

# FCNLL Safety Manual

## 2021



**Celebrating 77 Years of Baseball & Softball**

**League ID# 03460314**

**[www.fcnull.com](http://www.fcnull.com)**

***“To create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League Baseball and Softball.”***

# Frederick County National Little League

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## Frederick County National Little League (FCNLL) Mission Statement:

### **"Safety is Everyone's Responsibility"**

FCNLL's highest priority is for the safety of our kids and Prevention is the key. The FCNLL Board of Directors (BOD) are committed to promoting and ensuring a safe environment exists for all patrons. In order to succeed we need your commitment to become our Safety Advocates: Take responsibility for our Little League.

FCNLL is an active participant in "A Safety Awareness Program" (ASAP), designed "to create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League Baseball." (*National Little League Association-2014*)

The purpose of this manual is to provide important safety information for FCNLL. This document is created and maintained for volunteers, managers, and coaches but information contained in this document can be a useful resource for all participants of FCNLL. Please take the time to review this manual in its entirety and direct all questions to the league safety officer, Josh Robertson at [jamey.walters@fcnll.com](mailto:jamey.walters@fcnll.com).

We request your assistance, and guidance in making Frederick County National Little League a great program. If you have any concerns, or suggestions for improvement, please contact us or for additional information visit our website [www.fcnll.com](http://www.fcnll.com).

Thank you for your commitment to Frederick County National Little league; we want to hear from you!

FCNLL Board of Directors

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## FCNLL Safety Manual

### Requirement 1 – Active Safety Officer

FCNLL has an active safety officer – **Jamey Walters** the safety officer is a member of the Board of Directors (page 5 of this document).

### Requirement 2 – Distribute a Safety Manual

The Frederick County National Little League (FCNLL) Safety Manual is available on line at [www.fcndl.com](http://www.fcndl.com) and is included in the Coach's Training Packets and printed and distributed at all volunteer training venues. Copies are available in common areas at Sherando Park Concession Stand and Passage Road in the equipment shed.

### Requirement 3 – Post board and emergency numbers

All managers and coaches shall use "911" for all on field emergencies requiring fire, police, or ambulance. Managers and coaches shall keep player emergency contact information with them at all times and have a working cell phone during practice and games. The Sherando Park Concession stand has a working landline for emergency calls.

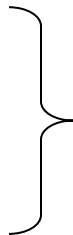
## Emergency Contact Phone List

Revised October 2019

**Police**

**Fire**

**Ambulance**



**Emergency = 911**

<b>*Frederick County Sheriff's Department</b>	<b>(540) 662-6168</b>
<b>*FC Parks and Recreation Department</b>	<b>(540) 665-5678</b>
<b>*Stephens City Fire/Rescue</b>	<b>(540) 869-4576</b>
<b>*Winchester Medical Center</b>	<b>(540) 536-8000</b>
<b>*Poison Control</b>	<b>(800) 222-1222</b>
<b>*Park Ranger</b>	<b>(540) 539-5678</b>

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### Frederick County National Little League: Board of Directors 2020-2021

Name	Position	Email	Phone
Jon Dean	President	<a href="mailto:jon.dean@fcnll.com">jon.dean@fcnll.com</a>	804-754-6847
Jamey Walters	Vice President   Equipment Coordinator	<a href="mailto:jamey.walters@fcnll.com">jamey.walters@fcnll.com</a>	540-660-2701
Greg Wojcik	Secretary	<a href="mailto:gregory.wojcik@fcnll.com">gregory.wojcik@fcnll.com</a>	540-771-0531
Rebecca Davey	Treasurer   Softball Player Agent	<a href="mailto:becky.davey@fcnll.com">becky.davey@fcnll.com</a>	540-974-9414
Ross Lehr	Player Agent	<a href="mailto:ross.lehr@fcnll.com">ross.lehr@fcnll.com</a>	703-401-5209
Tony Clark	Coaching Coordinator	<a href="mailto:tony.clark@fcnll.com">tony.clark@fcnll.com</a>	540-931-2565
Josh Sager	Baseball Coordinator   Scheduler	<a href="mailto:josh.sager@fcnll.com">josh.sager@fcnll.com</a>	540-671-6575
Terra Walker	Information Officer   Sponsorship Coordinator	<a href="mailto:terra.walker@fcnll.com">terra.walker@fcnll.com</a>	540-533-5402

#### **Requirement 4 – Use 2020 Volunteer Application Form and Check for Sex Abuse**

FCNLL uses the Little League International Volunteer Application Form (online) and checks for sex abuse history as well as criminal background. FCNLL requires all managers, coaches, board members, and any other person, volunteers or hired workers, who provide regular services to the league or who have repetitive access to or contact with the players or teams must fill out an application form as well as provide a government issued photo identification card for ID verification. FCNLL conducts a search of the appropriate governmental entity of the nationwide sex offender registry on all volunteer applications. Anyone refusing to fill out a volunteer application is ineligible to be a league member. The league is required to retain these confidential forms for one year of service.

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## Little League® Volunteer Application – 2021

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

**This volunteer application should only be used if a league is manually entering information into JDP or an outside background check provider that meets the standards of Little League Regulations 1(c)(9). THIS FORM SHOULD NOT BE COMPLETED IF A LEAGUE IS UTILIZING THE JDP QUICKAPP. Visit [LittleLeague.org/localBGcheck](http://LittleLeague.org/localBGcheck) for more information.**

**A COPY OF VALID GOVERNMENT ISSUED PHOTO IDENTIFICATION MUST BE ATTACHED TO COMPLETE THIS APPLICATION.**

**All RED fields are required.**

Name  Date

First Middle Name or Initial Last

Address

City  State  Zip

**Social Security # (mandatory)**

Cell Phone  Business Phone

Home Phone:  E-mail Address:

Date of Birth

Occupation

Employer

Address

Special professional training, skills, hobbies:

Community affiliations (Clubs, Service Organizations, etc.):

Previous volunteer experience (including baseball/softball and year):

1. Do you have children in the program? ☐ Yes ☐ No  
If yes, list full name and what level?
2. Special Certification (CPR, Medical, etc.)? If yes, list: ☐ Yes ☐ No
3. Do you have a valid driver's license? ☐ Yes ☐ No  
Driver's License#:  State
4. Have you ever been charged with, convicted of, plead no contest, or guilty to any crime(s) involving or against a minor, or of a sexual nature? ☐ Yes ☐ No  
If yes, describe each in full:   
(If volunteer answered yes to Question 4, the local league must contact the Little League Security Manager.)
5. Have you ever been convicted of or plead no contest or guilty to any crime(s)? ☐ Yes ☐ No  
If yes, describe each in full:   
(Answering yes to Question 5, does not automatically disqualify you as a volunteer.)
6. Do you have any criminal charges pending against you regarding any crime(s)? ☐ Yes ☐ No  
If yes, describe each in full:   
(Answering yes to Question 6, does not automatically disqualify you as a volunteer.)

**7. Have you ever been refused participation in any other youth programs and/or listed on the SafeSport Centralized Disciplinary Database or USA Baseball Ineligible List?** ☐ Yes ☐ No

If yes, explain:

(If volunteer answered yes to Question 7, the local league must contact the Little League Security Manager.)

In which of the following would you like to participate? (Check one or more.)

☐ League Official ☐ Umpire ☐ Manager ☐ Concession Stand

☐ Coach ☐ Field Maintenance ☐ Scorekeeper ☐ Other

Please list three references, at least one of which has knowledge of your participation as a volunteer in a youth program:

**Name/Phone**

**IF YOU LIVE IN A STATE THAT REQUIRES A SEPARATE BACKGROUND CHECK BY LAW, PLEASE ATTACH A COPY OF THAT STATE'S BACKGROUND CHECK. FOR MORE INFORMATION ON STATE LAWS, VISIT OUR WEBSITE: [LittleLeague.org/BgStateLaws](http://LittleLeague.org/BgStateLaws)**

AS A CONDITION OF VOLUNTEERING, I give permission for the Little League organization to conduct background check(s) on me now and as long as I continue to be active with the organization, which may include a review of sex offender registries (some of which contain name only searches which may result in a report being generated that may or may not be me), child abuse and criminal history records. I understand that, if appointed, my position is conditional upon the league receiving no inappropriate information on my background. I hereby release and agree to hold harmless from liability the local Little League, Little League Baseball, Incorporated, the officers, employees and volunteers thereof, or any other person or organization that may provide such information. I also understand that, regardless of previous appointments, Little League is not obligated to appoint me to a volunteer position. If appointed, I understand that, prior to the expiration of my term, I am subject to suspension by the President and removal by the Board of Directors for violation of Little League policies or principles.

Applicant Signature  Date

If Minor/Parent Signature  Date

Applicant Name (please print or type)

NOTE: The local Little League and Little League Baseball, Incorporated will not discriminate against any person on the basis of race, creed, color, national origin, marital status, gender, sexual orientation or disability.

**LOCAL LEAGUE USE ONLY:**

Background check completed by league officer  on

System(s) used for background check (minimum of one must be checked):

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

☐ JDP (Includes review of the SafeSport Centralized Disciplinary and USA Baseball Ineligible List) \*

**OR**

☐ National Criminal Database check ☐ SafeSport Centralized Disciplinary Database and/or USA Baseball Ineligible List Sex Offender

☐ National Sex Offender Registry

\*Please be advised that if you use JDP and there is a name match in the few states where only name match searches can be performed you should notify volunteers that they will receive a letter or email directly from JDP in compliance with the Fair Credit Reporting Act containing information regarding all the criminal records associated with the name, which may not necessarily be the league volunteer.

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

Last Updated: 10/28/2020

## Requirement 5 – Provide Fundamentals Training

### 5.1 Current:

FCNLL schedules coaches' clinics for ALL coaches. All coaches MUST attend regardless of previous training. In addition, Managers and coaches will be trained on hitting, sliding, fielding and pitching fundamentals. Managers and coaches are periodically provided with many brochures and are encouraged to participate in other clinics.

## Requirement 6 – Require First Aid Training

Basic first aid training is covered in the FCNLL annual coaches meeting prior to the season starting.

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## Requirement 7 – Walk Fields for Hazards Prior to Play

### 7.1 Fields

The home team Coach and the Plate umpire are required to walk the fields for hazards before use. Playing on muddy fields with wet equipment places the players at risk and creates ruts and holes that can be a hazard. When in doubt, reschedule the game. **A Facility and Field Inspection Checklist (Appendix E) will be filled out and submitted to the Umpire prior to the start of each game. The umpire will submit the forms to the league Safety officer.**

### 7.2 Weather Conditions

**Lightning-** Lightning is a dangerous phenomenon. The FCNLL and FCPRD have developed a lightning policy to minimize the risk of injury from lightning strike to athletes, coaches, support staff and fans. To monitor lightning the Staff will utilize both the Flash-Bang method and/or a Smart Phone Mobile App. such as “My Lightning Tracker”.

- A. If the lightning detection App. does not provide an indication of whether lightning is present, use the countdown or "Flash Bang" method. To use the Flash Bang method, count the seconds from the time lightning/flash is sighted to when the clap/bang of thunder is heard. Divide this number by 5 and equals how far away (in miles) the lightning is occurring. For example, 20 second count = 4 miles). As a minimum, National Severe Storms laboratory (NSSL), strongly recommend that all individuals have left the athletic sites and reach a safe location by the flash-to-bang count of 30 seconds (6 miles). However, lightning can strike as far as 10 miles and it does not have to rain for lightning to strike. Activities will be terminated at the 40 seconds or 8 miles.
- B. If lightning is in the immediate area, a BOD member or FCPRD Ranger/official will notify the officials and/or teams as to the status of the inclement weather and of need to take shelter. Teams may return to the field once the lightning detector has detected no activity in the 3-8-mile range or 30 minutes from last sight of lightning.
- C. If no safe structure is within a reasonable distance, other safe areas include: enclosed buildings, fully enclosed metal vehicles with windows up (no convertibles). Unsafe shelter areas: **water, open fields, dugouts, golf carts, metal objects (bleachers, fences, etc.), individual tall trees, light poles.** AVOID BEING THE HIGHEST OBJECT IN AN OPEN FIELD.  
\*\*\*Athletes/coaches etc. should not stand in groups or near a single tree. There should be 15ft between athletes (NLSI, 2000).
- D. Note: sports with metal equipment. Baseball/softball drop bats and remove shoes (metal cleats)
- E. If unable to reach safe shelter, assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head. Minimize contact with the ground, because lightning current often enters the victim

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through the ground rather than by a direct overhead strike. Do not lie flat! If safe shelter is only a short distance away, it has been suggested to run for shelter, rather than stay in middle of field.

- F. If a person feels that his/her hair standing on end, they should immediately crouch as described in item # E. If someone is struck by lightning, activate the Emergency Action Plan. A person struck by lightning does not carry an electrical charge; immediately initiate the EAP and begin the primary survey. If possible, move victim to a safe location.
- G. Avoid using the telephone except in emergency situations. People have been struck by lightning while using a land-line phone. A cellular phone or a portable phone is a safe alternative to land-line phones, if the person and the antenna are located within a safe structure, and if all other precautions are followed.

**Heat-** Anytime temperature is above 90 degrees Fahrenheit, or the relative humidity is above 95%, a halt for rest and fluids should occur after the 3rd inning. Have shade and adequate water available. Encourage players to drink small amounts frequently. Any player exhibiting signs of heat related illness (cramps, fatigue, light headedness, nausea, vomiting or headache), should be removed from the game, placed in the shade, and re-hydrated. If symptoms do not respond immediately, seek prompt medical aid.

**Cold/Wind- No games or practices will be held when the Real Feel (Wind Chill) is below -11 using [accuweather.com](http://accuweather.com)**

- The Manager/coach will use the [accuweather.com](http://accuweather.com) website (Chart in appendix J) to determine the wind chill for the area of the contest/practice. Once a person is on the [accuweather.com](http://accuweather.com) website, they will put in the zip code for the location of the contest/practice and the website will give them the air temperature as well as the Real Feel temperature (wind chill).
- If the Real Feel temperature (wind chill) is 10 degrees or below, the manager or coach must re-check the Real Feel (wind chill) at halftime or midway point of the contest/practice. If the Real Feel (wind chill) temperature is -11 degrees (Fahrenheit) or lower, the contest/practice will be suspended.

### **7.3 Players**

- Jewelry- Players are not allowed to wear jewelry, except for Med-Alert bracelets or necklace.
- Uniforms- Uniforms must be in good repair.
- Equipment- Equipment must be in good repair
- On-Deck Circle- On-deck circle is NOT allowed.
- Pitcher- Pitchers warming up in an area subject to foul balls- **HIGHLY RECOMMENDED** to have a spotter with helmet and glove.



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## 7.4 Spectators

- **Arguing-** Spectators are not allowed to argue with any call made by the umpire. It is the manager's responsibility to keep spectators within acceptable behavior limits.
- **Foul Territory-** Spectators in foul territory are to remain alert and well back from the field of play.
- **Benches/Dugouts-** Benches and dugouts are for managers, coaches and players only. If not on the field of play, all players (except warm-up pitchers and catchers) must remain within the benches/dugout area.
- **Young Children-** Young children must be properly supervised at all times.
- **Pets-** Not allowed in the ball field/spectator areas
- **Drugs/Alcohol-** Drug and alcohol use are strictly prohibited at any fields during games or practice. Smoking should be kept to a minimum and away from the children and other spectators.

### **Requirement 8 – Complete Annual Little League Field Survey**

FCNLL owns, operate and maintains three 3 of the 11 fields that are used for league functions. These fields are located on Passage Road, on the west side of Stephens City, VA. FCNLL works in conjunction with the Frederick County Parks and Recreation Department (FCPRD) to ensure the fields and facilities located at Sherando Park are in good working order and safe condition. The annual little league field survey is completed prior to practices starting each year. FCPRD works tirelessly to provide a safe environment for all patrons- please notify the FCNLL Safety Officer or FCPRD if ANY hazards are discovered.

### **Requirement 9 – Safety Procedures for Concessions Cooking (see Appendix L)**

Use a food thermometer to check on cooking and holding temperatures of potentially hazardous foods. All potentially hazardous foods should be kept at 41° F or below (if cold) or 140° F or above (if hot). Ground beef and ground pork products should be cooked to an internal temperature of 155° F, poultry parts should be cooked to 165° F. Most foodborne illnesses from temporary events can be traced back to lapses in temperature control.

#### **Reheating**

Rapidly reheat potentially hazardous foods to 165° F. Do not attempt to heat foods in crock pots, steam tables, over sterno units or other holding devices. Slow-cooking mechanisms may activate bacteria and never reach killing temperatures. **FCNLL does not serve reheated or leftover food.**

#### **Cooling and Cold Storage**

Foods that require refrigeration must be cooled to 41° F as quickly as possible and held at that temperature until ready to serve. To cool foods down quickly, use an ice water bath (60% ice to 40% water), stirring the product frequently, or place the food in shallow pans no more than 4

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inches in depth and refrigerate. Pans should not be stored one atop the other and lids should be off or ajar until the food is completely cooled. Check temperature periodically to see if the food is cooling properly. Allowing hazardous food store main unrefrigerated for too long has been the number ONE cause of foodborne illness.

### **Hand Washing**

Frequent and thorough hand washing remains the first line of defense in preventing food borne disease. The use of disposable gloves can provide an additional barrier to contamination, but they are no substitute for hand washing!

### **Health and Hygiene**

Only healthy workers should prepare and serve food. Anyone who shows symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, jaundice, etc.) or who has open sores or infected cuts on the hands should not be allowed in the food concession area. Workers should wear clean outer garments and should not smoke in the concession area. The use of hair restraints is recommended to prevent hair ending up in food products.

### **Food Handling**

Avoid hand contact with raw, ready to-eat foods and food contact surfaces. Use an acceptable dispensing utensil to serve food. Touching food with bare hands can transfer germs to food.

### **Dishwashing**

Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never reuse disposable dishware. Wash in a four-step process:

1. Washing in hot soapy water;
2. Rinsing in clean water;
3. Chemical or heat sanitizing;
4. Air drying.

### **Ice**

Ice used to cool cans/bottles should not be used in cup beverages and should be stored separately. Use a scoop to dispense ice; never use the hands. Ice can become contaminated with bacteria and viruses and cause foodborne illness.

### **Wiping Cloths**

Rinse and store your wiping cloths in a bucket of sanitizer (example: 1 gallon of water and 1/2 teaspoon of chlorine bleach). Change the solution every two hours. Well sanitized work surfaces prevent cross-contamination and discourage flies.

### **Food Storage and Cleanliness**

Keep foods stored off the floor at least six inches. After your event is finished, clean the concession area and discard unusable food.

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## **Requirement 10 – Inspect and Replace Equipment**

FCNLL Equipment Managers and FCNLL BOD members will inspect all equipment at the end of the Fall season. All FCNLL equipment is sent to be professionally cleaned and repaired for the following season. Batter's helmets are inspected and discarded, if damaged, or suspected to be damaged (wear and tear). Defective and/or badly worn catcher's equipment and bats are replaced. Equipment issues should be reported to the appropriate Equipment Manager. Any equipment that was not checked by the BOD must be turned in for cleaning and inspection prior to use in the spring season.

**Inspection-** Managers, Coaches and Umpires will inspect equipment regularly (before each game) and make sure it fits properly, is serviceable, and is properly used.

**Catcher** – Catchers must wear catcher's helmet, mask, throat protector, shin guards, long model chest protector, and protective cup at all times.

**Pitchers Warm-Up** – Catchers must wear catcher's helmet, mask, throat protector, shin guards, long model chest protector, and protective cup when warming up pitchers.

**Glasses** – Parents should be encouraged to provide safety glasses for their children wearing glasses.

**Face Guards/Cups** – Parents should be encouraged to provide Face guards/mouth guards and cups for their children as appropriate. (mandatory facemasks for pitchers, cups for catchers)

**Safety Bases** – All coaches must use safety bases which are in equipment boxes at each field.

**Bats** – All bats must comply with Little League International Regulations.

## **Requirement 11 – Implement Accident Reporting Procedures**

The Safety Officer will keep a record of all accident reports. See accident report form and process (Appendix A of this document). Accident reports shall be submitted within 24 hours of the incident to Josh Robertson at [Jamey.walters@FCNLL.com](mailto:Jamey.walters@FCNLL.com)

### **Accident Procedure (PARK RANGER (540) 539-5678)**

- Administer First Aid to the level of your training. Call 911 if necessary.
- Reassure the injured party and spectators.
- Contact the injured party's parent or guardian. If unavailable, contact the emergency contact listed on the registration form.
- Control the crowd -Talk to your team about the situation. Often players are upset and worried when a teammate is injured. They need to feel safe and understand why the injury occurred.

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- Consult your First Aid Booklet for return to play guidelines. Any injury requiring professional medical care will need a physician's clearance prior to returning to play. Contact your league Safety Officer or a Board of Director by phone within 24 hours of the incident.

<https://Littleleague.org>

### ***Communicable Diseases (additional information Appendix C)***

- Bleeding must be stopped, open wounds covered, and the uniform changed if there is blood on it before the athlete may return to play.
- Use gloves when coming in contact with blood or body fluids. Gloves are provided in all First Aid kits.
- Immediately wash hands with soap and other skin surfaces contaminated with blood.
- Clean blood contaminated surfaces and equipment.
- Store blood or body fluid contaminated uniforms or gear in plastic bags for thorough cleaning at home.
- Place all blood and body fluid contaminated First Aid equipment (i.e. bloody gloves, bloody dirt, etc.) in a zip-lock bag. Seal the bag and throw it into a trash can. Zip-lock bags are provided in all First Aid kits.
- Managers, coaches, and volunteers with open wounds should refrain from all direct contact until condition is resolved.

### **Requirement 12 – First Aid Kits**

New First Aid kits are to be distributed to all managers and coaches when they received their equipment. Every manager and coach is required to have in their possession a first aid kit at all times. The Safety Officer is responsible for the coordination of the safety equipment. The Safety Officer is responsible to make sure that every manager and coach has a first aid kit which is fully stocked. The Safety Officer is responsible for re-supplying the first aid kits when needed.

### **Requirement 13 – Enforce Little League Rules Including Equipment**

Managers, coaches, and umpires should be thoroughly familiar with the current Little League Rule Book. The FCNLL Board of Directors is responsible for enforcing the existing little league rules. The consequence for participants who fail to follow the rules may include:

1. A letter of reprimand or admonishment;
2. The offending party may be suspended for a game and/or games
3. The offending party may not be allowed to participate in FCNLL;
4. The offending party's team may be caused to forfeit a game or games;

Enforcement of little league rules is the responsibility of every participant and the Board will enforce the rules if violated.

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See Appendix B FCNLL Safety Code. See Appendix D for Umpire information.

## **Requirement 14 – Qualified Safety Program Registration: Paperwork will be submitted as required**

## **Requirement 15 – League Player Registration Data, player roster data and coach manager data: Online registration will be conducted throughout the season**

### **Parents Role in Safety**

Most of the existing Little League rules have some basis in safety i.e. were created because someone was seriously injured. Parents can help by setting a good example for all the players. It is important to follow the rules for the safety of all park patrons. The managers and coaches are trained in basic first aid and common sense safety practices. Please take the time to listen to the manager and coaches, learn these rules and make them a common practice any time you practice baseball with your children.

### **Complete a Medical Release**

This enables emergency medical care if parent or guardian is not in attendance, and informs managers, coaches and medical providers of allergies or other medical problems.

- **No alcohol or tobacco is allowed on or around the field of play. No Smoking signs are posted on all FCNLL fields at Passage Rd. Park. Volunteers and Spectators are prohibited from smoking within 150ft. of any playing field. This includes Vaping.**
- Please be extra cautious when entering and leaving the parking lots. Children may not always look for you, especially young future ball players.
- It is important that you share any medical information that may affect your child during games and practice. If you have concerns or questions, please contact the manager or League Safety Officer. All information is considered confidential.
- Have your child eat a snack before practice or games; hungry ball players don't concentrate well.
- Routinely, check your child's equipment for safety concerns.
- Arrive to practice and games early to allow for proper warm ups (**injury prevention**)
- Help at practices. The more adults we have watching out for our players, the better our chance to avoid accidents.
- Volunteering in both District and League activities will make your child's experience even better.
- **BAT Safety** - Many players bring their own bats to practice and games. Bats should remain in their bags, in the dugout or on the ground in front of them until they are needed.

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**No bat should be swung outside the field of play. No player shall hold a bat** except when going to the plate.

**Do not leave players at the park without talking to a Manager/Coach - it is a sport not a babysitting service**

**The manager or coach will never leave a player alone at the field.** It is very important that parents are on time to pick up the children. It is recommended that parents remain at the field if possible, we are all busy and it is understandable that parents need to leave. If you must leave, **please** contact the coach or manager prior to the event and before departing.

*Jon Dean*



*2/22/2021*

**President's Name**

**President's Signature**

**Date**

# Frederick County National Little League

## Appendix A

Activities/Reporting	A Safety Awareness Program's Incident/Injury Tracking Report		
League Name: _____ League ID: ____ - ____ - ____ Incident Date: _____			
Field Name/Location: _____ Incident Time: _____			
Injured Person's Name: _____ Date of Birth: _____			
Address: _____ Age: _____ Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female			
City: _____ State _____ ZIP: _____ Home Phone: (    ) _____			
Parent's Name (If Player): _____ Work Phone: (    ) _____			
Parents' Address (If Different): _____ City _____			
<b>Incident occurred while participating in:</b>			
A.) <input type="checkbox"/> Baseball <input type="checkbox"/> Softball <input type="checkbox"/> Challenger <input type="checkbox"/> TAD B.) <input type="checkbox"/> Challenger <input type="checkbox"/> T-Ball (5-8) <input type="checkbox"/> Minor (7-12) <input type="checkbox"/> Major (9-12) <input type="checkbox"/> Junior (13-14) <input type="checkbox"/> Senior (14-16) <input type="checkbox"/> Big League (16-18) C.) <input type="checkbox"/> Tryout <input type="checkbox"/> Practice <input type="checkbox"/> Game <input type="checkbox"/> Tournament <input type="checkbox"/> Special Event <input type="checkbox"/> Travel to <input type="checkbox"/> Travel from <input type="checkbox"/> Other (Describe): _____			
<b>Position/Role of person(s) involved in incident:</b>			
D.) <input type="checkbox"/> Batter <input type="checkbox"/> Baserunner <input type="checkbox"/> Pitcher <input type="checkbox"/> Catcher <input type="checkbox"/> First Base <input type="checkbox"/> Second <input type="checkbox"/> Third <input type="checkbox"/> Short Stop <input type="checkbox"/> Left Field <input type="checkbox"/> Center Field <input type="checkbox"/> Right Field <input type="checkbox"/> Dugout <input type="checkbox"/> Umpire <input type="checkbox"/> Coach/Manager <input type="checkbox"/> Spectator <input type="checkbox"/> Volunteer <input type="checkbox"/> Other: _____			
Type of injury: _____			
Was first aid required? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, what: _____			
Was professional medical treatment required? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, what: _____			
(If yes, the player must present a non-restrictive medical release prior to to being allowed in a game or practice.)			
<b>Type of incident and location:</b>			
<table style="width: 100%; border: none;"> <tr> <td style="vertical-align: top; width: 50%;">                             A.) On Primary Playing Field  <input type="checkbox"/> Base Path:      <input type="checkbox"/> Running <i>or</i>      <input type="checkbox"/> Sliding  <input type="checkbox"/> Hit by Ball:      <input type="checkbox"/> Pitched <i>or</i>      <input type="checkbox"/> Thrown <i>or</i>      <input type="checkbox"/> Batted  <input type="checkbox"/> Collision with:      <input type="checkbox"/> Player <i>or</i>      <input type="checkbox"/> Structure  <input type="checkbox"/> Grounds Defect  <input type="checkbox"/> Other: _____                         </td> <td style="vertical-align: top; width: 50%;">                             B.) Adjacent to Playing Field      D.) Off Ball Field  <input type="checkbox"/> Seating Area      <input type="checkbox"/> Travel:  <input type="checkbox"/> Parking Area      <input type="checkbox"/> Car <i>or</i> <input type="checkbox"/> Bike <i>or</i>                              C.) Concession Area      <input type="checkbox"/> Walking  <input type="checkbox"/> Volunteer Worker      <input type="checkbox"/> League Activity  <input type="checkbox"/> Customer/Bystander      <input type="checkbox"/> Other: _____                         </td> </tr> </table>		A.) On Primary Playing Field <input type="checkbox"/> Base Path: <input type="checkbox"/> Running <i>or</i> <input type="checkbox"/> Sliding <input type="checkbox"/> Hit by Ball: <input type="checkbox"/> Pitched <i>or</i> <input type="checkbox"/> Thrown <i>or</i> <input type="checkbox"/> Batted <input type="checkbox"/> Collision with: <input type="checkbox"/> Player <i>or</i> <input type="checkbox"/> Structure <input type="checkbox"/> Grounds Defect <input type="checkbox"/> Other: _____	B.) Adjacent to Playing Field      D.) Off Ball Field <input type="checkbox"/> Seating Area <input type="checkbox"/> Travel: <input type="checkbox"/> Parking Area <input type="checkbox"/> Car <i>or</i> <input type="checkbox"/> Bike <i>or</i> C.) Concession Area <input type="checkbox"/> Walking <input type="checkbox"/> Volunteer Worker <input type="checkbox"/> League Activity <input type="checkbox"/> Customer/Bystander <input type="checkbox"/> Other: _____
A.) On Primary Playing Field <input type="checkbox"/> Base Path: <input type="checkbox"/> Running <i>or</i> <input type="checkbox"/> Sliding <input type="checkbox"/> Hit by Ball: <input type="checkbox"/> Pitched <i>or</i> <input type="checkbox"/> Thrown <i>or</i> <input type="checkbox"/> Batted <input type="checkbox"/> Collision with: <input type="checkbox"/> Player <i>or</i> <input type="checkbox"/> Structure <input type="checkbox"/> Grounds Defect <input type="checkbox"/> Other: _____	B.) Adjacent to Playing Field      D.) Off Ball Field <input type="checkbox"/> Seating Area <input type="checkbox"/> Travel: <input type="checkbox"/> Parking Area <input type="checkbox"/> Car <i>or</i> <input type="checkbox"/> Bike <i>or</i> C.) Concession Area <input type="checkbox"/> Walking <input type="checkbox"/> Volunteer Worker <input type="checkbox"/> League Activity <input type="checkbox"/> Customer/Bystander <input type="checkbox"/> Other: _____		
Please give a short description of incident: _____			
Could this accident have been avoided? How: _____			
<p>This form is for Little League purposes only, to report safety hazards, unsafe practices and/or to contribute positive ideas in order to improve league safety. When an accident occurs, obtain as much information as possible. For all claims or injuries which could become claims, please fill out and turn in the official Little League Baseball Accident Notification Form available from your league president and send to Little League Headquarters in Williamsport (Attention: Dan Kirby, Risk Management Department). Also, provide your District Safety Officer with a copy for District files. All personal injuries should be reported to Williamsport as soon as possible.</p>			
Prepared By/Position: _____	Phone Number: (    ) _____		
Signature: _____	Date: _____		



# Frederick County National Little League



## LITTLE LEAGUE® BASEBALL AND SOFTBALL ACCIDENT NOTIFICATION FORM INSTRUCTIONS

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

Accident & Health (U.S.)

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

League Name		League I.D.	
<b>PART 1</b>			
Name of Injured Person/Claimant	SSN	Date of Birth (MM/DD/YY)	Age Sex <input type="checkbox"/> Female <input type="checkbox"/> Male
Name of Parent/Guardian, if Claimant is a Minor		Home Phone (Inc. Area Code)	Bus. Phone (Inc. Area Code)
Address of Claimant		Address of Parent/Guardian, if different	

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

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

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

Date of Accident	Time of Accident	Type of Injury
	<input type="checkbox"/> AM <input type="checkbox"/> PM	

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

Check all applicable responses in **each** column:

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

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

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

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

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

## Frederick County National Little League Baseball



# Frederick County National Little League

## Little League® Baseball & Softball CLAIM FORM INSTRUCTIONS



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

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

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

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

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

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

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

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

# Frederick County National Little League

## TREATMENT OF DENTAL INJURIES

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

## CHECKLIST FOR PREPARING CLAIM FORM

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

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

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

## PART II - LEAGUE STATEMENT

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

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

## Frederick County National Little League

### Appendix B

#### Frederick County National Little League Safety Code:

1. Arrangements should be made in advance of all games and practices for emergency medical services.
2. Managers, Coaches, and umpires should have some training in First-Aid. First-Aid Kits should be available at the field and must be inspected weekly. After each use contact the Safety Officer for re-supply.
3. No games or practices should be held when weather or field conditions are not good particularly when lighting is inadequate. If the surrounding street lights are on, it is probably too dark to continue playing, and the game should be called if approved field lighting is not available.
4. Play area should be inspected frequently for holes, damage, stones, glass, and other foreign objects.
5. Dugouts and bat racks should be positioned behind screens.
6. Managers or coaches must not warm up a pitcher at home plate or in the bullpen or elsewhere at any time. They may, however, stand to observe a pitcher during warm-up in bullpen.
7. Responsibility for keeping bats and loose equipment off the field of play should be that of a regular player assigned for this purpose.
8. Foul ball should be returned through the dugouts and NEVER thrown onto the fields.
9. During practice sessions and games, all players should be alert and watching the batter on each pitch.
10. During warm-up drills, players should be spaced so that no one is endangered by wild throws or missed catches.
11. Equipment should be inspected regularly. Make sure it fits properly.
12. Batters must wear protective NOCSAE helmets during batting practice, as well as during games.
13. Catchers must wear a catcher's helmet (with face mask and throat guard), chest protector, and shin guards. Male catchers must wear long-model chest protector, protective supporter, and cup at all times.
14. All male players must wear athletic supporters. We strongly recommend that all male players wear cups as well.

## Frederick County National Little League

### Appendix B (Cont.)

15. Except when a runner is returning to a base, head first slides are not permitted. This applies only to Majors, Minor League and Tee Ball
16. During sliding practice, ensure that bases will "break away".
17. At no time should "horse play" be permitted on the playing field
18. Parents of players who wear glasses should be encouraged to provide "safety glasses" with an elastic retaining strap.
19. Players must not wear watches, rings, pins, jewelry (except medic alert), or other metallic items.
20. Catchers must wear full gear and a protective cup in warming up pitchers. This applies during practice, between innings, and in the bullpen.
21. Batting/catcher's helmets should not be painted unless approved by the manufacturer.
22. Regulations prohibit on-deck batters. This means no player should handle a bat, even while in an enclosure, until it is his/her time at bat. This applies only to Majors, Minor League and Tee Ball.
23. Players who are ejected, ill, or injured should remain under supervision until released to the parent or guardian.
24. No metal pitching toe should be worn.
25. Baseball shoes with rubber cleats molded to the sole, tennis, or gym shoes are authorized.
26. Do not allow players to throw bats or helmets.
27. Do not allow players to visit the restroom alone, have the child's parent or volunteer escort the player to and from the restroom and back to the field of play.
28. Report all injuries to the FCNLL Safety Officer at [Jamey.Walters@FCNLL.com](mailto:Jamey.Walters@FCNLL.com)
29. Parents should not enter the dugout at any time. If you need your ballplayer, contact the coach.

# **Frederick County National Little League**

## **Appendix C**

### **Communicable Disease Procedures**

These procedures, also printed in each of the Official Regulations and Playing Rules, should be understood and followed by all managers, coaches, and umpires. While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood, as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to, the following:

- 1. The bleeding must be stopped, the open wound covered, and if there is an excessive amount of blood on the uniform, it must be changed before the athlete may participate.**
- 2. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood or other body fluids is anticipated.**
- 3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.**
- 4. Clean all blood contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.**
- 5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels, and other sharp instruments or devices**
- 6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.**
- 7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.**
- 8. Contaminated towels should be properly disposed of or disinfected.**
- 9. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth-guards, and other articles containing body fluids.**

# **Frederick County National Little League**

## **Appendix C-1**

### **Covid Protocol**

The following procedures have been instituted to comply with local health department regulations, FCPR, Little League® and for the wellness of players, coaches, volunteers and parents.

1. FCNLL will distribute a notification/waiver to all parents outlining league and CDC guidelines.
2. FCNLL will provide one face covering for each child, manager/coach & team parent. If lost, there will be a fee to replace or the individual will be required to provide their own. The league will also provide latex gloves, hand sanitizer and cleaning supplies to properly maintain sanitization during all team activities.
3. Face coverings will be required to be worn in certain circumstances by players, coaches, umpires, when not able to properly social distance. While players, coaches are in the dugout a face covering must be worn at all time. In addition, a face cover is encouraged when in close proximity of other players/coaches etc. If managers/coaches/parents cannot comply with face covering guidelines, they may be asked to step down as a volunteer.
4. Parents/Fans will be requested not to congregate around the dugouts/backstop areas. Spectators will also need to remain properly distanced and not gather in large groups.
5. Each team will enlist a parents/volunteers to be the lead on COVID19 prevention/precaution for their team. These elected person(s) must be an approved league volunteer and may enter the dugout to help children with face coverings, hand sanitizer, injuries, etc.
6. Players will not be allowed to share equipment. If there is a need to share, proper precautions and sanitization of the equipment must be taken between each use.
7. The coaches and umpires meeting prior to games will be done with proper distancing and there will be no handshaking or contact.
8. At the conclusion of each game, there will be no handshaking. Each team will line up on the field outside of their respective dugout/gate and recognize the other team through a tip of the cap/visor, applause of other respectful means.
9. No sunflower seeds or gum chewing allowed at any time.

## Frederick County National Little League

### Appendix C-1 (cont.)

10. Teams will be required to have disinfecting spray, hand sanitizer and spare masks on them at all times.
11. There will be a strict 15-minute window between games/practices to give the outgoing team time to vacate the dugout, wipe area down before allowing oncoming team to settle in prior to practice.
12. If dugouts are not needed for practices, it is encouraged that players hang their bags on the fence 6' apart to keep from being in close contact. There may be times in games/practices when we ask teams to set up outside of the dugout to practice better social distancing.
13. If a coach, player or family member is ill or shows symptoms linked to COVID19, the player should not report to practice or game. The parent will need to notify the manager of their respective team. If there is a positive test for a coach, child or family member, they should not attend practice or game and the manager must be notified immediately. The manager will then contact a member of the FCNLL Board of Directors to discuss further steps.
14. If notified regarding a positive test, the BOD will follow the guidelines set forth by the CDC and the State of Virginia. Response protocol will be followed strictly.
15. FCNLL players, coaches and parents will need to comply with other surrounding leagues Covid Protocol when participation in interleague play in addition to those listed above.

**\* FCNLL will be required to follow guidelines and restrictions put in place by FCPR when using the fields and facilities at Sherando Park. These may differ than those listed above.**

**\*\* As with other COVID19 related situations, there may be rule/guideline changes throughout the season. If those arise, the league will communicate them appropriately.**



## Frederick County National Little League

### Appendix D

#### Umpires

In our league, the umpires are furnished from a pool of league volunteers and paid junior umpires. As Little League rules dictate, they are in complete control of what happens on the field. Umpires play an important role in safety. Umpire training is essential to the safety of the players, managers & coaches, spectators, and other umpires. A FCNLL clinic will be held during the preseason to teach the proper skills to anyone who is interested in umpiring. We offer training through the District 3 Chief Umpire.

The following is a list of topics the clinic will cover.

- Umpires must be fair, impartial, and consistent. All trained Umpires will go away from training with a good understanding of the rules.
- Proper positioning (and rotation) in the field to avoid obstructing play or getting injured.
- Basic rules of baseball, and interpretations of commonly misunderstood rules.
- Safety violations.
- Pre-game procedures.
- Walk the field for foreign objects, holes and any hazards that might cause injury. Ensure installation of disengage-able bases.
- Inspect equipment for any safety violations prior to the start of any game



## Frederick County National Little League

### Appendix E

#### Facility and Field Inspection Checklist

Facility Name \_\_\_\_\_

Inspector \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_

- Holes, damage, rough or uneven spots
- Slippery Areas, long grass
- Glass, rocks and other debris & foreign objects
- Damage to screens, fences edges or sharp fencing
- Unsafe conditions around backstop, pitching mound
- Warning Track condition
- Dugouts condition before and after games
- Make sure telephones / cell phones are available
- Area's around Bleachers free of debris
- General Garbage clean-up
- Emptying garbage cans (Passage road)
- Conditions of restrooms and restroom supplies
- Concession Stand inspection

#### NOTES/ HAZARDS

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Signature \_\_\_\_\_

# **Frederick County National Little League**

## **Appendix F**

### **Concussion Awareness**

#### **THE FACTS**

- **A concussion is a brain injury.**
- **All concussions are serious.**
- **Concussions can occur without loss of consciousness.**
- **Concussions can occur in any sport.**
- **Recognition and proper management of concussions when they first occur can help prevent further injury or even death.**

#### **WHAT IS A CONCUSSION?**

**A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost, even if they do not directly hit their head.**

**The potential for concussions is greatest in athletic environments where collisions are common. Concussions can occur, however, in any organized or unorganized sport or recreational activity. As many as 3.8 million sports and recreation-related concussions occur in the United States each year.**

#### **RECOGNIZING A POSSIBLE CONCUSSION**

**To help recognize a concussion, you should watch for the following two things among your athletes:**

- 1. A forceful blow to the head or body that results in rapid movement of the head. - and-**
- 2. Any change in the athlete’s behavior, thinking, or physical functioning. (See the signs and symptoms of concussion.)**

## **Frederick County National Little League**

### **SIGNS AND SYMPTOMS**

#### **Signs observed by coaching staff**

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

#### **Symptoms Reported by Athlete**

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

**Athletes who experience any of these signs or symptoms after a bump or blow to the head should be kept from play until given permission to return to play by a healthcare professional (see Licensed Health Care Provided list below) with experience in evaluating for concussions. Signs and symptoms of concussion can last from several minutes to days, weeks, months, or even longer in some cases.**

**Remember, you can't see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. If you have any suspicion that your athlete has a concussion, you should keep the athlete out of the game or practice.**

### **PREVENTION AND PREPARATION**

## **Frederick County National Little League**

**As a coach, you can play a key role in preventing concussions and responding to them properly when they occur. Here are some steps you can take to ensure the best outcome for your athletes and the team:**

- **Educate athletes and parents about concussion. Talk with athletes and their parents about the dangers and potential long-term consequences of concussion. Explain your concerns about concussion and your expectations of safe play to athletes, parents, and assistant coaches. Pass out the concussion fact sheets for athletes and for parents at the beginning of the season and again if a concussion occurs.**
- **Insist that safety comes first.**
- **Teach athletes safe playing techniques and encourage them to follow the rules of play.**
- **Encourage athletes to practice good sportsmanship at all times .**
- **Make sure athletes wear the right protective equipment for their activity (such as shin guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.**
- **Review the athlete fact sheet with your team to help them recognize the signs**
- **and symptoms of a concussion.**
- **Teach athletes and parents that it's not smart to play with a concussion.**
- **Sometimes players and parents wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let athletes persuade you that they're "just fine" after they have sustained any bump or blow to the head. Ask if players have ever had a concussion.**

## Frederick County National Little League

- **Prevent long-term problems.** A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage, and even death. This more serious condition is called second impact syndrome.<sup>4,5</sup> Keep athletes with known or suspected concussion from play until they have been evaluated and given permission to return to play by a healthcare professional with experience in evaluating for concussion.
- **Remind your athletes:** “It’s better to miss one game than the whole season.”

### **ACTION PLAN**

#### **WHAT SHOULD A COACH DO WHEN A CONCUSSION IS SUSPECTED?**

**1. Remove the athlete from play. Look for the signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head. Athletes who experience signs or symptoms of concussion should not be allowed to return to play. When in doubt, keep the athlete out of play.**

**2. Ensure that the athlete is evaluated right away by an appropriate health care professional. Do not try to judge the severity of the injury yourself. Health care professionals have several methods that they can use to assess the severity of concussions. As a coach, recording the following information can help healthcare professionals in assessing the athlete after the injury:**

- **Cause of the injury and force of the hit or blow to the head**
- **Any loss of consciousness (passed out/knocked out) and if so, for how**
- **Any memory loss immediately following the injury**
- **Any seizures immediately following the injury**
- **Number of previous concussions (if any)**

**2. Inform the athlete’s parents or guardians about the possible concussion and give them the fact sheet on concussion. Make sure they know that the athlete should be seen by a healthcare professional experienced in evaluating for concussion.**

## Frederick County National Little League

**4. Allow the athlete to return to play only with permission from a healthcare professional with experience in evaluating for concussion. A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long-term problems. Prevent common long-term problems and the rare second impact syndrome by delaying the athlete's return to the activity until the player receives appropriate medical evaluation and approval for return to play.**

### **Licensed Health Care Providers**

**What licensed health care providers are trained in the evaluation and treatment of concussions/brain injuries and authorized to allow the athlete to return to play?**

- **Medical Doctors (MD)**
- **Doctor of Osteopathy (DO)**
- **Advanced Registered Nurse Practitioner (ARNP)**
- **Physicians Assistant (PA)**
- **Licensed Certified Athletic Trainers (ATC)**

**It is mandatory that all Managers, coaches, and volunteer's complete annual concussion training and receive a certificate as proof that the training has been completed.**

**Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours.**

**For current and up-to-date information on concussions you can go to:**

**<http://www.cdc.gov/ConcussionInYouthSports/>**

**As a condition of managing or coaching I have read the manager and coaches training information and will follow with practices on Concussions and Head Injuries, including educating my parents and players. I will also comply with all my league's policies regarding Concussions and Head Injuries. I will sit a player out when in doubt and not allow that player to return to practice or a game until cleared by professional medical personnel**

---

**Manager/Coach Name Printed      Signature**

---

**Date**

# **Frederick County National Little League**

## **Appendix G**

### **Frederick County National Little League Background Check**

#### **Background**

In accordance with Little League Baseball, FCNLL will conduct Background Checks for registered sex offenders on all adult volunteers for our 2020 season and beyond. No continued contact with the players will be allowed prior to the Background Check. The Little League Child Protection Program has been in place since 1997 with optional background checks in place. In 2005, background checks were mandatory for all programs nationwide and will be required annually.

**Who will require a background check?**

- FCNLL will conduct background checks for Board Members, managers, coaches, assistant coaches and any other adult who will have regular or repetitive contact with our players.

**Who will conduct background checks?**

- FCPRD maintains a contract with an independent, local security agency that conducts extensive background checks on ALL paid and volunteer personnel that might have contact with FCNLL players. For specific details, contact the FCNLL BOD President or FCPRD management.

**How will the background checks be conducted?**

- All Board Members, managers, coaches, assistant coaches and other adult volunteers will be required to complete a current Volunteer Application Form. Failure to submit this form will result in the individual being banned from participating in Frederick County National Little League activities. Managers and coaches will not be able to hold practices or have any other contact with players until all the coaching staff has completed the Volunteer Application and have been cleared as not being a registered sex offender.

## **Frederick County National Little League**

### **Appendix G (cont.)**

**How will a volunteer be notified if their background check makes them ineligible to participate in FCNLL?**

- **The league president and Safety Officer will notify any adult volunteers who fail the background check of their ineligibility to be a member of FCNLL**

**Where can I get more information?**

- **Any member of the FCNLL Board of Directors can provide additional information. Also, a wealth of information concerning the Child Protection Program and background checks can be found at [www.littleleague.org](http://www.littleleague.org) along with contacting Virginia State Police for their sex offenders list. Further information may be obtained at:**

**<https://www.littleleague.org/player-safety/child-protection-program/>**



# Frederick County National Little League

## Appendix H

### First Aid Kits:

Each Manager will receive a complete first aid kit with the following contents:

- After each use the manager will submit a form to the league safety officer within 24 hours- the safety officer will process the paperwork and resupply the first aid kit.

#### First Aid Kit Contents

**25 Plastic Bandages 3/4" x 3"**

**5 Plastic Bandages 2" x 4.5"**

**Gauze Pads 3" x 3"**

**1 Roll Gauze 2"**

**1 Elastic Bandage 3" x 5yds.**

**15 Antiseptic Wipes**

**3 Sting Relief Wipes**

**1 Tape 1" x 5 yds.**

**3 Cold Packs**

**1 Scissors**

**2 Gloves**

**6 Triple Antibiotic Ointment Packets**

# Frederick County National Little League

## Appendix I

### Some Important Do's and Don'ts for managers and coaches:

#### Do...

- Make certain to have a mobile phone available when your game or practice is at a facility that does not have any public phones.
- Have your players' Medical Clearance Forms with you at all games and practices.
- Carry your first-aid kit to all games and practices
- Reassure and aid children who are injured, frightened, or lost
- Provide, or assist in obtaining, medical attention for those who require it.
- Know your limitations.
- Assist those who require medical attention - and when administering aid, remember to
- **LOOK** for signs of injury (*Blood, Black-and-blue deformity of joint etc.*).
- **LISTEN** to the injured 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.

#### 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're not sure of the proper procedures (i.e., CPR, etc.)
- Transport injured individuals except in extreme emergencies
- Leave an unattended child at a practice, game
- Allow players to visit the restroom alone, have the child's parent or volunteer escort the player to and from the restroom and back to the field of play (buddy system)
- Hesitate to report any present or potential safety hazard to the Safety Officer immediately.

# Frederick County National Little League

## APPENDIX J

### Frederick County National Little League Wind Chill Procedures

- Wind Chill will be checked 1 hour before the game or practice by the League Safety Officer or other designated Board of Director when the air temperature is 39 degrees (Fahrenheit) or lower.
- The League Safety Office or Board of Director will use the [accuweather.com](http://accuweather.com) website to determine the wind chill for the area of the game or practice. Once a person is on the [accuweather.com](http://accuweather.com) website, they will put in the zip code for the location of the contest/practice and the website will give them the air temperature as well as the Real Feel temperature (wind chill).
- If the Real Feel temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the Real Feel (wind chill) at the midway point of the game or practice. If the Real Feel (wind chill) temperature is -11 degrees (Fahrenheit) or lower, the practice will be suspended.

**Please refer to the following chart to take the appropriate actions:**

Real Feel (wind chill) above 40 degrees.      Full activity. No restrictions.

#### RECOMMENDED:

##### Wind Chill Caution:

Real Feel (wind chill) 36 - 20 degrees

- Stay adequately hydrated.
- Notify coaches of the threat of cold related illnesses.
- Have players and coaches dress in layers of clothing.

##### Wind Chill Watch:

Real Feel (wind chill) 29 - 10 degrees

- Stay adequately hydrated.
- Notify coaches of the threat of cold related illnesses.
- Have players and coaches dress in layers of clothing.
- Cover the head and neck to prevent heat loss.

# Frederick County National Little League

## Appendix J (continued)

### Wind Chill Warning:

Real Feel (wind chill) 9 to -10 degrees

- Stay adequately hydrated.
- Notify coaches of the threat of cold related illnesses.
- Have students and coaches dress in layers of clothing.
- Cover the head and neck to prevent heat loss.
- Consider postponing practice to a time when Real Feel temp is much higher.  
Consider reducing the amount of time for an outdoor practice session.

### **REQUIRED:**

### Wind Chill Alert:

Real Feel (wind chill) -11 degrees or lower

- No Outside Activity – Game or Practice **MUST** be cancelled.

### NOAA's National Weather Service

#### Heat Index Temperature (°F)

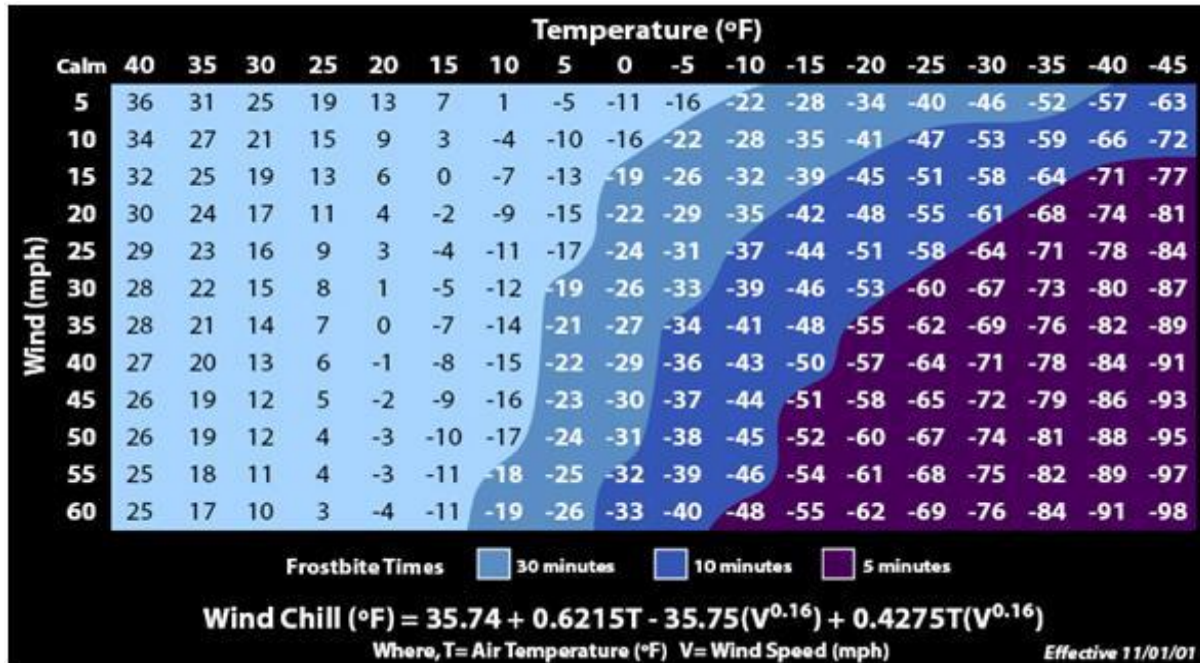
Relative Humidity (%)	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	126	130					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution
  Extreme Caution
  Danger
  Extreme Danger

# Frederick County National Little League

## Appendix J (continued)



## Frederick County National Little League

### APPENDIX K

#### **FCNLL Inclement weather (lightning event) policy:**

ALL play, to include practice, must stop when THUNDER is heard or LIGHTNING is seen. Play CANNOT RESUME for a minimum of **30 MIN** after the last thunder/lightning event. This is determined by the Park Ranger, Umpire in Chief or Game Coordinator if multiple games are in progress. At Sherando Park the Park Ranger has overall authority to stop and start play.

The use of approved lightning detection application will enhance the detection of dangerous lightning and will therefore be used at all FCNLL home field events. ALL FCNLL Volunteers will be trained in the proper use of the **“My Lightning Tracker”** application at the Annual Mandatory Coaches Clinic and Safety training.

When the approved lightning application indicates the presence of lightning in the immediate vicinity, all play and or practice will cease for 30 minutes, per FCNLL and FCPRD Standard Operating Procedures (SOP's). At Sherando Park, the concession stand staff will notify the game coordinator/board member or head umpire to take the appropriate action. At Passage Road, the Senior Umpire, UIC or Game Coordinator will use the **“My Lightning Tracker”** and will make the appropriate decision.

#### **Fail Safe:**

If lightning is seen or thunder is heard and the **“My Lightning Tracker”** does not indicate lightning in the immediate area, the Senior Umpire, UIC Game Coordinator or Park Ranger will stop play or practice. No activity should resume until 30 min after the last lightning/thunder event.

When play is stopped all fields and spectator areas of the park will be evacuated. **NO** appropriate shelter exists at Sherando or Passage Road to protect players, volunteers, or spectators from lightning; therefore, the fields must be evacuated- players may seek shelter in their vehicles and remain on the property unless the park closes.

**Play may resume when the “My Lightning Tracker” application does not detect the presence of lightning within 15 miles for 20 minutes.**

# Frederick County National Little League

## Appendix L

### Safe Minimum Cooking Temperatures

Use this chart and a food thermometer to ensure that meat, poultry, seafood, and other cooked foods reach a safe minimum internal temperature.

Remember, you can't tell whether meat is safely cooked by looking at it. Any cooked, uncured red meats – including pork – can be pink, even when the meat has reached a safe internal temperature.

**Why the Rest Time is Important** After you remove meat from a grill, oven, or other heat source, allow it to rest for the specified amount of time. During the rest time, its temperature remains constant or continues to rise, which destroys harmful germs.

Category	Food	Temperature (°F)	Rest Time
<b>Ground Meat &amp; Meat Mixtures</b>	Beef, Pork, Veal, Lamb	160	None
	Turkey, Chicken	165	None
<b>Fresh Beef, Veal, Lamb</b>	Steaks, roasts, chops	145	3 minutes
<b>Poultry</b>	Chicken & Turkey, whole	165	None
	Poultry breasts, roasts	165	None
	Poultry thighs, legs, wings	165	None
	Duck & Goose	165	None
	Stuffing (cooked alone or in bird)	165	None
<b>Pork and Ham</b>	Fresh pork	145	3 minutes
	Fresh ham (raw)	145	3 minutes
	Precooked ham (to reheat)	140	None
<b>Eggs &amp; Egg Dishes</b>	Eggs	Cook until yolk and white are firm	None
	Egg dishes	160	None
<b>Leftovers &amp; Casseroles</b>	Leftovers	165	None
	Casseroles	165	None
<b>Seafood</b>	Fin Fish	145 or cook until flesh is opaque and separates easily with a fork.	None
	Shrimp, lobster, and crabs	Cook until flesh is pearly and opaque.	None
	Clams, oysters, and mussels	Cook until shells open during cooking.	None
	Scallops	Cook until flesh is milky white or opaque and firm.	None









**Think PASS!**

- 1. Pull Ring**
- 2. Aim at Base of Fire**
- 3. Squeeze Lever**
- 4. Sweep Side to Side**

## Additional Safety Resources

### Stretching with Michele Smith

Two-time USA Softball Olympic Gold-Medalist

*Children are naturally flexible, with young muscles still growing and developing, so your coaches may not think stretching is very important. But take it from two-time USA Softball Olympic Gold-Medalist Michele Smith, a proper pre- and post-workout routine can help care for the muscles that allow the players to take the field.*

#### Dynamic Warm-Up

"I encourage coaches to begin any practice or game with a dynamic warm-up," Michele stated. For younger players, 10 minutes total of blood-pumping, body-moving activity can help raise the body's core temperature and loosen up muscles for the practice or game. Older players may need 15 minutes of warm-up. These are not static stretching exercises, but active dynamic warm-ups.

Start by having players run from foul pole to foul pole, then do some agility exercises:

- High knees (short jog, lift knees high),
- Butt kicks (short jog, try to kick feet backwards up toward bottom),
- Karaoke run (crossover steps laterally),

- Jumping jacks (standard),
- Arm windmills (forward and reverse),
- Neck circles (left & right, full rotation).

"The goal is to work on all the body parts: trunk, arms, legs and neck," Michele said. "Muscles stretch more easily if the body is warmed up properly before you stretch."



If muscles are still tight after the dynamic warm-up, then do some specific stretching for the area. Pitchers especially, but all players need to really work on their shoulder muscles, to make sure they are loose before throwing. And coaches should be reminded to have their players do stretching and warm-up exercises any time they have been idle for a period.

Michele pointed out that planning can help reduce the amount of stretching needed. Some coaches have players warm up their arms, do a few defensive drills, stand around waiting to hit and then start back throwing. Instead, start players hitting, then go to throwing drills, making sure they stretch out their arms before throwing. It saves

time stretching and saves injuries to arms. But warm up and stretch the trunk before hitting, too, or players risk injuries like groin pulls. Ask Mike Piazza of the New York Mets how easy it is to overcome a pulled groin.

#### Then Cool Down

After a practice or game, don't just send your kids home. Michele noted that muscles need to be worked a little to get new oxygen in, to remove the waste by-products of exercising. "Have players run a lap around the field, then sit in a circle and stretch muscles to get fresh blood in them, and help strengthen them."

She suggests arm windmills, neck circles and hurdler's stretches for the quads and glutes (thighs and bottom). Twisting exercises that stretch the side muscles and back are also good. Here's one: Sit on the ground, placing the foot of a bent leg on the opposite side of an outstretched leg's knee, and twist your torso across the upright knee. Then switch legs and twist the other way.

"A good cool down will help cool the muscles and slow the heart rate," Michele said. "It's important not to over-stretch in the cool down phase," she noted, since the muscles are being relaxed. If any sore spots are found during stretching, apply ice.

Michele said warm ups are a good time for players to visualize what they will be doing: hitting, pitching, throwing out base runners, etc. Cool downs are a time to reflect on the practice on what went well, and what may need improvement. But above all, these tips can keep players playing, and not sidelined with muscle injuries.

"If you're injured, you can't play the sport you love," Michele pointed out. "We need to warm up and cool down to prevent injuries. Young kids are so flexible, they don't realize they can pull muscles. So for younger players, this is as much about instilling good routines for the players for later life."



# Michele Smith — Olympian

*This summer's Olympics are putting the spotlight on the world's best athletes in Athens. But these top-flight athletes all know that performance is determined by preparation before ever stepping on the field.*

Michele Smith, two-time Gold Medal winner with the USA Softball team, follows some of the best training regimens and shares that knowledge.

"It is just as important to take care of your body off the field as on it," Michele said. "If you're in good condition, you have better reactions to hit the ball faster and farther."

Being in shape is just good sense for playing your best. But did you know recent studies also show that athletes that are in good physical condition experience fewer injuries than those who aren't?

## Keys to conditioning:

- Fitness conditioning
- Weight conditioning
- Pliometrics
- Agilities drills
- Core strength training

But Michele notes you should not get too serious too early with conditioning for the younger players. Most kids 5-8 years old are getting all the exercise they need to build their muscles to play by playing, and don't need conditioning workouts.

Graduate the amount and intensity of workouts for the age of the participants. Again, just developing good, moderate training habits with the players will help them as they grow.

## Fitness conditioning

For fitness training, Michele stresses fundamental exercises that everyone can do like jogging, biking, aerobics and anything that gets the cardio-vascular system pumping blood. Sustaining elevated heart and lung functions helps the body prepare for hard

exercise, like games, and increases the body's ability to function at this increased activity level for longer periods. Fitness training also is beneficial for weight management, for more sedentary players.

## Weight conditioning

Weight training should be undertaken only for those 12 years of age or older, as younger bodies are still growing and developing. Placing too much stress on growth plates and other fragile areas through weight training can cause developmental injuries.

For the older athlete, weight training offers increased lean body mass for higher metabolism and healthier, stronger muscles. All major muscle groups should be worked: chest, arms, shoulders, back and legs.

## Examples:

- Chest — bench press, flies
- Arms — biceps curls, triceps extensions
- Shoulders — military press, dips, shrugs
- Back — rows, pull-downs
- Legs — squats, leg curls, leg extensions

## Pliometrics

This is explosive training to increase the player's bounding abilities, and overall speed and energy. While many weight programs train the muscles for slow, strong movement, plyometrics trains the muscles to have faster, explosive force, especially important in the pitching motion.

## Examples:

- Single leg bounds — hopping up and down on one leg
- Standing broad jumps — jump forward
- Lateral jumps — jump to the sides
- Vertical jumps — jump straight up
- Jump-tucks — jump up and pull knees to chest

## Agilities training

These are important to strengthening connective muscles, those around ankles and knees especially. Agility drills help develop "fast twitch" muscles, which allow changes in direction, quick hands, and also "builds body awareness in spatial



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# Olympic Training Ideas

relationship," Michele explained, meaning the player understands better where they are on the field and where to move to reach the ball or tag a base.

Examples are foot drills like running a dual line of tires, doing the karaoke step (cross-over step running sideways), as well as hand drills for catching and tossing the ball quickly.

## Core strength training

"The core (abdominals and back) is important for body strength in playing ball since players push off the ground in throwing, fielding, running and especially hitting and pitching," said Michele. "The player is transferring their strength and movement from the upper body to the lower body and vice versa in all these movements."

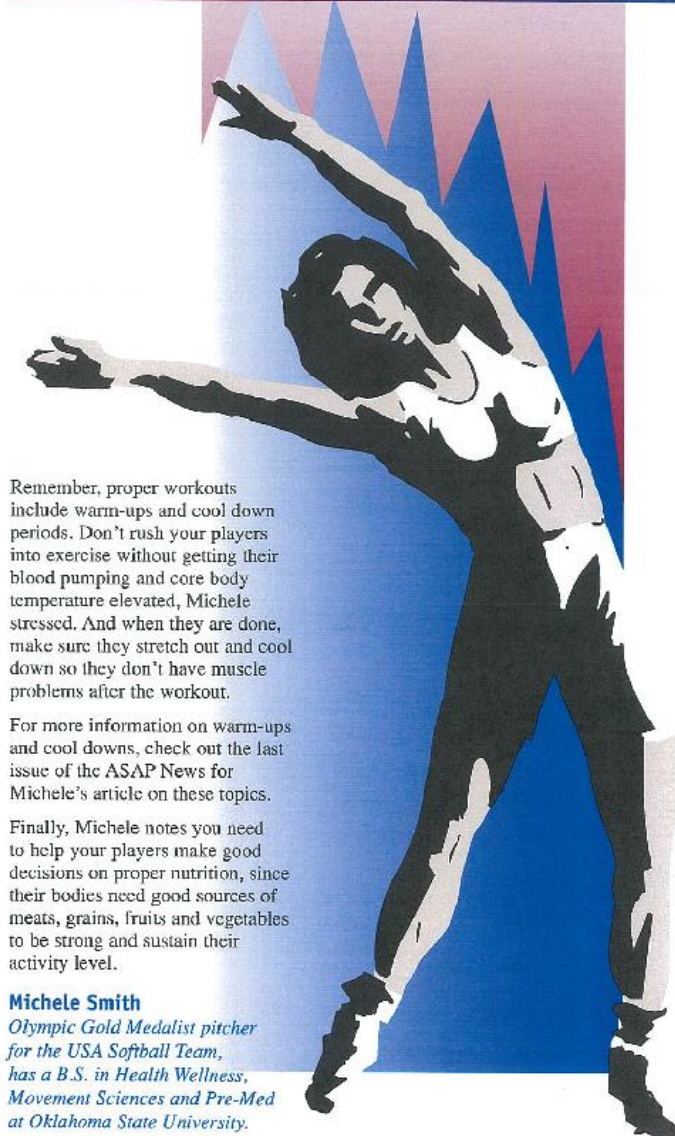
Good basic exercises for the core are: sit-ups, crunches and leg elevations, and "super-mans" or hyper-extensions for the back (reverse sit-ups).

"If you're in good condition, you're going to be better able to play late in the game," Michele stressed. "Or when you hit that deep triple, you won't gas going around second and get thrown out."

## The seasons of conditioning:

- Off-season: Have them hit the training and/or weight room 3 days a week, combined with cardio-vascular workouts more extensively to build strength and endurance. Do the core training workout every day, and combine the plyometrics workout with weight training for older athletes.
- Pre-season: Getting ready — workout off field two times a week. Michele points out that if you are practicing with your team three days a week, you will want to have the players do some aerobic activity two additional days, to build endurance.
- In season: The team is playing more, so you want them to stay consistent and maintain their fitness level, so exercising one to two times a week is sufficient.

*"It is just as important to take care of your body off the field as on it," – Michele Smith.*



Remember, proper workouts include warm-ups and cool down periods. Don't rush your players into exercise without getting their blood pumping and core body temperature elevated, Michele stressed. And when they are done, make sure they stretch out and cool down so they don't have muscle problems after the workout.

For more information on warm-ups and cool downs, check out the last issue of the ASAP News for Michele's article on these topics.

Finally, Michele notes you need to help your players make good decisions on proper nutrition, since their bodies need good sources of meats, grains, fruits and vegetables to be strong and sustain their activity level.

## Michele Smith

*Olympic Gold Medalist pitcher for the USA Softball Team, has a B.S. in Health Wellness, Movement Sciences and Pre-Med at Oklahoma State University.*

asap@musco.com 5 47



# Don't Swing It

**...Until You're Up to the Plate!**



(Photos from North Scott, Iowa, Little League)

**Don't let this happen to you, or to a teammate.**

**REMEMBER:**

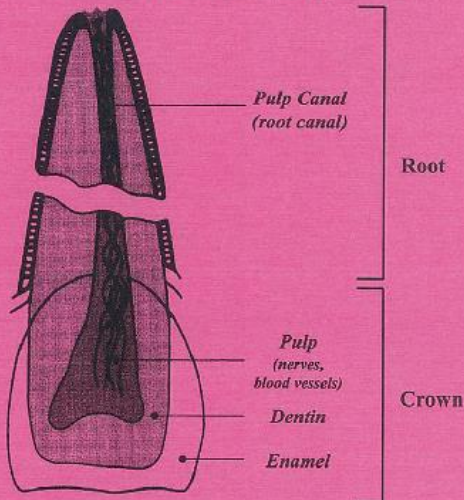
**Don't pick up your bat until you leave the dugout, to approach the plate.**

**RULE 1.08, Notes**

"1. The on-deck position is not permitted in Tee Ball, Minor League or Little League (Majors) Division. 2. Only the first batter of each half-inning will be allowed outside the dugout between the half-innings in Tee Ball, Minor League or Little League (Majors) Division."



## Emergency Treatment of Athletic Dental Injuries



*Professionally-made, properly fitted Custom Mouthguards greatly reduce the risk and severity of mouth injuries. Mouthguards are recommended injury prevention equipment for all at-risk sports.*

### AVULSION (Entire Tooth Knocked Out)

1. Avoid additional trauma to tooth while handling. **Do Not** handle tooth by the root. **Do Not** brush or scrub tooth. **Do Not** sterilize tooth.
2. If debris is on tooth, *gently* rinse with water.
3. If possible, reimplant and stabilize by biting down gently on a towel or handkerchief. Do only if athlete is alert and conscious.
4. If unable to reimplant:  
Best - Place tooth in Hank's Balanced Saline Solution, i.e. "Save-a-tooth."  
2nd best - Place tooth in milk. Cold whole milk is best, followed by cold 2% milk.  
3rd best - Wrap tooth in saline-soaked gauze.  
4th best - Place tooth under athlete's tongue. Do this **ONLY** if athlete is conscious and alert.  
5th best - Place tooth in cup of water.
5. Time is very important. Reimplantation within 30 minutes has the highest degree of success rate.  
**TRANSPORT IMMEDIATELY TO DENTIST.**

### LUXATION (Tooth in Socket, But Wrong Position)

#### THREE POSITIONS

**EXTRUDED TOOTH** - Upper tooth hangs down and/or lower tooth raised up.

1. Reposition tooth in socket using firm finger pressure.
2. Stabilize tooth by gently biting on towel or handkerchief.

**3. TRANSPORT IMMEDIATELY TO DENTIST.**

**LATERAL DISPLACEMENT** - Tooth pushed back or pulled forward.

1. Try to reposition tooth using finger pressure.
2. Athlete may require local anesthetic to reposition tooth; if so, stabilize tooth by gently biting on towel or handkerchief.

**3. TRANSPORT IMMEDIATELY TO DENTIST.**

**INTRUDED TOOTH** - Tooth pushed into gum - looks short.

1. Do nothing - avoid any repositioning of tooth.
2. **TRANSPORT IMMEDIATELY TO DENTIST.**

### FRACTURE (Broken Tooth)

1. If tooth is totally broken in half, save the broken portion and bring to the dental office as described under Avulsion, Item 4. Stabilize portion of tooth left in mouth by gently biting on towel or handkerchief to control bleeding.
2. Should extreme pain occur, limit contact with other teeth, air or tongue. Pulp nerve may be exposed, which is extremely painful to athlete.
3. Save all fragments of fractured tooth as described under Avulsion, Item 4.
4. **IMMEDIATELY TRANSPORT PATIENT AND TOOTH FRAGMENTS TO DENTIST.**

**Academy for  
Sports Dentistry**  
875 North Michigan Ave.  
Suite 4040  
Chicago, IL 60611-1901

1800-273-1788  
1800-ASD-1788

The Academy for Sports Dentistry, a professional organization dedicated to the dental needs of athletes at risk to sports injuries, recommends that every sports medicine team include a dentist knowledgeable in sports dentistry.

**MOUTHGUARDS SHOULD NOT BE  
OPTIONAL EQUIPMENT**



**WHEN IT'S HOT,  
DRINK BEFORE  
YOU'RE THIRSTY.**

© 1996 Little League Baseball® and Musco Lighting, Inc.

**Drinking Guidelines For Hot Day Activities**

**Before:** Drink 8 oz. immediately before exercise

**During:** Drink at least 4 oz. every 20 minutes

**After:** Drink 16 oz. for every pound of weight lost

**Dehydration signs:** Fatigue, flushed skin, light-headed

**What to do:** Stop exercising, get out of sun, drink

**Severe signs:** Muscle spasms, clumsiness, delirium



## Frederick County National Little League

**FIGHT  
THE BITE!**



### JOIN THE "SWAT TEAM" AGAINST WEST NILE VIRUS

#### Defend Yourself Against Mosquitoes:

**DRAIN** standing water around the house weekly since it's where mosquitoes lay eggs, including: tires, cans, flowerpots, clogged rain gutters, rain barrels, toys and puddles.

**DUSK & DAWN** are when mosquitoes that carry the virus are most active., so limit outdoor activities or take precautions to prevent mosquito bites.

**DEET** is an effective ingredient to look for in insect repellents. Always follow label instructions carefully.

**DRESS** in long sleeves and pants during dawn and dusk or in areas where mosquitoes are active.

**West Nile Virus** disease is rare, but if you have symptoms including high fever, severe headache and stiff neck, contact your health care provider immediately.

#### Combata la Picadura:

**Desague** agua estancada alrededor de la casa (en llantas, cubos de basura, macetas, canalones y charcos) pues ahí ponen huevos los mosquitos. Corte la hierba y arbustos y no riegue demasiado.

**AL ATARDECER y AMANECER** están más activos los mosquitos que portan el virus. Evite actividades afuera o tenga precauciones para prevenir picaduras.

**"DEET"** es un ingrediente que deben tener los repelentes de insectos para que sean efectivos. Siga las instrucciones.

**VISTASE** con camisas de manga larga y pantalones cuando esté afuera en la tarde o al amanecer o donde haya muchos mosquitos.

La enfermedad del virus del Nilo Occidental es muy rara, pero si usted tiene los siguientes síntomas como dolor de cuello, fiebre alta y fuerte dolor de cabeza, contacte inmediatamente a su proveedor de servicios

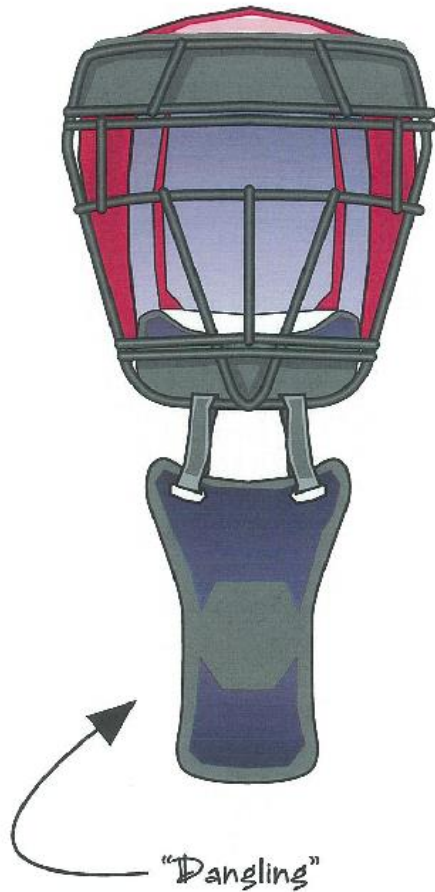
[www.fightthebitecolorado.com](http://www.fightthebitecolorado.com)

Submitted by the Tri-Lakes Athletic Association Little League.

Copy and post at dugouts.

[asap@musco.com](mailto:asap@musco.com) 51





**Make  
Sure  
They  
Are  
Safe!**

**REMEMBER:**

**Catchers must wear helmets during warm-ups and infield/outfield practice.**

**RULE 1.17**

"...All catchers must wear a mask, 'dangling' type throat protector and catcher's helmet during infield/outfield practice, pitcher warm-up and games."

## Asthma Emergency Signs

### Seek Emergency Care If A Child Experiences Any Of The Following:

- + Child's wheezing or coughing does not improve after taking medicine (15-20 minutes for most asthma medications)
- + Child's chest or neck is pulling in while struggling to breathe
- + Child has trouble walking or talking
- + Child stops playing and cannot start again
- + Child's fingernails and/or lips turn blue or gray
- + Skin between child's ribs sucks in when breathing

**Asthma is different for every person.**

The "Asthma Emergency Signs" above represent general emergency situations as per the National Asthma Education and Prevention Program 1997 Expert Panel Report.

If you are at all uncertain of what to do in case of a breathing emergency...

**Call 9-1-1 and the child's parent/guardian!**


Michigan Asthma Steering Committee of the Michigan Department of Community Health

(From the Grandville, Mich., Little League 2001 Safety Plan)

## Mower/Equipment Safety Rules



1. Never make adjustments or repairs with the engine running.
2. Be sure the area is clear of other people before mowing. **STOP** if anyone enters the area.
3. Never carry passengers.
4. Do NOT mow in reverse.
5. ALWAYS look down and behind BEFORE and WHILE backing.
6. Remove rocks, tree limbs, cans, etc. before mowing.
7. Always check the oil in the mowers before use.
8. ONLY adults operate mowers. NO children/others allowed to ride along with operator of riding mowers.
9. Please report damage or trouble with the mowers so they can be repaired.
10. You MUST wear safety glasses when using weed eater.

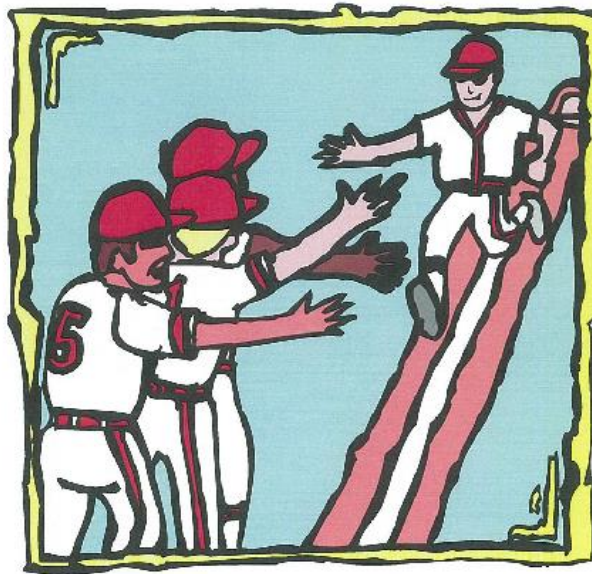
 Modified from Peru, Ind., Little League safety plan

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# Keep It Clean!



**REMEMBER:**

**Use good sportsmanship on the field,  
even to your language.**

**Regulation XIV – Field Decorum**

- a) "The actions of players, managers, coaches, umpires and league officials must be above reproach . . ."
- b) "The use of tobacco and alcoholic beverages in any form is prohibited on the playing field, benches or dugouts."

Copy and post at dugouts.

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## Who Uses Spit Tobacco?



### No One in Your Little League Program ... Right?

become regular spit tobacco consumers. It's NSTEP's goal to change this.

**Think again.** In fact, the national spit tobacco rate among high school males is one in five. That's right – one out of every five high-school boys has used spit tobacco, a substance that contains more than 28 known cancer-causing agents. Girls aren't immune, either. Some regions of the U.S. report that girls are using spit tobacco at high rates as well. One thing is clear – kids are using spit tobacco. What are you doing to make sure that your child isn't?

NSTEP wants to make sure your child doesn't use spit tobacco, too. Oral Health America's National Spit Tobacco Education Program (NSTEP) was founded in 1994 as an effort to increase awareness about the dangers of spit tobacco, and break the historical link between this potentially deadly drug and America's pastime. NSTEP's mission is to prevent the use of spit tobacco, and to help all users quit.

NSTEP's mission isn't easy. The spit tobacco industry enjoys more than \$2 billion in yearly sales, largely by targeting new users. Nearly one million children will try spit tobacco this year and more than 300,000 of these young first-time users will

Little League Baseball, International is a major player on the NSTEP team because it wants kids to know the truth about spit tobacco. Together, NSTEP and Little League are working to ensure that kids, spit tobacco, baseball and softball never mix. NSTEP also has partnered with Major League Baseball, the Major League Baseball Players Association (MLBPA), the Professional Baseball Athletic Trainers Society (PBATS), and the American Baseball Coaches Association (ABCA). Spokesmen have included some of baseball's most exciting figures, including Derek Jeter, Hank Aaron, Jeff Bagwell, Lenny Dykstra, and NSTEP national chairman, Joe Garagiola. Chances are NSTEP will make an impression at your child's Little League ballpark this summer through its programs, projects, and literature aimed at teaching young baseball and softball fans that spit tobacco isn't part of the game.

So ask yourself again – who uses spit tobacco? It could be your kid, but it doesn't have to be. NSTEP needs the help of parents, coaches, and adult role models everywhere to help bring its anti-spit tobacco message to today's youth.

Visit [WWW.NSTEP.ORG](http://WWW.NSTEP.ORG) today for vital resources and information on spit tobacco, cessation, and oral cancer prevention.



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