

SOLANA BEACH LITTLE LEAGUE

2024 Safety Manual



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www.solanabeachlittleleague.com

Solana Beach Little League

Safety Manual

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Solana Beach Little League

Safety Manual



Mission Statement

To make Solana Beach Little League a safe, educational, and rewarding experience that will be remembered for a lifetime.



INTRODUCTION

Little League provides an unparalleled opportunity for physical, emotional, and social development of youngsters within the framework of the game of baseball. As part of this experience, it is the responsibility of Managers, Coaches, Volunteers, and Families to foster an environment in which the **SAFE** participation of all Players is a priority, and is actively promoted at every practice and every game throughout the season. The purpose of this Manual is to outline a safety program with the following objectives:

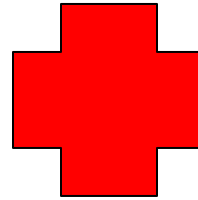
- (1) Accident prevention
- (2) Rapid and appropriate response in the event injuries occur
- (3) Facilitation of reporting, and investigation of significant accidents, in order to reduce or eliminate the potential for recurrence in the future.

REMEMBER: PREVENTION OF ACCIDENTS IS THE BEST FIRST AID



THE SAFETY PROGRAM

The Solana Beach Little League (SBLL) Safety Program is an integrated approach focusing on *proactive* prevention of unsafe practices and conditions, and rapid and effective *response* to accidents, or conditions or practices that may be responsible for same. Key elements of this program include:



- Mandatory background checks of all Managers, Coaches, League Officials, and other Volunteers;
- Education of Managers, Coaches, Players, Volunteers, and other participants in appropriate safety practices, including first aid, concussion + cardiac + abuse training, food handling, and fundamental baseball skills;
- Provision of adequate equipment, fields, food preparation and handling facilities, spectator areas, and related facilities in safe and well-maintained condition;
- Promulgation of appropriate codes of behavior conducive to safe and respectful behavior on, and off the playing field; and
- Publication and dissemination of this Safety Manual as a PDF on the SBLL website and in paper form.

SBLL issues each Manager a Safety Manual and a First Aid Kit at the start of the season. The First Aid Kit contains basic items necessary to treat an injured participant until such time as professional medical help arrives. All Managers, and any interested Coaches, or Team Representatives, shall be offered training in safety practices and basic First Aid at the start of the season.

A Manager, Coach, or designated Team Representative from every team MUST complete First Aid and safety training before conducting any team practice, or permitting their team to play a game.

A Manager, Coach, or designated Team Representative who has completed first aid and safety training MUST be present at all scheduled games or practices.

It is the responsibility of the Managers to assure that the Safety Manual and First Aid Kit, and an individual (Manager, Coach or Team Representative) who completed first aid and safety training, are present at all practices and games.

The Safety Manual, automatic external defibrillator (AED), and additional First Aid supplies will be available at the Snack Shack and in the storage lockers at the playing fields. The Safety Manual is also available for review by *any* person through the SBLL website (www.solanabeachlittleleague.com).

Any First Aid supplies consumed in the treatment of a participant shall be replenished at the earliest opportunity, but in any event, before the next practice or game.

The Safety Manual contains basic safety information, including the SBLL Safety Code, emergency procedures, emergency telephone numbers, maps to local hospitals, field and equipment safety check lists, safety reporting procedures, inclement weather procedures, a directory of key SBLL volunteers and their telephone numbers, and a description of fundamental First Aid practices.

ORGANIZATION

A **Safety Officer** will be elected each year, and will be a voting member of the SBLL Board of Directors.

Responsibilities of Safety Officer:

- Update Safety Manual on an annual basis. After approval by the Board of Directors, distribute Safety Manual to, and review Safety Program with, all Managers and Coaches.
- Organize the annual First Aid training program for Managers and Coaches.
- Collect safety improvement ideas, present them to the Board of Directors, and where appropriate, update the Safety Manual accordingly.
- Where potential safety problems are identified, institute follow-up to assure correction or control of identified unsafe conditions.
- Review accident reports for opportunities to improve safety and implement corrective measures, where appropriate, to reduce or eliminate the potential for recurrence in the future

SBLL Safety Officer: please see front cover for contact information.



SBLL TELEPHONE NUMBERS

A **Board Directory (Attachment 1)** containing the telephone numbers of SBLL Board of Directors will be distributed to each team Manager as part of the Safety Manual. Upon request, the Manager will make the Safety Manual and the Directory of SBLL Board Members, available to any parent. The Board Directory is also available on the SBLL website (www.solanabeachlittleleague.com), and shall be updated at the beginning of each season.

A copy of the Safety Manual and Directory will also be maintained at the Solana Vista Snack Shack.

Team Managers will bring the Safety Manual with Directory to all practices, games, or other SBLL-sponsored events.

Team Managers and Coaches are responsible for assuring that cellular phone service is available at every practice, game, or other SBLL-sponsored event.

SBLL SAFETY CODE

- **All Little League and Local Rules shall be enforced and adhered to at all times.**
- Responsibility for safety procedures shall be that of an adult member of the SBLL.
- Managers, Coaches, SBLL Officials, and other Volunteers shall complete a **background check** before the start of the season.
- **First Aid Kits** are issued to each Manager, and must be available at all practices and games. Additional First Aid supplies are located in the Snack Shack, and in the storage lockers at the playing fields.
- **AED** is located in the Snack Shack and at all other playing fields.
- Managers and Coaches will be offered preseason training in First Aid, in general safety practices as described in the Safety Manual, and in baseball fundamentals. **At least one Manager, Coach, or designated Team Representative MUST have completed First Aid, safety, and fundamentals training, before that team will be permitted to practice or play a game, and MUST be present at every practice or game.**
- No games or practices shall be held when weather, field conditions, or lighting conditions are unsatisfactory. Fields **MUST** be cleared immediately, and in an orderly manner, in the event of thunder or lightning.
- The **area of play**, including dugouts and spectator areas, **should be inspected regularly** for holes, damage, stones, glass, other foreign objects or debris, or other unsafe condition. All bases must be detachable from the anchor.
- Dugouts and bat racks must be positioned behind appropriate protective fencing.
- Only Players, Managers, Coaches, and Umpires are permitted on the playing field or in the dugouts during play and practice sessions.
- Bats and loose equipment must be stowed within the dugout behind fencing, and not on the playing field.
- All Players should be alert, and watching the batter on each pitch in practices and games.
- Players should be separated or spaced, and oriented appropriately, during warm-ups and drills so that no one is endangered by wild throws and missed catches.
- Equipment should fit properly, and will be inspected regularly. Broken or damaged equipment will be taken out of play until repaired or replaced.
- Catchers must wear a catcher's helmet, a mask with throat protection, a chest protector, shin guards, and a supporter with a hard, protective cup at all times during practices and games. Managers shall encourage all other players to wear a supporter with a hard protective cup.
- **Catchers must wear a helmet and mask when warming up pitchers** between innings, or in the bullpen, and when playing catcher during infield practice.
- **No head-first slides** are permitted, except when a runner is returning to a base.
- "Horseplay" is not permitted on the playing field at any time.
- Parents of Players who wear glasses should be encouraged to provide their children with shatter-proof "safety glasses." Glasses should be secured by a strap.

- Players must not wear watches, rings, pins, chains, other jewelry, piercings, or other metallic items during games or practices.
- **On-deck batters are not permitted.** All players waiting to bat must remain behind the protective fence in the dugout. Any player with a bat in his hand must be wearing a helmet.
- **NO modifications can be made to batting helmets,** (e.g. addition of face shield). Any modification will automatically invalidate the manufacturer's warranty and potentially compromise the function of the helmet. Any protective equipment for the face should be purchased as a pre-existing component of the batting helmet, and is encouraged by SBLL.
- **Bats must be Little League approved including a USA baseball stamp.** All metal bats shall be checked prior to all practices and games to assure that the proper grip material is in place and the bats are in compliance.

EMERGENCY PROCEDURES

Medical Release for all players **MUST** be with the team at all times, during both practices and games. Medical Release is documented by on-line registration, or via signed Medical Release Form (Attachment 2).



IN CASE OF EMERGENCY/ACCIDENT:

- 1. Give appropriate first aid.**
- 2. Call 911 immediately if a player**
 - is not breathing or has no pulse;
 - is having difficulty breathing;
 - is unconscious, or exhibits an altered state of consciousness;
 - is showing signs of shock (e.g., confusion, profuse sweating, thready pulse, uncontrolled bleeding);
 - has a serious head injury (including uncontrolled bleeding from the scalp, confusion, loss of consciousness, vomiting, severe dizziness);
 - has injured the neck or back, or may have a spinal injury;
 - has a possible serious fracture; or
 - is ill or injured, and cannot be easily moved

WHEN IN DOUBT, ALWAYS ERR ON THE SIDE OF CAUTION.

EMERGENCY TELEPHONE NUMBERS

Police/Fire (emergency): 911

Police/Sheriff: (858) 565-5200

Fire: (858) 755-1177

- 3. Notify parents immediately if they are not at the scene of the accident.**
- 4. Notify the SBLL Safety Officer by telephone within 24 hours.**

The following information **MUST** be provided to the Safety Officer:

- Name and telephone number of the individual(s) involved;
- Date, time, and location of the accident;
- Description of the accident;
- Preliminary estimate of the nature and extent of any injuries;
- Name and telephone number of the person reporting the incident; and
- Name and telephone number of at least one witness to the accident.

Basic First Aid information is provided in (**Attachment 9**). This information is intended only to supplement appropriate first aid training, but is NOT intended to substitute for qualified medical or emergency care or assistance rendered by trained professionals.

Concussion protocol is provided in (**Attachment 10**). Managers + Coaches shall be trained in this area. For further information Players and their families may refer to the League website and <https://www.cdc.gov/headsup/youthsports/athletes.html>

Notification: Within 48 hours of notification, the Safety Officer will contact the injured person(s)/parent(s) to (a) verify information received, (b) gather any relevant additional information, and (c) follow up on the status of the injured individual(s).

The Safety Officer will assist the injured person(s)/parents in completing a **Little League® Accident Notification Form (Attachment 3)**, and will forward the completed Form to Little League® International within the allotted timeframe.

If the injured person(s) should require professional medical treatment/evaluation, the Safety Officer will advise the parent or guardian of the SBLL insurance coverage and of those procedures to be followed to file a claim for reimbursement. The Safety Officer may assist in the preparation and submission of necessary forms.

The Safety Officer will evaluate the incident for opportunities to improve safety so as to reduce or eliminate the potential for recurrence of the same or similar incidents in the future. Where appropriate, the Safety Officer will follow-up to assure correction and/or control of any identified unsafe conditions.

Maps to local Hospitals and Emergency Rooms are contained in (**Attachment 4**).

IMPORTANT "DOS" AND "DON'Ts"

Do...

- Reassure and aid children who are injured, frightened, or lost
- Provide, or assist in obtaining, medical attention for those who may require it
- When administering aid, remember to
 - **LOOK** for signs of injury (e.g., blood, bruising, joint deformity)
 - **LISTEN** to the injured person describe what happened and what hurts, if conscious. Be patient, and ready to calm and soothe an excited child
 - **FEEL** the injured area gently and carefully for signs of swelling, fracture, etc.
- Know your limitations
- Have your First Aid kit with you at all games and practices
- Have your players' Medical Release Forms with you at all games and practices
- Be aware of the location of telephone services at all fields
- Make arrangements to have a cellular telephone available when a game or practice will take place at a facility that does not have access to telephone services

Don't...

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

SBLL CODE OF CONDUCT

Set the *very best* example of sportsmanship and behavior at all times.

Managers, Coaches, Parents, Volunteers, and Spectators shall give their wholehearted support, and shall seek to assist SBLL in every way to assure a safe, educational, and rewarding experience for all.

Parents shall encourage each child to cooperate fully with his or her coach, and to abide by League rules. Parents shall try to attend all the games in which their child's team participates, and shall:

- Refrain from booing or making derogatory remarks about players, Managers and Coaches, or Umpires;
- Cheer or applaud good plays made by Players from either team; and
- Conduct themselves as they would wish their child to conduct himself or herself at all times.

Managers, Coaches, Parents, Volunteers, and Spectators shall submit any suggestions or complaints to the League President in writing, and refrain from airing them publicly or privately until proper adjudication by the Board of Directors.

Managers, Coaches, Parents, Volunteers, and Spectators shall be continually aware of their responsibility to keep this a game of, and for, the children, requiring the cooperation of all participants to assure continued success.

Participants shall cheer *all* Players for their efforts.

No Board Member, Manager, Coach, Player, Spectator, or other Volunteer or participant shall, at any time:

- Lay a hand upon, push, shove, strike, or threaten an official;
- Be guilty of heaping personal verbal or physical abuse upon any official for real or imagined wrong decision or judgment;
- Be guilty of an objectionable demonstration of dissent at an official's decision, by throwing gloves, helmets, bats, balls, hats, or any other unsportsmanlike action;
- Be guilty of using, or encouraging, unnecessarily rough tactics in the play of a game against the body of an opposing player;
- Be guilty of a physical attack upon any Board Member, Manager, Coach, player, spectator, or other volunteer or participant;
- Be guilty of the use of profane, obscene, or vulgar language in any manner;
- Appear on the field of play, spectator stands, or surrounding field areas while in an intoxicated state, or in the act of drinking intoxicating beverages;
- Be guilty of gambling upon any play, or the outcome of any game;
- Smoke on the field of play, spectator stands, or surrounding field areas;
- Be guilty of discussing publicly with spectators, in a derogatory or abusive manner, any play, official decision, or player;
- Speak disrespectfully to any Manager, Coach, Official, Player, Volunteer, or Representative of SBLL;
- Be guilty of tampering with, or manipulating, any team rosters, schedules, draft positions or selections, official score books, rankings, financial records, or procedures;
- Challenge an umpire's authority; or
- Willfully compromise the safety of any other SBLL participant.

FIELD SAFETY CHECK LIST

At least once per week, the SBLL Fields Manager will inspect all playing fields and surrounding fences, bleachers, and dugouts to assure that conditions are safe for play. The Fields Manager will complete a **Field Safety Checklist (Attachment 5)** documenting the condition of each field. In the event that an unsafe condition is observed, the Fields Manager will notify the SBLL President and will assure that such measures as are necessary to correct the offending condition are implemented as soon as reasonably practicable. Where appropriate, corrective measures must be completed before play can occur on that field.



All Umpires, Managers, and Coaches are responsible to assure that field safety conditions are checked before each game. The home team Manager or Coach will inspect the playing field, dugouts, and spectator areas before each game. Where an unsafe condition is observed, it will be reported immediately to the SBLL President or the Fields Manager, who will arrange for corrective measures. If appropriate, the unsafe condition may be documented on a **Field Safety Checklist (Attachment 5)**.

EQUIPMENT CHECK LIST

Before each game, each team's Manager or Coach will inspect the condition of all catchers' gear, players' equipment, safety equipment, and First Aid kits. Where an unsafe condition is observed, the individual will notify the SBLL Equipment Coordinator and Safety Officer to arrange for repair or replacement of that equipment. Unsafe equipment is to be removed from use immediately. If appropriate, the unsafe equipment may be documented using an **Equipment Check List (Attachment 6)**.

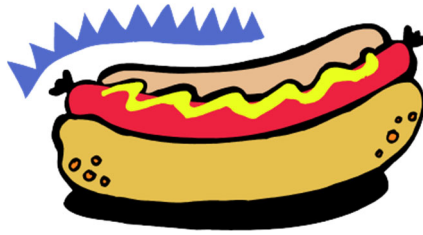


SAFETY REPORTING

Solana Beach Little League encourages *every* participant, whether Manager, Coach, Volunteer, Player, Parent, or Spectator, to promote the safety of the game through education, through personal action, and through vigilance.

THE SAFETY OF ALL SBLL PARTICIPANTS IS OF PARAMOUNT IMPORTANCE.

In the event that an unsafe, or potentially unsafe, condition or practice is observed by a participant, SBLL encourages that individual to notify the League as soon as possible so that corrective action can be taken to remedy the condition or practice. For convenience, the League provides a **Safety Condition Report (Attachment 7)** that may be used to report any potentially unsafe conditions. Alternatively, the condition may be reported by telephone or e-mail to the Safety Officer, or to any other SBLL Official.



SNACK SHACK

The Snack Shack at Solana Vista will be operated by an adult Manager with experience in safe food preparation and handling in accordance with local laws and regulations, and an **Operations Manual (Appendix IX)** will be posted in a prominent place. In addition:

- No one under the age of 18 will be permitted to work unsupervised in the Snack Shack;
- The Snack Shack shall maintain a cellular phone on the premises for emergency use only;
- The Snack Shack shall maintain a copy of the SBLL Safety Manual on the premises at all times;
- The Snack Shack shall maintain an all-purpose fire extinguisher, AED, First Aid Kit, and additional First Aid supplies (e.g., ice, examination gloves);
- The Snack Shack shall maintain a list of emergency telephone numbers;
- Concession workers shall be trained in the safe use of Snack Shack equipment, and in appropriate food preparation and handling methods;
- Snack Shack equipment shall be inspected periodically, and if necessary, shall be repaired or replaced;
- Food not purchased by the Snack Shack shall not be prepared or sold by the Snack Shack; and
- Cleaning supplies shall be stored separately from food and food handling and preparation materials.



INCLEMENT WEATHER

Games will be cancelled or terminated if:

- Standing water is present on the playing field;
- The playing field is so muddy or otherwise compromised that safe footing is not possible; or
- Weather or lighting conditions render visibility or the field of play unsafe.



LIGHTNING & THUNDER



THE APPROACH OR OCCURRENCE OF LIGHTNING OR THUNDER WILL RESULT IN IMMEDIATE CESSATION OF PLAY, AT WHICH TIME THE FIELD WILL BE CLEARED OF ALL PLAYERS, SPECTATORS, MANAGERS, AND COACHES IN AN ORDERLY BUT PROMPT MANNER.

When the leading edge of a thunderstorm approaches to within 10 miles of the field of play, you are at immediate risk of lightning strikes. Thunder can be heard up to 4 miles away, so when thunder is heard, you are already at risk of lightning strike and consequently all play must cease immediately.

Avoid high places, open fields, isolated trees, dugouts, flagpoles, light poles, bleachers, metal fences, and water. Large buildings are the safest places to be. Alternatively, seek shelter inside a fully enclosed motor vehicle with the windows all the way up.

BEFORE THE GAME

Umpires and Managers Meet at the Plate:

- **Reinforce that all Little League and Local rules will be followed.**
- Introductions of Umpires, Managers, and Coaches;
- Umpires receive official lineup cards for each team;
- Discussion of local rules (e.g., ground rules, time limit, boundaries, etc.);
- Discussion of strike zone;
- Discussion of innings pitched by pitchers;
- Clarify calling game due to darkness or weather;
- Inspection of field for unsafe conditions (check break-away bases);
- Inspection of equipment to ensure safe and meets regulations (bats must have USA BASEBALL stamp)
- Discuss rules on balks;
- Assure that players are not wearing jewelry or metallic objects;
- Assure players are in full uniforms, with hats; and
- Ensure game starts promptly, and note when game starts.

DURING THE GAME

Umpires and Coaches:

- Players must be wearing a helmet before picking up a bat
- The "on deck" batter is NOT permitted to take any practice swings with a bat, except for when he is at or adjacent to the batter's box for his at bat.
- Assure that catchers are wearing required equipment;
- Encourage everyone to "think safety;"
- Encourage Coaches to help speed play by having catchers and players on the bench prepared and ready to take the field with two outs;
- While warming up a pitcher, a catcher must wear a helmet and a mask with throat protection, a hard cup, and a catcher's glove;
- No arguing of any calls made by the Umpire;
- Managers are responsible for keeping their fans/spectators on their best behavior, and maintaining the spirit of good sportsmanship;
- Only Umpires, Managers, Coaches, and Players are allowed in the dugout or on the playing field;
- No head-first sliding except when returning to a base;
- Managers should encourage all Players to wear a protective cup at all times;
- "Horseplay" is not permitted on the field at any time;
- Players who wear glasses are encouraged to wear "safety" glasses, and straps are recommended to secure eyeglasses;
- Players may not wear rings, watches, chains, other jewelry, piercings, or other metallic items during the game.

ATTACHMENT - 1

SBL Directory

Board Member	Phone	Role	Email
Neil McKenna	858-442-1138	President	neil75@mac.com
Tim Stauffer	(858) 353-8094	Upper Division Player Rep	tstauffer54@gmail.com
Charles Tanner	(858) 888-5124	AA Rep	charleswtanner@gmail.com
Joe Austin	(619) 581-9644	Registrar	joe.austin247@gmail.com
Dustin Carter	(619) 708-1413	Field Manager - SV	dustycarter@hotmail.com
Dave Dale	(760) 271-9414	Field Manager - Skyline and CDC	davedickdale@yahoo.com
Kim Tootell	(917) 697-1830	Uniform Manager	kimtootell@gmail.com
Jai Shah	(928) 862-0559	Sponsorships	jai.1.shah@gmail.com
Michael Sherman	(415) 601-2697	Treasurer	michaelsherman@gmail.com
William Martin	770-639-2777	Scheduler	will3644@gmail.com
Connor Doyle	619-618-8318	Secretary, Majors rep	conor@veritone.com
Aaron Whitfield	858-663-8215	Equipment Manager/ VP	aaron@breakersre.com
Ellie Huck	858-254-9175	Sponsorships	esichak@gmail.com
Derek Belch	(858) 342-4092	A Silver Rep, T-ball rep	derekmbelch@gmail.com
Kyle Grozen	619-987-5953	Player & Coach Development	Kyle@ChallengedAthletes.org
Colm Kenny	(619) 518-7725	Safety Officer, AAA rep	colmikenny@gmail.com
Neil McKenna	858-442-1138	President	neil75@mac.com
Tim Stauffer	(858) 353-8094	Upper Division Player Rep	tstauffer54@gmail.com
Charles Tanner	(858) 888-5124	AA Rep	charleswtanner@gmail.com
Joe Austin	(619) 581-9644	Registrar	joe.austin247@gmail.com
Dustin Carter	(619) 708-1413	Field Manager - SV	dustycarter@hotmail.com
Aaron Ling	(858) 752-9162	CIO, UIC	lcgroup2022@gmail.com
Evan McDonald	(858) 353-8669	A Gold rep	evan.McDonald@colliers.com

ATTACHMENT - 2
Medical Release Form
(Downloadable PDF available on League website)



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



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

Player: _____ Date of Birth: _____ Gender (M/F): _____
Parent (s)/Guardian Name: _____ Relationship: _____
Parent (s)/Guardian Name: _____ Relationship: _____
Player's Address: _____ City: _____ State/Country: _____ Zip: _____
Home Phone: _____ Work Phone: _____ Mobile Phone: _____
PARENT OR LEGAL GUARDIAN AUTHORIZATION: _____ Email: _____

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

Family Physician: _____ Phone: _____
Address: _____ City: _____ State/Country: _____
Hospital Preference: _____
Parent Insurance Co.: _____ Policy No.: _____ Group ID#: _____
League Insurance Co.: _____ Policy No.: _____ League/Group ID#: _____

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

Name	Phone	Relationship to Player
Name	Phone	Relationship to Player

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

Medical Diagnosis	Medication	Dosage	Frequency of Dosage

Date of last Tetanus Toxoid Booster: _____

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

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

FOR LEAGUE USE ONLY:

League Name: _____ League ID: _____
Division: _____ Team: _____ Date: _____

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

ATTACHMENT - 3

Accident Notification Form

(Downloadable PDF available on League website)



LITTLE LEAGUE® BASEBALL AND SOFTBALL ACCIDENT NOTIFICATION FORM INSTRUCTIONS

Send Completed Form To:
Little League® International
539 US Route 15 Hwy, PO Box 3485
Williamsport PA 17701-0485
Accident Claim Contact Numbers:
Phone: 570-327-1874

Accident & Health (U.S.)

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

League Name			League I.D.		
Name of Injured Person/Claimant		SSN	Date of Birth (MM/DD/YY)		Age
Name of Parent/Guardian, if Claimant is a Minor		Home Phone (Inc. Area Code)		Bus. Phone (Inc. Area Code)	
Address of Claimant			Address of Parent/Guardian, if different		

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

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

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

Date of Accident	Time of Accident	Type of Injury

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

Check all applicable responses in each column:

- | | | | | |
|---|---|---|---|--|
| <input type="checkbox"/> BASEBALL | <input type="checkbox"/> CHALLENGER (4-18) | <input type="checkbox"/> PLAYER | <input type="checkbox"/> TRYOUTS | <input type="checkbox"/> SPECIAL EVENT (NOT GAMES) |
| <input type="checkbox"/> SOFTBALL | <input type="checkbox"/> T-BALL (4-7) | <input type="checkbox"/> MANAGER, COACH | <input type="checkbox"/> PRACTICE | <input type="checkbox"/> SPECIAL GAME(S) |
| <input type="checkbox"/> CHALLENGER | <input type="checkbox"/> MINOR (6-12) | <input type="checkbox"/> VOLUNTEER UMPIRE | <input type="checkbox"/> SCHEDULED GAME | (Submit a copy of your approval from Little League Incorporated) |
| <input type="checkbox"/> TAD (2ND SEASON) | <input type="checkbox"/> LITTLE LEAGUE (9-12) | <input type="checkbox"/> PLAYER AGENT | <input type="checkbox"/> TRAVEL TO | |
| | <input type="checkbox"/> INTERMEDIATE (50/70) (11-13) | <input type="checkbox"/> OFFICIAL SCOREKEEPER | <input type="checkbox"/> TRAVEL FROM | |
| | <input type="checkbox"/> JUNIOR (12-14) | <input type="checkbox"/> SAFETY OFFICER | <input type="checkbox"/> TOURNAMENT | |
| | <input type="checkbox"/> SENIOR (13-16) | <input type="checkbox"/> VOLUNTEER WORKER | <input type="checkbox"/> OTHER (Describe) | |

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

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

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

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

ATTACHMENT - 4
Directions To Local Hospitals

Rady Children's Emergency Department (Located in front of the hospital, just adjacent to the big clock):



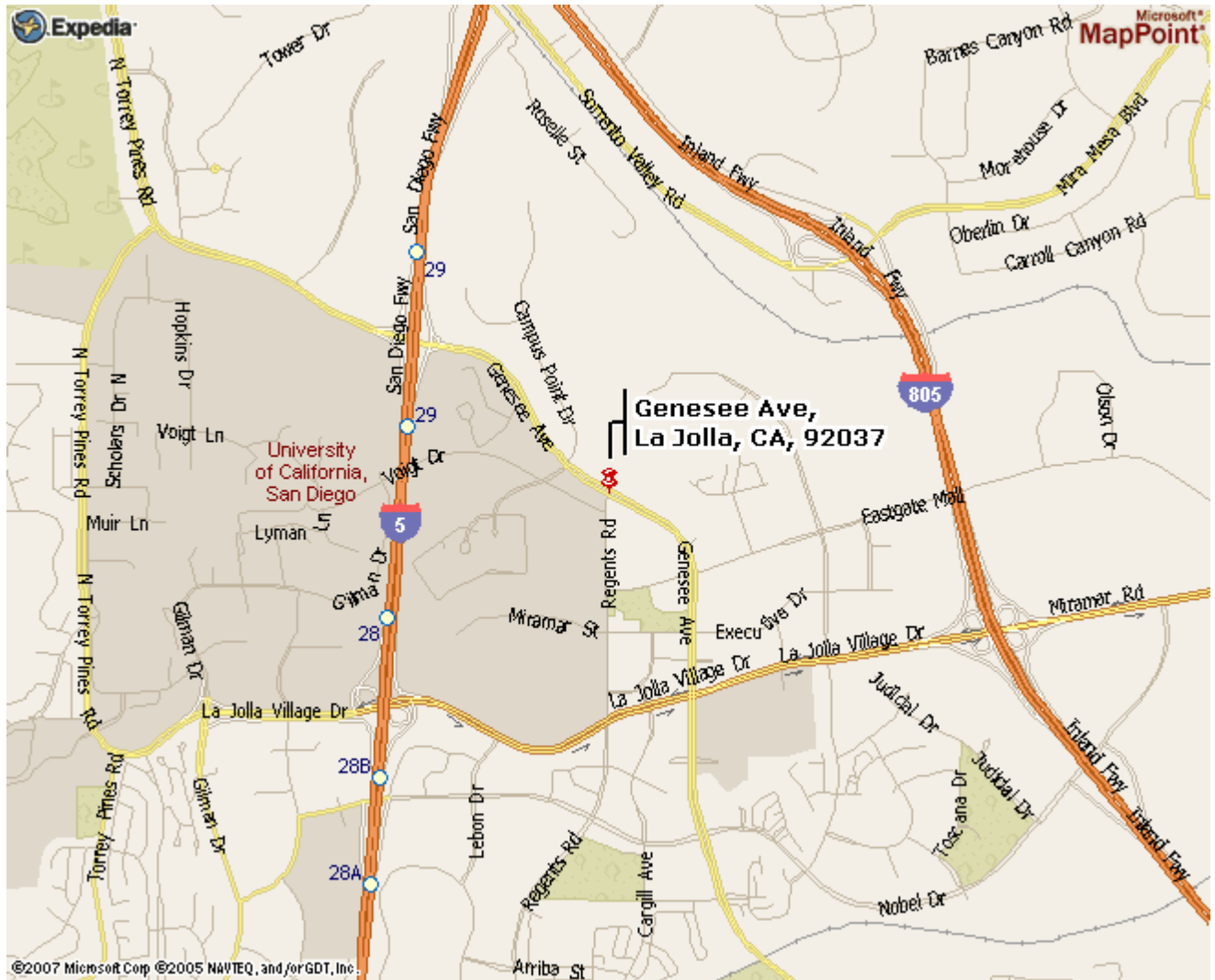
Directions to Scripps La Jolla

9888 Genesee Avenue

La Jolla, CA 92037

(858) 626-4123

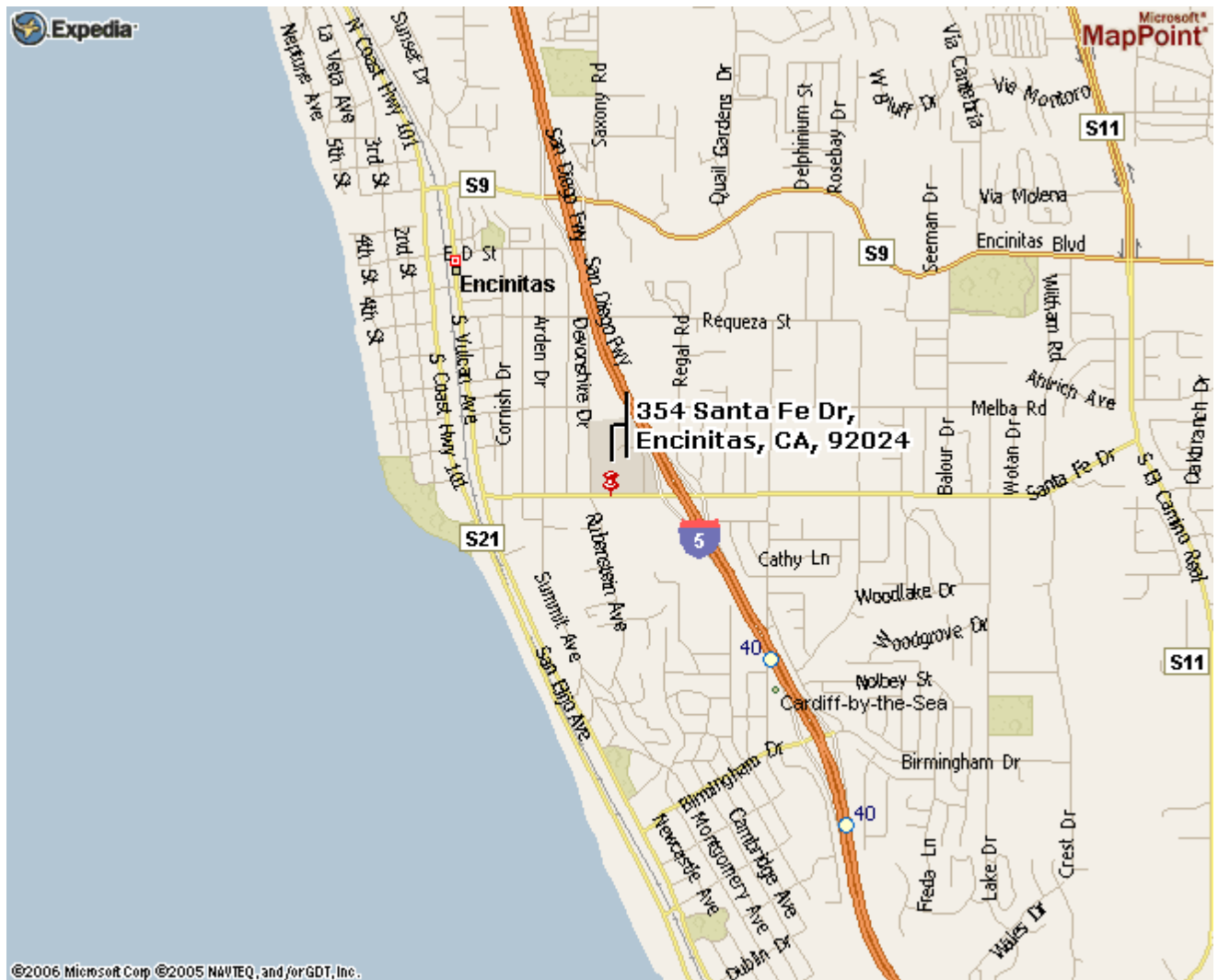
From Interstate 5, South to Genesee Avenue Exit;
Take Genesee Avenue exit and turn East;
Go to first traffic light, and turn Right onto Scripps campus.



Directions to Scripps Encinitas

354 Santa Fe Drive
Encinitas, CA 92024
(760) 633-6501

From Interstate 5, North to Santa Fe Drive Exit;
Take Santa Fe exit and go West;
Go approximately 1/5 of a mile and turn Right into main campus.



ATTACHMENT - 5
SBL Field Safety Checklist

Field: _____

Date: _____

Area Inspected	Repairs Needed	
	YES*	NO
Playing Field Conditions		
Backstop		
Home Plate		
Bases (disengage from anchor type)		
Pitcher's Mound		
Batter's Box Level		
Batter's Box Marked		
Grass Surface		
Outfield Fence		
Foul Line Marker		
Sprinkler Heads/Controls		
Dirt Area		
Other (specify)		
Dugouts		
Fencing		
Benches		
Trash Cans		
General Clean-up Required		
Other (specify)		
Spectator Area/Bleachers		
Bleacher Seats		
Hand Rails		
General Clean-up Required		
Other (specify)		

*Where possible, specify nature of damage, or of repair/action required:

Inspected by: _____

ATTACHMENT - 6
SBLI Equipment Check List

Team: _____

Date: _____

Equipment Inspected	Equipment Present and in Good Condition	
	YES	NO
Catcher's Gear		
Shin Guards		
Helmet(s)		
Face Mask(s)		
Throat Protection		
Hard Cups (Boys)		
Chest Protector(s)		
Catcher's Mitt(s)		
Players' Equipment		
Batting Helmets		
Bats		
Jewelry Removed		
Shoes Checked		
Uniforms Checked		
Athletic Supporters (recommended for Boys)		
Safety Equipment		
First Aid Kit (ea. Team)		
Medical Releases (all Players)		
Ice/Ice Packs		
Injury Report Forms		

*Where possible, specify nature of unacceptable condition, and repair/action required:

Inspected by: _____

ATTACHMENT - 7
SBLL Safety Condition Report

Date of Report: _____

Person Reporting Condition: _____

Location of Condition Posing Potential Safety Hazard:

Description of Condition Posing Potential Safety Hazard:

**Notify Safety Officer of condition by telephone at 858-888-5124 or
via e-mail at charlie@tannerslaw.com**

SBLL Use

Report Received By: _____

Date: _____

ATTACHMENT - 8
SBLI Snack Shack Operation Manual

1. The dates of operation of the SBLI Snack Shack shall be from Opening Day through season Closing Ceremonies. (March – June).
2. The Snack Shack shall be open for business during all Minors and Majors Division games played at Solana Vista School.
3. The Snack Shack shall be ready for operation at least one-half hour prior to the start of the first daily game(s) at Solana Vista.
4. There shall be a Snack Shack Manager named by the SBLI Board of Directors who will be responsible for the operation of the Snack Shack, including:
 - a) Daily opening and closing of the Snack Shack;
 - b) Quality control, cleanliness, hygiene, and waste removal;
 - c) Weekly ordering of products and supplies;
 - d) Accounting of daily sales, purchases, and receipts;
 - e) Training of Snack Shack volunteers; and
 - f) Proper food handling techniques.
5. The Manager of the Snack Shack will assure that a trained adult 18 years of age or older is present to supervise work in the Snack Shack at all times.
6. Minors who assist in the Snack Shack must be 9 years of age or older.
7. The Snack Shack Manager shall have on site, at all times, appropriate First Aid supplies (e.g., First Aid kit, Band-Aids, ice, examination gloves, etc.), an all-purpose fire extinguisher, and a list of emergency telephone numbers prominently displayed in the Snack Shack.
8. All Snack Shack workers/volunteers will wash their hands with soap and warm water:
 - a) Prior to starting work in the Snack Shack;
 - b) After handling raw foods;
 - c) After handling trash or waste; and
 - d) After using the restrooms.
9. All warm foods shall be cooked to a minimum internal temperature of 155°F; and any reheated foods to a temperature of 165°F;
10. Perishable food items shall be refrigerated at all times.
11. All utensils, equipment, dishes, and other food-contact items shall be washed daily in hot soapy water, rinsed thoroughly in clean water, and either air-, or towel-dried.
12. Floors shall be mopped at least weekly with soap and warm water solution.

ATTACHMENT - 9

Little League First Aid

INTRODUCTION

Importance of First Aid to Little League

For over a decade, Little League has implemented a comprehensive program to increase the safety of our Leagues for their participants, and to concentrate League efforts on *prevention* of injuries. This program, “**A Safety Awareness Program**” (**ASAP**), encourages all Leagues and their participants to recognize that *prevention* of accidental injury, by eliminating potential causes, is the very best way to assure safe play. During this period, the **ASAP** program has been effective in reducing injuries by over 77 percent annually! To continue to improve upon this record of safety requires the constant attention and vigilance of all participants.

Nonetheless, it is important to recognize that, despite the very best efforts of all participants – Managers, Coaches, Volunteers, Parents and Players – accidental injuries to our players can, and will, occur. It is in every participant’s best interest to understand how to address these injuries quickly and safely, so as to provide comfort to the injured player, to promptly address the injury itself, and to prevent any worsening of the injury. The judicious and prompt application of First Aid is an important component of this effort.

Basic Safety Issues for SBL

As part of the **ASAP** initiative, a number of safety rules have been implemented, including:

- **Background checks** for all Volunteers;
- Assuring safe and adequate **field conditions** at all games and practices;
- Imposing rules governing **behavior in the dugouts**, including storing all equipment in the dugouts during games, and assuring that all players remain behind protective fences in the dugouts during games;
- Imposing rules governing **protective equipment**, such as requiring protective cups for catchers and recommending them for all other players, requiring full catcher’s gear for any player squatting to receive pitches when a batter is present, requiring a catcher’s helmet with face guard for any child catching balls near a batter, requiring throat guards on all catcher’s helmets, and prohibiting the wearing of jewelry by players.
- Prohibiting **head-first slides** (except when returning to a base); and
- Prohibiting **on-deck batters**.

EMERGENCY SAFETY PROCEDURES

Manager/Coaches Responsibilities

Medical Release for each player must be carried by the Manager AT ALL TIMES.

Basic Procedures to follow in the event of an injury include:

First Aid. Appropriate First Aid should be provided to the injured person, as warranted by the injury.

Call 911. Do not hesitate to call 911 and request emergency medical responders in the event the injury is serious, or appears to require care in excess of basic First Aid available on scene.

Notify Parents. Contact the parents of the injured player as soon as possible, and be prepared to provide as much information about the nature of the injury as possible. In the event that emergency medical personnel have transported the injured player to a hospital or other acute care facility for treatment, be prepared to provide the name and location of that facility.

Notify SBLL Safety Officer within 24 hours. The SBLL Safety Officer must be provided the name of the injured player, the nature and extent of the injury, and the conditions under which the injury occurred, within 24 hours of the incident. An accident Notification Form is contained in the Safety Manual for purposes of documenting this and related information.

Important “Dos and Don’ts”

Do...

- a. Reassure and aid the frightened or upset person.
- b. Know your limitations! Ask for help, if needed.
- c. Have First Aid Kit available at *all* times.
- d. Have Medical Release Forms at *all* games and practices.
- e. Have telephone available at *all* games and practices.

Don’t...

- a. Administer medications (a possible exception is Asthma).
- b. Give food or beverages (water OK).
- c. Transport an injured individual (unless circumstances demand it).
- d. Leave a child unattended at any game or practice.
- e. Hesitate to report any potential safety issue to the Safety Officer.

Review Contents of First Aid Kit

Before the start of the season, check the First Aid Kit issued by the League, and familiarize yourself with its contents.

Be prepared to replenish any articles in the Kit immediately after consumption, or in the event that they appear damaged or are missing.

General First Aid

Typical injuries incurred during the course of Little League games and practices may include the following:

- bruises, or contusions;
- cuts, scrapes, or more severe lacerations;
- sprains and muscle strains;
- fractures or dislocations;
- head/neck injuries;
- eye injuries, facial injuries, and tooth or jaw injuries;
- nosebleeds;
- insect bites or stings;
- over-use injuries (most typically to the arm and shoulder); and
- dehydration or heat illness.

A useful acronym that can assist in determining what First Aid to give an injured player is “**P.R.I.C.E.**”, which stands for the five (5) elements of the type of immediate care that should be considered:

Protection. Protect the injury from further damage;

Rest. Have the injured player lie or sit down to rest, provide them reassurance, and continue to keep him/her calm;

Ice. Apply ice or a cold pack to injuries such as sprains, black eyes, bruises/contusions, fractures/dislocations, minor head injuries, or insect bites or stings, to control swelling;

Compression. Apply direct pressure to control severe or persistent bleeding;

Elevation. Raise or elevate the injured area above trunk level in the event of bruises/contusions, sprains/strains.

First Aid for Specific Injuries

Black Eye

1. Typically results from bleeding underneath the skin after impact/blunt trauma;
2. Apply ice to the area for 10-15 minutes;
3. Seek medical care if blood is observed inside eye, player reports visual problems, or if there is severe pain.

Bruise/Contusion

1. Results from bleeding under skin as a result of impact/blunt trauma;
2. Elevate the injured area;
3. Ice for 15 minutes 3-4 times a day for 1-2 days.

Cuts/Scrapes

1. Stop bleeding, using direct pressure if necessary;
2. Clean wound with tap water;
3. Apply antibiotic ointment;
4. Apply clean bandage;
5. Stitches may be required for uncontrolled bleeding, gaping wounds, deep wounds, or for cosmetic repair (e.g., facial wounds).

Fractures & Dislocations

Fracture = any broken bone

Dislocation = joint misalignment

1. Look for any deformity of bone or joint, or severe pain or swelling;
2. Don't move the injured extremity;
3. Control any bleeding, using direct pressure if necessary;
4. Apply ice to control swelling;
5. Immobilize affected area if possible (splint, ace wrap, sling);
6. ***Call 911 for severe fractures, or compound fractures (where bone has broken the skin). Do not attempt to retract the bone back beneath skin.***

Head/Neck Injury

1. Severe: Look for changes in level of consciousness, confusion, severe weakness, dizziness, vomiting and/or severe bleeding;
 - a. ***Do not attempt to move injured person, due to possible spine injury which can be worsened by motion. Call 911. Attempt to control severe bleeding, if present. Wait for paramedics.***
2. Minor: Mild swelling, pain, no neurological abnormalities (i.e., person is conscious, alert, and no muscle weakness, coordination problem);
 - a. Treat with ice and rest, and observe person closely for several hours for any changes in status.
3. **Loss of consciousness:** Any loss of consciousness, no matter how brief, is a concussion requiring immediate medical attention. The athlete cannot re-enter the game. Please inform the Safety Officer and take down information pertinent to an accident notification form (**see Attachment 3**). Advise the athlete's responsible party to contact their physician as soon as they can.

Insect Bites & Stings

Reaction is due to insect venom. Severity of reaction depends on each individual's immune/allergic response to the specific venom.

1. Mild = itching, tingling, local swelling and/or redness;
 - a. Remove any stinger by scraping the location lightly;
 - b. Apply ice to the sting, and rest.
2. Severe = difficulty breathing, swelling of face/throat, faintness, confusion, neurovascular symptoms;
 - a. ***Call 911***
 - b. Try to keep victim quiet and calm;
 - c. Keep victim lying down unless breathing difficulty prohibits.

Nosebleeds

1. Cause may be spontaneous or traumatic;
2. Sit person upright;
3. Pinch nose until bleeding stops;
4. Seek medical care immediately if:
 - a. Bleeding persists for 30 minutes or more;
 - b. Rapid or profuse bleeding;
 - c. Victim feels faint.

Sprain

1. Results from injury to ligaments around a joint;
2. Symptoms: pain, swelling, inability to use or put weight on the joint;
3. Can be difficult to differentiate from fracture or dislocation;
4. Treatment: P.R.I.C.E. (Protection, Rest, Ice, Compression, Elevation).

Heat Illness

Can include the following:

1. Heat Cramps. Painful muscle spasms caused by overwork of muscles in a hot environment without adequate fluid and salt intake;
 - a. Treatment: Have person rest in a cool place and give fluids with electrolytes (e.g., Gatorade, PowerAde, other sports drinks with salts).
2. Heat Exhaustion. A state of weakness usually caused by dehydration in a hot environment, typified by pale, cool, moist or clammy skin, and often associated with nausea, dizziness, and/or headache;
 - a. Treatment: Have person lie down in a cool place, loosen any tight clothing, and provide fluids with electrolytes.
3. Heat Stroke (or sunstroke). An acute and very dangerous reaction to heat exposure, where the body's internal temperature rises to life-threatening levels; typified by red, dry, hot skin, labored or difficult breathing and often confusion/disorientation.
 - a. **Call 911 immediately**
 - b. Have person lie down in cool place, with head elevated, loosen any restrictive clothing, and apply cold compresses to body surfaces until emergency medical personnel arrive.

Tooth Injury

1. Loose tooth: See dentist as soon as possible.
2. Tooth knocked completely out: Rinse tooth *gently* with clean water if soiled to remove dirt/debris. DO NOT scrub tooth, or place tooth under running water.
 - a. Try to replace tooth in socket (minutes count);
 - b. If unable to replace tooth, place in milk, saliva, or mild saltwater;
 - c. **See dentist immediately.** Note: The best place to keep a dislodged tooth is in the injured person's mouth (e.g., between cheek and gum).

Over-Use Injury

1. Typically caused by overuse of muscles and joints, e.g., throwing arm;
2. Symptoms can be sudden or slow in onset, and can include muscle or joint pain, tenderness of a joint (e.g., elbow, shoulder), or swelling;
3. Treat like a sprain: P.R.I.C.E. (Protection, Rest, Ice, Compression, and Elevation).

Injuries Can Happen to Anyone

Players are not the only persons at risk of injury. Foul balls and other unexpected occurrences can injure spectators, volunteers, Managers and Coaches. Be prepared to address accidental injury at all times, and for anyone requiring First Aid.

Exceptional Circumstances

Occasions may arise when medical emergencies occur unrelated to League baseball, which exceed your ability to render medical aid, or which cannot be adequately addressed by simple First Aid. Examples might include heart attack, unexplained loss of consciousness, trauma, or seizure. In all such cases:

- Keep calm – don't panic;
- ***Call 911 immediately;***
- Seek on-site professional medical expertise (e.g., doctor among spectators);
- Protect the injured person, and keep them calm and comfortable;
- DO NOT MOVE ANYONE WITH POSSIBLE NECK/SPINE INJURY.

REMEMBER: PREVENTION IS THE BEST FIRST AID

SBLL now has an Automatic External Defibrillator (AED) kept in the Snack Shack and at all fields.

Please review videos below for using an AED:

<https://www.youtube.com/watch?v=cTxAOBn5pVQ> (one minute)

<https://www.youtube.com/watch?v=13FhocqHR1g> (six minutes)

<https://www.youtube.com/watch?v=z1cyRNgzyrQ> (30 minutes)

<https://www.youtube.com/watch?v=dgYeUyIOzhk> (real life SCD event)

ATTACHMENT - 10

Concussion (Traumatic Brain Injury)

<https://www.cdc.gov/headsup/youthsports/athletes.html>

Concussions are traumatic brain injuries. Concussions are usually the result of a sudden direct blow or bump on the head, a collision, or an incident where the head or neck is forcibly rotated (such as whiplash). This head injury can change the way that the brain normally works. On the baseball field, a concussion may occur during:

- Foul tips off the catcher's mask
- Pitcher gets hit in the head by a batted ball
- Inadvertent blow to the head of the catcher with a bat either swinging, on the back swing or letting go of bat
- Collisions between players i.e.: fielder and base runner or fielders on same team
- Base runner slides into second or third and can get kicked or kneed in the head when a fielder goes for the ball or attempts to apply a tag
- Inadvertent pitch to the head of batter
- Fall from trip hazards such as fielding off the mound, equipment or untied shoelaces
- Collisions at home plate between a base runner and the catcher
- Collisions between a fielder and the fence

The following are common physical, mental and emotional symptoms that a person may display following a concussion either immediately after the causative event or that can evolve over time. The signs and symptoms of concussion can vary from athlete to athlete. Any of these could be a sign of traumatic brain injury:

- Confusion or feeling dazed
- Clumsiness
- Slurred speech
- Nausea or vomiting
- Headache
- Balance problems or dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity of noise
- Sluggishness
- Ringing in ears
- Behavior or personality changes
- Concentration difficulties
- Memory loss: Cannot recall events after hit or fall
- Loss of consciousness (only a small percentage, 10%).

Concussions are graded as mild (grade 1), moderate (grade 2), severe (grade 3), depending on such factors as loss of consciousness, amnesia and loss of equilibrium.

- Grade 1: Concussion symptoms last for less than 15 minutes. No loss of consciousness
- Grade 2: No loss of consciousness but symptoms last for more than 15 minutes
- Grade 3: The person loses consciousness, even for a few seconds.

All types of concussions are serious

When in doubt, sit them out. A concussion is a traumatic brain injury. Every concussion warrants a thorough evaluation to identify the individual's deficits and appropriate treatment. An athlete showing any of the above signs of concussion should be medically evaluated onsite. If no health care provider is available, the player should be removed from play and referred immediately to a physician. The player should not be left alone because monitoring for deterioration is important.

Key Concussions Points:

- No athlete should be allowed to return to play on the same day of the concussion
- Concussed athletes should not return to play until all signs and symptoms have resolved at rest and then following exertion using a graduated protocol and clearance from a qualified physician

When Can a Player Return to Activity?

Once concussion symptoms have resolved, all athletes should go through a graduated return to play protocol of not less than seven (7) days before being cleared to return by their health care provider. An athlete should never be released to participation without a signed statement from a medical physician. A repeat concussion before the brain heals can slow recovery and increase the possibility of long-term brain problems. In some cases, repeat concussions can result in permanent brain injury and death (second impact syndrome).

All 50 states and the District of Columbia have laws on concussions in sports for youth and high school athletes. California Law generally requires the following:

- Education of athletes, coaches and parents
- Mandated removal from play of any athlete with a suspected concussion
- Permission to return to play only after evaluation and clearance by a physician

Ways to Prevent Concussions:

- Education (coaches and athletes signs and symptoms of concussions)
- Awareness and Safety Attitude: Situational awareness and safety vigilance
- Enforcement of existing rules and safety regulations
- Proper equipment: e.g., batting helmets with earflap and hockey style catcher's masks.

References:

1. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. Heads-Up Concussion in Youth Sports.
2. McCrory P and al: Consensus Statement on Concussion in Sport. 3rd International Conference on Concussion in Sport. Zurich, November 2008, Clinics in Sports Medicine, Volume 19, Number 3, May 2009
3. Concussion Signs, Symptoms and Return to Play. USAbaseball.com , USA Baseball Medical/Safety Committee/ December 2, 2010

ATTACHMENT - 11

Pitching Rules & Recommendations

The goal is to promote proper pitching technique with minimal risk for acute and long-term injury, including overuse injuries that could result in significant loss of playing time.

According to a new Little League rule for 2018 and beyond, a pitcher may not pitch more than two consecutive days, even if he/she has thrown fewer than 20 pitches each of those days

1) Pitch counts are to be strictly adhered to. Please visit the league website for additional details on specific pitch count limits (<http://solanabeachlittleleague.com/Rules>)

Pitch count rules for AA regardless of age:

Pitches	Days
41-50	3 days
31-40	2 days
21-30	1 day
0-20	0 days*

Pitch count rules for AAA, specific to player age:

Age	Pitches Per Day
11-12	85 pitches
9-10	75 pitches
8	50 pitches

Pitches	Days
66 and ++	4 days
51-65	3 days
36-50	2 days
21-35	1 day
0-20	0 days*

Pitch count rules for Majors, specific to player age:

Age	Pitches Per Day
11-12	85 pitches
9-10	75 pitches

Pitches	Days
66 and ++	4 days
51-65	3 days
36-50	2 days
21-35	1 day
0-21	0 days*

2) It is strongly recommended that coaches and managers assess pitchers for arm/shoulder soreness or pain immediately prior to and during pitching outings. This should include in between innings, when pitching multiple innings. Any pain or soreness should result in immediate cessation of throwing for that day. Persistent pain or soreness warrants referral for a formal medical evaluation in order to prevent significant injury. Pitchers should NOT try to pitch through pain.

ATTACHMENT - 12

Mandatory Training Protocol

Concussion Training: (Required Once)

California law requires all managers, coaches, administrators and officials must complete an online concussion training *at least once* before supervising youth athletes; a certificate from a prior season is valid for this season. It takes only about 30 minutes to complete the training.

Online Concussion Protocol Training is at: <https://www.cdc.gov/headsup/youthsports/training/>

A concussion and head injury information sheet must be signed by both the Player and a Parent/Guardian before the Player initiates practice or competition. An existing form may be used if it's available. The signed sheet must be submitted with the player's medical release.

Concussion Information Sheet is at: <https://www.cdc.gov/headsup/youthsports/athletes.html>

Sudden Cardiac Arrest Prevention Training: (Required Once)

AB379 now requires the same protocols used for concussions in youth and high school sports to be used to help protect young athletes participating in school and community youth sports organizations from sudden cardiac arrest—the #1 killer of young athletes.

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

Abuse Awareness Training: (Required Once)

All managers and coaches must complete the Abuse Awareness training provided by USA Baseball and SafeSport. The managers and coaches must carry documentation that the course has been completed.

Here is the link to the course: <https://usabdevelops.com/page/4824/education>



2023 SAFETY SUMMARY

- Medical Release for all players **MUST** be with the team at all times, during both practices and games.
- All Managers and Coaches must complete Concussion, Sudden Cardiac Arrest and Abuse training.
- All players must return signed concussion fact sheet (provided on the League website).
- If a player is injured, you **MUST** contact the Safety Officer in writing within 24 hours. Injured players, who have been injured in a SBLL game or elsewhere, must have a treating physician/facility, provide written authorization to resume play.
- First Aid kits are issued to each Manager, and must be available at all practices and games. Additional First Aid supplies are located in the Solana Vista Snack Shack, and in the storage lockers at Skyline Elementary School and CDC fields. An AED is located at the Snack Shack and playing fields.
- On-deck batters are prohibited. All players waiting to bat **MUST** remain behind the protective fence in the dugout. Any player with a bat in his hand **MUST** be wearing a helmet. No player should have a bat in their hands until they are walking to the batter's box.
- All bats must have USA Baseball stamp.
- Catcher must wear a helmet and a mask with throat protection, a hard cup, and a catcher's glove.
- No head first slides, the runner is out if he slides head first while advancing. However, this is permitted when returning to a base.
- No jewelry or other metallic items worn during games.
- The approach or occurrence of lightning or thunder will result in immediate cessation of play, at which time the field will be cleared of all players

2023 CONDUCT SUMMARY

- Derogatory remarks directed at Players, Managers, Coaches, Parents, Family members or Umpires: WILL NOT BE TOLERATED.
- Managers are responsible for the behavior of their Coaches, Players, Player's Parents and Family members.
- If there is a dispute about a game, please resolve the issue(s) with your Division Rep & the Player Agent, and if necessary, the President. No protests please.
- Please make sure that all of your players are picked up by their parents or an authorized adult after all games and practices. You are responsible for your players until their parents or an authorized adult arrives. **If you are having problems with this issue, please alert the Player Agent or your Division Rep Immediately!**
- Only three (3) adults (appointed manager and two (2) coaches) are allowed in the dugout or on the field during a game.
- One appointed manager/coach must stay in the dugout at all times when there are players on the bench. No other adults or minors are permitted in the dugout.

I, _____, THE UNDERSIGNED, CONFIRM THAT I HAVE READ THE ENTIRE SAFETY MANUAL AND WILL ADHERE TO IT DURING THE 2023 SOLANA BEACH LITTLE LEAGUE SEASON. I SHALL KEEP THE SAFETY MANUAL AS A REFERENCE FOR ALL COACHES FOR THE ENTIRETY OF THE SEASON.

Signature

Date: