request may be made prior or during the at-bat
- A player may only be Intentionally Walked one (1) time during the course of the game

SUBSTITUTION RULES: per Rule 4.04

- A player may be entered and/or reentered defensively in the game anytime provided he/she meets mandatory play time
- Substitutions must enter the game no later than the top of the fourth inning
- All players must play at least six (6) defensive outs and have one (1) at bat per game.
- Regulation IV (i): Please see rulebook for entire rule. **Summary:** Little League mandatory play time is a minimum of completing one (1) time at bat and six (6) consecutive defensive outs. If a player does not meet their mandatory play requirement, the player shall start the next game to complete their mandatory play for the previous game AND complete their mandatory play requirement for the current game. See rule book for penalties for non-compliance

COACHES: Rule 4.05 – Base coaches shall be eligible players in the uniform of their team; an adult manager and/or coach. Both base coaches may be adult managers or coaches. At least one adult manager or coach must be in the dugout.

PITCHING VISITS: Rule 8.06 –

- A manager or coach may come out twice in one inning to visit with the pitcher, but the second time out, the player must be removed as a pitcher.
- (b) A manager or coach may come out two times in one game to visit with the pitcher, but the third time out, the player must be removed as a pitcher.

FORMS: All coaches and managers must have a league-approved application on file. Player medical

release forms must be with the manager/coach at every game or practice.

SCORE KEEPING: Home team will provide an official scorekeeper. Visiting team will provide someone to track pitch counts that will be recorded in the official scorebook after each half inning. This person is also responsible for updating the official scoreboard. The scorekeeper will advise the umpire (and coach if asked) the pitchers status between each inning. All pitch count and scorekeeping must be done in the Score booth.

FIELD PREPERATION:

- Both managers are responsible for field prep.

Home Team

A. Drag and water the infield

B. Rake and dress the field

Visiting Team

A. Prep the mound & home plate

B. Chalk the box and lines

- Both managers will check and prep the bullpen area. Post game fieldwork will be completed as time allows. Repair the mound (game and bullpen) and plate areas first then water and drag the infield.

Coaches from the completed game should help prep field for next game.

PRE-GAME INFIELD:

- Visiting team: 20 minutes before game time.
- Home team: 10 minutes before game time.
- No batting practice before games.

PENALTIES:

- **Rule 4.07** – When a manager, coach or player is ejected from a game, they shall leave the field immediately and take no further part in the game. They may not sit in the stands and may not be recalled. Any manager, coach or player ejected from a game is suspended for the next physically played game and may not be in attendance at the game sit from which they are suspended.
- **Note:** If a batter unintentionally throws his/her bat after hitting the ball, the Umpire shall give a warning to the batter and his/her Manager. If the batter repeats the offense, the Umpire shall ask the Manager to replace the player **for the remainder of the game** for disciplinary reasons. An out shall not be charged to the batter for unintentionally throwing the bat. A substitute player shall replace the batter at the base he/she reached. If the Manager refuses to replace the player, the player will be ejected from the game and Rule 4.07 will be enforced.
- **Intentionally** throwing the bat, or helmet, out of anger or frustration, will result in an ejection and Rule 4.07 will be enforced.

END OF GAME RESPONSIBILITIES: Both managers are responsible for the trash in their dugout and in the stands after each game or practice. When time permits between games and after the last game of the day, please rake the field and groom the batters box and pitchers mound. Managers are to keep the equipment room clean and organized after each game or practice. ***Both managers shall empty all trashcans and replace liners after the last game of the day.*** Home team will also ensure the equipment shed is locked and all lights are off before leaving the park.



Little League® Volunteer Application – 2023

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? Yes No
If yes, list full name and what level? _____

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

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

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? Yes No
If yes, describe each in full: _____
(If volunteer answered yes to Question 4, the local league must contact Little League International.)

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

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

7. Have you ever been refused participation in any other youth programs 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):

Review the Little League Regulation 1(c)(9) for all background check requirements

- JDP (Includes review of the U.S. Center of SafeSport's Centralized Disciplinary Database and Little League International Ineligible/Suspended List)*
- OR
- National Criminal Database check
- U.S. Center of SafeSport's Centralized Disciplinary Database and Little League International Ineligible/Suspended List
- National Sex Offender Registry

*Please be advised that if you use JDP and there is a name match in the few states where only name match searches can be performed you should notify volunteers that they will receive a letter 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.

Last Updated: 1/4/23



REQUEST FOR LIVE SCAN SERVICE

Applicant Submission

AA864 VOLUNTEER
ORI (Code assigned by DOJ) Authorized Applicant Type

Type of License/Certification/Permit OR Working Title (Maximum 30 characters - If assigned by DOJ, use exact title assigned)

Contributing Agency Information:

TRI-CITY LITTLE LEAGUE 12186
Agency Authorized to Receive Criminal Record Information Mail Code (five-digit code assigned by DOJ)

2351 SUNSET #170-341 Contact Name (mandatory for all school submissions)
Street Address or P.O. Box

ROCKLIN CA 95765
City State ZIP Code Contact Telephone Number

Applicant Information:

Last Name First Name Middle Initial Suffix

Other Name: (AKA or Alias)

Last Name First Name Suffix

Sex Male Female

Date of Birth Driver's License Number

Height Weight Eye Color Hair Color Billing Number ACCOUNT WITH 5 STAR FINGERPRINTING
(Agency Billing Number)

Place of Birth (State or Country) Social Security Number Misc. Number
(Other Identification Number)

Home Address Street Address or P.O. Box City State ZIP Code

I have received and read the included Privacy Notice, Privacy Act Statement, and Applicant's Privacy Rights.

Applicant Signature Date

Your Number: _____ Level of Service: DOJ FBI
OCA Number (Agency Identifying Number) (If the Level of Service indicates FBI, the fingerprints will be used to check the criminal history record information of the FBI.)

If re-submission, list original ATI number: _____
(Must provide proof of rejection) Original ATI Number

Employer (Additional response for agencies specified by statute):

BILL TRI-CITY LITTLE LEAGUE
Employer Name

Street Address or P.O. Box Telephone Number (optional)

City State ZIP Code Mail Code (five digit code assigned by DOJ)

Live Scan Transaction Completed By:

Name of Operator Date

Transmitting Agency LSID ATI Number Amount Collected/Billed

Name _____

Manager or Coach Division _____ Coaching Partner _____

Last Coaches Training _____ Fingerprint _____ Commitment Statement _____ Background _____

TCLL Manager / Coach Interview - 2023 Spring

Mandatory Questions

1 Are you available for the coach's meeting on 1/28? circle one YES NO

2 What is your schedule like? Are there certain days you cannot be at the fields?

MANAGERS ONLY

3 If you don't get selected as a Manager, would you be interested in Coaching?

COACHES ONLY

4 If you don't get paired with your preferred Manager, are you still interested in Coaching?

Question Bank

(select at least 2 questions)

- 1 If you are having difficulty with a players attitude, what do you do?
- 2 How would your kids/previous players describe you?
- 3 If a player is struggling with a concept, how do you best help them?
- 4 What is your goal as a coach/manager?
- 5 Describe a time where you disagreed with a coaching decision that was made in youth sports.
- 6 How do you ensure all players are having an enjoyable season?
- 7 What is a weakness you feel you have as a coach/manager?
- 8 How do you handle umpire calls you do not agree with?
- 9 What do you love about baseball/little league?
- 10 What kind of support do you need or want from us as a board?
- 11 Do you have any first aid training?
- 12 How do you best handle difficult parents who complain about playing time, positioning, etc.?
- 13 What is your knowledge base of the current little league rules?
- 14 How will you encourage parents to complete their required volunteer hours?

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Manager/Coach Commitment Statement

If appointed as a Manager or Coach I will:

- Remember that I am a **youth** sports coach and that the game is for children, not adults.
- Place the emotional and physical well being of my players ahead of my person desire to win.
- Understand that the objective of Tri-City Little League (TCLL) is to promote the ideals of good sportsmanship, honesty, loyalty, courage, respect for authority, and team building skills so that players may become well-adjusted, stronger and happier children and will grow to be good, decent, healthy and trustworthy citizens.
- Treat each player as an individual, realizing the large range of emotional and physical development for the same age group. • Realize that such factors as the number of games won and lost, statistics, etc. are very minor considerations in relation to whether the player has a positive, enriching experience during the season and wishes to continue in the sport next year. • Lead by example in demonstrating fair play and good sportsmanship.
- Notify the spectators that they are responsible for abiding by the “Spectators Code of Conduct”, an integral part of the TCLL Good Sportsmanship Program. Parents are required to sign the Spectators Code of Conduct at registration. • Handle all administrative requirements of the team, with the assistance of a Team Parent.
- Spend the time necessary with my team at practices and games.
- Do my best to organize practices that are fun and challenging for all of my players.
- Do my best to provide a safe playing situation for my players.
- Review and practice basic first aid principles needed to treat injuries of my players.
- Learn and abide by Little League rules and regulations, the Tri-City local league rules and the Tri-City ground rules for the division in which my team will be playing and will teach these rules to my players.
- Be responsible for proper “safe guarding “ and use of all assigned equipment, facilities and uniforms. I will return all equipment on the date specified by the Equipment Manager at the end of the season.
- Provide a sports environment for my team that is free of drugs, tobacco and alcohol and I will refrain from their use at all TCLL practices, games and tournaments.
- At the conclusion of a practice or game, be responsible for turning off lights, locking any equipment sheds, batting cages, etc. that were used and follow the clean-up procedures established in the Tri-City ground rules.
- Attend the TCLL Manager Workshop. Attendance is mandatory for the manager or one official coach for my team. (Your attendance is important to keep you informed and provide you with the tools necessary for a successful season). This Workshop is designed to provide one Workshop (including a Safety Clinic) in place of multiple clinics and meetings.
- Participate in TCLL and/or District 11 functions, including but not limited to: work days at the fields, fundraisers, promotions, picture day, coaching and rules clinics, and other motivational and character building meetings as scheduled. • Work with all league personnel to benefit the program, **including umpiring on an as needed basis**. • Assist the league personnel, in conjunction with your Team Parent, in the enforcement of parent responsibilities such as Snack Bar Duty, fundraiser participation, etc. (To assist you in this area, upon registering their child, parents have signed a Parent Responsibility Form outlining their responsibilities during the baseball season).
- Realize that manager ideas and suggestions are valued and needed to help TCLL prosper.
- Understand that the TCLL Board of Directors is diligently working and committed to assisting you in fulfilling your commitments as a manager or coach as well as running an organized Little League program based on what is best for all of the children participating. The Board appreciates all of the time and effort required of you and is available to help if you need assistance.
- **Understand that any of the following actions, while in the presence of players, will result in disciplinary action by the Board of Directors up to and including removal as Manager or Coach of your team:**
 - 1) Display of poor sportsmanship or disrespectful behavior, including arguing or “baiting” the umpire
 - 2) Loss of temper and/or self-control
 - 3) Demonstrating an obvious lack of integrity by intentional manipulation of the rules, and/or cheating
 - 4) Playing players less than Minimum Play Requirements
 - 5) Use of bad language, including derogatory remarks made toward a player or another adult
 - 6) Allowing players to “trash talk” other players or umpires
 - 7) Use of alcohol, drugs or tobacco while around the team

I understand that Tri-City Little League is under obligation to take necessary disciplinary action(s) to ensure that the Managers and Coaches abide by these guidelines.



Little League Baseball and Softball MEDICAL RELEASE



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

Player: _____ Date of Birth: _____ Gender (M/F): _____

Parent (s)/Guardian Name: _____ Relationship: _____

Parent (s)/Guardian Name: _____ Relationship: _____

Player's Address: _____ City: _____ State/Country: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

PARENT OR LEGAL GUARDIAN AUTHORIZATION: _____ Email: _____

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

Family Physician: _____ Phone: _____

Address: _____ City: _____ State/Country: _____

Hospital Preference: _____

Parent Insurance Co: _____ Policy No.: _____ Group ID#: _____

League Insurance Co: _____ Policy No.: _____ League/Group ID#: _____

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

Name Phone Relationship to Player

Name Phone Relationship to Player

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

Medical Diagnosis	Medication	Dosage	Frequency of Dosage

Date of last Tetanus Toxoid Booster: _____

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

Mr./Mrs./Ms. _____
Authorized Parent/Guardian Signature Date:

FOR LEAGUE USE ONLY:

League Name: _____ League ID: _____

Division: _____ Team: _____ Date: _____

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

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 TAD
- B.) Challenger T-Ball Minor Major Intermediate (50/70)
 Junior Senior Big League
- C.) Tryout Practice Game Tournament Special Event
 Travel to Travel from Other (Describe): _____

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

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

Type of injury: _____

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

Was professional medical treatment required? Yes No If yes, what: _____
(If yes, the player must present a non-restrictive medical release prior to 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 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
------	---------------------------

Equipment Checklist

Keep Your Players Safer

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

REQUIRED PLAYER EQUIPMENT

Defense

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

Offense

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

REQUIRED FIELD EQUIPMENT

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

OPTIONAL PLAYER EQUIPMENT

Defense

- Metal, fiber, or plastic type cup – any player, esp. infielders
- Pelvic protector – any female, esp. catchers
- Heart Guard/XO Heart Shield/Female Rib Guard – any defensive player, esp. pitchers, infielders
- Game-Face Safety Mask – any player, esp. infielders
- Goggles/shatterproof glasses – any player, esp. infielders or those with vision limitations

Offense

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

OPTIONAL FIELD EQUIPMENT

- Double 1" base that disengages from its anchor
- Baseball mound for pitcher's plate
- Portable pitchers baseball mound with pitcher's plate
- Protective/padded cover for fence tops
- Foul ball return in backstop fencing

IMPORTANT:

BPF RULE GOES INTO EFFECT FOR BASEBALL DIVISIONS

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

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

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

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

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

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

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

DeMarini – Black Coyote, Rogue, Distance, Rumble, Tengu, Mach 10, Patriot

Easton – LZ-810, LZ-800, Stealth Optiflex LST 1,

Louisville Slugger – YB31

NIKE – Aero

Spring 2009 5

GET A HEADS UP ON Batter's Helmet Safety



While there is no concussion-proof helmet, a batter's helmet can help protect your athlete from a serious brain or head injury.

The information in this handout will help you learn what to look for and what to avoid when picking out a helmet for your baseball or softball player.

Start with the Right Size:

BRING THE ATHLETE

Bring your athlete with you when buying a new helmet to make sure that you can check for a good fit.

HEAD SIZE

To find out your athlete's head size, wrap a soft tape measure around the athlete's head, just above their eyebrows and ears. Make sure the tape measure stays level from front to back. (If you don't have a soft tape measure, you can use a string and then measure it against a ruler.)

SIZES WILL VARY

Helmet sizes often will vary from brand-to-brand, so it's important to check out the helmet brand's fit and sizing charts to find out what helmet size fits your athlete's head size.

Get a Good Fit:

GENERAL FIT

A batter's helmet should fit snugly all around, with no spaces between the pads and the athlete's head. Your athlete should NOT wear anything under his or her batter's helmet. *This includes a baseball hat!*

ASK

Ask your athlete how the helmet feels on their head. While it needs to have a snug fit, a helmet that is too tight can cause headaches.

HAIRSTYLE

An athlete should try on the helmet with the hairstyle he or she will wear for practices and games. Helmet fit can change if the athlete's hairstyle changes considerably. For example, a long-haired player who gets a very short haircut will need to adjust the fit of the helmet.

COVERAGE

A batter's helmet should not sit too high or low on their head. To check, make sure the ear holes line up with the athlete's ears. When the athlete is looking straight forward, the bill of the batter's helmet should be parallel to the ground. Also, the bottom of the pad inside the front of the helmet should be 1 inch above the athlete's eyebrows.

VISION

Make sure you can see the athlete's eyes and that he or she can see straight forward and side-to-side.

Take Care of the Helmet:

CHECK FOR DAMAGE

DO NOT allow your athlete to use a cracked or broken helmet or a helmet that is missing any padding or parts. Check for missing or loose padding before the season and regularly during the season. Parents or athletes should not attempt to repair helmet damage on their own.

CLEANING

Clean the helmet often inside and out with warm water and mild detergent. DO NOT soak any part of the helmet, put it close to high heat, or use strong cleaners.

PROTECT

DO NOT let anyone sit or lean on the helmet.

STORAGE

Do not store a batter's helmet in a car. The helmet should be stored in a room that does not get too hot or too cold and where the helmet is away from direct sunlight.

DECORATION

DO NOT decorate (paint or put stickers on) the helmet without checking with the helmet manufacturer, as this may affect the safety of the helmet. This information may also be found on the instructions label or on the manufacturer's website.



¹ National Operating Committee on Standards for Athletic Equipment: www.nocsa.org

² National Athletic Equipment Reconditioning Association: www.naera.net

Look for the Labels:

LOOK FOR A BATTER'S HELMET WITH LABELS THAT:

Say "MEETS NOCSAE Standard®"¹ as certified either by the manufacturer or by SEI². That label means that the helmet model has been tested and meets NOCSAE performance and protection standards.

- State whether the helmet can be recertified. If not, look for the label that specifies when the certification to the NOCSAE standard expires.
- Specify how frequently the helmet must be reconditioned and recertified.
- Have the date of manufacture. This information will be helpful if the manufacturer has: specified a useful life of the helmet; specified that the helmet may not be reconditioned and recertified; or if there is ever a recall on that particular model or year.

If the helmet is not new, you should also look for a label that includes the date the helmet was expertly repaired and approved for use (reconditioned/recertified).

Know When to Replace a Batter's Helmet:

CHECK THE LABEL

Be sure to follow safety labels on the helmet on when to replace the helmet. Some batter's helmets have a label that says that it should not be reconditioned. Helmets with this label will also include how long the helmet can be used. However, some of these helmets may need to be replaced sooner, depending upon wear and tear.

RECONDITIONING AND RECERTIFICATION

Reconditioning involves having an expert repair a used helmet by: fixing cracks or damage, replacing missing parts, testing it for safety, and approving it for use. Helmets should be reconditioned regularly by a licensed NAERA² member. DO NOT allow your athlete to use a used helmet that has not been recently recertified for use by a NAERA reconditioner.

TO LEARN MORE, GO TO
WWW.CDC.GOV/HEADSUP



GET A HEADS UP ON Catcher's Helmet Safety



While there is no concussion-proof helmet, a catcher's helmet can help protect your athlete from a serious brain or head injury. The information in this handout will help you learn what to look for, and what to avoid when picking out a helmet for your baseball or softball catcher.

Just for Catchers:

Catchers use a special helmet and need other equipment not used by other players, such as: throat, chest and stomach protectors. For the two-piece style, the helmet and the facemask should each have their own certification label indicating compliance with NOCSAE® Standards.

Start with the Right Size:

BRING THE ATHLETE

Bring your athlete with you when buying a new helmet to make sure that you can check for a good fit.

HEAD SIZE

To find out the size of your athlete's head, wrap a soft tape measure around the athlete's head, just above their eyebrows and ears. Make sure the tape measure stays level from front to back. (If you don't have a soft tape measure, you can use a string and then measure it against a ruler.)

SIZES WILL VARY

Helmet sizes often will vary from brand-to-brand, so it's important to check out the helmet brand's fit and sizing charts to find out what helmet size fits your athlete's head size.

Get a Good Fit:

GENERAL FIT

A catcher's helmet should fit like a backwards baseball cap. The helmet should fit snugly all around, with no spaces between the pads and the athlete's head. Your athlete should NOT wear anything under his or her catcher's helmet. *This includes a baseball hat!*

ASK

Ask your athlete how the helmet feels on their head. While it needs to have a snug fit, a helmet that is too tight can cause headaches.

HAIRSTYLE

An athlete should try on the helmet with the hairstyle he or she will wear for practices and games. Helmet fit can change if the athlete's hairstyle changes. For example, a long-haired player who gets a very short haircut will need to adjust the fit of the helmet.

COVERAGE

A catcher's helmet should not sit too high or low on their head. To check, make sure the catcher's mask rests flat on the front of the catcher's helmet. For two-piece helmets, you can tighten or loosen the straps on the sides and top of the face mask to adjust how tightly they grip the helmet.

VISION

Make sure you can see the athlete's eyes and that he or she can see straight-forward and side-to-side.

Take Care of the Helmet:

CHECK FOR DAMAGE

DO NOT allow your athlete to use a cracked or broken helmet, or a helmet that is missing any padding or parts. Check for missing or loose parts or padding before the season and regularly during the season. Be sure to immediately replace face masks if they are bent.

CLEANING

Clean the helmet often inside and out with warm water and mild detergent. DO NOT soak any part of the helmet, put it close to high heat, or use strong cleaners.

PROTECT

DO NOT let anyone sit or lean on the helmet.

STORAGE

Do not store a catcher's helmet in a car. The helmet should be stored in a room that does not get too hot or too cold, and where the helmet is away from direct sunlight.

DECORATION

DO NOT decorate (paint or put stickers on) the helmet without checking with the helmet manufacturer, as this may affect the safety of the helmet. This information may also be found on the instructions label or on the manufacturer's website.



¹ National Operating Committee on Standards for Athletic Equipment: www.nocsa.org

² Safety Equipment Institute (SEI) is an independent and nationally accredited certification body: www.seinet.org

Look for the Labels:

LOOK FOR A CATCHER'S HELMET WITH LABELS THAT:

- Say MEETS NOCSAE Standard®.¹ That certification label means that the helmet was tested to comply with rigorous and demanding performance standards. Newer helmets may also say "SEI Certified -- MEETS NOCSAE Standard®".²
- State whether the helmet can be recertified. If not, look for the label that specifies when the certification to the NOCSAE standard expires.
- Specify how frequently the helmet must be reconditioned and recertified.
- Have the date of manufacture. This information will be helpful if the manufacturer has: specified a useful life of the helmet; specified that the helmet may not be reconditioned and recertified; or if there is ever a recall on that particular model or year.

If the helmet is not new, you should also look for a label that includes the date the helmet was expertly repaired and approved for use (reconditioned/recertified).

When to Replace a Catcher's Helmet:

CHECK THE LABEL

Be sure to follow safety labels on the helmet on when to replace the helmet. Some catcher's helmets have a label that says that it should not be reconditioned. Helmets with this label will also include how long the helmet can be used. However, some of these helmets may need to be replaced sooner, depending upon wear and tear.

RECONDITIONING

Reconditioning involves having an expert inspect, repair and sanitize a used helmet by: fixing minor cracks or damage, replacing missing or worn parts, testing it for compliance with NOCSAE standards, and recertifying it to NOCSAE standards. Helmets should be serviced regularly by a reconditioner licensed by NOCSAE to recertify helmets. DO NOT allow your athlete to wear a used helmet that has not recently been recertified to NOCSAE standards.

For a complete list of licensed recertifiers, visit the National Federation of State High School Associations (NFHS): www.nfhs.org/media/1018157/4-20-2017_nocsa_reconditioners.pdf.

TO LEARN MORE, GO TO
WWW.CDC.GOV/HEADSUP


CDC HEADS UP



CONCUSSION

In Sports



SIGNS & SYMPTOMS

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

SIGNS OBSERVED BY COACHING STAFF

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

SYMPTOMS REPORTED BY ATHLETE

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

January 2021

ACTION PLAN

As a coach, if you think an athlete may have a concussion, you should:

1. **Remove the athlete** from play.
2. **Keep an athlete with a possible concussion out of play on the same day of the injury and until cleared by a healthcare provider.** Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess an athlete for a possible concussion.
3. **Record and share information about the injury**, such as how it happened and the athlete's symptoms, to help a healthcare provider assess the athlete.
4. **Inform the athlete's parent(s) or guardian(s)** about the possible concussion and refer them to CDC's website for concussion information.
5. **Ask for written instructions from the athlete's healthcare provider** about the steps you should take to help the athlete safely return to play. Before returning to play an athlete should:
 - Be back to doing their regular activities (such as school).
 - Not have any symptoms from the injury when doing regular activities.
 - Have the green-light from their healthcare provider to begin the return to play process.

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.



For more information, visit www.cdc.gov/HEADSUP

You can also download the CDC HEADS UP app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.



The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other healthcare provider.



Parents' and Coaches' Guide to Dehydration and Other Heat Illnesses in Children

These guidelines were developed to help parents and coaches increase the safety and performance of children who play sports in hot weather. Children who play sports or are physically active in hot weather can be at risk for heat illnesses. The good news is heat illnesses can be prevented and successfully treated.

Children sweat less than adults. This makes it harder for children to cool off. Parents and coaches must make sure that children take it slow to be sure they can get used to the heat and humidity gradually.

There are other reasons why a child may become ill from a heat illness. Those who have a low level of fitness, who are sick, or who have suffered from dehydration or heat illness in the past should be closely watched. A medical professional such as a certified athletic trainer (ATC) should be on site to monitor the health and safety of all participants during games and practice, especially when it is very hot and humid.

Dehydration

Children get dehydrated if they do not replace body fluids lost by sweating. Being even a little dehydrated can make a child feel bad and play less effectively. Dehydration also puts children at risk for more dangerous heat illnesses.

Signs and Symptoms

- ◆ Dry mouth
- ◆ Thirst
- ◆ Being irritable or cranky
- ◆ Headache
- ◆ Seeming bored or disinterested
- ◆ Dizziness
- ◆ Cramps
- ◆ Excessive fatigue
- ◆ Child not able to run as fast or play as well as usual

Treatment

- ◆ Move child to a shaded or air-conditioned area.
- ◆ Give him or her fluids to drink.

"When can I play again?"

A child may be active again as soon as he or she is symptom-free. However, it's important to continue to watch the child.

National
**SAFE
KIDS**

Campaign

NATA
NATIONAL ATHLETIC TRAINERS' ASSOCIATION
HEALTH CARE FOR LIFE & SPORT

Heat Cramps

Heat cramps are a mild heat illness that can be easily treated. These intense muscle spasms usually develop after a child has been exercising for a while and has lost large amounts of fluid and salt from sweating. While heat cramps are more common in children who perform in the heat, they can also occur when it's not hot (for example, during ice hockey or swimming).

Children who sweat a lot or have a high concentration of salt in their sweat may be more likely to get heat cramps. Heat cramps can largely be avoided by being adequately conditioned, getting used to the heat and humidity slowly, and being sure a child eats and drinks properly.

Signs and Symptoms

- ◆ Intense pain (not associated with pulling or straining a muscle)
- ◆ Persistent muscle contractions that continue during and after exercise

Treatment

- ◆ The child should be given a sports drink to help replace fluid and sodium losses.
- ◆ Light stretching, relaxation and massage of the cramped muscles may help.

"When can I play again?"

A child may be active again when the cramp has gone away and he or she feels and acts ready to participate. You can help decrease the risk of recurring heat cramps by checking whether the child needs to change eating and drinking habits, become more fit, or get better adjusted to the heat.

Heat Exhaustion

Heat exhaustion is a moderate heat illness that occurs when a child continues to be physically active even after he or she starts suffering from ill effects of the heat, like dehydration. The child's body struggles to keep up with the demands, leading to heat exhaustion.

Signs and Symptoms

- ◆ Child finds it hard or impossible to keep playing
- ◆ Loss of coordination, dizziness or fainting
- ◆ Dehydration
- ◆ Profuse sweating or pale skin
- ◆ Headache, nausea, vomiting or diarrhea
- ◆ Stomach/intestinal cramps or persistent muscle cramps

Treatment

- ◆ Move child to a shaded or air-conditioned area.
- ◆ Remove any extra clothing and equipment.
- ◆ Cool the child with cold water, fans or cold towels (replace towels frequently).
- ◆ Have child lie comfortably with legs raised above heart level.
- ◆ If the child is not nauseated or vomiting, have him or her drink chilled water or sports drink.
- ◆ The child's condition should improve rapidly, but if there is little or no improvement, take the child for emergency medical treatment.

"When can I play again?"

A child should not be allowed to return to play until all symptoms of heat exhaustion and dehydration are gone. Avoid intense practice in heat until at least the next day, and if heat exhaustion was severe, wait longer. If the child received emergency medical treatment, he or she should not be allowed to return until his or her doctor approves and gives specific return-to-play instructions.

Parents and coaches should rule out any other conditions or illnesses that may predispose the child for continued problems with heat exhaustion. Correct these problems before the child returns to full participation in the heat, especially for sports with equipment.

Exertional Heat Stroke

Heat stroke is a severe heat illness that occurs when a child's body creates more heat than it can release, due to the strain of exercising in the heat. This results in a rapid increase in core body temperature, which can lead to permanent disability or even death if left untreated.

Signs and Symptoms

- ◆ Increase in core body temperature, usually above 104°F/40°C (rectal temperature) when the child falls ill
- ◆ Central nervous system dysfunction, such as altered consciousness, seizures, confusion, emotional instability, irrational behavior or decreased mental acuity

Other possible indicators include:

- ◆ Nausea, vomiting or diarrhea
- ◆ Headache, dizziness or weakness
- ◆ Hot and wet or dry skin
- ◆ Increased heart rate, decreased blood pressure or fast breathing
- ◆ Dehydration
- ◆ Combativeness

Treatment

If there are no on-site medical personnel:

- ◆ Call emergency medical services for immediate transport to the nearest emergency medical facility. Begin cooling the child while waiting for and during transport to the emergency facility.

If there are on-site medical personnel:

- ◆ Locate medical personnel immediately. Remove extra clothing or equipment. Begin aggressive whole-body cooling by immersing the child in a tub of cold water. If a tub is not available, use alternative cooling methods such as cold water, fans, ice or cold towels (replaced frequently), placed over as much of the body as possible.
- ◆ Call emergency medical services for transport to the nearest emergency medical facility.

"When can I play again?"

No child who has suffered heat stroke should be allowed to return until his or her doctor approves and gives specific return-to-play instructions. Parents should work with the child's doctor to rule out or treat any other conditions or illnesses that may cause continued problems with heat stroke. The child should return to physical activity slowly, under the supervision of an ATC or other qualified health care professional, especially for sports with equipment.

Parents: How Much Should Your Child Drink When Active?

- ◆ Before activity in the heat, record your child's body weight. (Remember if your child has already been exercising in the heat, he or she may already be dehydrated.)
- ◆ Weigh your child again, after the activity is over.
- ◆ Compare your child's pre-activity body weight to his or her post-activity body weight.

If post-activity weight is less than pre-activity weight, your child is not drinking enough fluids while active. A loss of as little as 1 percent of body weight can cause a decrease in performance. Because scientists have proven that children replace less of their fluid losses when drinking water, you may want to offer a flavored sports drink to increase the amount of fluid your child consumes.



Tips for Parents

- ◆ Before your child starts playing a sport, he or she should have a physical examination that includes specific questions about any history of heat illness.
- ◆ Tell your child's coach about any history of heat illness.
- ◆ Make sure your child is properly hydrated before he or she heads out the door to practice or a game. Give your children their own water bottles.
- ◆ Make sure your child's coach has your emergency contact numbers.
- ◆ Check that your child's league/team has an emergency action plan.

Tips for Coaches

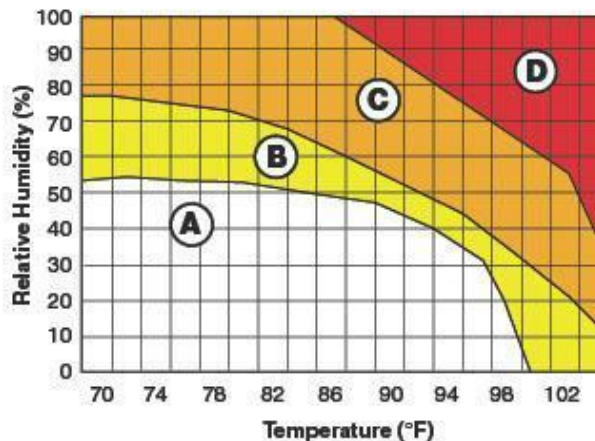
- ◆ Be aware of temperature and humidity levels. Change practice length, intensity and equipment use as the levels rise.
- ◆ It should be easy for children to drink fluids during practice, and you should remind them to drink regularly. Fluid breaks should be scheduled for all practices and become more frequent as the heat and humidity levels rise.
- ◆ Every athletic organization should have an emergency action plan for obtaining emergency medical services if needed.
- ◆ Always have contact information for parents available.

Activity Guidelines

Fluid breaks should be scheduled for all practices and become more frequent as the heat and humidity levels rise.

Add 5°F to the temperature between 10:00 a.m. and 4:00 p.m. from mid-May to mid-September on bright, sunny days.

- A. Children should receive a 5-10 minute rest and fluid break after every 25 to 30 minutes of activity.
- B. Children should receive a 5-10 minute rest and fluid break after every 20 to 25 minutes of activity. Children should be in shorts and t-shirts (with helmet and shoulder pads only, not full equipment, if worn for activity).



- C. Children should receive a 5-10 minute rest and fluid break after every 15 to 20 minutes of activity. Children should be in shorts and t-shirts only (with all protective equipment removed, if worn for activity).
- D. Cancel or postpone all outdoor practices/games. Practice may be held in an air-conditioned space.



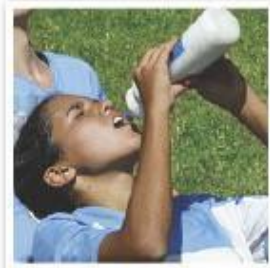
Sports Dehydration Safety Tips

Everything you need to know to keep your kids safe from dehydration when playing sports.

To keep kids in top shape for sports, it's important for them to stay hydrated by drinking plenty of fluids. Dehydration occurs when a body loses more water than it takes in (such as through sweating). When kids don't drink enough water while playing sports, they could be at risk for dehydration, heat exhaustion or even heatstroke.

Bring a Water Bottle and Take Regular Breaks

- Make sure athletes have a water bottle for every practice and game.
- Make sure athletes drink fluids (water is the best option) 30 minutes before the activity begins and every 15-20 minutes during activity. Drinking water after play is equally important.
- Establish mandatory water breaks throughout practices and games – don't wait for a child to tell you he or she is thirsty. Encourage children to stay well hydrated by drinking plenty of water before, during and after play.



Drink Enough Water

- Encourage athletes to drink the right amount of water. The American Academy of Pediatrics (AAP) recommends:
 - 5 oz. for an 88-pound child every 20 minutes
 - 9 oz. for a 132-pound adolescent every 20 minutes
- Kids will know if they're drinking enough water if their urine is clear or the color of lemonade.



Know the Signs and Symptoms of Dehydration

- The severity of dehydration can vary from mild to more life threatening if left unchecked. There are three levels of dehydration: heat cramps, heat exhaustion and heatstroke.
- Symptoms range from muscle cramping in the calves, back, arms or abdomen (heat cramps) to faintness or dizziness, nausea and rapid heartbeat (heat exhaustion) to collapse, emotional instability and very high body temperature (heatstroke).



While at play, children generate more heat than adults, but also sweat less, which makes them more susceptible to dehydration. It is estimated that more than 9,000 high school athletes are treated for heat illness each year in the United States.



Respond Appropriately to Signs of Heat Illness

- If an athlete is dehydrated or suffering from heat exhaustion, call 911 if his or her condition doesn't improve or worsens.
- Move the athlete to shade and cool the body with cold water. Have the athlete drink cool water, remove any equipment and excess clothing and lie down, raising his or her legs about 8-12 inches.
- Make sure the athlete gets checked out by a doctor or medical personnel and is cleared before returning to play.



- If you suspect heatstroke, call 911 immediately and make every effort to cool the athlete.
- Treat heatstroke victims right away by immersing them in cold water before the ambulance arrives. If immersion is not an option, soak the child with cold water from a shower, hose or soaking towel.

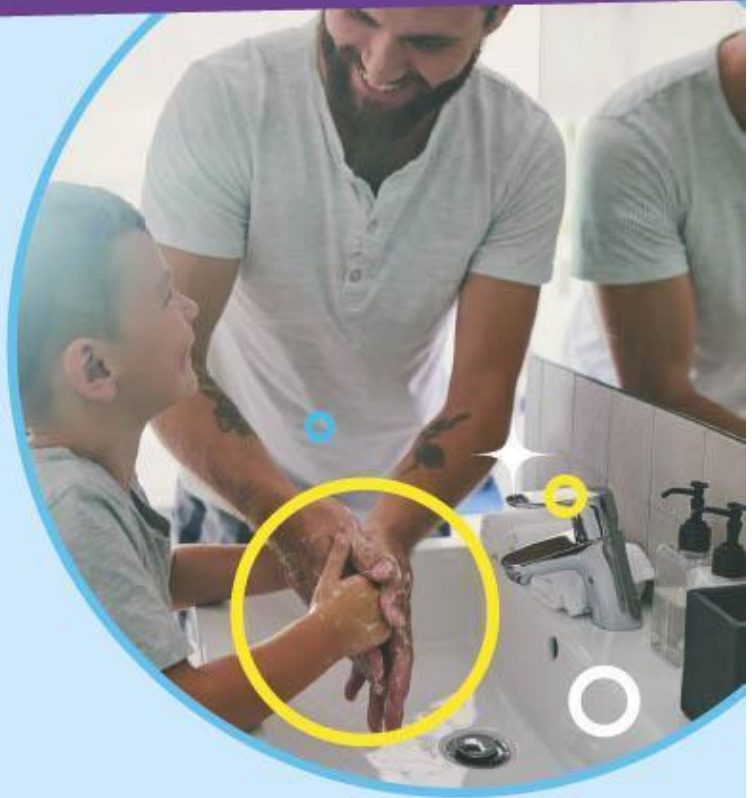


For more resources on how to keep your athletes healthy and injury free, go to www.safekids.org/sports.

Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH

CLEAN HANDS



www.cdc.gov/handwashing



This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

CS310027-A

Hand Sanitizer Use Out and About

Germs are everywhere! They can get onto hands and items we touch during daily activities and make us sick. Cleaning hands at key times with soap and water or hand sanitizer that contains at least 60% alcohol is one of the most important steps you can take to avoid getting sick and spreading germs to those around you.

There are important differences between washing hands with soap and water and using hand sanitizer. Soap and water work to remove all types of germs from hands, while sanitizer acts by killing certain germs on the skin. Although alcohol-based hand sanitizers can quickly reduce the number of germs in many situations, they should be used in the right situations. Soap and water are more effective than hand sanitizers at removing certain kinds of germs like [norovirus](#), [Cryptosporidium](#), and [Clostridioides difficile](#), as well as chemicals.

Hand sanitizers also may not remove harmful chemicals, such as pesticides and heavy metals like lead.

Handwashing reduces the amounts of all types of germs, pesticides, and metals on hands. Knowing when to clean your hands and which method to use will give you the best chance of preventing sickness.



When should I use?

Soap and Water

- **Before, during, and after** preparing food
- **Before** eating food
- **Before and after** caring for someone who is sick with vomiting or diarrhea
- **Before and after** treating a cut or wound
- **After** using the toilet
- **After** [changing diapers, or cleaning up a child who has used the bathroom](#)
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage
- If your hands are visibly dirty or greasy

Alcohol-based Hand Sanitizer

- **Before and after** visiting a friend or loved one in a hospital or nursing home, unless the person is sick with *Clostridioides difficile* (if so, use soap and water to wash hands).
- If soap and water are not readily available, use an alcohol-based hand sanitizer that contains **at least 60% alcohol**, and wash with soap and water as soon as you can.

DO NOT use hand sanitizer if your hands are visibly dirty or greasy—for example, after gardening, playing outdoors, fishing, or camping. If a handwashing station is available, wash your hands with soap and water instead.

After blowing your nose, coughing, or sneezing, you should clean your hands by immediately washing your hands with soap or using alcohol-based hand sanitizer to avoid spreading germs.