



2023-24 SAFETY PLAN



LEAGUE ID: 405-41-16

Safety Officer's Message

Devoted players, parents, coaches, volunteers, and families;

Welcome to the 2023-24 Alpine American Little League Season. My name is AJ Bakhshi and I will be your Leagues Safety Officer this season. This will be my 2nd Season holding the Safety Officer position with Alpine American. I, along with the rest of our Board Members are committed to providing a robust and fun sporting experience to our youth. We are committed to teaching safe practices, physical fitness, and growing our youths' love for the game of baseball. We are also committed to the safety of all our volunteers, families, and all who visit our events.

I wanted to take a minute to give you some background on my qualifications and why I consider safety in youth sports the number one goal. I am a Detective Sergeant with the San Diego Police Department. I have a wide range and extensive practice of field treatment and medicine. I know firsthand the importance of safety, education, and preventative medicine within a community. I will bring my experience to our volunteers and players to make us a better prepared League and be at the forefront of Safety in our District. I will be committed to ensuring the League not only abides by safe practices, but that we are prepared in the event of emergencies. I have been a part of and personally conducted over 500 fact based investigations and understand the proper practices to conduct a fair and unbiased investigation.

I will continue to work with our League to implement CPR/AED training to members of our League. I would also like to improve our training and treatment on concussion protocols. If you have ideas, suggestions, or would like to assist me with our Safety Program please let me know.

Please know that I am always available to our members and their families as a resource regarding safety, injury prevention, or post injury/illness. If you ever have questions or concerns, I am always available by phone or email. Thank you for your time and we all hope you enjoy this 2024 season.

Respectfully,

AJ Bakhshi, Safety Officer
Alpine American Little League
(619) 742-6273
Ali3438@yahoo.com

**ALPINE AMERICAN LITTLE LEAGUE
2023 -2024 Board of Directors**

POSITION	NAME	EMAIL
President	Jeff Denham	jtdenham@gmail.com
Vice President	Weston Smith	westonsmith1212@yahoo.com
Secretary	Stacey Hefty	staceyhefty@gmail.com
Treasurer	Jenna Andrus	andrusrealestate@gmail.com
Upper Player Agent	Ryan Fordem	ryanfordem@gmail.com
Lower Player Agent	Michael Davidson	mdav17011@yahoo.com
Safety Officer	AJ Bakhshi	ali3438@yahoo.com
Coaches Coordinator	Andrew McMillin	ajmcmillin@gmail.com
Information Officer	Andy King	Info.andykingphotography@gmail.com
Booster/Sponsorship	Paul LaFalce	paullafalce@yahoo.com
Booster/Sponsorship	Dannel Sprecco	dannel.sprecco@whitecap.com
Chief Umpire	Bobby Benson	Bobby.Benson@braggcrane.com
Purchasing/ Equipment Mgr	Brad Farr	bfarrxsh@gmail.com
Auxiliary	Amber McGuire	amcguire07@gmail.com
Chief Scorekeeper	Marjorie Warner	mwarner107@gmail.com
Field Maintenance	Brandon Berlin	Brandon@gbequip.com
Field Maintenance	Nick Monette	monette.nick@gmail.com
Snack Bar Director	Carmelita McCall	mccallbride@gmail.com
Snack Bar Coordinator	Ryan DePrizio	ryan.deprizio@yahoo.com
Lower Division Coordinator	Natasha Hollingsworth	natashaself69@hotmail.com
Upper Division Coordinator	Travis Lyon	travis.lyon@gmail.com
Member at Large	Kellie Wise	wisekellie1008@gmail.com
Member at Large	Jennifer Tomasulo	jennifertomasulo@gmail.com

ALPINE AMERICAN LITTLE LEAGUE



2023 -2024 Committees

Committee	NAME
Complaint Committee	Marjorie Warner, Dannel Sprecco, Weston Smith, Kellie Wise & Stacey Hefty
Registration	Jennifer Tomasulo, Ryan Fordem, Michael Davidson & Andy King
Umpire Clinic	Bobby Benson
Coaches Clinic	Andrew McMillin
Safety Clinic	AJ Bakhshi
Schedule	Natasha Hollingsworth, Andrew McMillin, Weston Smith & Travis Lyon
Auxilliary – Opening & Closing Day/ Pitch Hit Run & Homerun Derby	Brandon Berlin, Amber McGuire, Jenna Andrus & AJ Bakhshi / Natasha Hollingsworth, Amber McGuire AJ Bakhshi & Bobby Benson
Picture Day	Andy King
Trophies Coordinator	Natasha Hollingsworth & Amber McGuire
All Star Committee	Ryan Fordem, Marjorie Warner, Michael Davidson, Nick Monette, Paul LaFalce
Draft Committee	Ryan Fordem, Michael Davidson, Natasha Hollingsworth, Weston Smith & Jennifer Tomasulo

IMPORTANT PHONE NUMBERS

LITTLE LEAGUE

District 41 President - Kim Mowrey	(619) 670-5524
District 41 Safety Officer- Jeremy Amison	(760) 908-7646
Alpine American Little Field Concession Stand	(619) 445-9931
Williamsport Insurance Claim Office	(570) 327-1674

LOCAL

Children's Hospital	(858) 966-8005
Grossmont Hospital	(619) 465-0711
Alpine Pediatrics	(619) 445-5664
Alpine Sheriff's Station	(619) 659-2600
Alpine Fire Protection Emergency	(619) 445-2633 9-1-1

IMPORTANT FORMS

<http://www.littleleague.org/learnmore/forms.htm>

- [Little League Volunteer Application \(Appendix A\)](#)
- [Little League Returning Volunteer Application \(Appendix B\)](#)
- [Little League Baseball Medical Release Form \(Appendix C\)](#)
- [Incident/Injury Tracking Report \(Appendix D\)](#)
- [Little League Baseball Accident Claims Form \(Appendix E\)](#)
- [Claim Form Instructions](#)
- [What parents should know about Little League Insurance](#)
- [General Liability Claim Form](#)
- [Parent Code of Conduct](#)

CONCUSSIONS

Little League strongly encourages all leagues and teams to not only comply with any applicable state laws, but also, to review the information and training materials on concussions which are available free of charge on the Centers For Disease Control website at:

http://www.cdc.gov/concussion/headsup/online_training.html

www.cdc.gov/Concussion

RESPONSIBILITIES

PRESIDENT

The President of Alpine American Little League (AALL) is responsible for ensuring that the policies and regulations of the AALL Safety Plan and Little League Baseball rules and regulations are carried out by the entire membership to the best interest of his/her abilities and to obtain background checks (at minimum a nationwide applicable government sex offender registry check) of all volunteers using completed 2014 Volunteer Application forms. All Volunteer Applications must be retained by the President. In order to protect the children of AALL the following league personnel are required to consent to a background check pursuant to Little League regulations I (c) 8 and 9 and the league is required to conduct annual backgrounds checks on the individuals prior to the applicants assuming their duties for the current season:

- Managers
- Coaches
- Board of Directors Members
- Any other persons, volunteers and /or hired workers who provide regular service to the league and/or have repetitive access to or contact with the players or teams.

SAFETY OFFICER

The Safety Officer of Alpine American Little League is responsible for the development and implementation of the League's Safety Plan. The Safety Officer is the link between the Board of Directors of the AALL and its managers, coaches, umpires, players, parents, spectators, and any other parties regarding safety matters, rules and regulations.

The responsibilities of the Safety Officer include:

- Have an active Safety Officer on file with Little League International.
- Run Volunteer Application form for background check.
- Ensuring that each team receives a copy of the Safety Plan at the beginning of the season. · Use funds in the safety budget to print safety plans and purchase safety and first aid items as needed.
- Provide fundamental training for all managers and coaches (i.e. hitting, fielding, throwing, sliding etc.). This training may also be delegated and conducted by an experienced umpire, high school, college or experienced league manager, coach or official.
- Installing First Aid Kits in the concession stand and in all manager gear bags.
- Require a First Aid Kit at each game and practice.
- Enforce Little League rules including using proper equipment.
- Installing an Automatic External Heart Defibrillator in the concession stand.
- Ensuring that managers, coaches, concession stand managers, and league officials are trained to use an Automatic External Heart Defibrillator.
- Ensuring that concession stand workers are aware of the location of the Automatic External Heart Defibrillator.
- Inspect concession stand fire extinguishers and instruct concession stand workers on the use of fire extinguishers.
 - Instruct coaches and umpires to check field and facility conditions and notify Field Maintenance Manager of any areas that need attention.

- Require that First Aid/CPR training certification be on file with the AALL President from the manager/coach or designated representative for each team. One team rep is required to attend above meetings each year (manager meets requirement); managers/coaches are required to attend once every 3 years.
- Act immediately to resolve unsafe or hazardous conditions that are brought to his/her attention. · Make spot checks at practices and games to insure that all teams are adhering to safety practices set forth in this plan and Little League Baseball rules and regulations.
- Track all injuries in order to identify injury trends. Implement prompt accident reporting to Safety Officer (including spectator injuries) within 48 hours.
- Complete the 2021 Annual Little League facility survey (Appendix E).
- Submit the 2021 Qualified Safety Program Registration Form (Appendix F) with the 2021 Safety Plan.
- Written safety procedures for concession stand; concession manager trained in safe food handling/prep and procedures.
- Require regular inspection and replacement of equipment.
- Will ensure that the Equipment Manager issues pitch counters to all major and minor managers. Caps has limited player pitching; the scorekeeper and manager shall keep track of the pitches. T-ball is coach pitch or tee play.
- Fill out the Little League National Facility Survey and Safety Program Registration every year. · The Safety Officer shall investigate any violation of the pitch count regulation and track multiple occurrences for action by the Board of Directors.
- Make sure that safety is a topic of discussion at each monthly Board of Directors meeting, sharing incidents, ideas and encouraging safety improvement.

BOARD OF DIRECTORS

All members of the Alpine American Little League Board of Directors will adhere to and carry out the policies as set forth in this Safety Plan and Little League Baseball rules and regulations.

INFORMATION OFFICER

The Information Officer of the Alpine American Little League is responsible for maintaining and updating the website on a yearly basis. The Information Officer is responsible for submitting the League Player Registration Data or Player Roster Data, Coach and Manager Data to the Little League Data Center.

MANAGERS AND COACHES

The Manager is a person appointed by the President of Alpine American Little League to be responsible for the team's actions on the field, and to represent the team in communications with the umpire, opposing manager and league officials. The Manager is responsible for the team's conduct at all times at the Little League complex, both on and off the field of play, for observance of official rules and regulations and deference to the umpires. The manager is also responsible for the safety of his/her players. He/She is also responsible for the actions of his/her designated coaches or volunteers. If the Manager leaves the field that Manager shall designate a Coach as a substitute and that person shall have the rights, duties and responsibilities of the Manager.

- Have a copy of this Safety Plan and knowledge of the location of First Aid Kits.
- Ensure that all players have submitted a signed medical release form. Managers must have this form at each practice and game.
- Cover the basics of safe play with all players prior to starting the first practice.
- Return signed Volunteer Code of Conduct for manager and all coaches, and the Sport Parent Code of Conduct from each player's parents to the Safety Officer.
- Ensure that all team Coaches and Volunteer Parents have completed a Volunteer Application and have passed a background check.
- Teach players the fundamentals of the game while advocating safety, including the enforcing regulations regarding the use of proper equipment.
- Notify parents that if a child is injured, he/she cannot return to practice or game unless they have a release from their doctor. This medical release protects the manager and AALL if that child should become further injured or ill. There shall be no exception to this rule. If the player does not have a medical release they cannot play. Casts may not be worn during a game.
- Encourage players to bring water bottles to practices and games.
- Ensure all safety forms are filled out and given to the league safety officer.

During season play, Managers shall:

- Make sure that they have telephone access at all activities. It is suggested that a cellular phone always be on hand. (except where prohibited in rule 3.17) There is a telephone in the concession stand that is accessible during operational hours.
- Not expect more from a player than what the player is capable of.
- Always have a First Aid Kit and Safety Plan on hand. If offsite have your own First Aid Kit for practice or games.
- Use common sense.
- Make sure equipment is in good working order. If not, contact the Equipment Manager. · Agree with the opposing manager on the fitness of the playing field. Walk the field and check for hazards before each game. In the event that the two managers cannot agree, the league President or duly delegated board representative shall make the determination. Their decision shall be final. · Adhere to Regulation VI of Little Rules regarding pitch count. (See details in Safety Rules) Managers who willfully and/or persistently violate the pitch count rule can be disciplined, suspended or removed by the Board of Directors.

During each game, Managers shall:

- Keep players alert.
- Maintain discipline at all times.
- Ensure that the manager, coach or a designated parent is in the dugout at all times.
- Be organized.
- Keep players and substitutes sitting on the team's bench or in the dugout unless participating in the game or preparing to enter the game. All players not on the field of play shall be in the dugout or behind the fenced areas of the field.

- Make sure catchers are wearing all proper protective equipment.
- Observe the “no on deck batter” rule and always keep players behind the screens. No players should handle a bat in the dugout at any time.
- Bat boys/girls are not permitted.
- Ensure that traditional bat doughnuts are not used.
- Not lose focus by engaging in conversation with parents or other spectators.
- Not play children that are ill or injured in a game.
- Attend to children that become injured.
- Encourage everyone to think Safety First.

After each game, Managers shall:

- Not leave the field until every team member has been picked up by a known family member or designated driver.
- Notify parents if their child has been injured, no matter how slight the injury. There are no exceptions to this rule. This protects the managers and AALL.
- If a child suffered an injury, make sure an accident/injury report is filled out and given to the Safety Officer or designated Board member within 24-48 hours.
- Return the field to its pre-game condition, per AALL policy.
- The Manager of the weeknight games and the last weekend game at the Major Field must walk the concession stand staff to their vehicles.

If a Manager knowingly disregards safety, he or she will be required to answer to the AALL Board of Directors regarding their conduct.

UMPIRES

Umpires are responsible for the conduct of the game in accordance with AALL and Little League Baseball rules and for maintaining discipline and order on the playing field. Umpires have the authority to order a player, coach, manager or league official to do or refrain from doing anything that affects the administering of AALL and Little League Baseball rules.

The Umpire, before each game begins, shall:

- Check equipment in the dugouts of both teams. Equipment that does not meet specifications must be removed from the playing field.
- Make sure that catchers are wearing all proper protective equipment. In game conditions and when warming up pitchers in a crouched position, catchers must wear all protective equipment, otherwise catchers must wear a face mask/helmet and stand up when warming up a pitcher.
- Walk the field to check the condition of the field, checking for hazards or obstructions. ·
Check players for jewelry, metal cleats, proper equipment and uniforms.

The Umpire, during the game, shall:

- Govern the game as mandated by Little League Baseball rules.
- Check baseballs for discoloration and blemishes and declare a ball unfit for use if it exhibits these traits.
- Act as sole judge as to whether and when play shall be suspended or terminated during a game

because of unsuitable weather or an unfit condition of the playing field.

- Act as sole judge as to whether and when play shall be suspended or terminated during a game because of low visibility due to atmospheric conditions or darkness.
- Enforce the pitch count limit regulation.
- Enforce the rule that no spectators shall be allowed on the playing field during a game. · Make sure catchers are wearing proper protective equipment and other equipment specifications are being met.

FIELD MAINTENANCE MANAGER

The Alpine American Little League Field Maintenance Manager is responsible for ensuring that the fields and structures used by AALL meet the safety requirements outlined in this Safety Plan. The Field Maintenance Manager is required to complete the Little League National Facility Survey regarding the playing fields and facilities. Ensure that disengaging bases are installed and working properly.

CONCESSION STAND MANAGER

The Alpine American Little League Concession Stand Manager is responsible for ensuring that Concession Stand Volunteers are trained in the safety procedures outlined in this Safety Plan.

EQUIPMENT MANAGER

The Alpine American Little League Equipment Manager is responsible for ensuring that all teams have their proper safety equipment and for getting damaged/defective equipment replaced or repaired. This replacement must be made in a timely manner to ensure the safety of the player

COVID 19 UPDATES

Navigating the Pandemic: <https://www.littleleague.org/player-safety/coronavirus-update/>



Best Practices on Organizing, Playing, And Watching Little League® Baseball and Softball During the Coronavirus Pandemic

Since COVID-19 was declared a pandemic in March 2020, there have been unfathomable impacts to our families, communities, and lives. For millions of people, Little League® is where their community comes alive, and returning to the baseball and softball field has provided positive, meaningful opportunities throughout this difficult era.

As volunteers look to operate their local Little League programs around the world, Little League International strongly encourages you to take the following into consideration:

- It is highly encouraged that each league and district adheres to the guidelines set forth by their respective state and local government and health officials in terms of public gatherings, organized youth sports, and sporting events when determining how and when to return to Little League activities. Leagues should contact their state and local health authority and other municipalities for guidance prior to resuming any Little League activities.
- In the event that a local league would like to consider additional requirements for its players, volunteers, and fans (for example: mandating masking for all participants, requiring vaccines to volunteer or play, etc.), these items should be carefully considered and voted on by the Board of Directors, and then communicated to all league members. Leagues are also strongly encouraged to include their COVID-19 mitigation plan in their annual A Safety Awareness Program (ASAP) Plan. Please note that Little League International is not requiring local Little League programs to adopt additional mitigation efforts outside of any respective requirements from state and local government and health officials. Little League International strongly encourages leagues, families, and volunteers to make every effort to follow the recommendations from the CDC, World Health Organization, and state and local health officials, including vaccination, to help mitigate the spread of COVID-19.
- District Administrators and District Staff should work with all their leagues to understand and communicate COVID-19 mitigation efforts, especially for leagues who participate in interleague play, combined teams, District Travel, and the International Tournament, so that league personnel (administrators, coaches, parents, etc.) understand any differences in mitigation guidelines at different leagues throughout the season.

Member Communication:

- Local leagues should disseminate information to all families, volunteers, and spectators about the Coronavirus risk and the efforts your league will be undertaking to mitigate those risks, as outlined above. Information should be disseminated by way of email, league website, social media, coach talks, and public announcements.

Designate a league board representative to be responsible for COVID19 concerns (e.g. Safety Officer).

Post Information to Promote Everyday Preventive Actions:

- Leagues should display posters and signs throughout the park to frequently remind visitors to take steps to prevent the spread of COVID-19. These messages may include information about:
 - Staying home if you are sick or do not feel well, and what to do if you're sick or feel ill.
 - Using social distancing and maintaining at least six feet between individuals in all areas of the park.
 - [The CDC has downloadable resources available to post at public places; and leagues are encouraged to utilize additional resources from their state or local authorities.](#)

Concession Stands:

- Leagues should follow local and/or state guidance when considering operating food or concession sales.
- Leagues opting to operate food and/or concession sales should also review and understand the CDC's guidelines.

For leagues not operating a concession stand, families are encouraged to bring their own food/beverages.

ALPINE AMERICAN LITTLE LEAGUE
CODE OF CONDUCT

The conduct and actions of all Players, Managers, Coaches, Umpires and AALL Officials must be above reproach.

No League Official, Manager, Coach, Player, Umpire or Spectator shall:

- At any time, lay a hand upon, push, shove, strike, physically attack or threaten to strike any League Official, Manager, Coach, Player, Umpire or Spectator.
- At any time, verbally or physically abuse any official for any real or imaginary belief of a wrong decision or judgment.
- Demonstrate objectionable dissent at an official's decision by throwing gloves, helmets, hats, bats, balls, or any other equipment in a forceful display of unsportsmanlike conduct.
- Use unnecessarily rough tactics in the play of the game against the body of another opposing player.
- Use profanity, obscene or vulgar language or gestures at any time.
- Be in possession of any alcoholic beverage at any portion of the AALL complex.
- Be intoxicated at any time while at any portion of the AALL complex. Intoxicated will be defined as having an odor of an alcoholic beverage or behavior associated with intoxication.
- Gamble upon any play or outcome of any game with anyone at any time.
- Use tobacco in any form on the premises of the AALL complex. (Also, an Alpine School District Policy)
- Discuss publicly with spectators in a derogatory or abusive manner any play, decision or personal opinion of any player during a game.
- As a Manager or Coach, mingle with or fraternize with spectators during the course of the game.
- Speak disrespectfully to any League Official, Umpire, Manager, Coach, Player or Spectator.
- Tamper with or manipulate any league roster, schedule, draft position or selection, official score book, ranking, financial record or procedure.
- Challenge an umpire's authority. Umpires have the authority and discretion during a game to penalize offenders, accordingly, based on the infraction, up to and including removal from the game. If removed from the game, players, managers or coaches must leave the game site immediately and must not be present at the game site for the remainder of that game.

The Alpine American Little League Board of Directors will review all infractions of the AALL Code of Conduct. Depending on the seriousness or frequency of the infraction, the Board may assess additional disciplinary action up to and including expulsion from the league.

ALPINE AMERICAN LITTLE LEAGUE SAFETY CODE

- The responsibility for safety belongs to every member of Alpine American Little League.
- Each Player, Manager, Coach, and Umpire shall use proper reasoning and care to prevent injury to him / herself and to others.
- Golf Carts and Field Maintenance equipment are only to be operated by authorized personnel. No minors are allowed to operate the Golf Carts or Field Maintenance equipment.
- Only AALL approved Managers and/or Coaches are allowed to practice teams.
- Only AALL approved Managers and/or Coaches are allowed to supervise batting cages.
- First Aid Kits shall be located at the AALL complex in the concession stand and equipment storage buildings adjacent to the fields. Teams practicing or playing games at locations other than the AALL complex must have a first aid kit present and may use one of the kits from the storage buildings.
- No games or practices will be held when weather or field conditions are poor, unsafe or when lighting is inadequate.
- The playing field will be inspected prior to each game or practice for holes, damage, stones, glass, foreign objects or other unsafe condition.
- Team equipment shall be stored within the dugout or screened areas and not within the area defined as “in play”.
- Only Players, Managers, Coaches and Umpires are permitted on the field of play or in the dugouts during games or practices.
- Foul balls batted out of the playing field shall be returned to the snack bar or placed in the ball return. Foul balls are not to be thrown over the fence back onto the playing field.
- Equipment should be inspected regularly for condition.
- All pre-game warm-ups should be conducted within the confines of the playing field and not within areas that would endanger spectators.
- Batters must wear Little League Baseball approved protective helmets that bear the NOCSAE seal at all times while batting at practice and games. Runners and player base coaches must also wear protective helmets.
- Beginning with the 2009 season, non-wood bats must be printed with a BPF (bat performance factor) rating of 1.15 or less.
- Since the 2008 season the league must utilize bases that disengage at their anchor.
- Parents of players who wear glasses should be encouraged to have the children wear safety type glasses.
- On deck batters are not permitted.
- Managers and Umpires will use only official Little League Baseball approved balls supplied by AALL.
- All male players will wear athletic supporters and/or cups during games. Male catchers must wear a metal, fiber or plastic type cup and long model chest protector.
- Female catchers must wear a long or short model chest protector.
- All catchers must wear a chest protector with neck collar, throat guard, shin guards and catchers helmet, all of which meet Little League Baseball specifications.
- All catchers must wear a mask, with dangling type throat protector, and catchers helmet during infield/outfield practice, pitcher warm-up and games.

- Catchers must wear a catcher's mitt (not a first baseman's mitt or fielder's glove) of any shape, size or weight consistent with protecting the hand.
- Catchers may not catch from a crouched position, whether warming up a pitcher, in practices or games without wearing full protective equipment including a protective cup.
- Managers and Coaches are not permitted to catch a pitcher (rule 3.09).
- Shoes with molded cleats are permitted; metal spiked shoes are not permitted.
- No food or drink is allowed in the dugout except for bottled water or Gatorade type drinks. Water is also available from the drinking fountains.
- Never hesitate to report any present or potential unsafe condition or safety hazard to the AALL Safety Officer or other League Official.
- No alcoholic beverages or drugs are permitted on the premises of the AALL complex at any time.
- No pets or animals are permitted on the premises of the AALL complex at any time, with the exception of animals exempt per ADA.
- Players and spectators should be alert at all times for hit or thrown balls. Riding of bicycles, skateboards, scooters, or skates are not allowed on the premises of the AALL complex at any time during games.
- There is no running or horseplay allowed in or around the bleachers.
- Pitch Count Rules must be adhered to:

The manager must remove the pitcher when said pitcher reaches the limit for his/her age group, but the pitcher may remain in the game at another position, except catcher.

Pitch Limits:

League age 11-12 85 pitches per day

League age 9-10 75 pitches per day

League age 7-8 50 pitches per day

Exception: If a pitcher reaches his/her pitch limit while facing a batter, the pitcher may continue to pitch until that batter reaches base or is put out.

There is no limit to the number of pitchers a team may use in a game.

Rest Requirements:

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 or more 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 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 day of rest must be observed.

A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of the game.

- The automatic intentional walk has been removed. If a pitcher wishes to intentionally walk a batter, he/she must pitch four pitches intentionally outside the strike zone that are not struck at by the batter and are called balls by the umpire. All such pitches will count in determining that pitcher's pitch count.
- The league must designate the scorekeeper or another game official as the official pitch count recorder.
- The pitch count recorder must provide the current pitch count for any pitcher when requested by either manager or any umpire. However, the manager is responsible for knowing when his/her pitcher must be removed.

- The official pitch count recorder should inform the umpire when a pitcher has delivered his/her maximum limit of pitches for the game. The umpire will inform the pitcher's manager that the pitcher must be removed as a pitcher. However, the failure of the pitch count recorder to notify the umpire and/or the failure of the umpire to notify the manager, does not relieve the manager of his/her responsibility to remove the pitcher when that pitcher is no longer eligible.
- A player may not pitch in more than one game in a day, under any circumstances, including finishing a continuation game before a regularly scheduled game.
- A player league age 12 may not pitch in the Minors.
- A violation of the pitching rules can result in a protest of the game in which it occurred. Protests shall be made in accordance with Playing Rule 4.19.

ALPINE AMERICAN LITTLE LEAGUE CONCESSION STAND SAFETY

- No person under the age of eleven will be allowed behind the counter in the concession stand.
- People working in the concession stand will be trained in safe food preparation. Training will cover the safe use of equipment. This training will be provided by the Concession Stand Manager.
- Cooking equipment will be inspected regularly and repaired or replaced as needed.
- Propane tanks will be turned off at the grill and at the tank after use.
- Food not purchased by AALL to sell in its concession stand will not be cooked, prepared, or sold in the concession stand.
- Cooking grease will be stored safely in containers away from open flames.
- Carbon Dioxide tanks will be secured with chains so they stand upright and cannot fall over.
- Cleaning chemicals must be stored in a lockable container.
- A fully charged fire extinguisher rated for grease fires must be placed in plain sight at all times.
- All concession stand workers are aware of the location of the Automatic External Heart Defibrillator.
- All concession stand workers are to be instructed in the use of fire extinguishers.
- A complete First Aid Kit will be present in the concession stand.
- The Concession Stand main entrance door will not be locked or obstructed while people are inside.
- Wash hands before starting work and frequently

Traumatic Brain Injury (TBI) Facts

Top Sports TBI per 2007 Study by BrainandSpinalCord.org

Falls and being struck or striking an object frequently occur during sporting activities. According to the U.S. Consumer Product Safety Commission, during 2007 the following numbers represent an accurate estimation of the number of sports related head injuries seen in hospital emergency rooms:

Cycling: 64,993

Football: 36,412

Baseball and Softball: 25,079

Basketball: 24,701

Powered Recreational Vehicles (ATVs, Dune Buggies, Go-Carts, Mini bikes, Off-road): 24,090

Skateboards/Scooters (Powered): 18,542

Soccer: 17,108

Skateboards/Scooters: 16,477

Winter Sports (Skiing, Sledding, Snowboarding, Snowmobiling): 16,120

Water Sports (Diving, Scuba Diving, Surfing, Swimming, Water Polo, Water Skiing): 12,096

Horseback Riding: 11,759

Health Club (Exercise, Weightlifting): 11,550

Concussion

- A concussion can be caused by direct blows to the head, gunshot wounds, violent shaking of the head, or force from a whiplash type injury.
- Both closed and open head injuries can produce a concussion. A concussion is the most common type of traumatic brain injury.
- A concussion is caused when the brain receives trauma from an impact or a sudden momentum or movement change. The blood vessels in the brain may stretch and cranial nerves may be damaged.
- A person may or may not experience a brief loss of consciousness (not exceeding 20 minutes). A person may remain conscious but feel “dazed” or “punch drunk”.
- A concussion may or may not show up on a diagnostic imaging test, such as a CAT Scan.
- Skull fracture, brain bleeding, or swelling may or may not be present. Therefore, concussion is sometimes defined by exclusion and is considered a complex neurobehavioral syndrome.
- A concussion can cause diffuse axonal type injury resulting in permanent or temporary damage.
- It may take a few months to a few years for a concussion to heal.

Contusion

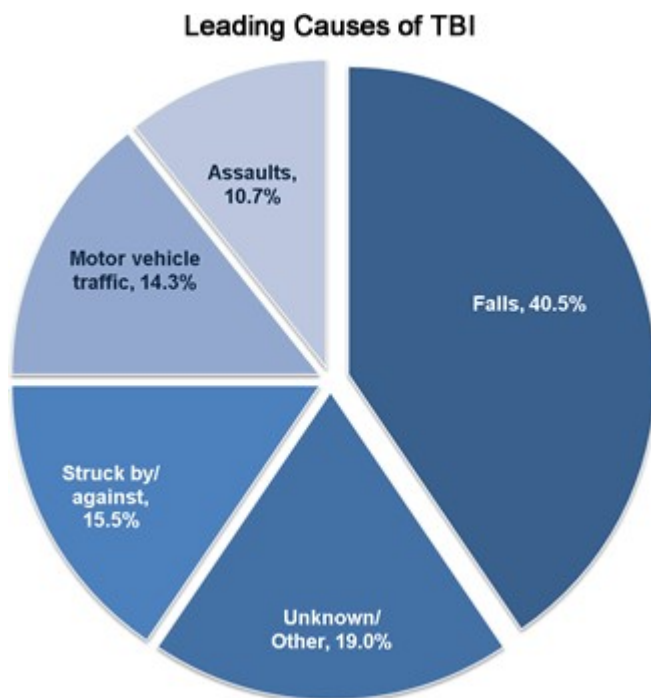
- A contusion can be the result of a direct impact to the head.

- A contusion is a bruise (bleeding) on the brain.
- Large contusions may need to be surgically removed.

Coup-Contrecoup Injury

- Coup-Contrecoup Injury describes contusions that are both at the site of the impact and on the complete opposite side of the brain.

This occurs when the force impacting the head is not only great enough to cause a contusion at the site of impact, but also is able to move the brain and cause it to slam into the opposite side of the skull, which causes the additional contusion.



Outcomes after Brain Injury

Brain injury can result in a range of outcomes:

- 52,000 die;
- 280,000 are hospitalized; and
- 2.2 million are treated and released from an emergency department.

Among children ages 0 to 14 years, TBI results in an estimated

- 2,685 deaths;
- 37,000 hospitalizations; and
- 435,000 emergency department visits.

The number of people with TBI who are not seen in an emergency department or who receive no care is unknown.

Source: [Centers for Disease Control and Injury Prevention](#)

Severity of Brain Injury

Emergency personnel typically determine the severity of a brain injury by using an assessment called the Glasgow Coma Scale (GCS). The terms Mild Brain Injury, Moderate Brain Injury, and Severe Brain Injury are used to describe the level of initial injury in relation to the neurological severity caused to the brain. ***There may be no correlation between the initial Glasgow Coma Scale score and the initial level of brain injury and a person's short or long term recovery, or functional abilities.*** Keep in mind that there is nothing "Mild" about a brain injury—the term "Mild" Brain injury is used to describe a level of neurological injury. Any injury to the brain is a real and serious medical condition. There is additional information about mild brain injury on our [mild brain injury page](#).

Glasgow Coma Scale (GCS)

Glasgow Coma Score		
Eye Opening (E)	Verbal Response (V)	Motor Response (M)
4=Spontaneous	5=Normal conversation	6=Normal
3=To voice	4=Disoriented conversation	5=Localizes to pain
2=To pain	3=Words, but not coherent	4=Withdraws to pain
1=None	2=No words. only sounds	3=Decorticate posture
	1=None	2=Decerebrate
		1=None
Total = E+V+M		

The scale comprises three tests: eye, verbal and motor responses. The three values separately as well as their sum are considered. The lowest possible GCS (the sum) is 3 (deep coma or death), while the highest is 15 (fully awake person). A GCS score of 13-15 is considered a "mild" injury; a score of 9-12 is considered a moderate injury; and 8 or below is considered a severe brain injury.

Mild Traumatic Brain Injury (GCS of 13-15)

Some symptoms of mild TBI include:

- Headache
- Fatigue
- Sleep disturbance
- Irritability
- Sensitivity to noise or light
- Balance problems
- Decreased concentration and attention span
- Decreased speed of thinking
- Memory problems
- Nausea
- Depression and anxiety
- Emotional mood swings

This information is not intended to be a substitute for medical advice or examination. A person with a suspected brain injury should contact a physician immediately, go to the emergency room, or call 911 in the case of an emergency. Symptoms of mild TBI can be temporary. The majority of people with mild TBI recover, though the timetable for recovery can vary significantly from person to person.

Moderate Brain Injury (GCS of 8-12)

A moderate TBI occurs when there is a loss of consciousness that lasts from a few minutes to a few hours, when confusion lasts from days to weeks, or when physical, cognitive, and/or behavioral impairments last for months or are permanent. Persons with moderate TBI generally can make a good recovery with treatment and successfully learn to compensate for their deficits.

Source: Defense and Veterans Head Injury Program & Brain Injury Association. Brain Injury and You. 1996.

Severe Brain Injury (GCS Below 8)

Severe brain injury occurs when a prolonged unconscious state or coma lasts days, weeks, or months. Severe brain injury is further categorized into subgroups with separate features:

- Coma
- Vegetative State
- Persistent Vegetative State
- Minimally Responsive State
- Akinetic Mutism
- Locked-in Syndrome

Tips to Aid Recovery

- Get lots of rest. Don't rush back to daily activities such as work or school.
- Avoid doing anything that could cause another blow or jolt to the head.
- Ask your doctor when it's safe to drive a car, ride a bike, or use heavy equipment, because your ability to react may be slower after a brain injury.
- Take only the medications your doctor has approved, and don't drink alcohol until your doctor says it's OK.
- Write things down if you have a hard time remembering.

You may need help to re-learn skills that were lost. Contact the [Brain Injury Association](#) in your state to learn more about the programs, supports and services available to people with brain injury and their families.

Recourses: BRAIN INJURY ASSOCIATION OF AMERICA

1608 Spring Hill Road, Suite 110 • Vienna, VA 22182 • Phone: 703-761-0750 • Fax: 703-761-0755

National Brain Injury Information Center (Brain Injury Information Only) 1-800-444-6443



Assembly Bill No. 2007

CHAPTER 516

An act to add Article 2.5 (commencing with Section 124235) to Chapter 4 of Part 2 of Division 106 of the Health and Safety Code, relating to youth athletics.

[Approved by Governor September 23, 2016. Filed with Secretary of State September 23, 2016.]

LEGISLATIVE COUNSEL'S DIGEST

AB 2007, McCarty. Youth athletics: youth sports organizations: concussions or other head injuries.

Existing law requires a school district, charter school, or private school, if it offers an athletic program, to immediately remove an athlete from an athletic activity for the remainder of the day if the athlete is suspected of sustaining a concussion or head injury, and prohibits the athlete from returning to the athletic activity until the athlete is evaluated by a licensed health care provider, trained in the management of concussions, and acting within the scope of his or her practice, and the athlete receives written clearance from the licensed health care provider to return to the athletic activity. Existing law also requires, on a yearly basis, a concussion and head injury information sheet to be signed and returned by the athlete and athlete's parent or guardian before the athlete's initiating practice or competition.

This bill would apply these provisions to athletes participating in youth sports organizations, as defined to include organizations, businesses, nonprofit entities, or local governmental agencies that sponsor or conduct amateur sports competitions, training, camps, or clubs in which persons 17 years of age or younger participate in any of 27 designated sports. The bill would require youth sports organizations to notify the parents or guardians of athletes 17 years of age or younger who have been removed from athletic activities due to suspected concussions, as specified. The bill would require youth sports organizations to offer concussion and head injury education, or related educational materials, or both, to each of their coaches and administrators on a yearly basis, as prescribed. The bill would require each of these coaches and administrators to successfully complete the concussion and head injury education offered under the bill at least once either online or in person.

The bill would also require a youth sports organization to identify procedures for ensuring compliance with the bill's requirements for providing concussion and head injury education and a concussion and head injury information sheet. The bill would additionally require the youth sports organization to identify procedures to ensure compliance with the athlete removal provisions and the return-to-play protocol, as specified. The bill

would specify that it applies to all persons participating in the activities of a youth sports organization, irrespective of their ages.

The people of the State of California do enact as follows:

SECTION 1. Article 2.5 (commencing with Section 124235) is added to Chapter 4 of Part 2 of Division 106 of the Health and Safety Code, to read:

Article 2.5. Youth Sports Concussion Protocols

124235. (a) A youth sports organization that elects to offer an athletic program shall comply with all of the following:

(1) An athlete who is suspected of sustaining a concussion or other head injury in an athletic activity shall be immediately removed from the athletic activity for the remainder of the day, and shall not be permitted to return to any athletic activity until he or she is evaluated by a licensed health care provider. The athlete shall not be permitted to return to athletic activity until he or she receives written clearance to return to athletic activity from a licensed health care provider. If the licensed health care provider determines that the athlete sustained a concussion or other head injury, the athlete shall also complete a graduated return-to-play protocol of no less than seven days in duration under the supervision of a licensed health care provider.

(2) If an athlete who is 17 years of age or younger has been removed from athletic activity due to a suspected concussion, the youth sports organization shall notify a parent or guardian of that athlete of the time and date of the injury, the symptoms observed, and any treatment provided to that athlete for the injury.

(3) On a yearly basis, the youth sports organization shall give a concussion and head injury information sheet to each athlete. The information sheet shall be signed and returned by the athlete and, if the athlete is 17 years of age or younger, shall also be signed by the athlete's parent or guardian, before the athlete initiates practice or competition. The information sheet may be sent and returned through an electronic medium including, but not necessarily limited to, fax or electronic mail.

(4) On a yearly basis, the youth sports organization shall offer concussion and head injury education, or related educational materials, or both, to each coach and administrator of the youth sports organization.

(5) Each coach and administrator shall be required to successfully complete the concussion and head injury education offered pursuant to paragraph (4) at least once, either online or in person, before supervising an athlete in an activity of the youth sports organization.

(6) The youth sports organization shall identify both of the following:

(A) Procedures to ensure compliance with the requirements for providing concussion and head injury education and a concussion and head injury information sheet, as contained in paragraphs (3) to (5), inclusive.

(B) Procedures to ensure compliance with the athlete removal provisions and the return-to-play protocol required pursuant to paragraph (1).

(b) As used in this article, all of the following shall apply:

(1) “Concussion and head injury education and educational materials” and a “concussion and head injury information sheet” shall, at a minimum, include information relating to all of the following:

(A) Head injuries and their potential consequences.

(B) The signs and symptoms of a concussion.

(C) Best practices for removal of an athlete from an athletic activity after a suspected concussion.

(D) Steps for returning an athlete to school and athletic activity after a concussion or head injury.

(2) “Licensed health care provider” means a licensed health care provider who is trained in the evaluation and management of concussions and is acting within the scope of his or her practice.

(3) “Youth sports organization” means an organization, business, nonprofit entity, or a local governmental agency that sponsors or conducts amateur sports competitions, training, camps, or clubs in which persons 17 years of age or younger participate in any of the following sports:

(A) Baseball.

(B) Basketball.

(C) Bicycle motocross (BMX).

(D) Boxing.

(E) Competitive cheerleading.

(F) Diving.

(G) Equestrian activities.

(H) Field hockey.

(I) Football.

(J) Full contact martial arts.

(K) Gymnastics.

(L) Ice hockey.

(M) Lacrosse.

(N) Parkour.

(O) Rodeo.

(P) Roller derby.

(Q) Rugby.

(R) Skateboarding.

(S) Skiing.

(T) Soccer.

(U) Softball.

(V) Surfing.

(W) Swimming.

(X) Synchronized swimming.

(Y) Volleyball.

(Z) Water polo.

(AA) Wrestling.

(c) This section shall apply to all persons participating in the activities of a youth sports organization, irrespective of their ages. This section shall not be construed to prohibit a youth sports organization, or any other appropriate entity, from adopting and enforcing rules intended to provide a higher standard of safety for athletes than the standard established under this section.

O

CONCUSSION Information Sheet



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - › Work with their coach to teach ways to lower the chances of getting a concussion.
 - › Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - › Ensure that they follow their coach's rules for safety and the rules of the sport.
 - › Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the 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 or after* a hit or fall.

Symptoms Reported by Children and Teens

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*

To learn more, go to www.cdc.gov/HEADSUP



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

Concussions affect each child and teen differently. While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' health care provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

Children and teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal.

Revised 5/2015

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.



To learn more, go to 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.

Discuss the risks of concussion and other serious brain injury with your child or teen and have each person sign below.

Detach the section below and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injury.

I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Athlete Name Printed: _____ Date: _____

Athlete Signature: _____

I have read this fact sheet for parents on concussion with my child or teen and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian Name Printed: _____ Date: _____

Parent or Legal Guardian Signature: _____

Hydration Facts

Dehydration

- ❑ Rapid weight loss represents a loss of body water. This can easily occur during the course of a youth sports practice or game. If a child loses weight within one practice or game, it is water that they lost, not fat.
- ❑ A loss of just 1-2% of body weight (1.5 to 3 pounds for a 150-pound athlete) can negatively impact performance.
- ❑ A loss of 3% or more of body weight can increase the risk for [exertional heat related illness](#). Athletes should therefore be weighed before and after warm weather practice sessions and contests to assess fluid losses.
- ❑ Athletes with high body fat percentages can become [dehydrated](#) faster than athletes with lower body fat percentages while working out under the same environmental conditions.
- ❑ All athletes have different sweating rates and some lose much more [salt](#) through their sweat than others. Additionally, some lose more water than others leading to increased levels of dehydration. As children mature into teenagers and young adults sweat rates increase and more salt is conserved.
- ❑ Clothing, such as dark, bulky, or rubber protective equipment can drastically increase the chance of dehydration and [heat illness](#).
- ❑ Poor [acclimatization](#)/fitness levels, medications and fevers can all greatly contribute to an athlete's dehydration problems.

Environmental conditions and dehydration

- ❑ Environmental [temperatures and humidity](#) both contribute to dehydration and heat illness. Wet bulb temperature measurements should be taken 10-15 minutes before practices or contests. The results should be used with a [heat index](#) or with the [Heat Index Calculator](#) at the Oregon School Activities Association's web site to determine if practices or contests should be started, modified, or stopped.
- ❑ Even dry climates can have high humidity if sprinkler systems are scheduled to run before early morning practices start. This collection of water does not evaporate until environmental temperatures increase and dew points lower.

What to drink during sports

For most exercising athletes, the ideal fluid for pre-hydration and re-hydration is water. Water is quickly absorbed, well-tolerated, an excellent thirst quencher, and cost effective.

The use of a sports drink with appropriate carbohydrates (CHO) and sodium as described below may prove beneficial in some general situations and for some individuals.

Traditional sports drinks containing appropriate concentrations of CHO (6-8%) and sodium may provide additional benefit in the following general situations:

- ❑ Prolonged continuous activity of greater than 45 minutes
- ❑ Extremely intense activity with risk of heat illness
- ❑ Extremely hot and humid conditions
- ❑ Traditional sports drinks with appropriate CHO and sodium may provide additional benefit for the following individual conditions:
 - Poor hydration prior to participation
 - Increased sweat rate
 - Poor caloric intake prior to participation
 - Poor [acclimatization](#) to heat and humidity
- ❑ A 6-8% addition of CHO to water is the maximum that should be utilized. Any [greater concentration](#) will produce slow emptying from the stomach and a bloated feeling.
- ❑ The other ingredient that may be helpful is a low concentration (0.3 - 0.7 g/L) of sodium which may help with cramping.
- ❑ All fluids should be served cold to optimize gastric emptying.

Dehydration Signs & Symptoms

- ❑ **Kids become dehydrated very easily:** dehydration can begin when an athlete loses as little as 1 percent of body weight. In a 70-pound child, that is less than 1 pound of weight lost through sweat. This about half a liter of body water lost. It is not uncommon for some athletes to lose as much as 5 to 8 pounds through sweat during a game or practice.
- ❑ **Dehydration affects performance:** as little as a 2% decrease in body weight from fluid loss (e.g. 1.2 lb for a 60-lb athlete, less than 4 pounds for a 200-pound athlete) can lead to a significant decrease in muscular strength and stamina;
- ❑ **Dehydration affects cognition:** a 3% decrease in body water can adversely affect cognitive function. In the sports context, this may affect a child's ability to pay attention to the coach or remember a play. A body water deficit of 2% to 3% can compromise sports performance, heat dissipation, and cardiovascular function.¹
- ❑ **Most kids are dehydrated playing sports:** two [studies](#) of kids at summer sports camps showed that a majority were dehydrated, with 25 to 30 percent showed signs of serious dehydration putting them at increased risk of [heat-related illnesses](#). Kids were dehydrated *despite* the availability of water and [sports drinks](#), frequent breaks and coaches' encouragement to stay hydrated. The studies also showed that, once children become dehydrated, it is nearly impossible for them to catch up.
- ❑ **The majority of children are dehydrated before they start playing sports:** the same studies at summer sports camps found that almost two-thirds of children were dehydrated even before they hit the field to start practicing. This puts the child at a disadvantage in the sport and increases their risk of [heat illness](#).

Dehydration signs and symptoms

How to know if your child is dehydrated?

If your child tires easily and repeatedly during practices and appears irritable, or her performance suddenly declines, dehydration, and/or [inadequate calorie intake](#) may be the cause.

The following are also signs that your child may be dehydrated:

- ❑ Thirstiness
- ❑ Headache [Note: could also be a [sign of concussion](#)]
- ❑ Dizziness [Note: could also be a [sign of concussion](#)]
- ❑ Tired or feeling weak
- ❑ Urine is bright yellow in color (urine should be almost clear)
- ❑ Apathy or lack of energy
- ❑ Grumpiness
- ❑ Trouble concentrating [Note: trouble concentrating could also be a [sign of concussion](#)]
- ❑ Nausea [Note: nausea could also be a [sign of a concussion](#)]

The following are signs that your child is severely dehydrated:

- ❑ Dry lips and tongue
- ❑ Sunken eyes
- ❑ Bright colored or dark urine, or urine with a strong odor
- ❑ Infrequent urination
- ❑ Small volume of urine

Progressive effect

The progressive effects of dehydration are serious. As a child becomes dehydrated, heart rate increases, blood flow to the skin decreases, and a body temperature can rise steadily to dangerous levels. To avoid a potentially life-threatening medical emergency, parents and coaches need to be familiar with the [symptoms of and treatment for heat-related illnesses](#)

Resource: 1. Maughan RJ. Impact of mild dehydration on wellness and on exercise performance. *Eur J Clin Nutr.* 2003;57(supp. 2): S19-S-23.

Heat & Humidity: **DANGER**

High heat with humidity form dangerous combination for players, even at practice

Most coaches understand they need to take breaks between innings of games when the temperatures soar, giving their players a chance to rehydrate and dissipate their extra body heat. But be careful with practices, too.

High school to professional athletes have died of heat illness in the last several years during practices in hot, humid weather. Cory Stringer of the Minnesota Vikings NFL team is the most famous case, but the combination of high heat and humidity can create an atmosphere where the athletes' bodies cannot properly dissipate the heat they generate in even normal activities.

Take breaks every 20 minutes for water and rest in the shade or with cool, wet clothes to drape over necks and promote evaporation to help the skin cool the body's interior.

Take a cooler with ice and water for players to use throughout practice and games. In severely hot areas like southern California, Arizona and New Mexico, some leagues have set up misters in the dugouts to spray a light water mist over the players to help cool them each inning.

Children's heat regulating processes are not fully developed, and their skin surface is proportionately greater than that of an adult's. So don't expose players to prolonged workouts or games in high heat, or moderate heat with high humidity; it's a risk you shouldn't take.

Because their body surface to weight ratio is high, a child's skin actually works against them, taking in more heat than they can absorb internally; so where an adult's temperature might slowly climb as they become overheated, on a hot, humid day a child's will skyrocket, leaving little time to react.

To protect players from heat illnesses — heat stress, heat exhaustion and heat stroke — make sure all your players are properly hydrated before games and practices.

What, When to Drink

- Drink 10 to 16 ounces of cold fluid about 15 to 30 minutes before workouts.
- Drink 4 to 8 ounces of cold fluid during exercise at 10 to 15 minute intervals.
- Drink a beverage that contains a small amount of sodium and electrolytes like potassium and chloride.
- Start drinking early in your workout

Relative Humidity (%)

°F	40	45	50	55	60	65	70	75	80	85	90	95	100
110	136												
108	130	137											
106	124	130	137										
104	119	124	131	137									
102	114	119	124	130	137								
100	109	114	118	124	129	136							
98	105	109	113	117	123	128	134						
96	101	104	108	112	116	121	126	132					
94	97	100	102	106	110	114	119	124	129	136			
92	94	96	99	101	105	108	112	116	121	125	131		
90	91	93	95	97	100	103	106	109	113	117	122	127	132
88	88	89	91	93	95	98	100	103	106	110	113	117	121
86	85	87	88	89	91	93	95	97	100	102	105	108	112
84	83	84	85	86	88	89	90	92	94	96	98	100	103
82	81	82	83	84	84	85	86	88	89	90	91	93	95
80	80	80	81	81	82	82	83	84	84	85	86	86	87

**Heat Index
(Apparent Temperature)**

With Prolonged Exposure and/or Physical Activity

Extreme Danger

Heat Stroke or Sunstroke highly likely

Danger

Sunstroke, muscle cramps, and/or heat exhaustion likely

Extreme Caution

Sunstroke, muscle cramps, and/or heat exhaustion possible

Caution

Fatigue Possible

Make sure your coaches know to schedule drink breaks every 15 to 30 minutes during practices on hot days, and to encourage players to drink between every inning.

When to Play

With All-Star games nearly upon us, make sure coaches aren't overscheduling practices. Practices should occur in the morning before noon or in the evening, as temps start to drop.

On hot days, many leagues have a mandatory break every three innings for all participants — especially needed for umpires, catchers and pitchers — to cool off and rehydrate. On especially hot days, take a break more often.

because you will not feel thirsty until you have already lost two percent of your body weight; by that time you will already be significantly dehydrated.

- Avoid carbonated drinks, which can cause gastrointestinal distress and may decrease the fluid volume.
- Avoid beverages with caffeine due to its diuretic effect.
- Research has found that sports drinks containing between 6% and 8% carbohydrate (sugars) are absorbed into the body as rapidly as water and can provide energy to working muscles that water cannot.

Detect & Prevent Heat Injuries

Know how to recognize and treat heat injuries to keep your players safe

Heat Stress:

What is heat stress? Basically take a hot job, add a hot day, and high humidity and it can add up to heat stress!

This condition occurs when the body is unable to regulate its temperature. This is the body's way of saying, "I can't take the heat anymore." There are three kinds of heat-related problems you may experience: heat stroke, heat exhaustion, and heat cramps. They can occur separately or in combination.

Heat Stroke:

Heat stroke is a medical emergency! Heatstroke occurs when the body's heat regulating system breaks down under stress and sweating stops. Unless the victim receives quick treatment, death can occur.

Symptoms:

- No sweating (or victim may be sweating profusely)
- High body temperature (105° or more)
- Hot, dry, flushed skin
- Confused, delirious behavior
- Loss of consciousness or coma

First Aid:

- Immediately call for medical help, and then start first aid
- Move the victim to a cool place
- Cool the victim quickly by giving a cool bath (sponging with cool water) and by fanning
- Treat for shock
- Offer a conscious person half a glass of water every 15 minutes

Heat Exhaustion:

This is a more serious disorder that develops when the body loses more fluid through sweating than it is taking in.

Symptoms:

- Sweating profusely
- Weakness
- Clammy skin
- Dizziness
- Pale or flushed face
- Nausea
- Near normal body temperature

First Aid:

- Move the person to shade or a cool place.
- Have patient lie on their back with feet elevated.
- If conscious, give half a glass of water every 15 minutes.
- Get medical help.

Mild Disorders (Warning Signs):

Heat Cramps:

Tend to attack the muscles that do the hardest work, especially when it is hot. A good rule is to drink half a glass of water every 15 minutes for an hour if you experience heat cramps.

Fainting: Lets you know your body is having difficulty coping with the heat. As you know when you faint, you fall and when you are on the field and fall you can get hurt or hurt others.

Prickly Heat: A rash caused when sweat can't evaporate. Sweat ducts become clogged and sweat glands become inflamed.

Hot Weather Tips

Safety Concerns:

There are other problems with heat that you may not realize until it is too late. Heat stress can alter your coordination, lessen your concentration, reduce strength and alertness, and make you irritable.

Ways to Avoid Heat Stress:

Acclimatize: This means allow your body to adjust to the heat naturally. The best way to do this is to gradually increase the time you spend in the heat until you reach the total amount of time desired.

Drink Water! One of the most important things to do is drink plenty of water during hot weather. The body can lose as much as three gallons of fluid a day while working in hot, humid weather. Drink some cool water every 15-20 minutes.

Use Salt: Add salt to your food but don't over-do it, such as taking salt tablets. If you have high blood pressure, heart problems or circulatory ailments, consult your doctor.

Eat Lightly: Light, nutritious meals, preferably cold are better for you due to the fact that they are easier to digest. Fatty foods are hard to digest, and hot weather makes them that much harder to digest.

"With the heat approaching in some areas and already there in other areas, here is something to be alert for. Not only should you keep an eye on the players, during a game, but also the umpires. Hopefully we will not have any problems as long as we follow the advice below."

Lee Joyce District Safety Officer Virginia District 7

Lee Joyce is the Virginia District 7 safety officer. This article is one of the e-mail newsletters Joyce prepared as District Safety Officer.

To join the e-mail list, email Lee at: vastatell_safety@dpl.org and ask to be included on future email.

SAFE TO COMPETE:

Protecting Child Athletes From Sexual Abuse

DISCUSSION GUIDE: AGES 5-10

It's never too early to start the conversation about personal safety with your child.

What to Talk About

TRUSTED ADULTS:

Trusted adults are people a child can count on to make them feel safe, listen, and help.



"If anything ever makes you feel sad, scared, confused, or uncomfortable, you can tell a trusted adult and they'll help make things right! But not everyone is a trusted adult. If an adult says or does something to make you sad, scared, confused, or uncomfortable, you should tell another trusted adult about what happened."

CHECKING FIRST:

Kids are often trusting of offers from adults, but it's important that they check first with parents or guardians before accepting anything from or going anywhere with someone- even coaches or teammates' parents.



"It's important that I know where you are and who you are with. Check first with me before going anywhere, helping anyone, or accepting anything."

IT'S OK TO SAY "NO!":

Children may not feel comfortable objecting to an adult who makes them feel sad, scared, confused, or uncomfortable, especially if they are made to feel that way by someone they know and may have trusted, like a coach or teammate.



"It's OK to say 'No!' to anyone, even an adult, who makes you feel sad, scared, confused, or uncomfortable. If someone touches you in a way that makes you feel uncomfortable you can say 'no' and 'stop'. If that ever happens tell me or another trusted adult about what happened."

How to Talk About it

TACKLE THE TOUGH STUFF:

The idea of discussing personal safety with younger children can be hard, especially safety issues involving sexuality. Children in various sports often find themselves being positioned, caught, assisted, "spotted", or otherwise in appropriate physical contact with coaches. By having open conversations with children about their bodies and the types of appropriate touch, you empower children with the knowledge they need in order to recognize any inappropriate physicality from adults.



"There are parts of your body that your bathing suit covers that are private. If anyone touches you there or anywhere else that makes you feel uncomfortable, tell them to stop and tell me or another trusted adult."

IT'S ALL IN THE APPROACH:

Kids are more likely to be open and honest with adults when they know they can count on them to listen attentively and react calmly. When discussing personal safety, it's important not to overwhelm or scare younger children. Try to keep the tone of discussion calm and conversational. If a child ever discloses an incident of abuse, do your best to respond in a measured and calm manner.



"Telling me was the right thing to do. We'll make sure this doesn't happen again."



Contact local law enforcement immediately. Call the National Center for Missing & Exploited Children® at 1-800-THE-LOST for additional assistance.

SAFE TO COMPETE:

Protecting Child Athletes From Sexual Abuse

DISCUSSION GUIDE: AGES 11-17

Discussing personal safety is increasingly important as tweens and teens grow more independent.

What to Talk About

PHYSICAL CONTACT:

From stretching exercises to tackling drills, different sports require varying degrees of physical contact between athletes and coaching staff. Talking to adolescents about appropriate touch is important in helping them recognize any inappropriate contact by peers or adults.

Tell Them "You have the right to tell anyone who touches you in a way that makes you feel uncomfortable to stop."

POWER DYNAMICS:

Child sexual abuse victims are often emotionally linked to their abusers, and these abusers are often authority figures. Coaches, training staff, and even team captains often wield a great deal of authority over younger athletes. This may deter victims from disclosing abuse in fear that they may lose their place on a team, be harmed, discredited, or otherwise retaliated against.

Tell Them "No one has the right to threaten or coerce others. If they do, tell a trusted adult about what happened."

CHECKING IN:

Youth are often trusting of offers from adults, but it's important that they check first with parents or guardians before accepting anything from or going anywhere with someone- even coaches or teammates' parents.

Tell Them "It's important that we communicate about where you are and who you are with. Check in with me before changing plans or going somewhere."

How to Talk About it

DON'T EXAGGERATE:

Teens may dismiss the message and real risks if they hear sensational stories.

TALK OFTEN:

It can be hard to engage tweens and teens in serious conversations about their personal lives, safety, and other tough topics. You might strike out the first time you try to have these conversations, but keep trying! The more often you discuss safety, the easier it gets.

KEEP EMOTIONS IN CHECK:





If a young person ever discloses a suspicion or incident of abuse, do your best to respond in a measured and calm manner. Reassure them that reporting the abuse was the right thing to do, and reaffirm that you are there to support them.

Take Action Contact local law enforcement immediately. Call the National Center for Missing & Exploited Children® at 1-800-THE-LOST for additional assistance.



Registration Checklist





Make sure to have the following information available when you begin the registration process.

-  Your League ID*
-  The number of years your organization has been established*
-  You will not be asked for a credit card until your 126th search.
-  Details of the person requesting access to submit backgrounds

We have extended our phone support hours to better assist you. Call the support line Mon-Fri from 8:00 AM to 8:00 PM EST.
*If you do not know your league ID or do not know how many years your league has been in existence, please call 570-326-1921 for assistance.

For Returning Presidents With Existing Accounts

If you are a returning league president with an active account, we can help with any account questions you may have for the upcoming season. Call 844.279.1078

-  Reset passwords
-  Update credit card information
-  Get account number help
-  Learn more about the service

For New Presidents with Existing Accounts

If you are a new president and need to update the contact information associated with an existing account for your league, please complete and submit the online "Information Change Form" that can be found at www.littleleague.org/background. Look on the right-hand side, bottom FAQ question, "I am a new League President . . ." Your change request will be reviewed and completed within 5 to 7 business days.

Home Safe in 2017

More Information on the topic of background screening

Q: Who in the local league should be responsible to process the background check information?

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

Q: What type of offenses are we screening for when we conduct a background check?

A: Local leagues are conducting a National Criminal File database that includes criminal records and sex offender registry records across 50 states. An individual who has been convicted or pled guilty to charges involving or against a minor, no matter when the offense occurred, must not be permitted to work or volunteer.

Q: How do volunteers get copies of their background report?

A: Volunteers may receive a copy of their full report or dispute a criminal record associated with their report by contacting the First Advantage Consumer Disclosure team at 800.845.6004. If a negative record is reported on a volunteer's background report, they will automatically receive a copy via U.S. Mail. Local Little League will supply the volunteer with a copy of the report if they intend to take adverse action based on the information in the background report.

Background screening is easy, affordable and vital for the safety of our leagues. To begin the process, please visit the screening website at: www.littleleague.org/childprotection

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LITTLE LEAGUE® BACKGROUND CHECKS

Provided by JDP

Ensure Safety For Everyone In Your League.

Easily screen your League coaches and volunteers.



Round the Bases with 4 Steps to Safety and Success!



Step 1: Register

Complete the registration form online at <https://www.littleleague.org/player-safety/child-protection-program/> or call JDP at 855.799.8753. Make sure you have everything you need to register. There is a registration checklist on the back of this sheet.



Step 2: Receive Your User Name & Password

When you receive your user name and password via e-mail, you are ready to start! For a user guide please visit www.jdp.com/littleleague-backgroundcheck/.



Step 3: Order Background Checks

Begin screening your volunteers. The first 125 screens are free to the district and local Little League, paid for by Little League International. Each additional screen will be at a minimal cost.



Step 4: Reports

Visit www.jdp.com/littleleague-backgroundcheck/ to login and view your reports!

For more information on Little League® Background Checks visit
<https://www.littleleague.org/player-safety/child-protection-program/>



301 Grant St. #4300 Pittsburgh, PA 15219 • T (855) 799-8753 • E littleleague@jdp.com
Visit www.jdp.com/littleleague-backgroundchecks/ to get started.



LITTLE LEAGUE® BACKGROUND CHECKS

Provided by JDP

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For more information on Little League® Background Checks visit <https://www.littleleague.org/player-safety/child-protection-program/>



JDP

301 Grant St. #4300 Pittsburgh, PA 15219 • T (855) 799-8753 • E littleleague@jdp.com

Visit www.jdp.com/littleleague-backgroundchecks/ to get started.

PRIVACY POLICY

The Little League® Privacy Policy has been written to answer questions you might have about our information and privacy practices. As a youth organization we are very concerned about privacy. Therefore, we have taken measures to tailor our content and offerings to help protect the privacy of players, parents/guardians, volunteers and coaches/managers. This Privacy Policy applies to information collected on Little League International authored websites such as LittleLeague.org; LittleLeaguestore.net; videos.LittleLeague.org; LittleLeagueU.org; and other affiliated websites and our official pages on [Facebook](#), [Twitter](#), Snapchat, [YouTube](#), [Instagram](#) or other social media (the “Sites”) as well as information received from other sources such as charter enrollment and player registration data and volunteer data reporting.

This policy was last updated on March 14, 2017.

Advice to Children and Parents

We strongly advise children to get their parent(s) or guardian(s) to review any information they intend to transmit and get their parents’ or guardians’ permission before submitting any kind of personal data to anyone over the Internet. We urge parents to repeatedly discuss with their children the danger of giving personal information to anyone (online or in person) whom they do not personally know. We also encourage parents and guardians to spend time online with their children monitoring and reviewing their children’s online activity. As a policy, no person under the age of 13 is permitted to register directly to receive Little League’s electronic communications or participate in Little League social media activities. Such activity, if deemed appropriate, must be conducted by the parent or guardian of such individuals. For additional tips on how to help children stay safe on the Internet, we recommend the following site: <https://www.consumer.ftc.gov/features/feature-0002-parents>

What personal information do we collect?

Little League International requires chartered Little Leagues to submit player registration data, including parent/guardian information and coach/manager data to be in compliance with Regulation IV(g) of the Little League® Official Regulations, Playing Rules and Operating Policies as well as all league officer information at the time of chartering annually. Player registration data must include the date of birth of the player and parent or guardian contact information including a valid email address. The local league must verify the accuracy of such information annually. Submission of the same information from the previous year is not acceptable per the Regulation. A player, manager, or coach must be listed on the data submitted to Little League International in order to be covered by Little League National Accident Insurance, provided it is purchased by the league. All registration and volunteer data is submitted electronically through the secure “Little League Data Center” on LittleLeague.org/datacenter. The Little League website details the acceptable formats including a downloadable spreadsheet

or automatic upload, when available, from Little League's Official Technology Partner, Dick's Sporting Goods, Team Sports HQ.

At Little League International, we may collect information in addition to player registration data and coach/manager/volunteer data in order to help identify you and/or your child's interests in the Little League program and the associated local league or district with which you may be affiliated. For example, we may collect information on our Sites and through our various links to resources and information, and when you enter contests, participate in promotions, express your opinion, shop online, or subscribe to our online portals, emails, social media sites and newsletters.

How do we use personal information collected and received?

Any information gathered by Little League International on the Sites, through the League Player Registration and Coach/Manager/Volunteer registration process and/or by any other means, will be used for the purpose of furthering the mission of Little League International and for communicating with individuals as described further below. Little League International does not sell any information collected from you to outside companies.

We may use registration and other personal information to provide program information, special offers or services through Little League International and/or its trusted sponsors, partners, or licensees. We also may use the information to fulfill your requests for information or products or to respond to your inquiries about our programs. We may use this information to communicate with you, such as to update you on new rules, regulations, or risk management issues, to ask your opinion through surveys and research, to register you for or notify you that you have won a contest, or to provide you with the latest news or program updates distributed by Little League International.

The information you provide in connection with our Sites and email communications, online submissions and surveys, social media sites, and communities is used to create an interactive experience. We may combine your registration information with other information that you have provided through social media or other platforms and may use this information to facilitate conversation and to occasionally offer you information, programs, and services.

Should you receive information from Little League or one of our partners, this information will be clearly identified with Little League International identification marks in adherence with our trademark registration.

In addition, the data provided to Little League International is utilized in the following ways:

- To catalog and record each individual player into a yearly listing of participants in the Little League program. These records are maintained in the Little League archives and for historical purposes through the World of Little League®: Peter J. McGovern Museum and Official Store.

This information may also be used for operational issues that may arise with respect to verification and eligibility of the participants in a local league program.

- To maintain a record of the volunteers, including coaches and managers involved in the Little League program and their associated team and/or league. This information is used to provide seasonal training materials, to send the Little League Magazine for their team's players during the season as well as operational issues that may arise requiring contact with Little League International.
- Email addresses provided to Little League International through the league player record sharing process by each player's parent(s) or guardian(s), and coach and/or manager are incorporated into Little League International's electronic database. Every communication sent will provide you an option to "Opt-Out". You also have the opportunity to "Opt-Out" of any Little League controlled electronic large group communication at any time by sending an email to LLInternational@LittleLeague.org and typing "Unsubscribe" in the subject line or by clicking on the "Safe Unsubscribe™" link at the bottom of any email you receive from us.
- Household mailing addresses reported by leagues are occasionally used to provide information to those residents about the Little League program. Should information be sent, it will be sent under the cover of "Current Resident" or "To the Parent or Guardian of Little League Participant."

We may be required to share your personal information and non-personal information pursuant to judicial or governmental subpoenas, warrants, or orders. If we are required to do so, we will, of course, obey the law. In addition, notwithstanding any term to the contrary in this Privacy Policy, we reserve the right to use, disclose, and/or share your personal and non-personal information in order to investigate, prevent, or take action regarding illegal activities, suspected fraud, situations involving potential threats to the physical safety of any person, violations of this Privacy Policy, or as otherwise required by law.

Third-Party Links and Websites

Please note that some information you receive may direct you to a non-Little League website. Please refer to these web sites for specific Privacy Policies and use of data as we have no control over information that is submitted to, or collected by, these third parties.

Individual Submissions and Promotions

We may offer coupons, special discounts, contests, games, and promotions on behalf of Little League International and/or our national partners; or invite you to submit stories, photos, comments, or questions to certain areas of our Sites. On these occasions, we may ask you to voluntarily submit additional information along with your submission so that we can notify you

if you are a winner, or to respond to (or ask) questions. No individual under the age of 13 should submit information to any of the situations noted above.

Cookies and Pixel Tags -- What are they?

Cookies and pixel tags are pieces of information that a website transfers to an individual's hard drive for record-keeping purposes. Cookies and pixel tags make Internet surfing easier for you by saving your passwords, preferences and preferred websites as you browse. The use of cookies and pixel tags are an industry standard – you will find that they are used by most major websites. By showing how and when visitors use the site, cookies and pixel tags can also help website developers see which areas are popular and which are not and can help you find information that is most relevant to you based on your search history. The "help" portion of the toolbar on most browsers will tell you how to prevent your browser from accepting new cookies, how to have the browser notify you when you receive new cookies or how to disable cookies altogether. If you reject cookies, you may not be able to participate in certain activities or receive a promotion tailored to you. The Sites do not control and do not guarantee the effectiveness of browser-based tools for managing cookies.

Does the Little League website use cookies or pixel tags?

Yes. As you browse the Sites, cookies, pixel tags, or similar technology may be placed on your computer so that we can understand what information interests you on our site, in order to continue to provide information in the future. On occasion, we may provide target advertising through partners like AdRoll and Facebook to present you with additional information about our program and its offerings based on your previous interaction with LittleLeague.org. These techniques do not collect information such as your name, email address, postal address, or telephone number. We also work with third party companies to assist us with website analytics such as evaluating the use and operation of our website so that we can continue to enhance the website(s) and the information contained within. You can visit networkadvertising.org/choices and/or www.aboutads.info/choices to opt-out of tracking and targeted advertising using cookies or similar technology.

Do Not Track (DNT) is a privacy preference that users can set in some web browsers, allowing users to opt out of tracking by websites and online services. At the present time, the World Wide Web Consortium (W3C) has not yet established universal standards for recognizable DNT signals and therefore, the Little League websites do not recognize DNT.

Your California Privacy Rights

This Privacy Policy describes how we may share your information for marketing purposes, as described above. California residents are entitled to request and obtain from us once per calendar year information about any of your personal information shared with third parties for their own direct marketing purposes, including the categories of information and the names and addresses of those businesses with which we have shared such information. To request this

information and for any other questions about our privacy practices and compliance with California law, please contact us as described below.

Changes to this Privacy Policy

Little League International reserves the right to modify this policy from time to time as Little League International determines to be appropriate. We will post any changes to this policy on the Little League website. We may contact you with notices concerning our Privacy Policy, but you should check our website periodically to review any changes.

Our Commitment to Security

Little League International has implemented reasonable physical, electronic, and managerial processes to safeguard the privacy of the information it obtains.

Questions or Concerns

This policy was last updated on March 14, 2017. If you have any questions, comments, or concerns regarding the Little League International Privacy Policy, please contact us at privacy@LittleLeague.org.

Local Leagues – Include Opt-In to Privacy Policy During Registration

A copy of this Privacy Policy is available at LittleLeague.org/privacypolicy. We strongly encourage all local Little Leagues to incorporate this policy into the registration process for participant families and volunteers by including a signature on the policy at registration. It is also encouraged that local leagues post the policy on local league websites.

Little League® "Basic" Volunteer Application – 2024

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



This volunteer application can be used as a reference for leagues utilizing the JDP Quick App or for leagues that are using an outside background check provider that meets the standards of Little League Regulation 1(c)(9). Visit LittleLeague.org/LocalBGcheck for more information.

All RED fields are required.

Name _____
First Middle Name or Initial Last

Address _____

City _____ State _____ Zip _____

Home Phone: _____ Cell Phone _____

Work Phone: _____ E-mail Address: _____

Driver's License#: _____

1. 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 1, the local league must contact Little League International.)

2. 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 2, does not automatically disqualify you as a volunteer.)

3. 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 3, does not automatically disqualify you as a volunteer.)

4. 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 4, the local league must contact Little League Security International.)

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

A COPY OF VALID GOVERNMENT ISSUED PHOTO IDENTIFICATION MUST BE ATTACHED TO COMPLETE THIS APPLICATION (NOT NECESSARY IF VOLUNTEER IS RETURNING).

Please provide updated information below if there are any changes from previous years or requesting a new position.

Occupation: _____

Employer: _____

Address: _____

Special professional training, skills, hobbies: _____

Special Certifications (CPR, Medical, etc.): _____

Special Affiliations (Clubs, Services Organizations, etc.): _____

Previous volunteer experience (including baseball/softball and years (s)): _____

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

- Manager _____
 Scorekeeper _____
 Concession Stand _____
 Other _____

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 Name (please print or type) _____

Applicant Signature _____ Date _____

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)*

National Criminal Database check U.S. Center of SafeSport's Centralized Disciplinary Database and Little League International Ineligible/Suspended List
 National Sex Offender Registry

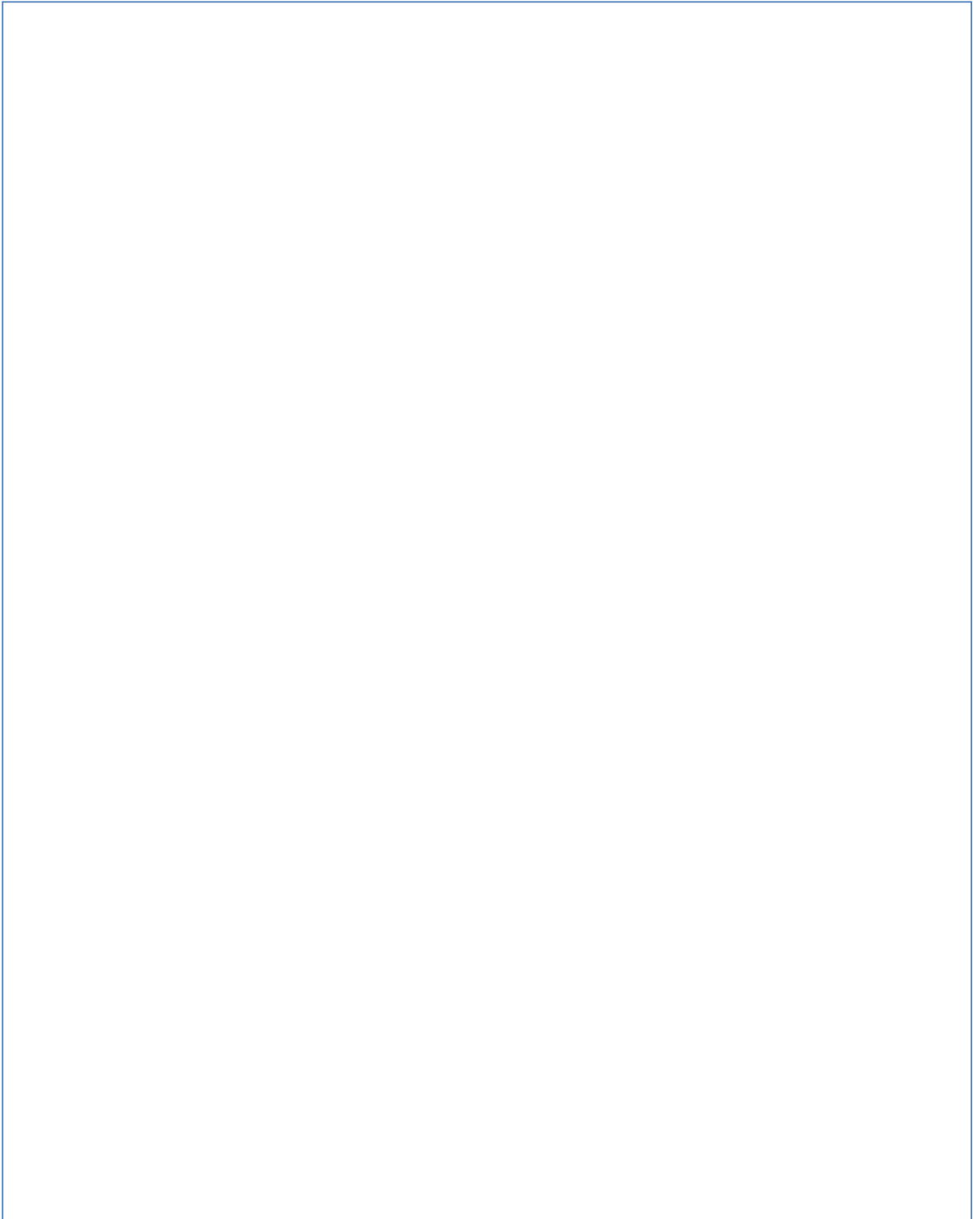
* Please be advised that if you use JDP and there is a name match in the few states where only name match searches can be performed you should notify volunteers that they will receive a letter or email directly from JDP in compliance with the Fair Credit Reporting Act containing information regarding 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.

Proof of completion of Abuse Awareness Training for Adults provided to league

Last Updated: 10/25/23





Little League® Baseball & Softball
CLAIM FORM INSTRUCTIONS



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

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

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

The Accident Claim Form must be fully completed, including a Social Security Number, for processing. To help explain insurance coverage to parents/guardians refer to *What Parents Should Know* on the internet that should be reproduced on your league's letterhead and distributed to parents/guardians of all participants at registration time.

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

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

The NUFIC Accident Policy is acquired by leagues, not parents, and provides comprehensive coverage at an affordable cost. Accident coverage is underwritten by National Union Fire Insurance Company of Pittsburgh, a Pennsylvania Insurance company, with its principal place of business at 175 Water Street, 18th Floor, New York, NY 10038. It is currently authorized to transact business in all states and the District of Columbia. NAIC Number 19445. This is a brief description of the coverage available under the policy. The policy will contain limitations, exclusions, and termination provisions. Full details of the coverage are contained in the Policy. If there are any conflicts between this document and the Policy, the Policy shall govern.

The current insurance rates would not be possible without your help in stressing safety programs at the local level. The ASAP manual, **League Safety Officer Program Kit**, is recommended for use by your Safety Officer.

TREATMENT OF DENTAL INJURIES

Deferred Dental Treatment for claims or injuries occurring in 2002 and beyond: If the insured incurs injury to sound, natural teeth and necessary treatment requires that dental treatment for that injury must be postponed to a date more than 52 weeks after the date of the injury due to, but not limited to, the physiological changes occurring to an insured who is a growing child, we will pay the lesser of the maximum benefit of \$1,500.00 or the reasonable expense incurred for the deferred dental treatment. Reasonable expenses incurred for deferred dental treatment are only covered if they are incurred on or before the insured's 23rd birthday. Reasonable Expenses incurred for deferred root canal therapy are only covered if they are incurred within 104 weeks after the date the Injury is sustained.

CHECKLIST FOR PREPARING CLAIM FORM

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

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

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

PART II - LEAGUE STATEMENT

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

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

It is suggested this memo should be reproduced on your league's letterhead over the signature of your president or safety officer and distributed to the parents of all participants at registration time.

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

WHAT PARENTS SHOULD KNOW ABOUT LITTLE LEAGUE® INSURANCE

The Little League Insurance Program is designed to afford protection to all participants at the most economical cost to the local league. The Little League Player Accident Policy is an excess coverage, accident only plan, to be used as a supplement to other insurance carried under a family policy or insurance provided by an employer. If there is no primary coverage, Little League insurance will provide benefits for eligible charges, up to Usual and Customary allowances for your area. A \$50 deductible applies for all claims, up to the maximum stated benefits.

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

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

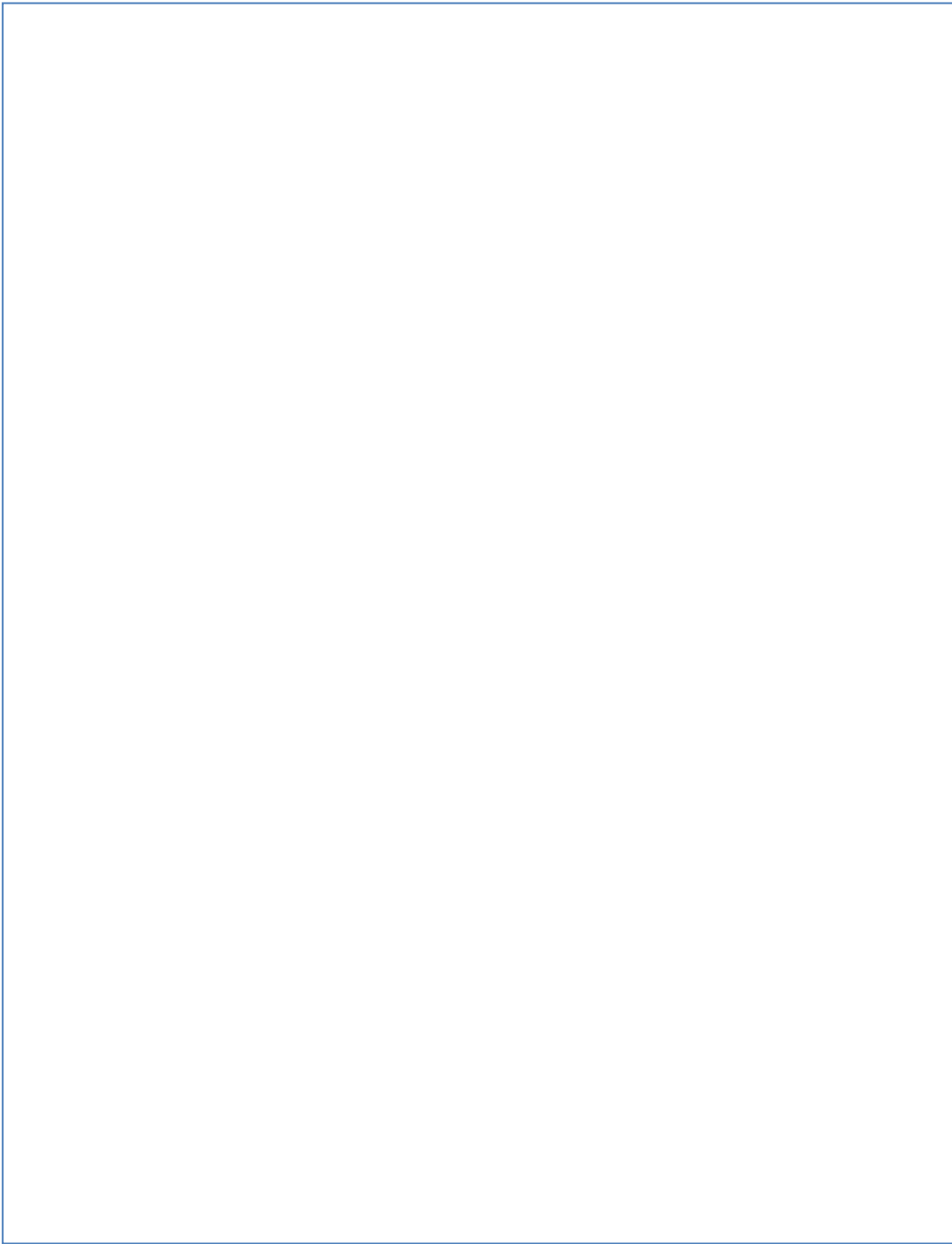
1. The Little League Baseball and Softball accident notification form must be completed by parents (if the claimant is under 19 years of age) and a league official and forwarded directly to Little League Headquarters within 20 days after the accident. A photocopy of the form should be made and kept by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

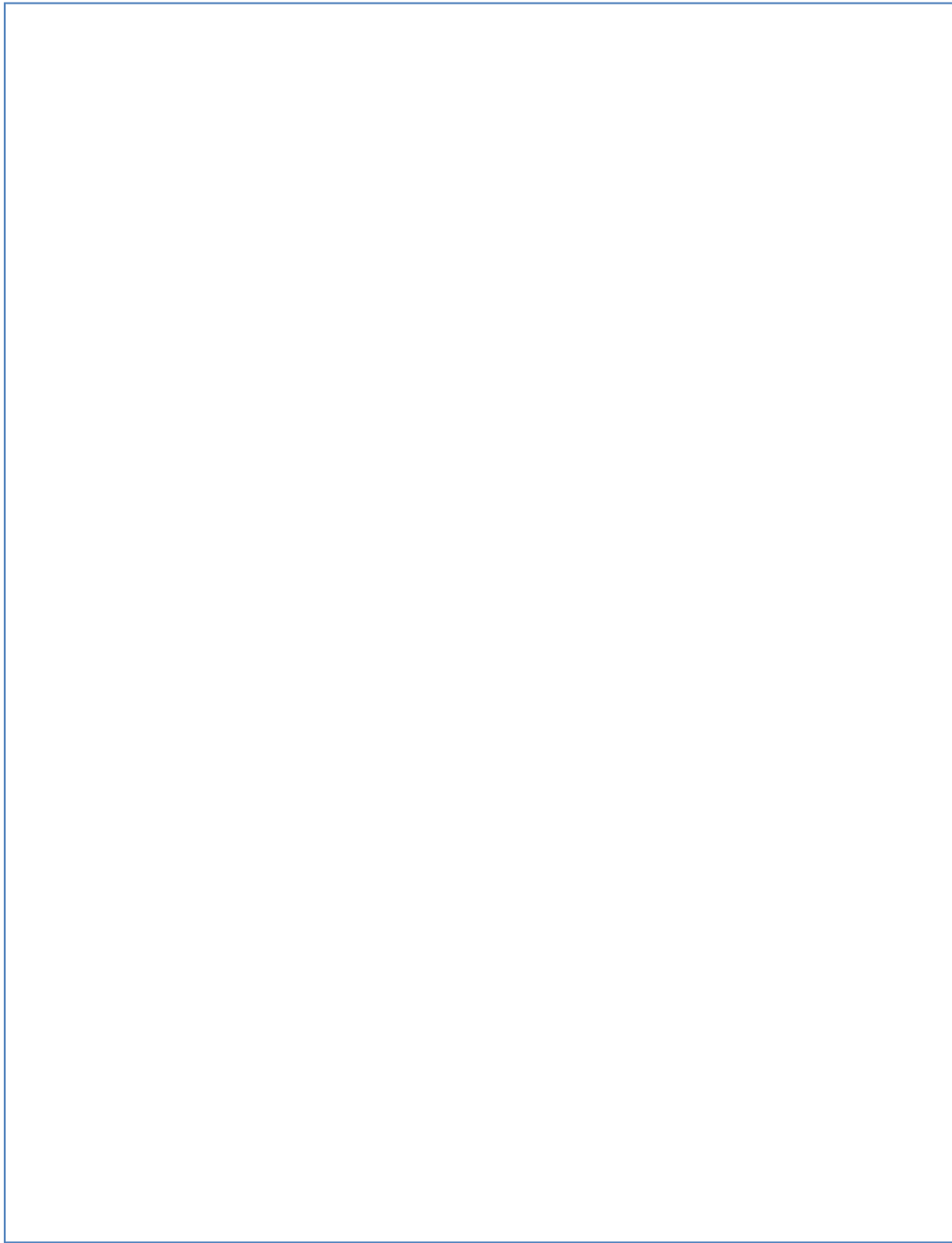
Reasonable Expenses incurred for deferred dental treatment are only covered if they are incurred on or before the Insured's 23rd birthday. Reasonable Expenses incurred for deferred root canal therapy are only covered if they are incurred within 104 weeks after the date the Injury occurs.

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

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

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





Facility surveys may also be entered online

LITTLE LEAGUE BASEBALL® & SOFTBALL NATIONAL FACILITY SURVEY

2019



League Name: Alpine American Little League
 District #: 41
 ID #: 405-41-16
 (if needed) ID #: _____
 (if needed) ID #: _____
 City: Alpine State: Ca


President: <u>Stephanie Silber</u>	Safety Officer: <u>Derrick Loustalet</u>
Address: <u>3034 Olive View Road</u>	Address: <u>970 Bremen Way</u>
Address: _____	Address: _____
City: <u>Alpine</u>	City: <u>Alpine</u>
State: <u>CA</u> ZIP: <u>91901</u>	State: <u>Ca</u> ZIP: <u>91901</u>
Phone (work): _____	Phone (work): _____
Phone (home): _____	Phone (home): _____
Phone (cell): <u>619-933-5854</u>	Phone (cell): <u>619-654-3003</u>
Email: <u>Shoe9339@gmail.com</u>	Email: <u>Dlsd80@gmail.com</u>

PLANNING TOOL FOR FUTURE LEAGUE NEEDS

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

SPECIFIC BALLFIELD QUESTIONS

• Please list all fields by name.

Field Identification (List your ballfields 1-20) Use additional forms if more than 20 fields.		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
<p>ASAP - A Safety Awareness Program Limited Edition 10-year Pin Collection</p> <p>This survey can assist in finding areas of focus for your safety plan. During your annual field inspections, please complete this form and return along with your qualified safety plan. In return, we'll send you the 2018 Disney® character collector's pin shown at right featuring Digger in right field. Or enter data on the ASAP online site through the Little League Data Center.</p> 		Name: Majors	Name: Minors A	Name: Minors B	Name: CAPS	Name: Tee Ball	Name: Juniors	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:
Please answer the following questions for each field:		Field #																				
GENERAL INVENTORY		(For the following questions, if the answer is "No" please leave the space blank.)																				
1. How many cars can park in designated parking areas?	None	0																				
	1-50																					
	51-100	X	X	X	X	X	X															
	101 or more																					
2. How many people can your bleachers seat?	None/NA																					
	1-100	X	X	X	X	X	X															
	101-300																					
	301-500																					
	501 or more																					
3. What material is used for bleachers?	Wood																					
	Metal	X	X	X	X	X	X															
	Other																					
4. Metal bleachers: Ground wire attached to ground rod?	Yes																					
5. Wood bleachers: Are inspected annually for safety?	Yes																					
6. Is a safety railing at the top/back of bleachers?	Yes	X	X	X	X	X	X															
7. Is a handrail up the sides of bleachers?	Yes	X	X	X				X														
8. Is telephone service available?	Permanent	X			X	X	X															
	Cellular	X	X	X	X	X	X															
9. Is a public address system available?	Permanent	X																				
	Portable	X	X	X	X	X	X															
10. Is there a pressbox?	Yes	X						X														
11. Is there a scoreboard?	Yes	X																				
12. Adequate bathroom facilities available?	Yes	X	X	X	X	X	X															
13. Permanent concession stands?	Yes	X	X	X	X	X	X															
14. Mobile concession stands?	Yes																					

FIELD	Field #	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
15. Is field completely fenced?	Yes	X	X	X	X	X	X														
16. What type of fencing material is used?	Chainlink	X	X	X	X	X	X														
	Wood																				
	Wire																				
17. What base path material is used?	Sand, clay, soil mix	X	X	X	X	X	X														
	Ground burnt brick																				
	Other:																				
18. What is used to mark baseline?	Non-caustic lime		X	X	X	X															
	Spray paint	X						X													
	Commerc'l marking																				
19. Is your the infield surface grass?	Yes	X	X				X														
20. Does field have conventional dirt pitching mound?	Yes	X	X					X													
21. Does field have a temporary pitching mound?	Yes			X																	
22. Are there foul poles?	Yes	X	X	X				X													
23. Backstop behind home plate?	Yes	X	X	X	X	X	X														
PERFORMANCE AND PLAYER SAFETY																					
24. Is there an outfield warning track?	Yes																				
24.a. If yes, what width is warning track? Please specify:	(Width in feet)																				
25. Batter's eye (screen/covering) at center field?	Yes																				
26. Pitcher's eye (screen/covering) behind home plate?	Yes	X	X	X			X														
27. Are there protective fences in front of the dugouts?	Yes	X	X	X	X	X	X														
28. Is there a protected, on-deck batter's area? (On-deck areas have been eliminated for ages 12 and below.)	Yes																				
29. Do you have fenced, limited access bull pens?	Yes	X	X					X													
30. Is a first aid kit provided per field?	Yes	X	X	X	X	X	X														
31. Do bleachers have spectator foul ball protection?	Overhead screens	X						X													
	Fencing behind																				
32. Do your bases disengage from their anchors? (Mandatory since 2008)	Yes	X	X	X	X	X	X														
33. Is the field lighted?	Yes																				
34. Are light levels at/above Little League standards? (50 footcandles infield/30 footcandles outfield)	Don't know																				
35. What type of poles are used? (Wood poles have not been allowed by Little League for new construction of lighting since 1994)	Wood*																				
	Steel																				
	Concrete																				
36. Is electrical wiring to each pole underground?	Yes																				
37. Ground wires connected to ground rods on each pole?	Yes																				
38. Which fields were tested/inspected in the last two years? Please indicate month/year testing was done (example: 3/10)	Electrical System																				
	Light Levels																				
39. Fields tested/inspected by qualified technician?	Electrical System																				
	Light Levels																				

	Field #	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
FACILITY MANAGEMENT																					
40. Which fields have the following limitations:																					
a. Amount of time for practice?	Yes																				
b. Number of teams or games?	Yes																				
c. Scheduling and/or timing?	Yes																				
41. Who owns the field?																					
	Municipal																				
	School	X	X	X	X	X	X														
	League																				
42. Who is responsible for operational energy costs?																					
	Municipal																				
	School																				
	League	X	X	X	X	X	X														
43. Who is responsible for operational maintenance?																					
	Municipal																				
	School																				
	League	X	X	X	X	X	X														
44. Who is responsible for purchasing improvements for the field - ie bleachers, fences, lights?																					
	Municipal																				
	School																				
	League	X	X	X	X	X	X														
	Other																				
45. What divisions of baseball play on each field?																					
	T-Ball & Minor		X	X	X	X															
	Major	X																			
	Jr., Sr. & Big						X														
	Challenger																				
	50 - 70																				
46. What divisions of softball play on each field?																					
	T-Ball & Minor																				
	Major																				
	Jr., Sr. & Big																				
	Challenger																				
47. Do you plan to host tournaments on this field?																					
	Yes	X	X																		

FIELD DIMENSION DATA

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

Field No.	Height of outfield fence	Distance from home plate to:				Foul territory distance from:					
		Outfield fence			Back stop	Left field line to fence at:			Right field line to fence at:		
		Left	Center	Right		Home	3rd	Outfield foul pole	Home	1st	Outfield foul pole
1	5'	208	225	210	20	20	20	18	20	20	20
2	5'	180	180	180	22	25	25	n/a	25	25	25
3	5'	160	160	160	20	24	24	24	24	24	24
4	5'	105	110	105	10	11	11	11	11	11	11
5	5'	85	90	85	10	10	10	10	10	10	10
6	6'	260	260	260	31	29	29	29	29	29	29
7											
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Return completed survey with safety program registration and supporting materials by April 16, 2018 to:

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

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

Leagues completing their facility survey via form should include it with safety plan submission.