***Warm Springs Nation Little League***

**2020 ASAP Safety Plan**



By participating in ASAP (A Safety Awareness Program) Warm Springs Nation Little League, Inc. is dedicated to providing a safe environment for all its players, volunteers, parents, and spectators.

Warm Springs Nation Little League

#00253793

<http://tshq.bluesombrero.com/warmspringsllor>

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# **Emergency Phone Numbers**

**Police Department** (541) 553-1171

**Fire Department** (541) 553-1634

**County Sheriff** (541) 475-6520

**St. Charles Hospital** (541) 475-3882

**Poison Control Center (800) 222-1222**

**Leroy Archer, Safety Officer** (541) 420-3877

**Edmund Francis, President** (541) 325-3856

**WS Health & Wellness Center** (541) 553-2610

**All Emergencies 9-1-1**

***Contact the Safety Officer or President as soon as possible –within 24 hours – in the event of an injury/emergency occurrence***

# **Little League Pledge**

*I trust in God*

*I love my country*

*And I will respect its laws*

*I will play fair*

*And strive to win*

*But win or lose*

*I will always do my best.*

# **Welcome**

Dear Managers, Coaches, Umpires, Parents, Spectators, Board of Directors Members, and all Warm Springs Nation Little League Participants:

Welcome to another year of fun and exciting baseball and softball with Warm Springs Nation Little League! This is Warm Springs Nation Little League’s “A Safety Awareness Plan” (ASAP) for the 2019 baseball and softball seasons. This plan is to ensure the youth of Warm Springs Nation Little League have the opportunity to play and learn the game of baseball and softball in a safe setting. The Warm Springs Nation Little League Board of Directors has approved this plan. A copy was submitted to our District Administrator and Little League International for approval. This plan is updated and revised on an annual basis, to ensure the safety of everyone involved with Warm Springs Nation Little League.

Reading and acknowledging this plan is critical and mandatory, for all managers. This plan will also be shared with coaches, parents, umpires, concession stand and field maintenance workers. The plan is also available on our website at: <http://tshq.bluesombrero.com/warmspringsllor>, under the Forms menu.

Your feedback and suggestions are welcome and an important part of our safety efforts. Please feel free to contact any board member by phone, text or e-mail.

We look forward to an exciting and safe Warm Springs Nation Little League season!

Jordan Stacona

Safety Officer, Warm Springs Nation LL

E: Jordanstacona1@yahoo.com

P: 541-460-1160

Edmund Francis

President, Warm Springs Nation LL

E: [efrancis720@gmail.com](mailto:efrancis720@gmail.com)

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# **ASAP** What Is It?

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

In 2010, Little League International made it mandatory to have an approved ASAP in place for hosting tournaments beyond the district level.

**2020 Board of Directors – Warm Springs Nation Little League**

*(as of 10/2019) Current list will be available email address*

Position(s) Name Phone Email Address

**President** Edmund Francis (541) 325-3856 [edmund.francis@wstribes.org](mailto:edmund.francis@wstribes.org)

**Vice President** Juliane Smith (541)991-0057 45julz@gmail.com

**Treasurer** Sandra Franks (505) 227-7381 sandrafranks@gmail.com

**Secretary** Yvonne Iverson (541) 325-1089 ymiverson77@gmail.com

**Safety Officer** Jordan Stacona (541) 460-1160 Jordanstacona1@yahoo.com

**Player Agent** Naomi Brisbois (541) 340-1794 naomi.brisbois@gmail.com

**Equipment Manager** Vivian Carter (541) 325-1175 vivian.carter@ihs.gov

**Umpire In Chief (UIC)** Leroy Archer (541) 420-3877 larcher1969@hotmail.com

**Information Officer** Allen Jones (541) 325-3875 inezjones22@yahoo.com

**Volunteer Application**

Warm Springs Nation Little League will have all volunteers complete the Volunteer Application form (see Appendix), provide a copy of a government issued photo identification; then, and a criminal background check will be conducted through JDP and Tribal WSPD. Suggested guidelines by Little League International are followed for each background check, including the check for convictions or guilty pleas for sexual abuse/assault. The Volunteer Application must be completed and background check cleared before the volunteers are able to participate as a league member. The League President will retain the confidential forms for the year of service.

**Forms**

Each Manager should have the following completed forms, for each member of their team each year. These forms are available on our web site, still pending.

**(See Appendix)**

* Player Registration
* Little League Medical Release
* School Enrollment
* Player Code of Conduct
* Parent Code of Conduct
* Concussion Form (Coach and Parent/Player)

Coaches must keep the player’s medical release with them at practices and games to ensure emergency contact information is attainable in the case of an emergency. **We recommend cell phone numbers of parents or guardians be obtained to allow the quickest possible notification.**

**Safety Officer**

The Safety Officer coordinates all safety activities including supervision of ASAP (A Safety Awareness Program), ensures safety in player training, ensures safe playing conditions, coordinates reporting and prevention of injuries, solicits suggestions for making conditions safer, and reports suggestions to Little League International through the ASAP system.

The Warm Springs Nation Little League Safety Officer is the link between the league Board, managers, coaches, umpires, players, spectators, and any other third parties on the Warm Springs Nation Little League grounds regarding safety matters, rules and regulations.

Other Safety Officer duties include, but are not limited to:

• Update and submit for approval the Warm Springs Nation Little League ASAP plan each year

• Coordinate the team managers to provide the safest environment possible

• Inspect, along with the Warm Springs Nation Little League Equipment Manager, all league-provided equipment prior to the season

• Within 24-48 hours of receiving an injury notification, contact the parents and team’s Manager, to verify receipt of information and add any additional information needed

• Assist parents and individuals with insurance claims, and act as the liaison between the insurance company, parents, and individuals

• Explain insurance benefits to claimants and assist them with filing the correct paperwork

• Provide follow-up calls until the injury incident is considered “closed”

• Keep the First Aid Log **(See Appendix)**. This log will list where accidents and injuries are occurring, to whom, in which divisions, at what times, under what supervision, etc.

• Correlate and summarize the data in the First-Aid Log, to determine proper accident prevention in the future and for tracking of injury hot spots

• Ensure that each team receives their ASAP at the beginning of the season

• Provide first-aid kits in the field equipment boxes, field sheds and/or concession stand, and re-stock the kits as needed

• Inspect applicable concessions operation and check any fire extinguishers

• Instruct any concession stand workers on the use of fire extinguishers

• Check fields with the Field Managers and list areas that need attention

• Schedule a first-aid clinic for all managers, designated coaches, umpires, and Player Agents during the preseason

• Act immediately in resolving unsafe or hazardous conditions, once a situation has been brought to his/her attention

• Make spot-checks at practices and games, to ensure all managers have their ASAP

• Making spot-checks at games, to ensure the umpiring crew has performed their pregame Field Safety Checklist **(See Appendix)**

• Provide Safety Tip suggestion boxes

• Provide ASAP news and updates on the league web site and in league-wide communications

# **Safety Committee Members**

Parents and volunteers are encouraged to become safety committee members. All individuals checking interest in this committee at registration (or any other time) will be contacted and invited to all upcoming meetings and trainings. A meeting will be held at the beginning of the season to review the Safety Plan and at the end of the season, to review any incident trends and make recommendations for safety improvements for the following season.

***Everyone is encouraged to submit safety tips and recommendations!!!***

# **Safety Improvements**

All Minor and Major Softball players wear a batting helmet with face guard, since 2008. All 3rd base softball players wear a fielding mask, since 2009. All Softball pitchers are provided the opportunity to wear a fielding mask, since 2010. Baseball implemented a program in 2010, starting at the Rookie level, with 2 helmets with facemask per team. Tee Ball has at least one helmet with facemask per team. Progressive years may include doing so at the Minor and Major levels of play.

Little League made mandatory in 2008, that all bases must be able to disengage on all fields. This applies to all fields owned and operated by Warm Springs Nation Little League.

Jenna’s Law (SB 721) was enacted in 2014 and requires Oregon Non-School Sports and Officiating Organizations to implement concussion management guidelines for all teams that include children 17 years of age and younger.

The “Protecting Young Victims from Sexual Abuse and Safe Sport Act of 2017” mandates that all amateur sports organizations, which participate in an interstate or international amateur athletic competition, and whose membership includes any adult who is in regular contact with an amateur athlete who is a minor, must report suspected child abuse, including sexual abuse, within 24 hours to law enforcement.

# **Safety Fundamentals Training**

Warm Springs Nation Little League will coordinate this annual training class. At least one Manager/Coach from each team must attend the training. Every Manager/Coach will attend this training at least once every 3 years.

# **FIRST AID**

Each team will be issued a First Aid Kit, and ice packs at the annual safety and first aid training. A Registered Nurse from the Warm Springs Health and Wellness and Warm Springs Nation Little League Board Member, has graciously offered to conduct the first aid training portion of the meeting. Managers will return a signed acknowledgement **(See Appendix)** to the Safety Officer, indicating they received their first aid manual, first aid kit, and ice packs. The form will be kept on file with the league for the current season**.** The ASAP is available online at <http://tshq.bluesombrero.com/warmspringsllor>, under the Forms menu. Anyone needing a printed copy will receive one at his or her request.

The Safety Manual includes the following items: emergency phone numbers, phone number for all Board of Directors members, and the Dos and Don’ts of treating injured players. The First Aid Kit and First Aid Manual include the necessary items to treat an injured player until professional help arrives, if need be.

The average response time on *9-1-1* calls is 5-7 minutes. In route paramedics are in constant communication with the local hospital at all times, preparing them for whatever emergency action might need to be taken. You cannot do this. Therefore, **do not attempt to transport a victim to a hospital**. Perform whatever First Aid you can, and then wait for the paramedics to arrive.

## **First Aid-Kits**

First Aid Kits, Manuals and Ice Packs will be furnished to each team: Major and Minor teams, at annual tryouts; Rookie and Tee Ball teams, at annual safety meeting. The First Aid Kit will become part of the Team’s equipment package and shall be taken to all practices, batting cage practices, games (whether regular season or postseason), and any other Little League event where children’s safety could be at risk.

Several fields may also have an additional safety kit, usually located in a lockable storage box with other field equipment.

### **Contents**

|  |  |  |  |
| --- | --- | --- | --- |
| **Reg. Band aids** | **20** | **Instant Ice packs** | **2** |
| **Large Band aids** | **2** | **Antiseptic wipes** | **6** |
| **1” tape** | **2** | **Rubber gloves** | **2** |
| **4x4 gauze** | **6** | **Alcohol wipes** | **6** |
| **Red Biohazard Waste Bag** | **1** | **Gallon Ziploc Bags** | **1** |

To *replenish materials* in the Team First Aid Kit, the Manager or Coach must contact the Safety Officer or President.

## **Treatment at Site –**

### **Do . . .**

* **Access the injury. If the victim is conscious, find out what happened,** where it hurts, watch for shock.
* **Know** your limitations.
* **Call** 9-1-1 immediately if person is unconscious or seriously injured.
* **Look** for signs of *injury (blood, black-and-blue, deformity of joint etc*.)
* **Listen** to the injured player describe what happened and what hurts if conscious. Before questioning, you may have to calm and soothe an excited child.
* **Feel** gently and carefully the injured area for signs of swelling or grating of broken bone.
* **Contact** the parents if they are not at the scene.
* **Talk** to your team afterwards about the situation if it involves them. Often players are upset and worried when another player is injured. They need to feel safe and understand why the injury occurred.
* **Notify** league Safety Officer by phone within 24 hours.
* **Complete** a Warm Springs Nation Little League Accident/Injury Report Form, and hand deliver within 24 hours to the Safety Officer. A copy of this form is included in this manual **(See Appendix)**, as well as on our web site <http://tshq.bluesombrero.com/warmspringsllor>, under Forms
* **Insurance** Warm Springs Nation Little League insurance supplements your own insurance policy. Claims must be filed with the League Safety Officer. **(See Appendix)**

### **Don’t . . .**

* Administer any medications.
* Provide any food or beverages (other than water).
* Hesitate in giving aid when needed.
* Be afraid to ask for help if you are not sure of the proper procedure (i.e., CPR, etc.)
* Transport injured individual, except in extreme emergencies.

## **Bloodborne Pathogens**

Bloodborne pathogens are disease-causing organisms found in the blood or body fluids of an infected person. When dealing with blood or other body fluids, three bloodborne pathogens are of special concern:

* Human Immunodeficiency Virus (HIV)
* Hepatitis B Virus (HBV)
* Hepatitis C Virus (HCV)

There is a vaccine to protect you against Hepatitis B. HIV, HBV, and HCV are transmitted in the same way: through contact with an infected person’s blood or body fluid containing visible blood. To contract HIV, HBV, or HCV, the virus must get inside your body.

Your skin provides a natural protective barrier against bloodborne pathogens. To get through your skin, the virus needs a “doorway” into the body, such as through cut/scratch, razor nick, skin abrasion, dermatitis, sunburn, or acne. The other way bloodborne pathogens can get inside your body is when contaminated blood or body fluid gets in your eyes, nose, or mouth, through the mucous membranes.

**Standard Precautions - Protecting Yourself from Exposure**

* Always place a barrier between you and another individual’s body fluids. Examples of barriers include latex or vinyl gloves, eyewear, and a rescue-breathing mask.
* Always use disposable gloves. Never reuse disposable gloves.
* Remove the gloves properly, by carefully peeling one glove from the top of the wrist to the fingertips, and then hold it in the gloved hand. With the exposed hand, peel the second glove off, tucking the first glove inside the second. Dispose of the glove and never touch the outside of the glove with your bare skin.

### **If Exposed…**

* Immediately wash exposed skin with non-abrasive soap and water. If none available, use an alcohol-based hand sanitizer. If infectious material gets in your eyes, nose, or mouth, flush with large amounts of water.
* Disinfection should be done with a bleach and water solution. Have **water with a 10% bleach solution** available to clean up the fluids and then wash the entire area

***Remember, exposure to infectious material does not automatically mean you are infected.***

### **Procedure for Biohazard Waste:**

* Clean or remove any blood Contaminated equipment from the field. (Including clothing)
* Place bloody waste in plastic Bag and seal.
* Wash hands.
* Give biohazard bag to Safety Officer or Box @ Concession Stand, Safety officer must be notified.

# **Concussion**

A concussion results in a temporary, or in some cases lasting, disruption of normal brain function. It occurs when the brain is violently rocked back and forth, or twisted inside the skull, because of a blow to the head or body. Even what appears to be a mild jolt or blow to the head or body, can cause the brain to shift or rotate suddenly within the skull. This sudden movement of the brain causes damage to the cells and creates chemical changes in the brain. Those chemical changes result in physical, emotional, and cognitive symptoms. Once those changes occur, the brain is vulnerable to further injury and sensitive to any increased stress until it fully recovers.

Young athletes are particularly vulnerable to the effects of concussion. They are more likely than older athletes to experience problems after concussion and often take longer to recover. Teenagers also appear to be especially vulnerable to a second brain injury while the brain is still healing from an initial concussion. This second impact can result in long-term impairment or even death.

**“When in doubt, sit them out.”**

Coaches and referees must receive annual training and policies must be adopted. Sports organizations must additionally ensure that parent(s)/guardian(s) receive training materials and be educated about concussions. **A tracking system must also be in place to document that the parent(s)/guardian(s) of every team member 17 years or younger has received and reviewed the training materials with their child.**

You must provide ***Recognize, Remove, Refer and Return*** training to ensure that all coaches:

* Know how to recognize the signs and symptoms of a concussion.
* Know and use strategies to reduce the risk of a concussion.
* Know how to seek proper medical treatment for a child when a concussion is suspected...
* Know protocol for safe, graduated return to activity.

You can find approved trainings at: https://www.cdc.gov/headsup/youthsports/training/index.html

### **Signs and Symptoms of Concussion**

These signs and symptoms—following a witnessed or suspected blow to the head or body—are indicative of probable concussion.

|  |  |
| --- | --- |
| **Observed Symptoms:**   * Appears dazed or stunned * Exhibits confusion * Forgets plays * Unsure about game, score, opponent * Moves clumsily (altered coordination) * Balance problems * Personality change * Responds slowly to questions * Forgets events prior to hit * Forgets events after the hit * Loss of consciousness (any duration) | **Player’s Complaint of:**   * Headache * Fatigue * Nausea or vomiting * Double vision, blurry vision * Sensitivity to light and noise * Feels “sluggish” * Feels “foggy” * Problems concentrating •Problems remembering |

***Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion must be removed immediately from the competition or practice and may not be allowed to return to play until cleared by an appropriate healthcare professional.***

# **Safety Code**

## **Our Goals are Education and Prevention**

* Responsibility for safety procedures should be that of an adult member of the local league
* Make arrangements for emergency medical services in advance of all games and practices
* Train managers, coaches and umpires in first aid and CPR
* No games or practices should be held when weather or field conditions are not good – particularly when field lighting is inadequate
* Only players, managers, coaches, and umpires are permitted on the playing field during games and practice sessions
* Establish procedure for retrieving foul balls batted out of the playing area
* All players should be alert and watching the batter on each pitch during practice and games
* Inspect regularly and make sure it fits properly
* Catcher must wear catcher’s helmet, mask, throat protector, shin guards, long model chest protector and protective supporter (boys) at all times. This also applies between innings and in the bullpen.
* Head first sliding is prohibited, except when a runner is returning to a base
* During sliding practice, bases should not be strapped down
* “Horse play” is not permitted on the playing field at any time
* Parents of players who wear glasses should be encouraged to provide “safety glasses”
* Enforce safety rules at practices and games

## **Ten Commandments of Safety**

1. BE ALERT
2. CHECK PLAYING FIELD FOR SAFETY HAZARDS
3. WEAR PROPER EQUIPMENT
4. ENSURE EQUIPMENT IS IN GOOD SHAPE
5. ENSURE FIRST AID IS AVAILABLE
6. MAINTAIN CONTROL OF THE SITUATION
7. MAINTAIN DISCIPLINE
8. SAFETY IS A TEAM SPORT
9. BE ORGANIZED
10. HAVE FUN

## **Remember**

***Safety is everyone’s job***. Prevention is the key to reducing accidents to a minimum. Report all hazardous conditions to the **Safety Officer, President, or any Board of Directors member immediately**. Do not play on a field that is not safe or with unsafe playing equipment. Be sure your players are fully equipped at all times, especially catchers and batters. Check your team’s equipment often.

# **Weather**

These are the steps to take to determine to delay or stop practice or play:

### **Rain**

If it begins to rain, the Manager or Coach should evaluate the strength and direction of the storm and evaluate the playing field as it becomes more saturated with water. Stop the practice if the playing conditions become unsafe. In a game situation, consult with the other Manager and umpires to formulate a decision.

### **Lightning**

If you HEAR, SEE, or FEEL a thunderstorm, **suspend play immediately**. Stay away from metal objects. Do not hold metal bats. Have players walk – not run – to their parent’s or designated driver’s car, and await a decision on whether to continue play. A rule of thumb: suspend play/practice for 30 minutes. It is the umpire’s call on when to start the game. (See *Lightning Facts and Safety Procedures* in the Appendix).

# **Reporting Accidents**

All accidents and injuries shall be reported to the Warm Springs Nation Little League Safety Officer within 24 hours. After notification, the Safety Officer will notify the Warm Springs Nation Little League President, record all information, complete the proper forms, and mail to the insurance representative. If the Safety Officer is unavailable, the President is to be notified of the accident or injury. If the President and Safety Officer are unavailable, then any board member can be notified of the accident or injury (see list of phone numbers located on page 3 and page 6 of this Safety Plan). The Accident/Injury Report is located in **(See Appendix).**

## **Accident Reporting Procedure**

### **What to report –**

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

### **When to report –**

All such incidents described above must be reported to the Safety Officer within 24 hours of the incident. The Safety Officer can be reached at the following:

**Cell/Text: 541-460-1160 or Cell/Text: 541-325-3856**

**Email:** Jordanstacona@yahoo.com **Email:** efrancis720@gmail.com

# **Sexual Abuse and Safe Sport Act**

**ARTICLE VIII – Abuse Prevention**

Oregon District 5 Little League Association (Association) is committed to keeping its youth participants safe and establishing and enforcing federal, state and local laws established to protect our players. The Association is now required to comply with Federal Law S.435 Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017, that was signed in February of 2018. The Oregon District 5 Little League Association unanimously passed the following resolution:

Any and all individuals affiliated with Oregon District 5 Little League; i.e. district staff, board members, managers, coaches and other volunteers or staff must complete sexual abuse training. Sexual Abuse Training must be completed through ABUSE PREVENTION SYSTEMS or SAFE SPORT SYSTEMS no later than March 1 of the current year. Sexual Abuse Training must be renewed every two years. **(See Appendix)**

# **Safety Preliminaries**

A Facility Survey will be conducted on an annual basis. The 2019 Facility Survey is in the Little League Data Center web page.

Review Mower/Equipment Safety Rules with facility maintenance staff **(See Appendix).**

## **Coaches:**

#### **At the Beginning of Each Game or Practice**

**YOU NEED TO***…*

* *WALK* ***the field and check for debris and foreign objects***
* *INSPECT* ***the helmets, bats and catcher’s gear***
* *FIRST AID KIT* ***is available on the field***
* *CHECK* ***the conditions of the fences, backstops, bases and warning track***
* *CELL PHONE* ***is available at the field***
* *HOLD* ***a warm-up drill***

# **Remember!**

***Safety is everyone’s job***. Prevention is the key to reducing accidents to a minimum. Report all hazardous conditions to the **Safety Officer, President, or another Board member immediately**. Do not play on a field that is not safe or with unsafe playing equipment. Be sure your players are fully equipped at all times, especially catchers and batters. Check your team’s equipment often.

## **Important Safety Reminders**

* Adults are not allowed to warm up pitchers
* There is no on-deck area allowed
* No donuts or weights are to be used on bats
* No one but coaches and the team are allowed in the dugout or near the benches
* “Catchers must wear a mask, ’dangling’ type throat protector and catcher’s helmet during infield/outfield practice, pitcher warm-up and games.” **Little League Rule No. 1.17**

All managers, coaches and/or umpires are required to walk the entire field to identify any safety hazards and ensure the field is safe, prior to using for games or practices. Any hazards should be eliminated prior to start of play. Please copy the Field and Safety Checklist and use it regularly. If repairs are needed, please turn this form into the Division Representative and provide a copy to the Safety Officer. Never discard damaged equipment, but rather destroy or make it unusable, and stop another from using improper equipment (contact Equipment Chairperson if doing so).

# **Concessions**

Warm Springs Nation Little League currently does not have a Concession’s stand during the regular season. If the league was to host a concession during the regular season or district/state tournament, the board may vote for one of the three choices:

1. Allow local vendors to contract with WSNLL to host a concession during regular season and/or tournament play.
2. Not have a concession during regular season and/or tournament play.
3. The board may choose to operate the concession during regular season and/or tournament play.

If a concession is to be hosted during Little League games, the following will apply:

1. At least two members running the concessions shall obtain an Oregon food handler’s card. Individual can attend an annual onetime Food Handler’s class given throughout the year at the Warm Springs Health & Wellness Center or the individual can go to the following site for study material and test. http://www.orfoodhandlers.com.
2. Must have Food Handler’s card(s) with them at all times.
3. Minimum of 2 bleach buckets to be presented at the concessions.
4. No one under the age 18 shall be permitted to run grill or BBQ.
5. Ice or refrigeration shall be available at the site at all times.
6. All proceeds from the concessions will go into the WSNLL general funds.
7. First aid kits shall be onsite at all times.
8. Gloves shall be worn when handling food products.

All Individuals working in the concessions shall be trained to properly handle food. For more information see *Concession Stand Safety* in the appendix.

# **Conditioning and Stretching**

Warm up, stretch and cool down are essential components of every training session or competition. Warm ups are an important role in reducing the risk of injury. Warm ups provided the following:

* Helps prepares the mind and body for exercise
* Helps increase body and muscle temperature
* Increase the blood and oxygen supply to the working muscles
* Increases flexibility

Baseball and Softball players should have 5-10 minutes of light activity – such as jogging incorporating dynamic warmup. This followed by specific skills such as running or training drills, and then finally, throwing. An indication of an effective warmup is a light sweat, without fatigue. The effect of a warmup lasts approximately 30-40 minutes, so it is important not to warm up to early.

There is nothing in baseball that will set a player back any more than a sore, which is why adequate time must be spent warming up arms properly. During the early part of training, the arm must be protected from stress that would slow down a young person a young person’s progress. Players must be discouraged from throwing full speed without a gradual building up program.

Players should be encouraged to spend at least 7-8 minutes every practice warming up their arms prior to any type of defensive work. During these throwing sessions, players should be encouraged to work on good throwing mechanics and throwing accuracy.

# **Hydration**

In the summer months we usually think of dehydration. It does a not matter if it is January or July, coaches and players must be encouraged to drink fluids, even when they do not feel thirsty. As coaches we must remember that when children become physically active, their muscles generate heat, thereby increasing their body temperature. As these temperatures rise, the cooling mechanism – sweat – kicks in. When sweat evaporates, the body is cooled. If these fluids are not replaced, children can become overheated.

Managers and coaches should schedule water breaks every 30 minutes during practices on hot days and should encourage fluid intake between every inning. Water is an excellent fluid; however, sports drinks and fruit juices can encourage children to drink more during events. Sports drinks and fruit juices should contain between 6-8% carbohydrates (15-18 grams per cup). If the concentrations are higher, then the sports drink or juice should be diluted with water on a 1:1 ratio. If drinks are high in carbohydrates, they may cause stomach cramps, nausea, and diarrhea when the child becomes active. Caffeine contained in tea, coffee, soda and energy drinks should also be avoided, because it can dehydrate the body further.

# **Energy Drinks**

**Here are some frightening facts associated with energy drinks:**

* Some contain as much as 6,000 milligrams (mg) of caffeine per serving
* Six thousand mg of caffeine equals to about 240 cups of coffee
* An average of 25 - 40 mg is a typical range for soft drinks such as Coca-Cola or Mountain Dew
* Caffeine speeds the heart rate, raises blood pressure.
* Some contain as much as 12% alcohol
* Mixing an energy drink and alcohol can significantly dehydrate a person since they are both diuretics (causing fluid loss). Dehydration stresses the heart.
* Some contain as much as 7,000 mg of taurine per serving.
* Taurine is an amino acid and supports neurological development and helps regulate the level of water and mineral salts in the blood. Taurine is thought to have antioxidant properties.

Up to 3,000 milligrams of supplemental taurine, a day is considered safe

# **Appendix**

## **Field Safety Checklist**

*An umpire, manager or coach is responsible for checking field safety conditions before each game.*

Date: \_\_\_\_\_\_\_\_\_\_\_\_ Field: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Completed By: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Needs Repair?** | **Yes** | **No** | **Needs Repair?** | **Yes** | **No** |
| ***Field Condition*** |  |  | ***Catcher’s Equipment*** |  |  |
| Backstop repair |  |  | Shin guard OK |  |  |
| Home plate repair |  |  | Helmets OK |  |  |
| Bases (secure) |  |  | Face masks OK |  |  |
| Bases repair |  |  | Throat protector OK |  |  |
| Pitcher’s mound |  |  | Catcher’s cup (boys) |  |  |
| Batter’s box level |  |  | Chest protector |  |  |
| Batter’s box marked |  |  | Catcher’s mitt (BB) |  |  |
| Grass Surface (even) |  |  |  |  |  |
| Gopher Holes |  |  | ***Safety Equipment*** |  |  |
| Infield fence repair |  |  | First aid kit each team |  |  |
| Outfield fence repair |  |  | Medical Release forms |  |  |
| Foul ball net repair |  |  | Ice for injuries |  |  |
| Foul lines marked |  |  | Blanket for shock |  |  |
| Sprinkler condition |  |  | WS Nation Safety Manual |  |  |
| Warning track |  |  | Injury report forms |  |  |
| Coaches Boxes level |  |  |  |  |  |
| Coaches Box Marked |  |  | ***Player’s Equipment*** |  |  |
| Dirt Needed |  |  | Bats inspected |  |  |
|  |  |  | Batting helmets OK |  |  |
| ***Dugouts*** |  |  | Jewelry removed |  |  |
| Fencing needs repair |  |  | Shoes checked |  |  |
| Bench needs repair |  |  | Uniforms checked |  |  |
| Roof needs repair |  |  | Athletic supporter |  |  |
| Bat racks |  |  | Little League patch |  |  |
| Helmet racks |  |  |  |  |  |
| Trash cans |  |  |  |  |  |
| Clean up needed |  |  |  |  |  |
|  |  |  |  |  |  |
| ***Spectator Areas*** |  |  |  |  |  |
| Bleachers needs repair |  |  |  |  |  |
| Handrail needs repair |  |  |  |  |  |
| Parking area safe |  |  |  |  |  |
| Protective screen OK |  |  |  |  |  |
| Bleachers clean |  |  |  |  |  |

## **Sport Parent Code of Conduct**

|  |  |
| --- | --- |
| We, the *Warm Springs Nation Little League*, have implemented the following Sport Parent Code of Conduct for the important message it holds about the proper role of parents in supporting their child in sports. Parents should read, understand and sign this form prior to their children participating in our league.  Any parent guilty of improper conduct at any game or practice will be asked to leave the sports facility and be suspended from the following game. Repeat violations may cause a multiple game suspension, or the season forfeiture of the privilege of attending all games.  ***Preamble***  The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles:  • Trustworthiness,  • Respect,  • Responsibility,  • Fairness,  • Caring, and  • Good Citizenship.  The highest potential of sports is achieved when competition reflects these “six pillars of character.”  ***I therefore agree:***  1. I will not force my child to participate in sports.  2. I will remember that children participate to have fun and that the game is for youth, not adults.  3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.  4. I will learn the rules of the game and the policies of the league.  5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.  6. I (and my guests) will not engage in any kind of Unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures. | 7. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.  8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.  9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.  10. I will teach my child that doing one’s best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.  11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.  12. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.  13. I will emphasize skill development and practices, and how they benefit my child, over winning. I will also de-emphasize games and competition in the lower age groups.  14. I will promote the emotional and physical wellbeing of the athletes ahead of any personal desire I may have for my child to win.  15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.  16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.  17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Parent/Guardian Signature  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Date |

**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 based on disability, race, color, creed, national origin, gender, sexual preference or religious preference.

## **Incident/Injury Report****Little League Insurance Information**

## **A Parent’s Guide to the Little League Child Protection Program**

**Introduction**

The backbone of Little League® is the adult volunteer. One million strong, it is this corps of dedicated people who coach the teams, umpire the games, work in the concession stands, serve on the local board of directors, and serve at the District level. These people, who live in every U.S. state and more than 100 other countries, make Little League the world’s largest and most respected youth sports organization.

We know that the greatest treasure we have is children. As adults, we must ensure that these young people are able to grow up happy, healthy and, above all, safe. Whether they are our children, or the children of others, each of us has a responsibility to protect them.

The Little League Child Protection Program seeks to educate children and volunteers in ways to prevent child abusers from becoming involved in the local league. Part of that education has been to assist local Little League volunteers in finding effective and inexpensive ways to conduct background checks. Little League regulations now say: “No local league shall permit any person to participate in any manner, whose background check reveals a conviction for any crime involving or against a minor.” (Reg. I [c] 9.)

Background checks were optional until the 2003 season. Effective in 2007, the local league must conduct a nationwide search that contains the applicable government sex offender registry data. Advances in computer technology – allowing greater access to public records – make it possible for background checks (at a minimum, to see if an individual is a registered sex offender in any given state) to be conducted in every U.S. state. Local Little League programs are now ***required*** to annually conduct a background check of Managers, Coaches, Board of Directors members and any other persons, volunteers or hired workers, who provide regular service to

the league and/or have repetitive access to, or contact with, players or teams. (Reg. I [b], Reg. I [c] 9.)

The purpose of these background checks is, first and foremost, to protect children. Second, they maintain Little League as a hostile environment for those who would seek to harm children. Third, they will help to protect individuals and leagues from possible loss of personal or league assets because of litigation.

The United States Department of Justice National Sex Offender Public Registry is free and available at www.nsopr.gov.

**What Can Parents Do?**

Most children have been warned about the dangers of talking to strangers. But for many children, sexual molestation is committed by someone they know. In fact, 80 to 85 percent of all sexual abuse cases in the U.S. are committed by an individual familiar to the victim, according to statistics compiled by Big Brothers & Big Sisters of America.

The truth is, child sex offenders can come from every background, every occupation, every race, and every level of education. They may be married, and they may have children of their own. It is dangerous to believe that the only threat is the stranger in a long raincoat, lurking behind a tree.

In fact, the promotion of this myth may contribute to the problem. Sometimes, a child who is molested by a known and “trusted” person will feel so guilty about not reacting the “right” way that he or she never reports the problem.

Sadly, we have all seen too many reports in which teachers, police officers, clergy, youth sports volunteers, etc., trusted by all, have violated that trust and molested children in their care. Of course, this must never be tolerated in Little League or anywhere else.

In many of these situations, the young victims are actually seduced, sometimes over a period of months or even years. The child’s family is lulled into believing the unusual attention being lavished is a bond of friendship between the adult and the child. In fact, the adult abuser often uses gifts, trips, attention and affection as part of a courtship process. Sometimes, the courtship process extends to the child’s parent(s), but the real target is the child.

Often, but not always, the victim of this type of child sex offender is the child of a single parent. In these cases, the single parent sees the child’s adult friend as a surrogate parent – a Godsend. The very opposite is true.

**Two good rules of thumb for all local Little Leagues and parents**

· Generally, a person involved in a local Little League program should not put himself or herself in a one-on-one situation involving a child who is not their own. Of course, some isolated situations may arise where one-on-one situations could take place. However, a one-on-one situation should not be actively *sought out* by the adult and should not be an ongoing occurrence.

· Generally, a person involved in a local Little League program should not provide unwarranted gifts, trips, attention and affection to individual children who are not their own. The key word is *unwarranted*.

**Warning Signs of a Seducer**

While it remains important to teach young children about the dangers of accepting items from strangers, or talking to them, we should all beware of the danger posed by the “seducer-type” child sex offender.

***Each of the individual signs below means very little.*** Taken as a group, however, the signs ***MAY*** point to this type of child sex offender, and should be applied to anyone who has repetitive access to, or contact with, children.

· Provides unwarranted gifts, trips, affection and attention to a specific child or small group of children

· Seeks access to children

· Gets along with children better than adults

· “Hangs around” children more than adults

· Has items at home or in vehicle specifically appealing to children of the ages they intend to molest, such as posters, music, videos, toys, and even alcohol or drugs

· Displays excessive interest in children (may include inviting children on camping trips or sleepovers)

· Single, over 25 years old (but could be married, sometimes as a “cover,” and could be any age)

· Photographs or videotapes children specifically

· Lives alone, or with parents

· Refers to children as objects (“angel,” “pure,” “innocent,” etc.)

· Manipulates children easily

Again, each of these items, by themselves, is relatively meaningless. Taken together, however, they may indicate a problem.

**What to Watch For in Your Child**

We’ve seen the signs that could point to a child sex offender, but what about the signs a child might display when he or she has been sexually abused or exploited? Some of these symptoms may be present in a child who has been or is being sexually abused, when such symptoms are not otherwise explainable: sudden mood swings, excessive crying, withdrawal, nightmares, bed-wetting, rebellious behavior, fear of particular people or places, infantile behavior, aggressive behavior, and physical signs such as pain, itch, bleeding, fluid or rawness in private areas.

**Getting More Information**

***These items are meant solely as a general guide, and should not be used as the only means for rooting out child sex offenders.*** Parents can access more information on child abuse through the National Center for Missing and Exploited Children (a non-profit organization founded by

John Walsh, http://www.missingkids.com/) and the

National Clearinghouse on Child Abuse and Neglect Information (part of a service of the Children’s

Bureau, within the Administration on Children,

Youth and Families, Administration for Children and Families, U.S. Department of Health and Human Services, http://www.calib.com/nccanch/).

**How to Report Suspected Child Maltreatment**

The National Clearinghouse on Child Abuse and Neglect Information advises this: If you suspect a child is being maltreated, or if you are a child who is being maltreated, call the Child help USA National Child Abuse Hotline at 1-800-4-A-CHILD (1-800-422-4453; TDD [text telephone] 1-800-2-A-CHILD). This hotline is available 24 hours a day, seven days a week. The Hotline can tell you where to file your report and can help you make the report. Or, for a list of states’ toll-free telephone numbers for reporting suspected child abuse, visit the “Resource Listings” section at this site: http://www.calib.com/nccanch/pubs/prevenres/organizations/toll free.cfm, or call the Clearinghouse at 1-800-FYI3366.

**Talk to Your Kids; Listen to Your Kids**

It is important that you as a parent talk frankly to your children. If a child reports sexual abuse, statistics show he or she is probably telling the truth.

Unfortunately, the sexually molested child often sees himself or herself as the one “at fault” for allowing abuse to happen. Your children MUST know that they can come to you with this information, and that you will support them, love them, and *believe* them.

If there is an allegation of sexual abuse of a minor, the crime should be reported immediately. These criminals who steal childhood MUST BE STOPPED.

*This brochure was produced by Little League Baseball, Incorporated; P.O. Box 3485; Williamsport, PA 17701*

*Little League Baseball and Softball does not limit participation in its activities on the basis of disability, race, creed, color, national origin, gender, sexual preference or religious preference.*

## **ARTICLE VIII – Abuse Prevention**

Oregon District 5 Little League Association (Association) is committed to keeping its youth participants safe and establishing and enforcing federal, state and local laws established to protect our players. The Association is now required to comply with Federal Law S.435 Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017, that was signed in February of 2018. The Oregon District 5 Little League Association unanimously passed the following resolution:

Any and all individuals affiliated with Oregon District 5 Little League; i.e. district staff, board members, managers, coaches and other volunteers or staff must complete sexual abuse training. Sexual Abuse Training must be completed through ABUSE PREVENTION SYSTEMS or SAFE SPORT SYSTEMS no later than March 1 of the current year. Sexual Abuse Training must be renewed every two years.

1. **DEFINITIONS**

(a) **Risk Management Liaison**: means the participant appointed by the Association to undertake the actions outlined within.

(b) **Family Members**: means parents, domestic partners, step-parents, grandparents, guardians, brothers, sisters, aunts, uncles and first cousins

(c) **Participant**: means any manager, assistant manager, umpire, director, employee, officer, independent contractor, or other individual (other than a “Youth Participant”) affiliated with the Association and who has direct or indirect contact with a Youth Participant through Sanctioned Activities.

(e) **Sanctioned Activities**: means assessments/tryouts, games, tournaments, events, practices, training sessions, team meetings, and other similar activities conducted by Oregon District 5 Little League, communication in connection with the foregoing activities (other than communications exclusively with Family Members); travel to and from the foregoing activities other than with Family Members; and overnight lodging in connection with the foregoing activities other than exclusively with Family Members.

(f) **Youth Participant**: means any minor (person of less than 18 years of age) who is a registered player of Oregon District 5 Little League or minor umpire in Sanctioned Activities.

1. **PROHIBITED CONDUCT**

**Section 1**. Prohibited Substances: Participants shall not be under the influence of or consume alcohol or any illegal substance while participating in assessments, practices, or games with Youth Participants. Participants shall not provide alcohol or drugs (illegal or otherwise) to Youth Participants.

**Section 2.** Sexual Misconduct. The following actions in connection with any Sanctioned Activity are examples of conduct that shall be deemed to constitute sexual misconduct (“Sexual Misconduct”). These examples are not intended to constitute an exhaustive list of all conduct that could possibly constitute “Sexual Misconduct.”

(a) Nudity. No Participant shall be nude in the presence of a Youth Participant who is not a Family Member.

(b) Sexually Oriented Conversations. No Participant shall engage in sexually oriented communications with any Youth Participant.

(c) Sexually Oriented Materials. No Participant shall present or provide sexually oriented materials (e.g. magazines, other printed materials, videos, cell phone images, etc.) to any Youth Participant.

(d) Sexually Oriented Physical Contact: No participant shall engage in sexually oriented physical contact with a Youth Participant. See Article III for further guidance.

**Section 3**. Harassment. No Participant shall engage in harassment of any Youth Participant in connection with any Sanctioned Activity. “Harassment” includes, but is not limited to (i) behavior intended to cause fear or humiliation, (ii) behavior intended to offend or degrade, (iii) behavior creating a hostile environment, or (iv) behavior designed to establish dominance or power over a Youth Participant. The examples set forth above not intended to be an exhaustive list of all conduct that could possibly constitute “Harassment.”

**Section 4.** Hazing. No Participant should engage in hazing of any Youth Participant in connection with any Sanctioned Activity. “Hazing” includes, but is not limited to (a) coercing, requiring, authorizing, or knowingly tolerating any humiliating or dangerous act or omission that serves as a condition for a Youth Participant joining a group or being socially accepted by a group and (b) conduct within the definition of “hazing” under applicable federal and state laws. “Hazing” does not include group or team activities that are intended to establish normative team behaviors or promote team cohesion.

1. **PHYSICAL CONTACT**

**Section 1.** Appropriate Physical Contact. Appropriate physical contact between a Participant and a Youth Participant is an inevitable and productive part of youth sports. Such contact may occur in connection with training/practice (positioning a Youth Participant’s body so an athletic skill is more quickly acquired), medical treatment (releasing muscle cramps), celebration (brief hug), consolation (arm around a distressed Youth Participant), or safety concerns (pulling a youth participant out of harm’s way). Physical contact with a Youth Participant in these appropriate circumstances should comply with the following principles:

(a) Physical contact should take place in public;

(b) The Participant must engage in any such physical contact in a manner that minimizes the possibility of physical contact with the private body parts (such as the genital area or breasts of a female) of a Youth Participant; and

(c)The Participant must intend the physical contact to benefit the Youth Participant, rather than the needs and/or desires of the Participant.

Section 2. Inappropriate Physical Contact. Certain physical contact should be avoided because it creates the appearance of inappropriate contact and/or a reasonable and objective person would conclude that such physical contact constitutes sexually oriented physical contact, harassment and/or hazing. Examples of such contact include, but are not limited to:

1. Lingering or repeated embraces of a Youth Participant;
2. Slapping, hitting, punching, kicking or similar contact to discipline, punish or achieve compliance from a Youth Participant;
3. Continued physical contact that makes a Youth Participant appear uncomfortable; and
4. Any contact that is contrary to a previously expressed personal desire of a Youth Participant for decreased or no physical contact (where such decreased or no physical contact is feasible in the context of the existing athletic environment).
5. **MISCONDUCT BETWEEN YOUTH PARTICIPANTS**

Participants should be aware that sexual interaction between Youth Participants or between a Youth Participant and another minor within the context of Sanctioned Activities can constitute sexual abuse, whether such conduct constitutes sexual abuse depends on a variety of factors, including whether an imbalance of power (e.g. age difference, disparity in size, existence of physical or mental disability, etc.) is present. If a Participant has a concern that such an interaction has occurred and may constitute sexual abuse, the Participant should review Article VI on Reporting Obligations.

1. **ELECTRONIC COMMUNICATIONS, SOCIAL MEDIA AND OTHER**

**Section 1.** Communications. Telephonic and electronic communications between a Participant and a Youth Participant must be professional in nature and for the purpose of communicating about Sanctioned Activities. Participants should observe the following guidelines on electronic communications with Youth Participants who are not Family Members.

(a)The parent (or guardian) of the Youth Participant should be copied on all electronic communications.

1. A Participant shall not request a Youth Participant to join the Participants personal social media platform. Group social media pages are acceptable but must include parents (or guardians) of Youth Participants.
2. Encrypted messaging may not be used to “direct message” a Youth Participant.
3. Group texts and/or e-mails are recommended.
4. A Participant should avoid telephonic communications directly with Youth Participants. Telephonic communications related to Sanctioned Activities should be between a Participant and the parent (or guardian) of a Youth Participant.
5. A parent or guardian of a Youth Participant may request that one or more Participants not contact the Youth Participant through one or more forms of telephonic and/or electronic communications. Such requests must be honored.

**Section 2.** Imagery. From time to time, digital photos, videos of training or competition, or other publicly available images of a Youth Participant in a public setting may be taken by a Participant. This imagery may be used for athletic instruction, team videos or team websites, or offered to Family Members of a Youth Participant. Such uses are permissible so long as the imagery is in the best interest of the Youth Participant and no identifiable personal information can be associated with such imagery (i.e., name, school, address, etc.). A parent or guardian may request in writing that such imagery of a Youth Participant not be posted on team websites (understanding that group photography or videography may make honoring such a request impracticable without excluding the Youth Participant from some Sanctioned Activities where the imagery is produced). To the extent such a request is practicable it should be honored.

1. **REPORTING OBLIGATIONS**

**Section 1.** Reports of Abuse. Oregon District 5 Little League has zero tolerance for abuse of Youth Participants by Participants. “Abuse” means sexual or physical abuse of a Youth Participant including all instances of Sexual Misconduct.

(a) Each Participant who witnesses an event of Abuse (an “Event”) or reasonably suspects an event of Abuse (a “Suspected Abuse”), in connection with a Sanctioned Activity, must immediately report the Event or Suspected Event (an “Abuse Report”) to the appropriate law enforcement authorities and to the Oregon District 5 Little League Risk Management Liaison. Failure to make such an Abuse Report is a violation of this policy. Additionally, failure to make such a report could result in a violation of federal, state or local laws.

(b) The Participant making the Abuse Report and the Oregon District 5 Little League Risk Management Liaison shall comply with applicable federal, state and local laws applicable to reporting of Events and Suspected Events.

(c) If Oregon District 5 Little League Risk Management Liaison becomes aware of the assertion of charges against, the indictment of, or the conviction of a person for Abuse in connection with Sanctioned Activities, the Oregon District 5 Little League Risk Management Liaison should promptly advise the District Administrator.

(d) Oregon District 5 Little League is not obligated to, and will not attempt to, investigate allegations or suspicions of Abuse, or otherwise attempt to evaluate the credibility or validity of such allegations or suspicions as a condition of making reports to applicable federal, state or local authorities.

**Section 2.** Reports of Other Policy Violations.

(a) Each Participant who witnesses or reasonably suspects violations of this Policy, other than Events or Suspected Events, should promptly report such witnessed or suspected violations (“Policy Violations”) to the Oregon District 5 Little League Risk Management Liaison (a “Violation Report”). Failure to make a Violation Report is a violation of this Policy.

(b) If the Oregon District 5 Little League Risk Management Liaison receives a Violation Report, the Oregon District 5 Little League Risk Management Liaison shall promptly advise the District Administrator of the reported Policy Violation.

(c) In the event the Oregon District 5 Little League Risk Management Liaison reasonably concludes that the Violation Report describes an instance of criminal misconduct, the Oregon District 5 Little League Risk Management Liaison should assist the Participant making the Violation Report in notifying law enforcement authorities. The Oregon District 5 Little League Risk Management Liaison will then notify the District Administrator.

1. **VIOLATIONS OF THIS POLICY**

**Section 1.** Abuse. Any Participant who is (a) the subject of an Abuse Report or (b) is otherwise alleged to have engaged in an Event, in each case that becomes known to Oregon District 5 Little League shall be promptly suspended by Oregon District 5 Little League from participation in Sanctioned Activities. Such suspension shall continue during any pending investigation by applicable legal authorities. Any Participant who is the subject of a Violation Report may, in Oregon District 5 Little League’s sole and absolute discretion, also be subject to suspension by Oregon District 5 Little League from participation in Sanctioned Activities depending on the nature of the conduct that is the subjected of the Violation Report.

**Section 2.** Crimes Against Minors. Any Participant who is convicted of, pleads guilty or no contest to, or admits to a crime which involves or is against a minor in connection with Sanctioned Activities shall be prohibited from participation in Sanctioned Activities. Any Participant who is convicted of, pleads guilty or no contest to, or admits to a crime which involves or is against a minor outside of Sanctioned Activities shall also be prohibited from participation in Sanctioned Activities.

**Section 3.** Background Checks. Any participant that has completed, submitted a background check and the participant appears on the National Sex Offender Registry, Oregon District 5 Little League is required to contact Little League International Security Manager prior to the participant being appointed.

## **Concussion Information Sheet**



## **PLAYERS CODE OF CONDUCT**

As a teammate, I understand that it is my responsibility to attend all team functions and to respect and obey the coach while at team activities.   I will do everything I can to improve my skills as a player by practicing on my own in addition to team practices.  Above all else, I will demonstrate good sportsmanship to my teammates, other teams and will show respect for the authority of the coaches and umpires when on the field.

Players **shall…**

* Respect all coaches, players, league officials, umpires, spectators, and opponents
* Treat others fairly – be a good teammate
* Give 100% of your effort in practice – hustle all of the time
* Display good sportsmanship and team play at all times.
* Follow the direction of the Coaching Staff.
* Make every attempt to be on time and ready to play for all games and practices.
* Follow safety rules and do not endanger others on the field
* Take care of league equipment
* Leave other player’s equipment alone unless you have permission to use it
* Show respect for the game of baseball or softball by knowing and following the rules of the game, by controlling your emotions when calls don’t go your way and by respecting the decisions of the umpire and coaches

Players **shall not…**

* Use abusive or profane language.
* Taunt or embarrass any other player/person.
* Question an umpire’s call.
* Abuse, mistreat or mishandle any league equipment or property (e.g., throwing batting helmets).
* Use “chatter” designed to distract a pitcher or batter – “chatter” should encourage your team, not belittle or distract players on the opposing team.
* Use drugs, tobacco or drink any alcoholic beverages while participating in WSNLL.
* Engage in or be a party to, any illegal activities (theft, selling drugs, etc…) according to the laws set forth by government/police agencies.

**Disciplinary Policy for Players**The Warm Springs Nation Little League (WSNLL) Board of Directors will review all reported incidents of behavior considered detrimental to the game. The Board will act on a simple majority vote.

* Umpires and League Officials have the authority and discretion to penalize the offender according to the infraction, up to and including expulsion from a game to a entire season.
* A second season expulsion may result in a lifetime ban from all WSNLL activities.
* Any player that has been ejected from a game must leave the playing field area for the rest of the game and retire to the parking lot. Any threat made by a player, parent or any other person will not be tolerated. Threats will draw a punishment up to and including a 1-year suspension from the WSNLL.

Print Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

## **LIGHTNING FACTS AND SAFETY PROCEDURES**

*Consider the Following Facts:*

The average lightning strike is 6-8 miles long. The average thunderstorm is 6-10 miles wide and travels at a rate of 25 miles per hour. Once the leading edge of a thunderstorm approaches to within 10 miles, you are at immediate risk due to the possibility of lightning strikes coming from the storm’s overhanging anvil cloud (for example, the lighting that injured 13 people during a concert at RFK occurred while it was sunny and dry). On average, thunder can only be heard over a distance of 3-4 miles, depending on humidity, terrain, and other factors. This means that by the time you hear the thunder, you are already in the risk area for lighting strikes.

*Flash-Bang Method*

One way of determining how close a recent lighting strike is to you, is called the “flash-bang” method. With the “flash-bang” method, a person counts the number of seconds between the sight of a lightning strike and the sound of thunder that follows it. Halt-play and evacuation should be called for when the count between the lightning flash and the sound of its thunder is 15 seconds or less.

*Rule of Thumb*

The ultimate truth about lightning is that it is unpredictable and cannot be prevented. Therefore, a Manager, Coach, or umpire who feels threatened by an approaching storm should stop play and get the players to safety.

*Where to Go?*

No place is absolutely safe from the lighting threat, but some places are safer than others are. Large enclosed shelters are the safest. For the majority of participants, the best area to seek shelter is in a fully enclosed vehicle with the windows rolled up. If you are stranded in an open area and cannot get to shelter in a car or building, put your feet together, crouch down, and put your hands over your ears (to try to prevent eardrum damage).

*Where not to Go!*

Avoid high places and open fields, isolated trees, unprotected picnic shelters, dugouts, flagpoles, light poles, bleachers (metal or wood), metal fences, and water.

*First Aid to a Lightning Victim*

Typically, the lightning victim exhibits similar symptoms as that of someone suffering from a heart attack. In addition to calling EMS, the rescuer should consider the following:

* The first tenet of emergency care is “make no more casualties”. If the victim is in a high-risk area (open field, isolated trees, etc.) the rescuer should determine if movement from that area is necessary – lightning can and does strike the same place twice. If the rescuer is at risk, and movement of the victim is a viable option, it should be done.
* If the victim is not breathing, start mouth-to-mouth resuscitation. If it is decided to move the victim, give a few quick breaths prior to moving them.
* Determine if the victim has a pulse. If no pulse is detected, start cardiac compressions as well.

**Note: only a person knowledgeable and trained in the technique should administer CPR**

**Lightning Rules**

*Lightning is the #2 cause of death by weather phenomena*

* WHEN YOU HEAR IT – CLEAR IT
* WHEN YOU SEE IT – FLEE IT

## **CONCESSION STAND SAFETY**

(Snack Bar)

The following information will provide you with basic food handling procedures, tips and suggestions for keeping a healthy environment in our snack bar. The procedures for opening and closing the snack bar, and the “Concession Stand safety” procedures are posted in the snack bar, in clear view, next to the register. Volunteers working in the snack bar will be trained in safe food preparation and handling. NO persons under the age of fifteen are allowed to handle food.

**Tips for safe food handling:**

**Hands will be thoroughly washed prior to beginning and routinely throughout your shift. Prior to handling any food you are required to wash your hands. Clean hands are the best defense in preventing disease!!!**

* Use a food thermometer to check temperatures of potentially hazardous foods. (meats)
* All potentially hazardous foods should be kept at 41 F or below (if cold) or 140 F or above (if hot).
* Foods that are required to be served cold must be cooled to 41 as quickly as possible and held at that temperature until ready to serve. All food will be returned immediately to the refrigerator once you’ve finished serving.
* Keep foods covered to protect them from insects.
* Keep foods stored off the floor.
* Only healthy volunteers should prepare and serve food. Any person who shows signs of being sick or who has open sores on their hands, shall not be allowed in the snack bar.
* Ice used for drinks: Use a scoop to get ice, *never use your hands.*
* Volunteers should wear clean clothes.
* No smoking permitted.
* The use of hair restraints/ nets are required to prevent hair from ending up in the food.
* Use disposable utensils for food service.
* Never reuse disposable dishware.
* Store pesticides away from foods.
* Place waste in trash cans.
* All cleaning chemicals will be stored in a separate area from the food
* A Certified Fire Extinguisher is located at the entrance. Clearly marked and accessible.
* A fully stocked First Aid Kit is available in the first aid cabinet.

**Concessions committee representative will review these safety items and safe food handling with volunteers**

## **First Aid Log**

**Instructions:** It is our policy that all injuries, no matter how minor, must be recorded. Use this log to report minor injuries such as cuts and scrapes. Use this log even if you do not use any first aid supplies. If the injury is serious or you visit a doctor, you must make the report using an “Accident/Injury Report” form.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date | Injured Person’s Name | Where did it happen?  E.g.: “on the roof” | Injury Description E.g.: “splinter under fingernail” | What first aid supplies were used?  E.g.: “band aid” |
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## **First Aid Manual and Kit Acknowledgement of Receipt**

**Warm Springs Nation Little League**

By signing below, I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ acknowledge that I have received a First Aid Manual and kit from the Warm Springs Nation Little League to provide first aid during practice sessions and games. If I have any questions or concerns at any time, I will contact the Warm Springs Nation Little League for clarification.

Title: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_

Team: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*Return this page to the WSNLL Safety Officer.

## **Acknowledgement of Receipt**

**Warm Springs Nation Little League**

**2020 ASAP Safety Plan**

By signing below, I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ acknowledge that I have read and understand the contents of the 2019 Warm Springs Nation Little League’s 2019 ASAP Safety Plan and will follow the plan here within, to the best of my ability. If I have any questions or concerns at any time, I will contact the Warm Springs Nation Little League for clarification.

Title: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_

\*Return this page to the WSNLL Safety Officer.