Western Region South Kitsap Southern Little League



"Where Safety comes First" 2025 Safety Plan



League ID # 447-02-10

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South Kitsap Southern Little League Safety Program

Safety Mission Statement

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

2025 Board of Directors

Requirement 1:

Title	Name	E-Mail	Phone Number	
President	Margot Rustad	President@sksll.com	360-620-1493	
Vice President	Jen McAbee	vp@sksll.com	253-232-7312	
Secretary	Marta Drevniak	Secretary@sksll.com	253-227-6323	
Treasurer	Lucy Wilson	Treasurer@sksll.com	360-710-2095	
Safety Officer	Chris Bowlan	Safety@sksll.com	360-920-5655	
Information Officer	Jen McAbee	Informationofficer@sksll.com	210-445-6692	
Player Agent	Currently Vacant	Playeragent@sksll.com		
Umpire in Chief	Joe Riley	<u>Uic@sksll.com</u>	360-731-7890	
Coaches Coordinator	Kyle Drevniak	Coaching@sksll.com	206-334-5415	

Distribution of Safety Manual

Requirement 2:

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

EMERGENCY PHONE NUMBERS

Requirement 3:

Police Emergencies 911
Non-threat Emergency 311
Fire 911
Non-Emergency 311
Ambulance Dispatch 911

County Health District 360-728-2235 Animal Control 360-692-6977

NEIGHBORING HOSPITALS

Emergency Room

NAME: St. Anthony Hospital

ADDRESS: 11567 Canterwood Blvd, Gig Harbor, WA 98332

PHONE NUMBER: 253-530-2000

Urgent Care Facilities

NAME: MultiCare Indigo Urgent Care

ADDRESS: 4784 Borgen Blvd g, Gig Harbor, WA 98332

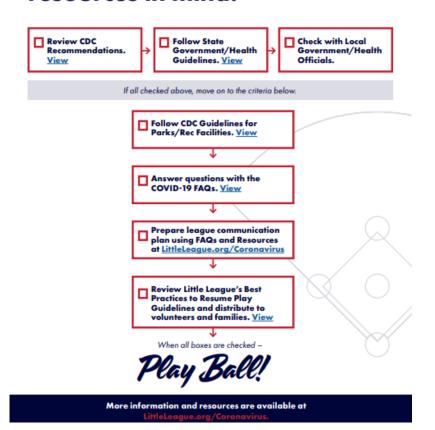
PHONE NUMBER: 253-530-8450

NAME: Harrison Port Orchard Urgent Care

ADDRESS: 450 S Kitsap Blvd Suite 100, Port Orchard, WA 98366

PHONE NUMBER: 360-744-6275

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



STAY SAFE ON AND OFF THE FIELD



Stay home if you are sick.



Bring your own (if possible)



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



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



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





cdc.gov/coronavirus

Background Checks & Abuse Awareness Training

Requirement 4:

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

	teer Application – 2025 s paper to complete if additional space is required.
This volunteer application should only be used if a league is <u>manually</u> entering information into JDP. THIS FORM SHOULD NOT BE COMPLETED IF A LEAGUE IS UTILIZING THE JDP QUICKAPP. Visit <u>LittleLeague.org/LocalBGcheck</u> for more information. A COPY OF VALID GOVERNMENT ISSUED PHOTO IDENTIFICATION MUST BE <u>ATTACHED</u> TO COMPLETE THIS APPLICATION.	7. Have you ever been refused participation in any other youth programs and/or listed on any youth organization ineligible list? If yes, explain: [If volunteer answered yes to Question 7, the local league must contact Little League International.}
	In which of the following would you like to participate? (Check one or more.)
All RED fields are required.	☐ League Official ☐ Umpire ☐ Manager ☐ Concession Stand
Name Date First Middle Name or Initial Last	☐ Coach ☐ Field Maintenance ☐ Scorekeeper ☐ Other
Address	Please list three references, at least one of which has knowledge of your participation as a volunteer in a
City State Zip	youth program:
Social Security # (mandatory)	Name/Phone
Cell Phone Business Phone	
Home Phone: E-mail Address:	
Date of Birth	IF YOU LIVE IN A STATE THAT REQUIRES A SEPARATE BACKGROUND CHECK BY LAW, PLEASE ATTACH A COPY OF THAT STATE'S
Occupation	IF YOU UVE IN A STATE THAT REQUIRES A SEPARATE BACKGROUND CHECK BY LAW, PLEASE ATTACH A COPY OF THAT STATE'S BACKGROUND CHECK. FOR MORE INFORMATION ON STATE LAWS, VISIT OUR WEBSITE: <u>Little League.org/BgStateLaws</u>
Employer	AS A CONDITION OF VOLUNTEERING, I give permission for the Little League organization to conduct background check(s) on me now and as long as I continue to be active with the organization, which may include a review of sex affender registries isome of
Address	which contain name only searches which may result in a report being generated that may or may not be me), child abuse and criminal
Special professional training, skills, hobbies:	history records. I understand that, if appointed, my position is conditional upon the league receiving no inappropriate devimention on my background. I hareby release and agree to hold harmless from liability the local little league, tittle league State-lal, Incorporated, the officers, employees and volunteers thereof, or any other person or organization that may provide such information. I also understand that regardless of previous appointments, tittle league is not orblighted to appoint me to a volunteers protein. Happointed, I understand
Community affiliations (Clubs, Service Organizations, etc.):	that, prior to the expiration of my term, I am subject to suspension by the President and removal by the Board of Directors for violation
Previous volunteer experience (including baseball/softball and year):	of Little League policies or principles. Applicant Signature Date
1. Do you have children in the program?	If Minor/Parent Signature Date
If yes, list full name and what level?	Applicant Name (please print or type)
2. Special Certification (CPR, Medical, etc.) 8 If yes, list:	NOTE: The local Little League and Little League Baseball, Incorporated will not discriminate against any person on the basis of race,
3. Do you have a valid driver's license?	creed, color, national origin, marital status, gender, sexual orientation or disability.
Driver's License#: State	LOCAL LEAGUE USE ONLY: Background check completed by league officer
minor, or of a sexual nature?	Review the Little League Regulation 1(c)(9) for all background check requirements
If yes, describe each in full:	☐ JDP Background Check Completed (Includes review of the US. Center of SafeSport's Centralized
Hove you ever been convicted of or plead no contest or guilty to any crime[s]? Yes No Yes No No No Ves No V	Discplinary Database and Little League International Ineligible/Suspended List)* *Please be advised that if you use JDP and there is a name match in the few states where only name match searches can be performed you should notify volunteers that they will receive a letter or email directly from JDP in compliance with the fair Credit Reporting Act containing information regarding all the criminal records
6. Do you have any criminal charges pending against you regarding any crime(s)?	associated with the name, which may not necessarily be the league volunteer.
If yes, describe each in full:	Only attach to this application copies of background check reports that reveal convictions of this application. Proof of completion of Little League Abuse Awareness Training for Adults provided to league.
,, , , ,	Mandatory Training Course is available at LittleLeague.org/AbuseAwareness
	Last Updated: 12/4/2024
	Hamada in Cad
TER CO	I trust in God
	I love my country And will respect its laws
	l will play fair And strive to win
	But win or lose
OVALT	I will always do my best

Little League® "Basic" Volunteer Application – 2025 Do not use forms from past years. Use extra paper to complete if additional space is required.



nteer application can be used <u>as a reference</u> for leagues utilizing the JDP Quick App

ime	Midde Norse or	Initial	Love	
	MIGGE HUNE OF			
	State			
	Cell Phone			
ork Phone:	E-mail Addres	55:		
ver's License#:				
Have you ever been charged wil	th, convicted of, plead no contest	t, or guilty to any crin	ne(s) involving	or agai
a minor, or of a sexual nature?				
If yes, describe each in full:_			\ Yes	□ No
(If volunteer answered yes to	Question 1, the local league mus	t contact Little League	International.)	
Have you ever been convicted o	if or plead no contest or guilty to c	any crime(s)?	☐ Yes	□ No
If yes, describe each in full:				
(Answering yes to Question 2	2, does not automatically disquali	fy you as a volunteer.)	
	pending against you regarding ar			□ No
If yes, describe each in full:	3, does not automatically disquali	,		
	ficipation in any other youth progr	ams and/or listed on		
ineligible list?			Yes	□ No
If yes, explain: (If volunteer answered yes to	Question 4, the local league mus	t contact Little Leggue	Security Intern	national
	ould you like to participate? (Ch		,	
League Official	Field Maintenance	☐ Concession	n Stand	
☐ Coach	☐ Manager	Other		_
Umpire	☐ Scorekeeper			

Special Certifications (CPR, Medical, etc.):	
Special Affiliations (Clubs, Services Organizations, etc.)	:
Previous volunteer experience (including baseball/softb	sall and years (s):
IF YOU LIVE IN A STATE THAT REQUIRES A SEPARATE BACKGRO BACKGROUND CHECK, FOR MORE INFORMATION ON STA	UND CHECK BY LAW, PLEASE ATTACH A COPY OF THAT STATE STITE LAWS, VISIT OUR WEBSITE: Little League.org/BgStateLaws
me now and as long as I continue to be active with the organiza of which contain name only sarches which may result in a repo- criminal history records. I understand that, if appointed, my po- information on my background. I hereby release and agree to Baseball, incorporated, the officers, employees and volunteers the information. I also understand that, regardless of previous appoir.	the Liffe League organization to conduct background checkly of those, which may include a review of san official registrials point for high parented that may or may not be may. Other discusses station is conditional ground for the large servicing on inappreptial hold harmless from loability the local Liffe League, Liffe League, that represents or may other passes or organization from they provide servi- tements. Liffe League is not obligated to appoint me to a valuntee important parameter of the contraction of the contraction of the my term. I am subject to suspension by the President and removes principles.
Applicant Name (please print or type)	
Applicant Signature	Date
If Minor/Parent Signature	Date
NOTE: The lacal Little League and Little League Baseball, Incorp race, creed, color, national origin, markal status, gender, sexua	
LOCAL LEAGU	JE USE ONLY:
	on
Review the Little League Regulation 1(c)(9) for all b	
Discolinary Database and Little League Internati	



VOLUNTEER BACKGROUND CHECKS & SAFETY

Volunteer Background Checks & Safety

all and Soltball has always strived to create a safe and healthy environment for all Little Leaguers and their families.

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

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

Address:

 Board Members
 Managers and Coaches
 Umpires
 Managers and Coaches to, or contact with, players or teams

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

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

CLLU Learn More About Background Checks:

LittleLeague.org/BackgroundCheckQuestions

Little League International has contracted with JDP Background Screening to provide local leagues and districts with a special web ste that allows members to instantly search a criminal records database of more than 450 million criminal records. This site provides searches of available criminal records from various repository sources and state-level sex offender registries. The fee for the first 125 searches per chartered league and detrict lifee to the local league and district as the cost for these searches is being provided by Liffe League International. Any additional searches above 125 will cost the league or district a minimal fue.

Only attach to this application copies of background check reports that reveal convictions of this applic

Proof of completion of Little League Abuse Awareness Training for Adults provided to league.

Mandatory Training Course is available at LittleLeague.org/AbuseAwareness



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

SLLU For More Information on JDP and Background Check Process:

LittleLeague.org/LocalBGCheck

Requirement 4 Abuse Awareness Training:

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

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

 Our league will verify volunteers' completion of the training for the league's file prior to being an approved volunteer. Completion date and Expiration date, along with the Completion Code will be provided on the certificate. Abuse Awareness for Adults course can be found at https://www.littleleague.org/university/articles/abuse-awareness-training-course/.





Safe Sports Act

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

SA Baseball Pure Baseball Initiative

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

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

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

League Training Dates and Times

Requirement 5:

Coach Fundamental Training:

Date Location Time 03/01/2025 Olalla Community Club-12970 Olalla Valley Rd, Olalla, WA 98359 10:00am-12:00pm

Requirement 6:

Safety Manual & First-Aid Training: Will be provided during Coach Fundamental Training listed above.

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

Field Inspections and Storage Procedures

Requirement 7:

BERORE THE SEASON STARTS

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

PRIOR TO EACH GAME

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

STORAGE SHED

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

- ✓ All individuals are aware of their responsibility for the orderly and safe storage of rakes, shovels, and bases.
- ✓ Before you use any equipment located in the shed (lights, scoreboards, etc.) please read the written operating procedures for that equipment.
- ✓ All chemicals or organic materials stored in the sheds shall be properly marked and labeled as to its contents.
- ✓ Any witnessed "loose" chemicals or organic materials within these sheds should be cleaned up and disposed of as soon as possible to prevent accidental poisoning.

PRE-GAME FIELD INSPECTION CHECK LIST

MANAGERS NAME:

FIELD:

DATE: Time:

Field Condition	Yes	No	Catchers Equipment	Yes	No
Backstop Intact			Hockey Catchers Helmet		
Home Plate Intact			Dangling Throat Guard		
Bases Secure			Helmets		
Pitcher's Mound Safe			Catcher's Mitt		
Batter Box Lined/Level			Chest Protector		
Infield Fence Repair			Shin guards		
Outfield Fence Repair			Dugouts	Yes	No
Foul Lines Marked			Fencing Needs Repair		
Infield Need Repairs			Bench Needs Repair		
Outfield Need Repairs			Trash Cans		
Warning Track			Clean Up Is Needed		
Coaches' boxes Lined					
Free Of Foreign Objects			Spectator Area	Yes	No
Grass Surface Even			Bleachers Need Repair		
			Protective Screens Ok		
Player Equipment	Yes	No	Bleachers Clean		
Batting Helmets			Parking Area Safe		
Jewelry Removed			Safety Equipment	Yes	No
Shoes/Bats Inspected			First-aid Kit Each Team		
Face Mask (Minor/Mjrs)			Medical Release Forms		
Proper Cleats			Ice Pack/Ice		
Athletic Cups (boys)			Safety Manual		
Full Uniform			Injury Report Forms		
Bats Meet Standards			Drinking Water		

REPORT ANY PROBLEMS TO YOUR COMMISSINER OR SAFETY OFFICER.

Turn this form into the concession stand or to your division Rep.

Requirement 8:

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

Safety at our SK Southern Fields

Our board of directors, including our Safety Officer but not limited to, Managers, Coaches and other league officials will be watchful of safety hazards that can occur at the fields to include, but not limited too:

- Branches, rocks, downed trees and unsafe litter on the fields
- Standing Water
- Holes or mounds from animals
- Low spots, holes or weed encroachment on infield area of field
- Soil that is too loose or too compacted on the infield area of the field
- Any vandalism that occurs, especially if creating ruts, trenches or unsafe field conditions
- Sharp edges, protrusions from fencing or bleachers
- Children playing unsafely: climbing fences, parking barriers and in/around/near the creeks Prevent injury with proper athletic field maintenance, inspections and by following best practices.

Pesticides and Herbicides application

Never apply pesticides and herbicides in a timeframe that could overlap with field use. Coordinate the pesticide application based on the manufacturer's recommended timeframes for safe use after application.

Chemical Safety:

- Read and follow all safety instructions on chemical labels
- Wear appropriate protective gear when handling chemicals
- Proper storage and disposal of chemicals

Fertilization is another key aspect of sports ground management. It helps to maintain the health and vitality of the turf, providing it with the necessary nutrients for growth. A good fertilization program will take into account the specific needs of your turfgrass, the local soil conditions, and the usage of the fields. It's also important to consider the environmental impact of fertilization. Using organic amendments and limiting the use of pesticides can support the life within the soil and promote healthier turf growth.

South Kitsap Southern Little League will:

- Post the Material Data Sheets of any pesticide, herbicide or fertilizer used on the field both at the field and on the website.
- Application of any products will be outside of playing and practice times of the teams and we will do our best to do all fields at the same time to try to minimize field downtime
- A sign will be posted at the entrance of the facility to notify all that enter to stay off the fields due to them having been treated with either chemicals or organic materials

Concession Stand Guidelines

Requirement 9:

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

Wash your hands regularly:

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

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

- After touching bare human body parts other than clean hands and clean exposed portions of arms.
- After using restrooms.
- After caring for or handling animals.
- After coughing, sneezing, using a handkerchief or disposable tissue.
- After touching soiled surfaces.
- After drinking, using tobacco, or eating.
- During food preparation.
- When switching from raw to ready to eat foods.
- After engaging in activities that contaminate hands.

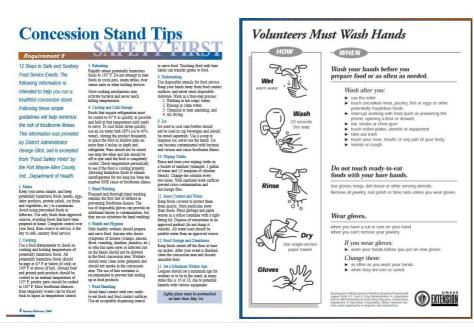
Basic Rules:

- 1. Menu... smaller is better. No salads cut up fruit or vegetables, no food prepared at home.
- 2. Cook food thoroughly. Use a meat thermometer. Keep hotdogs and burgers at 41 degrees when cold and cook to 155 degrees or above when hot.
- 3. Rapidly reheat foods to 165 degrees. Slow cooking devices may activate bacteria and never reach killing temperatures.
- 4. All foods that require refrigeration must be cooled to 41 degrees F. as quickly as possible and held there until ready to use. To cool foods quickly, use the ice water bath (60% ice and 40% water), stirring the product frequently, or place their food in shallow pans no more than 4 inches in depth and refrigerate. Pans should not be stored one a top of the other and lids should be off or afar until the food is completely cooled. Check the temperature periodically to see if the food is cooling properly. DO NOT LEAVE FOOD OUT AT ALL!!

- 5. FREQUENT AND THOROUGH HANDWASHING IS REQUIRED.
- 6. Only healthy people should prepare and serve food. Anyone with any symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, cough etc.) or who has open sores or infected cuts on the hands should not be allowed in the food concession area. Workers' clothes should be clean, and they should not smoke in the concession area. Hair restraints are recommended.
- 7. Food handling: Avoid hand contact with raw food, ready-to-eat foods, and food contact surfaces. Use a utensil and/or glove.
- 8. Use disposable utensils for food service. Keep your hands away from food contact surfaces and never reuse disposable dishware. Ideally utensils should be washed in a four-step method: (1) Hot soapy water, (2) Rinsing in clean water, (3) Chemical or heat sanitizing, (4) Air drying.
- 9. Ice that is used to cool cans/bottles should not be used in cup beverages. And should be stored separately. Use scoop to dispense ice, never use hands.
- 10. Wiping cloths should be rinsed and stored in a bucket sanitizer. (1-gallon water and ½ tsp. chlorine bleach. Change the solution every 2 hours.
- 11. Insect control and waste. Keep food covered to protect it from insects. Store pesticides away from food. Place garbage and paper waste in a refuse container with a lid that fits tightly. Dispose of all water in the restrooms, do not pour outside. All water that is used should be potable from an approved source.
- 12. Keep food stored off the floor at least 6 inches. After your event is finished, clean the concession area and discard any unusable food. Do not save food for reheating.

THE TOP SIX CAUSES FOR ILLNESS

- 1. Inadequate cooling and cold holding.
- 2. Preparing food too far in advance of service.
- 3. Poor personal hygiene and infected personnel.
- 4. Inadequate reheating.
- 5. Inadequate hot holding.
- 6. Contaminated raw foods and ingredients.



Inspection of Equipment

Requirement 10:

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

Accident Reporting Procedure

Requirement 11:

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

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

The Safety Officer is NAME: Chris Bowlan

Cell Number: 360-920-5655 Email: <u>Safety@sksll.com</u>

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

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

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

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

FIRST AID KITS

Requirement 12:

Each team is provided with a league issued first aid kit. An additional first aid kit will be available in the concession stand. Each kit includes the at least following items.

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

Communicable Disease Procedures

- 1. Bleeding must be stopped, the open wound covered, and the uniform changed if there is blood on it before the athlete may continue.
- 2. Routinely use gloves to prevent mucous membrane exposure when contact with blood or other body fluids is anticipated (Provided in the first aid kit).
- 3. Immediately wash hands and other skin surfaces if contaminated with blood.
- 4. Clan all blood contaminated surfaces and equipment.
- 5. Managers, Coaches, and Volunteers with open wounds should refrain from all direct contact until the condition is resolved.
- 6. Follow accepted guidelines in the immediate control of bleeding and disposal when handling bloody dressings, mouth guards and other articles containing body fluids.

Enforcement of Little League Rules

Requirement 13:

- All volunteers must have a volunteer application filled out and on file with the League. Our league will provide annual background checks.
- No laminated bat shall be used... (rule 1.10)
- No bat, at any level, is permitted to be altered. Items inclyding but not limited to choke-up assists, and thumb protectors are considered alterations or modifications to the bat and are not permitted. (Rule 1.00(A.R. 2))
- The traditional batting donut is not permissible... (rule 1.10)
- Players are now allowed to wear jewelry, but any jewelry worn by a player that poses harm to injury will be subject to removal (rule 1.11)

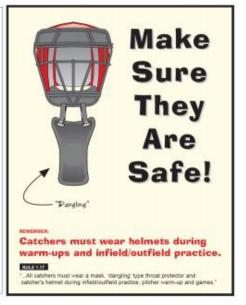
^{*}An AED machine is also available in the clubhouse for emergency use if needed.

- Catcher must wear a catcher's mitt... (rule 1.12)
- Pitchers may wear an arm sleeve as long as it is a solid color and not white or grey (Rule 1.11)
- All batters must wear protective batting helmets, all helmets must bear the NOCAE stamp, No painting, or stickers on helmets... (rule 1.16)
- All male players must wear athletic supporters. Male catchers must wear the metal, fiber, or plastic type protective cup.
- A catcher's helmet must have the dangling type of throat protector and catcher's helmet during infield/outfield practice, pitcher warm-up and games.
- Skull caps are not permitted... (rule 1.17)
- Each team is allowed three coaches in the dugout...
- Coaches are encouraged to discourage "horseplay"
- No on deck batters are allowed in the Majors and below... (rule 1.08)









Lightning and Weather

Consider the following facts:

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

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

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

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

First Aid for a Lightning Victim:

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

NOTE: CPR should only be administered by a person knowledgeable and trained in the technique. AN AED machine is available in the clubhouse if needed and no training is required for use.

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

Hydration

Managers and coaches will encourage and remind their players and parents to bring water to practices and games.

Tips to Prevent Heat Illness:

- Know that once you are thirsty you are already dehydrated.
- Drink before you become thirsty.
- Drink plenty of liquids like water, or sports drinks every 15 minutes.
- Water seems to be the preferred beverage. Water has many critical functions in the body that are important for performance. They include carrying oxygen and nutrients to exercise muscles.
- Do not drink beverages with caffeine before practice or games. Caffeine can increase the rate of dehydration.
- Do not exercise vigorously during the hottest time of the day.
- Practice in the morning and during the latter part of the evening.
- Wear light color loose cloths.
- Use sunscreen to prevent sunburn.
- If you begin to feel faint or dizzy stop your activity and cool off by sitting in the shade, air-conditioned car or using a wet rag to cool you off.

How is it treated?

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

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



Submitting Player, Manager and Coach Data

Requirement 14:

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

DEADLINES: March 24, 2025, for early submission deadline

April 7, 2025, for league deadline

Requirement 15:

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

Concussions

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

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



South Kitsap Southern Little League Concussion Prevention, Treatment and Management Policy

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

A concussion is a brain injury that results from a bump, blow or jolt to the head or body which causes the brain to move rapidly in the skull and which disrupts normal brain function. The Centers for Disease Control and Prevention of the United States Department of Health and Human Services estimates that as many as 3.8 million concussions occur each year in the United States which are related to participation in sports and other recreational activities. Athletes who continue to participate in an athletic activity while suffering from a concussion or suffering from the symptoms of an injury to the head are at greater risk for catastrophic injury to the brain or even death. Ensuring that a Little League player who sustains or is suspected of sustaining a concussion or other injury to the head receives appropriate medical care before returning to baseball activity will significantly reduce the child's risk of sustaining greater injury in the future.

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

- 1. Prior to a team's first practice each season, every manager, coach, and adult assistant shall:
- a) Familiarize themselves with the CDC publication "Heads Up Concussion in Youth Sports A Fact Sheet for Coaches". This publication will be provided to all such individuals by the League Safety Officer or other Board members; and,
- **2.** If a Little League player sustains, or is suspected of sustaining, an injury to the head while participating in any Little League game or even the player must:
- a. Be immediately removed from the game or event; and
- **b.** May only return to Little League activity if the parent or legal guardian of the player provides a signed statement from a provider of health care indicating that the youth is medically cleared for Little League participation and the date on which the player may return to participation.
- **3.** The Little League player and his or her parent or legal guardian must sign the statement below acknowledging that they have read and understand the terms and conditions of the policy and agree to be bound by the policy.

South Kitsap Southern Little League Concussion Prevention, Management and Treatment Policy Player and Parental Acknowledgement

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

ated:		
	Player	
ated:		
	Parent/Legal Guardian	Parent/Legal Guardian

Accident Notification Form Page 1 (Parent/Guardian Statement)

ACCIDENT NOTIFICATION FORM INSTRUCTIONS

Send Completed Form To: Little League, International 539 US Route 15 Hwy, PO Box 3485 Williamsport PA 17701-0485 Accident Claim Contact Numbers: Phone: 570-327-1674

Accident & Health (U.S.)

- 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.
- 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.
- 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.
- Policy provides benefits for eligible medical expenses incurred within 52 weeks of the accident, subject to Excess Coverage and Exclusion provisions of the plan.
- 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

6. Account Claim Form In	ust be fully completed -	including Social S	security reumber (sory - for processin	ng.	
League Name					League I.D.	
			ART 1			
Name of Injured Person/C	talment	SSM	Date of t	Birth (MM/DD/YY)	Age Si	900
					1	☐ Female ☐ Male
Name of Parent/Guardian	, if Claimant is a Minor		Home P	hone (Inc. Area Co	de) Bus. Phone	(Inc. Area Code)
			10)	()	
Address of Claimant			Address of Pan	ent/Guardian, if diff	erent.	
The Little League Master / per injury. "Other insurance						
employer for employees a						
Does the insured Person/F	Parent/Guardian have a	ny insurance throu	ugh: Employer F Individual F			
Date of Accident	Time of Accider	t Type of I	njury			
	I DAN	newl				
Describe exactly how acc	dent hannened include	o nievino nositio	at the time of por	ident		
Check all applicable response						
	☐ CHALLENGER (4		R GER. COACH	☐ TRYOUTS		SPECIAL EVENT NOT GAMES)
			TEER UMPIRE			SPECIAL GAME(S)
	D LITTLE LEAGUE IS		R AGENT	☐ TRAVELT	n (Submit a copy of
	☐ INTERMEDIATE (80/70) (D OFFICE	AL SCOREKEEP!	ER 🗆 TRAVELF		our approval from Jitle League
	D JUNIOR (12-14)		Y OFFICER	□ TOURNAM	MENT	ncorporated)
	☐ SENIOR (13-16)	□ VOLUM	ITEER WORKER	☐ OTHER (E	lescribe)	,
I hereby certify that I have complete and correct as h I understand that it is a cri	erein given.					
submitting an application of						
I hereby authorize any phy						
that has any records or kn						
Little League and/or Natio as effective and valid as the		Company of Pitt	sburgh, Pa. A pho	tostatic copy of this	authorization si	hall be considered
Date	Claimant/Parent/Guard	ian Signature (In :	a two parent house	ehold, both parents	must sign this f	orm.)
	I	-				- =
Date	Claimant/Parent/Guard	an Signature				
		-				

Accident Notification Form Page 2 (League Use Only)

For Residents of California:

Any person who knowingly presents a false or fraudulent claim for the payment of a loss is guilty of a crime and may be subject to fines and confinement in state prison.

For Residents of New York:

Any person who knowingly and with the intent to definaud any insurance company or other person files an application for insurance or statement of claim containing any materially false information, or conceals for the purpose of misleading, information concerning any fact material thereto, commits a fraudulent insurance act, which is a crime, and shall also be subject to a civil penalty not to exceed five thousand dollars and the stated value of the claim for each such violation.

Any person who knowingly and with intent to defraud any insurance company or other person files an application for insurance or statement of claim containing any materially false information or conceals for the purpose of misleading, information concerning any fact material thereto commits a fraudulent insurance act, which is a crime and subjects such person to criminal and civil penalties.

Any person who knowingly presents a false or fraudulent claim for payment of a loss or benefit or knowingly presents false information in an application for insurance is guilty of a crime and may be subject to fines and confinement in prison.

PART 2 - LEAGUE STATEMENT (Other than Parent or Claimant)				
Name of League Name of Injured Person/	Daimant League I.D. Number			
Name of League Official	Position in League			
Address of League Official	Telephone Numbers (Inc. Area Codes)			
	Residence: ()			
	Business: ()			
	Fax: ()			
Were you a witness to the accident?				
Provide names and addresses of any known witnesses to the reported accidental	ent.			
Check the boxes for all appropriate items below. At least one item in each or	lumn must be selected.			
	T OF BODY CAUSE OF INJURY			
	01 ABDOMEN 01 BATTED BALL 02 ANKLE 02 BATTING			
	03 ARM D 03 CATCHING			
	04 BACK 04 COLLIDING			
	05 CHEST II 05 COLLIDING WITH FENCE			
	08 EAR			
	08 EYE D 08 HORSEPLAY			
□ 09 COACHING BOX □ 09 FATALITY □	09 FACE D 09 PITCHED BALL			
	10 FATALITY 10 RUNNING			
	11 FOOT 11 SHARP OBJECT 12 HAND 11 SLIDING			
	13 HEAD II 13 TAGGING			
☐ 14 PITCHER ☐ 14 PUNCTURE ☐	14 HIP 14 THROWING			
	15 KNEE 15 THROWN BALL			
	16 LEG 18 OTHER 17 LIPS 17 UNKNOWN			
	17 LIPS D 17 UNKNOWN 18 MOUTH			
	19 NECK			
☐ 20 OTHER ☐ 20 PARALYSIS/ ☐	20 NOSE			
	21 SHOULDER 22 SIDE			
THE PERSON OF TH	22 SIDE 23 TEETH			
	24 TESTICLE			
_	25 WRIST			
_	28 UNKNOWN			
	27 FINGER			
Does your league use batting helmets with attached face guards? EYES are they DMandatory or DOstional At what levels are they used?				
hereby certify that the above named claimant was injured while covered by				
time of the reported accident. I also certify that the information contained in t				
best of my knowledge.				
Date League Official Signature				