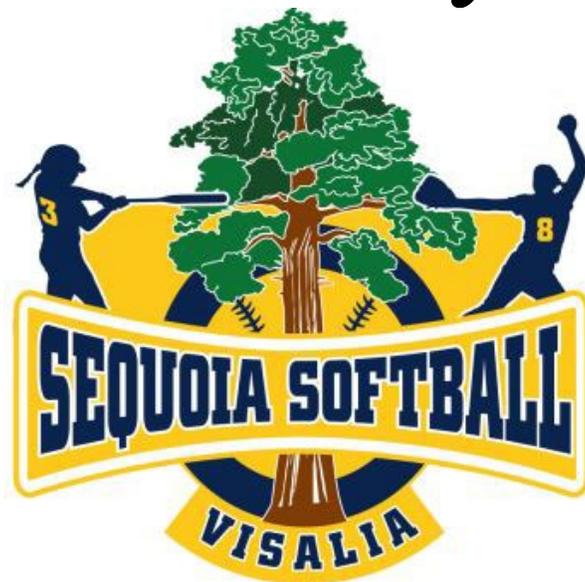


Sequoia Softball

District 34

ASAP Safety Plan



2022

League ID# 405-34-304949
(Kawah Little League Softball dba Sequoia Softball)

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APPENDIXES:

APPENDIX I

Volunteer Application Form

APPENDIX II

Accident Notification Form / General Liability Form

APPENDIX III

Medical Release Form

APPENDIX IV

Little League National Facility Survey

INTRODUCTION

ASAP – What is it? In 1995, ASAP (A Safety Awareness Program) was introduced with the goal of re-emphasizing the position of Safety Officer “to create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League Baseball”. This safety manual is offered as a tool to some important information at manager and coach’s fingertips. Resources have been devoted to helping safety officers prevent injuries, rather than simply reacting to them. This safety manual will be printed and distribute as necessary, to managers, concession workers, field and grounds crews, and whoever requires one. Copies of the safety manual will be located at the Main field (D1) Press Box

Definition of Safety – The condition of being safe from undergoing or causing hurt, injury, or loss.

Ten Commandments of Safety –

- Be Alert!
- Check playing field for safety hazards
- Wear proper equipment
- Ensure equipment is in good condition
- Ensure First Aid is available
- Maintain control of the situation
- Maintain discipline
- Safety is a team sport
- Be organized
- Most of all-----HAVE FUN!!

Responsibility of Sequoia Little League Softball Safety Officer

The main responsibility of the SLLS Safety Officer is to develop and implement the League's safety program.

The SLLS Safety Officer's responsibilities include:

- Strives to provide a safe and healthy environment for all volunteers, spectators and players
- Coordinates all safety activities
- Ensures safety in player training
- Coordinates reporting and prevention of injuries
- Solicits suggestions for making conditions safer (i.e. Safety Suggestion Box)
- Develops a League Safety Plan
- Allocate part of annual budget for safety
- Making sure that is a monthly Board Meeting topic, and allowing experienced people to share ideas on improving safety
- Distribute ASAP News newsletters within league.
- Installing First Aid Kits in designated locations and re-stocking the kits as needed.
- Assisting parents and individual with insurance claims and will act as the liaison between the insurance company and the parents and individuals.
- Explaining insurance benefits to claimants and assisting them with filing the correct paperwork.
- Checking fields with the Field Managers and listing areas needing attention.
- Scheduling a First-Aid clinic and CPR training class for all managers, designated coaches, umpires, player agent during the pre-season.
- Acting immediately in resolving unsafe or hazardous conditions once a situation has been brought to his attention.
- Background checks of all volunteers thru First Advantage.

A Safety Officers Season -

- Election/Appointment
- Working with the equipment manager
- Registration Day
- Pre-season involvement with managers and coaches training
- Tryouts
- Meeting with the parents, appoint team/player safety representatives.
- Meeting with the umpires on Safety
- Concession Stand Concerns
- Safety Plans Submittal to District Safety Officer
- Opening Day
- Safety Events during the regular season
- Hosting/participating in Tournament play

Sequoia Little League Softball and Emergency Telephone Numbers

Main Telephone: 408-646-7636

Emergency Telephones –

Police, Fire, Ambulance **911**

Visalia Fire Department – Non Emergency 559-713-4266

Sequoia Delta Hospital – Emergency Trauma 559-624-2000

Poison Control 1-800-222-1222

Tulare County Child Abuse Prevention 559-735-0456

A Safety Awareness Program (ASAP) – Hotline 1-800-811-7443

*******911*******

Sequoia Little League Softball Board - 2022

President	Rodney Blaco	408-646-7636
Vice President	Brittni Bly	559-737-0343
Secretary/Info. Officer	Brandan Dillion	916-502-7890
Treasurer	Rodney Blaco	408-646-7636
Safety Officer	Lia Blaco	
Player Agent	Shane Bly	559-302-7912
Team Parent Coordinator	Lia Blaco	559-750-2751
Coaching Coordinator	Brittni Bly	559-737-0343
Equipment	Miguel Salgado	559-302-8939
Snack Bar	TBD	
Sponsorships	Nathan Salazar	559-817-0134
Fundraising	Nathan Salazar	559-817-0134
Fields	Miguel Salgado	559-302-8939
Umpire Coordinator	Ray Val Verde	

District 34 Administrator

Rodney Blaco

rblaco@aol.com

408-646-7636

Informative Web Sites

www.CADistrict34.com

Department of Justice's nationwide sex offender registry

<http://www.nsopw.gov/>

Sequoia Little League Softball –

<http://www.SequoiaSoftball.com>

ASAP NEWS –

<http://www.littleleague.org/manuals/asap/newsletters/>

Little League International –

<http://www.littleleague.org>

Safety Code of Sequoia Little League Softball

IMPORTANT: The SLLS Board has mandated the following Safety Code of Conduct. All Managers and Coaches must adhere to this Code, and SLLS Board will review all infractions. Depending on the seriousness or frequency of the infraction, the board may assess additional disciplinary action including suspension, expulsion, and/or possible legal action.

- Responsibility for Safety procedures should be that of an adult member of Sequoia Little League Softball.
- Key volunteers, such as all Elected Members, Managers, Coaches, and Umpires shall fill out the Sequoia Little League Softball Volunteer Application Form (APPENDIX I) as well as provide a government-issued photo identification card for ID verification. Sequoia Little League Softball will use these Volunteer Applications to conduct a search of background checks using the California sex offender registry on all applicable volunteers. Anyone **REFUSING** to fill out the Volunteer Application is ineligible to be a league volunteer. The Sequoia Little League Softball President will retain these confidential Volunteer Application forms for the year of service.
- Arrangements should be made in advance of all games and practices for emergency medical services.
- Managers, coaches, and umpires should have training in first aid. First Aid kits are located at the concession stand and Press Box
- No games or practices should be held when weather or field conditions are not good, particularly when lighting is inadequate.
- Play area should be inspected frequently for holes, damage, stones, glass, and other foreign objects. Inspection shall be performed by home team, visiting team and/or umpires.
- All team equipment should be stored within the team dugout, or behind screens, and not within the area defined by the umpires as “in play”.
- Only players, managers, coaches, and umpires are permitted on the playing field or in the dugout during games and practice sessions.
- Responsibility for keeping bats and loose equipment off the field of play should be that of a player assigned for this purpose or the team’s manager and coaches.
- Procedure should be established for retrieving foul balls batted out of playing area.
- During practice and games, all players should be alert and watching the batter on each pitch.
- During warm-up drills players should be spaced so that no one is endangered by wild throws or missed catches.
- All pre-game warm-ups should be performed within the confines of the playing field and not within areas that are frequented by, and thus endangering, spectators (i.e., playing catch, pepper, swinging bats, etc.).
- **Equipment shall be inspected regularly for the condition of the equipment as well as for proper fit.**
- Batters must wear Little League approved protective helmets during batting practice and games.
- Except when runner is returning to base, head first slides are not permitted. This rule applies to Little League Majors, and Minors.
- Catcher must wear catcher’s helmet, mask, throat guard, long model chest protector, shin guards, and protective cup with athletic supporter at all times (males) for all practices and games. **NO EXCEPTIONS.** Managers should encourage all male players to wear protective cups and supporters for practices and games. The catcher must wear catcher’s helmet and mask with a throat guard in warming up pitchers between innings and in the bullpen during a game and during practices.

- During sliding practice, bases should not be strapped down or anchored.
- At no time should “horse play” be permitted on the playing field.
- Parents of players who wear glasses should be encouraged to provide “safety glasses”.
- Player must not wear watches, rings, pins, or metallic items during games and practices.
- Managers and coaches may not warm up pitchers before or during a game. (Rule 3.09).
- 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 rule applies to Little League Majors, Minors and Tee Ball.
- Whenever possible, make sure someone at your practice or games has a cellular phone to use-especially on those fields where no public phone access is available!!!
- All equipment that is found defective will be destroyed as to render it useless for play. By destroying it, it will prevent the items from returning back into the playing cycle. Bats should be cut in half; helmets should be cut into or broken. A good way to render the helmets useless is to contact a store that has a compactor for trash and ask them if they could dispose of them there. The compactor will crush the helmets. Always verify that the equipment is indeed destroyed before leaving. Never put defective equipment in trash receptacles without first destroying it.
- Pitching machines, if used, must be in good working order (including extension cords, outlets, etc.) and must be operated only by adult managers and coaches.
- Players who are ejected, ill or injured should remain under supervision until released to the parent or guardian.

Remember, SAFETY is everyone’s job. Prevention is the key to reducing accidents to a minimum. Report all hazards conditions to the Safety Officer or another Board Member immediately. Don’t play on fields that are not safe or with unsafe equipment. Be sure your players are fully equipped at all times, especially catchers and batters. And, check your team’s equipment often.

Sequoia Little League Softball Code of Behavior

- No alcohol allowed in any parking lot, field, or common areas within the Sequoia Little League Softball Fields.
- No playing in parking lots at any time.
- No playing on and around lawn equipment.
- No profanity please.
- No swinging bats or throwing softballs at any time within the walkways and common areas of Sequoia Little League Softball Fields.
- No throwing balls against dugouts or against backstop. Catchers must be used for all batting practice sessions.
- No throwing rocks.
- No horseplay in walkways at any time.
- No climbing fences.
- Only a player on the field and at bat may swing a bat, NO on-deck batter.
- Observe all posted signs. Players and spectators should be alert at all times for foul balls and errant throws.
- During game, players must remain in the dugout area in an orderly fashion at all times.
- After each game, each team must clean up trash in dugout and around stands.
- All gates to the field must remain closed at all times. After players have entered or left the playing field, gates should be closed and secured.
- All Board Members, Managers, Coaches, Players and other volunteers will abide by rules as outlined in the following Little League publications:
 - 2022 Little League Rule Books Softball – All Levels of Play

Failure to comply with the above may result in suspension or expulsion from the Sequoia Little League Softball Fields.

Managers and Coaches

The manager is a person appointed by the president of SLLS to be responsible for the team's actions on the field, and to represent the team communications with the umpire and the opposing team.

- The manager shall always be responsible for the team's conduct, observance of the official rules and deference to the umpires.
- The manager is also responsible for the safety of his players. He/She is also ultimately responsible for the actions of designated coaches.
- If a manager leaves the field, that manager shall designate a coach as a substitute and such substitute manager shall have the duties, rights and responsibilities of the manager.

Pre-Season:

Managers will:

- Take possession of the First-Aid Kit supplied and read this Safety Manual.
- Appoint a volunteer parent to be present at all games and must own or have access to a cell phone for emergencies during practices or games.
- Attend a training session on First Aid given by SLLS with his/her designated coaches.
- Meet with all parents to discuss Little League philosophy and safety issues.
- Cover the basics of safe play with his/her team before starting the first practice.
- Teach players the fundamentals of the game while advocating safety.
- Notify parents that if a child is injured or ill, he or she can not return to practice unless they have a note from their doctor. This medical release protects you if that child should become further injured or ill. There are no exceptions to this rule.
- Encourage players to bring water bottles to practices and games.
- Tell parents to bring sunscreen for themselves and their child.
- Encourage your players to wear mouth protection.

****First-time managers and coaches** are requested to read books, view video on Little League mechanics and **MUST** attend the SLLS softball clinics.

Season:

Managers will:

- Work closely with Safety Officer to make sure equipment is in first-rate working order.
- Make sure that telephone access is available at all activities including practices. It is suggested that a cellular phone always be on hand.
- Not expect more from their players than what the players are capable of.
- Teach the fundamentals of the game to players.
 - Catching fly balls
 - Sliding correctly
 - Proper fielding of ground balls
 - Simple pitching motion for balance
- Be open to ideas, suggestions or help
- Enforce that prevention is the key to reducing accidents to a minimum
- Have players wear sliding pads if they have cuts or scrapes on their legs
- Always have First-Aid on hand
- Use common sense

Pre-game and Practice:

Managers will:

- Make sure that players are healthy, rested and alert
- Make sure that players returning from being injured have a medical release form signed by their doctor. Otherwise, they can't play
- Make sure that the equipment is in good working order and is safe
- Walk the field for hazards and obstructions (e.g. rocks and glass)
- Agree with the opposing manager on the fitness of the playing field. In the event that the two managers cannot agree, the President or a duly delegated representative shall make the determination
- Always have a First-Aid Kit on hand
- Enforce the rule that no bats and balls are permitted on the field until all players have done their stretching

Then have the players do a light jog around the field before starting throwing warm-ups that should follow this order.

- Light tosses short distance
- Light tosses medium distance
- Light tosses large distance
- Medium tosses medium distance
- Regular tosses medium distance
- Field grounds balls
- Field pop flies

During the Game:

Managers will:

- Make sure that players carry all gloves and other equipment off the field and to the dugout when their team is up to bat. No equipment shall be left lying on the field, either in fair or foul territory.
- Keep players alert
- Maintain discipline at all times
- Be organized
- Keep players and substitutes sitting on the team's bench or in the dugout unless participating in the game or preparing to enter the game
- Encourage everyone to think Safety First
- Observe the no on-deck rule for batters and keep players behind the screens at all times. No players should handle a bat in the dugouts at any time.
- Keep players off fences
- Get players to drink water often so they do not dehydrate
- Not play children that are injured or ill
- Attend to children that become injured in a game
- Not lose focus by engaging in conversation with parents and passerbys

Post Game:

Managers will:

- Do cool down exercises with the players
 - Light jog
 - Stretching as noted above
 - Those who throw regularly (pitchers and catchers) should ice their shoulders and elbows
 - Catchers should ice their knees
- Not leave the field until every team member has been picked up by a known family member or designated driver
- Notify parents if their child has been injured no matter how small or insignificant the injury is. There are no exceptions to this rule. This protects you, Little League Baseball, Incorporated and Sequoia Little League Softball
- Discuss any safety problems with the Safety Officer that occurred, before, during or after the game
- If there was an injury, make sure an accident report was filled out and given to the Sequoia Little League Softball Safety Officer.
- Return the field to its pre-game condition, per Sequoia Little League Softball policy.

*** If a manager knowingly disregards safety, he or she will come before the Sequoia Little League Softball Board to explain his or her conduct.

Umpires

Pre Game:

Before a game starts, the umpire shall:

- Check equipment in the dugouts of both teams, equipment that does not meet specifications must be removed from the game
- Make sure catchers are wearing helmets when warming up pitchers
- Run hands along bats to make sure there are no splinters
- Make sure that bats have grips
- Make sure there are foam inserts in helmets and that helmets meet Little League **NOCSAE** specifications and bear Little League's seal of approval
- Inspect helmets for cracks
- Walk the field for hazards and obstructions (e.g. rocks and glass)
- Check players to see if they are wearing jewelry
- Make sure that all playing lines are marked with non-caustic lime, chalk or other white material easily distinguishable from ground or grass
- Secure official Little League softballs for play from both teams

During the Game:

During the game the Umpire shall:

- Govern the game as mandated by Little League rules and regulations
- Check softballs for discoloration and nicks and declare a ball unfit for use if it exhibits these traits
- Act as the sole judge as to whether and when play shall be suspended or terminated during a game because of unsuitable weather conditions or the unfit condition of the playing field; as to whether and when play shall be resumed after such suspension; and as to whether and when a game be terminated after such suspension
- Act as the sole judge as to whether and when play shall be suspended or terminated during a game because of low visibility due to atmospheric conditions or darkness
- Enforce the rule that no spectators shall be allowed on the field during the game
- Make sure catchers are wearing the proper equipment
- Continue to monitor the field for safety and playability
- Make the calls loud and clear, signaling each call properly
- Make sure players and spectators keep their fingers out of the fencing

Post Game:

After the game, the umpire shall:

- Check with the managers of both teams regarding safety violations
- Report any unsafe situations to the Sequoia Little League Softball Safety Officer by telephone and in writing

Facilities Manager

- The SLLS Facilities manager is responsible to ensure the fields and structures used by SLLS meet the safety requirements as set forth in the Safety Manual.

Concession Stand Coordinator

- The SLLS Concession Stand Coordinator is responsible to ensure the Concession Stand Volunteers are trained in the safety procedures as set forth in this Safety Manual.

Equipment Manager

- The SLLS Equipment Manager is responsible for getting damaged equipment repaired or replaced as reported. This replacement will happen in a timely manner. The Equipment manager will also exchange equipment if it doesn't fit properly.

SAFETY FIRST

BE ALERT

CHECK PLAYING FIELD FOR HAZARDS

***PLAYERS MUST WEAR PROPER
EQUIPMENT***

ENSURE EQUIPMENT IS IN GOOD SHAPE

MAINTAIN CONTROL OF THE SITUATION

MAINTAIN DISCIPLINE

BE ORGANIZED

***KNOW PLAYERS' LIMITS AND DON'T
EXCEED THEM***

MAKE IT FUN

CONDITIONING & STRETCHING

Condition is an intricate part of accident prevention. Extensive studies on the effect of conditioning, commonly known as “warm-up”, have demonstrated that:

- The stretching and contracting of muscles just before an athletic activity improves general control of movements, coordination and alertness.
- Such drills also help develop the strength and stamina needed by the average youngster to complete with minimum accident exposure.

The purpose of stretching is to increase flexibility within the various muscle groups and prevent tearing from overexertion. Stretching should never be done forcefully, but rather in a gradual manner to encourage looseness and flexibility.

Hints on Stretching

- Stretch neck, backs, arms, thighs, legs and calves
- Don't ask the child to stretch more than he or she is capable of.
- Hold the stretch for at least 10 seconds.
- Don't allow bouncing while stretching. This tears down the muscle rather than stretching it.
- Have one of the players lead the stretching exercises.

Hints on Calisthenics

- Repetitions of at least 10.
- Have kids synchronize their movements.
- Vary upper body with lower body.
- Keep the pace up for a good cardio-vascular workout.

PITCHING

Softball

Limit on Number of Innings Pitched

The following limits apply for the number of innings a pitcher may pitch in a game and in a calendar week (Sunday through Saturday). Softball league age is the player's age on December 31 of the previous year:

Level (League Ages)	Per-Game Limit	Per-Week Limit
Junior (12-14)	<i>No restriction</i>	<i>No restriction</i>
Major (9-12)	6 innings	<i>Per week</i>
Minor (7-10)	6 innings	<i>Per week</i>

Delivery of a single pitch in an inning constitutes pitching in that inning.

Required Rest Periods

The following rest periods apply for the regular season:

Level (League Ages)	Innings Pitched	Days Rest Needed
Junior (12-14)	<i>No restriction</i>	
Major (9-12)	1-6 innings	0
	7 or more innings	1
Minor (7-10)	1-6 inning	0
	7 or more innings	1

A day's rest is a full calendar day (not a period of 24 hours). A Major pitcher who throws in 7 innings on Monday may not pitch on Tuesday but may pitch on Wednesday

Sequoia Softball will adhere to all pitching mulgated by Little League International for regular season and tournament play. Except modifications for local play to encourage more girls to gain pitching experience.

Children should NOT be encouraged to "play through pain." Pain is a warning sign of injury. Ignoring it can lead to greater injury.

HYDRATION

Good nutrition is important for children. Sometimes, the most important nutrient children need is water – especially when they're physically active, their muscles generate heat thereby increasing their body temperature. As their body temperature rises, their cooling mechanism – sweat – kicks in. When sweat evaporates, the body is cooled. Unfortunately, children get hotter than adults during physical activity and their body's cooling mechanism is not as efficient as adults. If fluids aren't replaced, children can become overheated.

We usually think about dehydration in the summer months when hot temperatures shorten the time it takes for children to become overheated. But keeping children well hydrated is just as important in the winter months. Additional clothing worn in the cooler weather makes it difficult for sweat to evaporate, so the body does not cool as quickly.

It does not matter if it's January or July; thirst is not an indicator of fluid needs. Therefore, children must be encouraged to drink fluids even when they don't feel thirsty.

Managers and coaches should schedule drink breaks every 15 to 30 minutes during practices on hot days, and should encourage players to drink between every inning.

During any activity water is an excellent fluid to keep the body well hydrated. It's economical too! Offering flavored fluids like sport drinks or fruit juice can help encourage children to drink. Sport drinks should contain between 6 and 8 percent carbohydrate (15 to 8 grams of carbohydrates per cup) or less. If carbohydrate levels are higher, the sports drink should be diluted with water. Fruit juice should also be diluted (1 cup juice to 1 cup water). Beverages high in carbohydrates like undiluted fruit juice may cause stomach cramps, nausea and diarrhea when the child becomes active. Caffeinated beverages (tea, coffee, Colas) should be avoided because they are diuretics and can dehydrate the body further. Avoid carbonated drinks, which can cause gastrointestinal distress and may decrease fluid volume.

HEALTH AND MEDICAL – GIVING FIRST -AID

For the 2022 season, ALL players are required to fill out the medical history form, Appendix III. This medical history form supplies the manager with the following information:

- Name of family physician
- The parent or guardian authorization to have the player treated by Certified Emergency Personnel, if the family physician cannot be reached.
- List of any allergies/medical problems (i.e. diabetic, asthma, seizure disorder)

What is First Aid –

First Aid means exactly what the term implies – it is the *first care* given to a victim. It is usually performed by the *first person* on the scene and continued until professional medical help arrives, (9-1-1 paramedics). At no time should anyone administering First-Aid go beyond his or her capabilities. **KNOW YOUR LIMITS!**

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

First Aid Kits -

First Aid Kits will be furnished to each team at the beginning of the season. In addition, First Aid kits will be available in the concession stand and press box.

The SLLS Safety Officer's name and phone number are taped on the inside lid of all First Aid kits.

To replenish materials in the First Aid kit(s), the manager and/or coach must contact the SLLS Safety Officer.

Additional First Aid kits will be available in the Press Box. Materials from these additional Kits may not be used to replenish materials in the First Aid Kits, but only used in emergency situations.

Good Samaritan Laws

There are laws to protect you when you help someone in an emergency situation. The “Good Samaritan Laws” give legal protection to people who provide emergency care to ill or injured persons. When citizens respond to an emergency and act as a reasonable and prudent person would under the same conditions, Good Samaritan immunity generally prevails. This legal immunity protects you, as a rescuer, from being sued and found financially responsible for the victim’s injury. Good Samaritan laws were developed to encourage folks to help others in emergency situations. They require that the “Good Samaritan” use common sense and a reasonable level of skill, not to exceed the scope of the individual’s training in emergency situations. They assume each person would do his or her best to save a life or prevent further injury. People are rarely sued for helping in an emergency. However, the existence of Good Samaritan laws does not mean that someone cannot sue. In rare cases, courts have ruled that these laws do not apply in cases when individual rescuer’s response was grossly or willfully negligent or reckless or when the rescuer abandoned the victim after initiating care.

Some important Do’s and Don’ts

DO...

- ✓ 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.
- ✓ Carry your First-aid kit to all games and practices.
- ✓ Keep your “Prevention and Emergency Management of Little League Softball booklet with your First-aid kit.
- ✓ Assist those who require medical attention-and when administering aid.
- ✓ 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.
- ✓ Have your players’ Medical Clearance Forms with you at all games and practices.
- ✓ Make arrangements to have a cellular phone available when your game or practice is at a facility that does not have any public phones.

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 or game.
- ✓ Hesitate to report any potential safety hazard to the Safety Officer immediately.

When treating an injury, remember:

Protection

Rest

Ice

Compression

Elevation

Support

Communicable Disease Procedure

While the risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood born 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 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 (provided in first aid kit).
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 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. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
7. Contaminated towels should be properly disposed of/disinfected.
8. Follow accepted guidelines in the immediate control of bleeding and when handling bloody dressing, mouth guards, and other articles containing body fluids.

Lightning Facts and Safety Procedures

Consider the following facts:

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

“Flash-Bang” Method

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

Rule of Thumb

The ultimate truth about lightning is that it is unpredictable and cannot be prevented. Therefore, a manager, coach, or umpire who feels threatened by an approaching storm should stop play and get the kids to safety. When in doubt, the following rule of thumb should apply:

WHEN YOU HEAR IT – CLEAR IT

WHEN YOU SEE IT – FLEE IT

Where to Go?

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

Where NOT to Go?

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

Remember:

- Stay away from metal fencing (including dugouts and metal bleachers)!
- DO NOT hold a metal bat.
- Walk, DON'T RUN, to car and wait for a decision on whether or not to continue the game or practice.

First Aid to a Lightning Victim

Typically, the lightning victim exhibits similar symptoms as that of someone suffering from a heart attack. In addition to calling 9-1-1, the rescuer should consider the following:

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

NOTE: CPR should only be administered by a person knowledgeable and trained in the technique.

Accident Reporting Procedures

What to report –

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

When to report –

All such incidents described above must be reported to the Safety Officer within 48 hours of the incident. The Safety Officer for 2022 is **Lia Blaco** and she can be reached at the following:

Cellular – Safety Officer: # 559-750-2751

Email – SequoiaYouthSoftball@gmail.com and cc: LiaBlaco@gmail.com

How to make a report –

Reporting incidents can come in a variety of forms. Most typically, they are telephone conversations. At a minimum, the following information must be provided on the Accident Notification Form (APPENDIX II):

- The name and telephone of the individual involved.
- The date, time, and location of the incident.
- As detailed a description of the incident as possible.
- The preliminary estimation of the extent of any injuries.
- The name and telephone number of the person reporting the incident.

PLEASE report all accidents, they will be tracked and used as information to avoid future injuries.

Safety Officer's Responsibility –

Within 48 hours of receiving the incident report, the Safety Officer will contact the injured party or the party's parents and:

1. Verify the information received
2. Obtain any information deemed necessary
3. Check on the status of the injured party; and
4. In the event that the injured party required other medical treatment (i.e., Emergency Room visit, doctor's visit, etc.) will advise parent or guardian of the Sequoia Little League Softball's insurance coverage's and the provisions for submitting and claims.

If the extents of the injuries are more than minor in nature, the Safety Officer shall periodically call the injured party to:

1. Check on the status of any injuries, and
2. To check if any other assistance is necessary in areas such as submission of insurance forms, etc., until such time as the incident is considered "closed" (i.e., no further claims are expected and/or the individual is participating in the league again).

Medical Release

Any player or volunteer who requires medical attention from a hospital, doctor or clinic due to illness or injury, during or after a game, practice or function shall submit a medical release form completed by the attending physician. This release shall state the player or volunteer has been cleared and is eligible to participate in any league function. The medical release form must be submitted to a league board member (Safety Officer) prior to the beginning of a game, practice or function.

Definition of function: game, practice, tryouts, volunteering your time to field maintenance, concession stand, umpiring, etc; or other duties assigned.

Safety Officer shall have this plan reviewed by the District Administrator prior to submission.

Insurance Policies

Little League accident insurance covers only those activities approved or sanctioned by Little League Baseball, Incorporated.

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

What Parents Should Know About Little League Insurance.

The AIG Little League Insurance program is designed to afford protection to all participants at the most economical cost to the local league. It can be used to supplement other insurance carried under a family policy or insurance provided by a parent's employer. If there is no other coverage, AIG Little League insurance - which is purchased by the league, not the parent - takes over and provides benefits, after a \$50 deductible per claim, for all covered injury treatment costs up to the maximum stated benefits.

This plan makes it possible to offer exceptional, low-cost protection with assurance to parents that adequate coverage is in force at all times during the season.

If your child sustains a covered injury while taking part in Little League Softball here is how the insurance works:

1. File claim initially under insurance carried by the family: Blue Cross, Blue Shield or any other insurance protection available.

2. Should your family insurance plan not fully cover the injury treatment, the Little League AIG Insurance Policy will help pay the difference, after a \$50 deductible per claim, up to the maximum stated benefit. This includes any deductibles or exclusions in your own insurance.

3. If your child is not covered by any family insurance, the Little League Insurance Policy becomes primary and will provide benefits for all covered injury treatment costs, after a \$50 deductible per claim, up to the maximum benefit of the policy.

4. Treatment of dental injuries can extend beyond the normal 52-week period if dental work must be delayed due to physiological changes of a growing child. Benefits will be paid at the time treatment is given, even though it may be some years later. Maximum dollar benefit is \$500 for eligible dental treatment after the normal 52-week period subject to the \$50 per claim deductible.

Child Protection Program

The entire Little League family, from the headquarters staff to the volunteers, knows that the greatest treasure we have is our children. As adults, we want to insure that these young people are able to grow up happy, healthy and, above all, safe. Whether they are our children, or the children of others, each of us has a responsibility to protect them. They are our future, and an endless source of joy.

In order to protect children and maintain a hospitable environment for those persons who would sexually abuse or exploit children in any way, Sequoia Little League Softball will ensure all volunteers **MUST** consent to a background check.

In accordance with Regulations I (c) 8 and 9 of the 2022 Official Regulations and Playing Rules Handbook, Sequoia Little League Softball will be required to conduct annual background checks of all individuals required to submit a “Sequoia Little League Softball Volunteer Application Form” (see APPENDIX I) prior to the applicant assuming his/her duties for the current season as well as providing a government-issued photo identification card for ID verification. Any person with a conviction for a crime against or involving minors cannot participate in Sequoia Little League Softball. Sequoia Little League Softball will use JDP to conduct the required Little League background checks on all applicable volunteers. **Additionally in compliance with California Law (AB 506) we will have our coaches and managers complete California Department of Justice State fingerprint check through Live Scan.** Information, regarding background checks is available at www.littleleague.org.

Sequoia Little League Softball Board will ensure that all of the following personnel have annually completed and submitted, to the league president, a “Sequoia Little League Softball Volunteer Application”, prior to the applicant assuming his/her duties:

1. Managers
2. Coaches
3. SLLS Board Members
4. Any other persons, volunteers and/or hired workers, who provide regular service to the league and/or have repetitive access to, or contact with, players or teams.

Refusal to annually submit a fully completed “Sequoia Little League Softball Volunteer Application” will result in immediate dismissal of the individual from Sequoia Little League Softball. The Sequoia Little League Softball Volunteer Applications will be maintained by the president of Sequoia Little League Softball for all personnel named above. The president will maintain the applications for the duration of the applicant’s service to the league for that year.

We will also be ensuring that coaches complete and submit the Abuse Awareness for Adults provided by USA Baseball training, and submit proof of their completion to the league.

Unfortunately, there are those among us who seek to do harm to these children, to rob them of their right to feel safe and grow up in a free and healthy environment. These are child abusers, and although it isn't an easy or pleasant topic for any of us to think about, the fact remains that child abuse happens. Like many national youth organizations, Little League seeks to attract the most qualified and enthusiastic volunteers to assist our programs. At the same time, we must be aware that this could make us a target for child abusers, since statistics show that the largest number of sexually abused children ranges in age 8 to 11 years. Clearly, dealing with child abuse is a major concern for everyone involved in Little League Softball.

Since Little League Softball couldn't exist without the time and effort that volunteers and parents donate, it is important to communicate directly with the volunteers. For that reason, this statement on the Little League Child Protection Program should be freely copied and distributed to all adults in the local league. The Safety Plan shall be available in the concession stand and shall be posted on the website.

Defining child abuse is the first step in battling it. Child abuse can take several different forms, and it is important for us to make clear right at the start what the prevention goal of the Little League Child Protection Program is.

The National Center for Missing and Exploited Children, a leading national child protection advocacy group, defines child abuse as "the physical or emotional injury of a child (17 years old or younger) by a person who is responsible for the child's welfare." Although Little League Softball recognizes emotional abuse as a serious offense that should never be tolerated within the organization, the primary objective of this program is more specific: the protection of Little Leaguers from child sexual abuse, as well as the protection of all adults in the organization from being placed in difficult or uncomfortable situations with the children in their care.

Definition of Child Sexual Abuse – Big Brothers/Big Sisters of America defines child sexual abuse as "the exploitation of a child by an older child, teen or adult for the personal gratification of the abusive individual." This form of abuse could involve a range of sexual activities, from touching to non-touching offenses, and may also include acts that are considered non-sexual, but are done for the gratification of the abuser. This might include talking to a child in a sexually explicit way, voyeurism, or exposure of genitalia to a victim and/or victim's exposure of his or her genitalia.

The second step in stopping child abuse before it happens knows who might be a child abuser, and where child abuse might happen. For better or worse, the answer to each question is simple. Where can it happen? Anywhere. Who could be a child abuser? Anyone. However, we needn't feel that this makes our task impossible.

Myths and Stereotypes – Child abuse knows no social, economic or geographic boundaries, but there are a number of statistics at our disposal to help us identify warning signals. What we need to do is separate these facts from the stereotypes that have surrounded child abuse for many years. Let's take a look at some of the fiction and fact, as compiled by Big Brothers/Big Sisters of America.

“Sex abusers are dirty old men.”

Not true. While sex abusers cut across socioeconomic levels, educational levels and race, the average age of sex offender has been established at 32.

“Strangers are responsible for most of the sexual abuse.”

Not true again. Fact: 80 to 85 percent of all sexual abuse cases in the US are committed by an individual familiar to the victim. Less than 20 percent of all abusers are strangers.

“Most sex abusers suffer from some form of serious mental illness or psychosis.”

Not true. The actual figure is more like 10 percent, almost exactly the same as the figure found in the general population of the United States.

“Most sex abusers are homosexuals.”

Also not true. Most are heterosexual.

“Children usually lie about sexual abuse, anyway.”

Not true. In fact, children rarely lie about being sexually abused. If they say it, don't ignore it.

“It only happens to girls.”

Again, not true. While females do comprise the largest number of sexual abuse victims, it is now believed that the number for male victims is much higher than reported.

And this last item on our list points to one of the greatest obstacles in identifying sexual abuse cases: Sexual abuse is shrouded in secrecy. This is because often abusers scare children into silence by saying things like: “This must be our secret-if you tells, something awful will happen.”

Child victims are made to feel as though they’ve brought the abuse upon themselves; they’re made to feel guilty.

For these reasons, sexual abuse victims seldom disclose the victimization. Consider this: Big Brothers/Big Sisters of America contend that for every child abuse case reported, ten more go unreported.

Clearly, there’s a need within our organization for education on the subject of child sexual abuse. Children need to understand that it’s never their fault, and both children and adults need to know what they can do to keep it from happening.

General Guidelines – The basic safety procedures that Little League follows as a general rule can also be applied specifically to the identification and prevention of child abuse situations. Adhered to properly, these guidelines can enable children and adults to better protect themselves.

Rides – Children dropped off too early or picked up late are targets. Little League parents and volunteers should be encouraged to pick up and drop off on time. And children should be warned about strangers; about not riding with them, about telling someone if they’re approached by them.

Access – Controlling access to areas where children are present-such as the dugout or locker rooms-protects them from harm by outsiders. It’s not easy to control the access of large outdoor facilities, but visitors could be directed to a central point within the facility. Individuals should not be allowed to wander through the area without the knowledge of the Little League volunteers.

Lighting – Child sexual abuse is more likely to happen in the dark. The lighting of fields, parking lots and any and all indoor facilities where Little League functions are held should be bright enough so that participants can identify individuals as they approach, and observers can recognize abnormal situations.

Travel – When traveling with the team, make sure that children are sharing rooms with Little League children of the same age. Girls rooms should not be adjacent to boy’s rooms, and rooms should not have adjoining access, either between children or children and adults.

Toilet facilities – Generally, Little Leaguers are capable of using toilet facilities on their own, so there be no need for an adult to accompany a child into rest room areas. There can sometimes be special circumstances under which a child requires assistance to toilet facilities, for instance within the Tee-Ball divisions, but there should still be adequate privacy for that child. Again, we can utilize the “buddy system’ here.

Rooting Out Child Abuse –

Once we know what child abuse is, and where to look for it, we are better able to prevent potential child abusers from entering the ranks of Little League softball. Another aspect of this prevention is screening volunteer applicants.

The term “volunteer” in this context refers to every person in the organization coming in contact with the kids-program workers, coaches, bus and car-pool drivers, maintenance workers, etc. The goal is to find caring competent individuals who can provide a safe, positive climate for Little Leaguers.

Like all safety issues, *prevention* is the key. SLLS has a three-step plan for selecting caring competent and safe volunteers;

- 1. Application** – To include residence information, employment history and three personal references from non-relatives. All potential volunteers must fill out the “Sequoia Little League Softball Volunteer Application Form” (APPENDIX I) that clearly asks for information about prior criminal convictions. The form also points out that all positions are conditional based on the information received back from a background check. Refusal to annually submit a fully completed “Sequoia Little League Softball Volunteer Application Form” will result in the immediate dismissal of the individual from Sequoia Little League Softball.
- 2. Interview** – Make all applicants aware of the policy that no known child-sex offender will be given access to children in the Little League Program.
- 3. Reference Check** – Make sure the information given by the applicant is corroborated by references.

Enforcement/Reporting of Child Abuse

Reporting – Although child abuse reporting laws vary from state to state, there is some consistency to them and their general intent is to encourage reporting suspected child abuse to child protective services, including law enforcement agencies. If an individual suspects a case of abuse within their league, they should go through their league president and district administrator, who forward them to the proper law enforcement agency.

Investigating – An individual and alternate with significant professional background should be chosen by the league from the community to receive and act on abuse allegations. These individuals will act in a confidential manner, and serve as the league’s liaison with the local law enforcement community. Little League volunteers should not attempt to investigate suspected abuse on their own.

Suspending/Terminating – When an allegation of abuse is made against a Little League volunteer, it is the duty of the organization to protect the children from any possible further abuse by keeping the alleged abuser away from children in the program. If the allegations are substantiated, the next step is clear: Assuring that the individual will not have any further contact with the children in the league.

Immunity from liability – According to Boys & Girls Clubs of America, “Concern is often expressed over the potential for criminal or civil liability if a report of abuse is subsequently found to be unsubstantiated.” However, we want adults and Little Leaguers to understand that they shouldn’t be afraid to come forward in these cases, even if it isn’t required and even if there is a possibility of being wrong. All states provide immunity from liability to those who report suspected child abuse in “good faith”. At the same time, there are also rules in place to protect adults who prove to have been inappropriately accused.

COMMON SENSE

Playing safe boils down to using common sense. For instance, if you witnessed a strange person walking around the SLLS complex who looks like he/she didn’t belong there, you should report the incident to a Board Member. There will always a Board Member on site (see the telephone number list in the beginning of the manual to identify them or check inside the concession stand. The SLLS Board Member, after hearing your concerns, will investigate the matter and have the person in question removed before anything could happen if, indeed, that person did not belong there.

Another example of common sense – You witness kids throwing rocks or batting rocks on the SLLS complex. They are having fun but are unknowingly endangering others. Don’t just walk on by figuring that someone else will deal with the situation. Stop and explain to the kids what they are doing wrong and ask them to stop.

Therefore, **if you witness something that is not safe, do something about it!** And encourage all volunteers and parents to do the same.

Storage Container Procedures

The following applies to all of the storage containers used by Sequoia Little League Softball and apply to anyone who has been issued a key by Sequoia Little League Softball to use those sheds.

- All individuals with keys to the Sequoia Little League Softball equipment sheds (i.e., Managers, coaches, Umpires, etc.) are aware of their responsibilities for the orderly and safe storage of rakes, shovels, bases, etc.
- Keys will be returned to the Sequoia Little League Softball President immediately once someone ceases to have responsibilities for equipment sheds.
- All storage sheds will be kept locked at all times (i.e., when not in use).
- Before you use any machinery located in the shed (i.e., lawn mowers, weed whackers, lights, scoreboards, public address systems, etc.) please locate and read the written operating procedures for that equipment.
- All chemicals or organic materials stored in Sequoia Little League Softball sheds shall be properly marked and labeled as to its contents.
- All chemicals or organic materials (i.e., lime, fertilizer, etc.) stored within these equipment sheds will be separated from the areas used to store machinery and gardening equipment (i.e., rakes, shovels, etc.) to minimize the risk of puncturing storage containers.
- Use chemicals only in well-ventilated areas.
- Any witnessed “loose” chemicals or organic materials within these sheds should be cleaned up and disposed of as soon as possible to prevent accidental poisoning.
- Wear proper protective clothing, such gloves or a mask when handling toxic substances.

Machinery

Tractors, mowers, ATV's, golf carts and any other heavy machinery will:

- Be operated by appointed staff only.
- Never be operated under the influence of alcohol or drugs.
- Not be operated by any person under the age of 16.
- Never be operated in a reckless or careless manner.
- Be stored appropriately when not in use with the brakes in the on position, the blades retracted, the ignition locked and the keys removed.
- Never be operated or ridden in a precarious or dangerous way (i.e. riding on the fenders of a tractor).
- Never left outside the storage sheds if not in use.

Facilities and Equipment

Facilities –

- The dugouts will be clean and free of debris at all times.
- Dugouts and bleachers will be free of protruding nails and wood splinters.
- Home plate, batter's box, bases and the area around the pitcher's mound will be checked periodically for tripping and stumbling hazards.
- Chain-link fences will be checked regularly for holes, sharp edges, and loose edges and will be repaired or replaced accordingly.
- The yellow safety caps on chain-link fences will be checked regularly for cracks and will be repaired or replaced accordingly.
- The play area(s) should be inspected frequently for holes, damage, stones, glass and other foreign objects. Inspection shall be performed by home team, visiting team and/or umpires.
- Ensure electrical/lighting inspections are completed by City of Visalia annually.

Disengage-able Bases –

In accordance with the 2022 Little League Rule 1.06 – Sequoia Little League Softball is in compliance with the installation of the disengage-able bases for all levels of play.

Equipment –

The Equipment Manager is an elected Sequoia Little League Softball Board Member and is responsible for purchasing and distributing equipment to the individual teams. This equipment is checked and tested when it is issued but it is each Manager's responsibility to maintain it. Managers should inspect equipment before each game and each practice.

The Sequoia Little League Softball will promptly replace damaged and ill fitting equipment.

Furthermore, kids like to bring their own gear. This equipment can only be used if it meets the requirements as outlined in this Safety manual and/or the Official Little League Rule Book.

At the end of the season, all equipment must be returned to the Sequoia Little League Softball Equipment Manager.

- Each team, at all times in the dugout shall have protective helmets which must meet NOCSAE specifications and standards. These helmets will be provided by Exeter Little League at the beginning of the season. If players decide to use their own helmets, they must meet NOCSAE specifications and standards.
- Each helmet shall have an exterior warning label. NOTE: The warning label cannot be embossed in the helmet, but must be placed on the exterior portion of the helmet and be visible and easy to read.
- Use of a helmet by the batter and base runners is mandatory.
- Use of a helmet by a player/base coach is mandatory.
- Use of a helmet by adult base coach is optional.
- All catchers must wear chest protectors with neck collar, throat guard, shin guards and catcher's helmet, all of which must meet Little League specifications and standards.

- All catchers must wear a mask, “dangling: type” throat protector and catcher’s helmet during practice, pitcher warm-up, and games. NOTE: Skullcaps are not permitted.
- If the gripping tape on a bat becomes unraveled, the bat must not be used until it is repaired.
- Bats with dents, or that are fractured in any way, must be discarded.
- Only Official Little League softballs will be used during games.
- Make sure that the equipment issued to you is appropriate for the age and size of the kids on your team. If it is not, get replacement from the Equipment Manager.
- Make sure the helmets fit.
- Replace questionable equipment immediately by notifying the SLLS Equipment Manager.
- Make sure that players respect the equipment that is issued.
- The pitcher’s glove may not be white or gray.
- Encourage all players to wear protective mouth guards while playing, especially infielders.

****EACH TEAM IN LIVE PITCHING DIVISIONS IS PROVIDED WITH TWO FACE GUARDS FOR PITCHERS AND GIRLS PLAYING 3RD BASE.**

*****ALL HELMETS IN LIVE PITCHING DIVISIONS HAVE FACEMASKS**

****OUR T-BALL AND COACH PITCH DIVISIONS USE SOFT-TEE SOFTBALL IN THESE AGE GROUPS.**

Concession Stand Guidelines

Hand Washing -

All volunteers must wash hands at the beginning of each shift. It is recommended to wash hands frequently during a shift.

Food Handling –

Avoid contact with food with bare hands. Use disposable gloves or appropriate utensils for handling food.

Food Storage and Cleanliness –

Food items are to be stored off the floor. At the end of the day, the concession stand should be cleaned thoroughly and any leftover food items thrown away.

Age Requirement –

Only volunteers ages 16 and above are allowed in the concession stand.

Additional helpful information –

Cooking equipment will be inspected periodically and repaired or replaced if need be.

Cooking grease will be stored safely in containers away from open flames.

Carbon Dioxide tanks will be secured with chains so they stand upright and can't fall over. Report damage tanks or valves to the supplier and discontinue use.

A Certified Fire Extinguisher suitable for grease fires must be placed in plain sight at all times.

A fully stocked First Aid Kit will be placed in the Concession Stand.

The Concession Stand main entrance door will not be locked or blocked while people are inside.

People working in the concession stands will be trained in safe food preparation. Training will cover safe use of equipment. This training will be provided by the Concession Stand personnel and given to the Team parent's on Parent's day in the beginning of the season.

Four Simple Steps to Food Safety – The following information was obtained from the “Food Safety Task Force Virginia Department of Agriculture”

Clean: Wash hands and surfaces often: Bacteria can spread throughout the kitchen and get onto cutting boards, utensils, sponges and counter tops.

- Wash your hands with hot soapy water before handling food and after using the bathroom, changing diapers and handling pets.
- Wash your cutting boards, dishes, utensils and counter tops with soapy water after preparing each food item and before you go on to the next food.
- Use plastic or other non-porous cutting boards. These boards should be run through the dishwasher – or washed in hot soapy water – after use.
- Consider using paper towels to clean up kitchen surfaces. If you use towels, wash them often in the hot cycle of your washing machine.

Separate: Don’t cross-contaminate: Cross-contaminate is the scientific word for how bacteria can be spread from one food product to another. This is especially true when handling raw meat, poultry and seafood, so keep these foods and their juices away from ready-to-eat foods.

- Separate raw meat, poultry and seafood from other foods in your grocery shopping cart and in your refrigerator.
- If possible, use a different cutting board for raw meat products.
- Always wash hands, cutting boards, dishes, and utensils with hot soapy water after come in contact with raw meat, poultry and seafood.
- Never place cook food on a plate which previously held raw meat, poultry and seafood.

Cook: Cook to proper temperatures: Food safety experts agree that foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria that cause foodborne illness.

- Use a clean thermometer, which measures the internal temperature of cooked foods, to make sure meat, poultry, casseroles and other foods are cooked all the way through.
- Cook roasts and steaks to at least 145°F. Whole poultry should be cooked to 180°F for doneness.
- Cook ground beef, where bacteria can spread during processing, to at least 160°F. Information from the Centers for Disease Control and Prevention (CDC) link eating undercooked, pink ground beef with a higher risk of illness. If a thermometer is not available, do not eat ground beef that is still pink inside.
- Cook eggs until the yolk and white are firm. Don’t use recipes in which eggs remain raw or only partially cooked.
- Fish should be opaque and flake easily with a fork.
- When cooking in a microwave oven, make sure there are no cold spots in food where bacteria can survive. For best results, cover food, stir and rotate for even cooking. If there is no turning, rotate the dish by hand once or twice during cooking.
- Bring sauces, soups and gravy to a boil when reheating. Heat other leftovers thoroughly at least 165°F.

Chill: Refrigerate promptly: Refrigerate foods quickly because cold temperatures keep harmful bacteria from growing and multiplying. So, set your refrigerator no higher than 40°F or below

and the freezer unit at 0°F. Check these temperatures occasionally with as appliance thermometer.

- Refrigerate or freeze perishables, prepared foods and leftovers within two hours of shopping or preparing.
- Never defrost food at room temperature. Thaw food in the refrigerator, under cold running water or in the microwave. Marinate foods in the refrigerator.
- Divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator.
- Don't pack the refrigerator. Cool air must circulate to keep food safe.

Training Session for 2022

The First Aid and Training Fundamentals is open to everyone (i.e., Managers, Coaches, Umpires, Board Members, and Volunteers). The topics for discussion but not limited to are as follows;

- Injury prevention i.e.; pitching, sliding, fielding, proper techniques.
- Over working a pitcher – what will the result would be.
- What to do from overexerting a pitcher.
- Proper warm up exercises for players.
- Instruction on proper warm up exercises.
- Injury scenarios and how to respond.
- The Heimlich maneuver.
- Basic First Aid.
- **Additionally, we're including training on Covid Mitigation Plan and pre-game, game and post-game requirements based on the California Tier System and our approved mitigation plan**

First Aid and Managers/Coaches Training Fundamentals

Manager/Coaches Training Fundamentals (This will include ensuring coaches complete the Abuse Training, have completed JDP and have a Live Scan complete or provide them with a form to get complete before the season)

Location: Visalia, CA

Date: February 26th

First Aid and Covid Mitigation requirements (Final review of current CA Covid protocols)

Location: Visalia, CA

Date: March 16th **This may be held on Zoom*