

# OAK RIDGE WOODLANDS AREA

## LITTLE LEAGUE

**ORWALL**



**BASEBALL**

## SAFETY MANUAL

for

**Managers and Coaches**

**2014**

**Daniel Cantu**

**Safety Officer**

**American League 343-28-012**

**National League 343-28-013**



# 2014 SAFETY MANUAL

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Dear Managers and Coaches:

Welcome to another exciting season of the Oak Ridge Woodlands Area Little League! ORWALL is beginning its 44th year in 2014 and it has come a long way from a small park off Rayford Road to the modern 10 field lighted complex today at the Woodlands Sports Park. Today ORWALL finds itself as one of the largest little leagues in the nation.

The ORWALL Board of Directors has continued to succeed with its safety goals by raising the necessary funds and authorizing the many changes in excess of \$400,000.00, you will notice these improvements throughout the complex this year.

Our Safety Manual won the Southwest Region ASAP Award in 2008, 2010, 2011, 2012 and 2013.

- Playing fields were replaced or upgraded, new drainage systems were placed and large amounts of new concrete were poured throughout the park.
- Established fenced parking area with handicap parking and access.
- Improved the reporting and documenting of injuries via injury reporting forms to Safety Officer. Injuries were decreased by more than 25% in 2013.
- Implemented a notification system of all board members, managers and coaches of safety issues during the season on ORWALL's website.
- Designated St. Luke's Community Medical Center as the preferred provider of ORWALL. This would provide pediatric emergency medicine with fast track for all pediatric cases in the emergency room.
- Repaired batting cages and nets.
- Replaced old fences with new chain link fences on all fields at our complex.
- Continue campaign to raise money for two new fields.
- The concessionaire has greatly improved the health and safety standards. They will also bring a much improved and expanded menu.

This year our Safety Goals include:

Insure that only those managers and coaches that have had a background check completed by our league are allowed on the field during games by using League issued lanyards and badges for all teams.

- Continue CPR/AED training for all board members, managers, and coaches.
- Expand CPR/AED training to community program to train parents and kids. Want to reach at least 50% of families participating at ORWALL.
- Continue to update Safety Manual with important information to help managers and coaches.
- Continue with monitoring of heat index level for halting play.
- Continue to increase the number of new safety signs around the park to include playground areas, concessions, and green belt areas of the park as well as ASAP field signage.
- Continue to improve the filling out and turning in of injury report forms.

- Issue citations to managers and coaches that violate safety rules and code of conduct, place these citations in the individual's file and bring them before the competition committee.
- Continue to grow community awareness for safety by all participating at the park by having parents receive a copy of the code of conduct and safety rules from their managers.
- Have each manager turn in a pre-game safety checklist at the end of each game, which will be collected by the umpires.
- Continue to require each manager to have a first aid kit and cell phones at practices and games.
- Update website weekly for injuries and safety issues.
- The park is now Tobacco Free. Smoking is only allowed in the park lot.
- Continue with recycling program for plastic drink bottles. Recycling containers are by each dugout.

In the effort to help our managers and coaches comply with our safety standards, the Board of Directors has put forth a mandate of the Safety Rules be followed as outlined in this manual. Each manager will appoint a Team Safety Officer who will assist the manager and coaches of the team with the safety guidelines at practice and games. Have all managers and coaches required to sign the code of conduct and safety code prior to the first games.

Remember that safety awareness includes the volunteers, parents and the players at ORWALL.

Safety First!!

Lets Play Ball!!!!

Sam Yaeger, President

Daniel Cantu, Safety Officer



**OAK RIDGE WOODLANDS AREA LITTLE LEAGUE**

**Safety Mission Statement**

**To provide our children the opportunity to learn the game of baseball in an enjoyable and safe environment.**

**Teach values of teamwork, sportsmanship and fair play.**

**Little League Pledge**

**I trust in God.  
I love my country and will respect its laws.  
I will play fair and strive to win.  
But win or lose I will always do my best.**

**Little League Parent / Volunteer Pledge**

**I will teach all children to play fair and do their best.  
I will positively support all managers, coaches and players.  
I will respect the decisions of the umpires.  
I will praise a good effort despite the outcome of the game.**

# Oak Ridge Woodlands Area Little League



## Members Responsibilities





# **EMERGENCY PHONE NUMBERS**

## ***Dial 911***

### **ORWALL PHONE NUMBERS:**

**Hotline: 281-775-9111**

**Address: 1130 Pruitt Rd. Spring, TX 77380**

**Email: [orwallbaseball@yahoo.com](mailto:orwallbaseball@yahoo.com)**

**Business Office: 281-292-3765**

**Safety Officer: Daniel Cantu**

**281-703-0139 (cell)**

**281-297-5962 (work)**

**Email: [dzcan2@comcast.net](mailto:dzcan2@comcast.net)**

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|   |                     |
|---|---------------------|
| <b>Montgomery County Precinct #3 Constable:</b> | <b>281-367-1161</b> |
| <b>Montgomery County Sheriff's Department:</b>  | <b>936-760-5800</b> |
| <b>Fire (Non-Emergency)</b>                     | <b>281-367-3444</b> |
| <b>St. Luke's Hospital</b>                      | <b>936-266-2000</b> |
| <b>Memorial Hermann Hospital</b>                | <b>281-364-2300</b> |

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**Always have a cell phone with you or someone on your team at all practices and games.**

## Member Responsibilities

### **The President:**

**The President** of ORWALL is responsible for ensuring that the policies and regulations of the ORWALL Safety Officer are carried out by the entire membership to the best of his abilities.

### **ORWALL SAFETY OFFICER:**

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

The ORWALL Safety Officer is the link between the Board of Directors of Orwall Little League and its managers, coaches, umpires, team safety officers, players, spectators, and any other third parties on the complex in regards to safety, rules and regulations.

### **The Orwall Safety Officer's responsibilities include:**

- Coordinating the individual Team Safety Officers in order to provide the safest environment.
- Assisting parents and individuals with insurance claims and will act as a liaison between the insurance company and the parents and individuals.
- Explaining insurance benefits to claimants and assisting them with filing the correct paperwork.
- Keeping the First Aid Log. This log will list where accidents and injuries are occurring, to whom, in which divisions (senior, major, minor, farm, tee ball), at what times, under what supervision.
- Inspecting concession stands and checking fire extinguishers.
- Instructing concession stand workers on the use of the fire extinguishers.
- Checking fields with Field Managers and listing areas needing attention.
- Scheduling First Aid training class.
- Creating and maintaining all signs on the ORWALL complex including No Parking signs, No Smoking signs, Foul Ball signs, etc.
- Acting immediately in resolving unsafe or hazardous conditions once a situation has been brought to his/her attention.
- Making spot checks at practices and games to make sure all managers have their First-Aid Kits and Safety Manuals.
- Tracking all injuries and near misses in order to identify injury trends.
- Making sure that safety is a monthly Board Meeting topic, and allowing experienced people to share ideas on improving safety.

*The ORWALL Members:*

**The ORWALL Members** will adhere to and carry out the policies set forth in this safety manual.

*The ORWALL Information Officer:*

**The ORWALL Information Officer** is responsible for maintaining ORWALL's web site at [www.orwallbaseball.com](http://www.orwallbaseball.com) and updating the safety information and other important information for parents and players on a weekly basis. **The Information Officer will send a list of all Managers and Players to Little League's data center at [www.littleleague.org](http://www.littleleague.org) by March 13, 2014.**

*Managers and Coaches:*

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

1. **The Manager** shall always be responsible for the team's conduct, observance of the official rules and deference to the umpires.
2. **The Manager** is also responsible for the safety of his players. He/She is also ultimately responsible for the actions of designated coaches and the Team Safety Officer (TSO).
3. **If a Manager** leaves the field, the **Manager** shall designate a **Coach** as a substitute and such **Substitute Manager** shall have the duties, rights and responsibilities of the **Manager**.

Managers will:

- **Take possession of this Safety Manual** supplied by ORWALL.
- **Appoint a volunteer** parent as **Team Safety Officer (TSO)**. The **TSO** must be able to be present at all games and must own or have access to a **cell phone** for emergencies if games or practices take place off the complex.
- **Attend a mandatory training session on First Aid and fundamentals** given by ORWALL with his/her designated coaches and TSO.
- Meet with all parents on "parents' day" to discuss Little League philosophy and safety issues.
- Cover the basics of safe play with his/her team before starting the first practice.
- Return the signed ORWALL Code of Conduct and the ORWALL Safety Code to the ORWALL Safety Officer before the first game.

*Managers will:*

- Notify parents that if a child is injured or ill, he or she cannot 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.**

**Season Play:**

Managers will:

- Work closely with the Orwall 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 mandatory that a cellular phone always be on hand.
- Not expect more from their players than what the players are capable of.

**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 players are wearing the proper uniform and catchers are wearing a cup.
- Make sure that the equipment is in good working order and is safe.
- 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 duty delegated representative shall make the determination.
- Enforce the rule that no bats and balls are permitted on the field until all players have done their proper stretching.

**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 at 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.
- Make sure catchers are wearing the proper equipment.
- Encourage everyone to think **SAFETY FIRST.**

Manager will:

- 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 player’s offences.
- Get players to **drink** a little a lot!
- Not play children that are ill or injured.
- Attend to children that become injured in a game.
- Not lose focus by engaging in conversation with parents and passerby’s

### **Post Game:**

Managers will:

- Do cool down exercises with the players.
- Those who throw regularly (pitchers and catchers) should ice their shoulders and elbows.
- Catchers should ice their knees.
- Discuss any safety problems with the Team 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 Orwall Safety Officer.
- Return the field to its pre-game condition, per Orwall policy.
- ***Notify parents if their child has been injured. (There are no exceptions to this rule)***

### **Season**

During the season, the TSO will:

- Keep a Safety Log of all injuries that occur on his or her team.
- *Inspect players’ equipment* for cracks broken straps on a routine basis.
- *Communicate* any safety infractions to the Orwall Safety Officer or any other Board Member.
- Help managers and designated coaches give *First-Aid* if needed.
- Act as a *conduit* between parents, managers, the Orwall Safety Officer and the kids.
- Fill out *accident reports* if an injury occurs.
- Report an *injury* to the Orwall Safety Officer within 12 hours of the occurrence.
- Track the *First-Aid Kit* inventory and ask the Orwall Safety Officer for replacements when needed.
- Tell kids about the \$5 award certificate to the concession stand/movie ticket when they come up with safety ideas that are implemented at the ball park. (*See the “Submit Your Safety Ideas” section later in this manual for details.*)

### **Pre-Game**

Before the game starts the TSO will:

- Make sure that this *Safety Manual* and the *First-Aid Kit* are present.
- Greet the players as they arrive and make sure everyone is feeling all right.
- Watch the players when they stretch and do *warm up exercises* signs for signs of stress injury.
- *Check equipment* for cracks and broken straps.
- *Walk the field*, remove broken glass and other hazardous materials.
- Fill out the pre-game safety checklist and hand to the umpire.
- *Be ready to go into action if anyone should get hurt.*

### **Game:**

During the game the TSO will:

- *Watch players* to see that they are alert at all time.
- In case of injury, *help the team manager* treat the child until professional help arrives.
- Act as the *conduit* between the Orwall Safety Officer, the team manager, the child and his or her parents.

### **Post-Game:**

After the game the TSO will:

- *Record* any safety infractions or injuries in his/her Safety Log.
- *Report any injuries* to the Orwall Safety Officer within 12 hours of the occurrence.
- Fill out an accident investigation report and send a copy to the Orwall Safety Officer if there is an injury requiring medical attention.
- Assist parents if child must go to a hospital or to see a doctor.
- Provide *insurance documentation* to the hospital if necessary.
- Follow-up with parents to make sure the child is all right.

**\*\*If a Manager has not appointed a TSO then he or she must assume those Responsibilities**



## **HAVE YOU:**

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- Walked field for debris/foreign objects**
- Inspected helmets, bats, catchers' gear**
- Made sure a First Aid kit is available**
- Checked conditions of fences, backstops, bases and warning track**
- Made sure a working telephone is available**
- Held a warm-up drill**

## FIELD AND GAME SAFETY CHECKLIST

*All umpires, managers and coaches are responsible for checking field safety condition before each game.*

| Field Condition        | Repair needed? |           | Catchers Equipment          | Repairs needed? |           |
|------------------------|----------------|-----------|-----------------------------|-----------------|-----------|
|                        | Yes            | No        |                             | Yes             | No        |
| Backstop repair        |                |           | Shin guard OK               |                 |           |
| Home plate repair      |                |           | Helmets OK                  |                 |           |
| Bases Secure           |                |           | Face masks OK               |                 |           |
| Bases Repair           |                |           | Throat protector OK         |                 |           |
| Pitchers mound         |                |           | Catchers cup (boys)         |                 |           |
| Batters box level      |                |           | Chest protector             |                 |           |
| Batter box marked      |                |           | Catchers mitt (boys)        |                 |           |
| Grass surface (even)   |                |           |                             |                 |           |
| Gopher holes           |                |           |                             |                 |           |
| Infield fence repair   |                |           |                             |                 |           |
| Outfield fence repair  |                |           | <b>Safety Equipment</b>     |                 |           |
| Foul ball net repair   |                |           | First-aid Kit each team     |                 |           |
| Foul lines marked      |                |           | Medical Release forms       |                 |           |
| Sprinkler condition    |                |           | Ice for injuries            |                 |           |
| Warning track          |                |           | Blanket for shock           |                 |           |
| Coaches boxes level    |                |           | Orwall Little Safety Manuel |                 |           |
| Coaches box marked     |                |           | Injury report forms         |                 |           |
| Dirt Needed            |                |           |                             |                 |           |
|                        |                |           |                             |                 |           |
|                        |                |           |                             |                 |           |
| <b>Dugouts</b>         | <b>Yes</b>     | <b>No</b> | <b>Players Equipment</b>    | <b>Yes</b>      | <b>No</b> |
| Fencing needs repair   |                |           | Batting helmets OK          |                 |           |
| Bench needs repair     |                |           | Jewelry removed             |                 |           |
| Roof needs repair      |                |           | Bats inspected              |                 |           |
| Bat racks              |                |           | Shoes checked               |                 |           |
| Helmet racks           |                |           | Uniforms checked            |                 |           |
| Trash cans             |                |           | Athletic cups (boys)        |                 |           |
| Clean up needed        |                |           | Little League patch         |                 |           |
|                        |                |           |                             |                 |           |
| <b>Spectator Areas</b> | <b>Yes</b>     | <b>No</b> |                             |                 |           |
| Bleachers need repair  |                |           |                             |                 |           |
| Hand rails need repair |                |           |                             |                 |           |
| No Smoking             |                |           |                             |                 |           |
| Parking are safe       |                |           |                             |                 |           |
| Protective screen OK   |                |           |                             |                 |           |
| Bleachers clean        |                |           |                             |                 |           |



| ORWALL PREGAME CHECKLIST & UMPIRE SIGN-IN |  |      |
|---|--|------|
| Date:                                     | Time:  |      |
| Field:                                    | Division:  |      |
| Field Conditions:                         | Playing Field, Bases, Benches, Fences, Nets      |      |
| Helmets/Bats:                             | First Aid Boxes:                                 |      |
| Catchers:                                 | Chest Protector, Helmet, Mask, Shin, Guards, Cup |      |
| Home Team:                                | Score:   |      |
| Visitors Team:                            | Score:   |      |
| Home Manager:                             | Print  | Sign |
| Visitors Manager:                         | Print  | Sign |
| Umpire #1:                                | Print  | Sign |
| Umpire #2:                                | Print  | Sign |

| ORWALL PREGAME CHECKLIST & UMPIRE SIGN-IN |  |      |
|---|--|------|
| Date:                                     | Time:  |      |
| Field:                                    | Division:  |      |
| Field Conditions:                         | Playing Field, Bases, Benches, Fences, Nets      |      |
| Helmets/Bats:                             | First Aid Boxes:                                 |      |
| Catchers:                                 | Chest Protector, Helmet, Mask, Shin, Guards, Cup |      |
| Home Team:                                | Score:   |      |
| Visitors Team:                            | Score:   |      |
| Home Manager:                             | Print  | Sign |
| Visitors Manager:                         | Print  | Sign |
| Umpire #1:                                | Print  | Sign |
| Umpire #2:                                | Print  | Sign |

# Oak Ridge Woodlands Area Little League



## Code of Conduct



## CODE OF CONDUCT

The Board of Directors of ORWALL has mandated the following Code of Conduct. All coaches and managers will read this Code of Conduct and sign in the space provided below acknowledging that he or she understands and agrees to comply with the Code of Conduct.

### **Oak Ridge Woodlands Area Little League Code of Conduct**

- At any time, lay a hand upon, push, shove, strike, or threaten to strike an official.
- Be guilty of heaping personal verbal or physical abuse upon any official for any real or imaginary belief of a wrong decision or judgment.
- Be guilty of an objectionable demonstration of dissent at an official's decision by throwing gloves, helmets, hats, bats, balls, or any other forceful unpartisan-like action.
- Be guilty of using unnecessarily rough tactics in the play of a game against the body of an opposing player.
- Be guilty of a physical attack upon any board member, official manager, coach, player, or spectator.
- Be guilty of the use of profane, obscene, or vulgar language in any manner at anytime.
- Appear on the field of play, stands, or anywhere on the ORWALL complex while in an intoxicated state any anytime. Intoxicated will be defined as an odor or behavior issue.
- Be guilty of gambling upon any play or outcome of any game with anyone at anytime.
- No Smoking while in the stands or on the playing field or in any dugout at anytime. Smoking will only be permitted in parking lots.
- Be guilty of discussing publicity with spectators in a derogatory or abusive manner any play, decision, or a personal opinion on any players during the game.
- Speak disrespectfully to any manager, coach, official, or representative of the league.
- Be guilty of tampering or manipulation of any league rosters, schedules, draft positions or selections, official score books, rankings, financial records, or procedures.
- Shall not challenge an umpire's authority. The umpires shall have the authority and discretion during a game to penalize the offender according to the infraction up to and including removal from the game.

The Board of Directors will review all infractions of the ORWALL Code of Conduct. Depending on the seriousness of frequency, the board may assess additional disciplinary action up to and including expulsion from the league.

Managers and coaches are encouraged to visit [www.littleleague.org](http://www.littleleague.org) and view the ASAP newsletters to keep up with Little League Safety issues.

I have read the Oak Ridge Woodlands Area Little League **Code of Conduct** and promise to adhere to its rules and regulations.

\_\_\_\_\_  
Print Name of Team Manager

\_\_\_\_\_  
Team Name and Division

\_\_\_\_\_  
Signature of Team Manager

\_\_\_\_\_  
Date

\_\_\_\_\_  
Coach #1

\_\_\_\_\_  
Coach #2

## Remember Your Character Counts

### **What is Character :**

1. The combination of qualities or features that makes one person, group or thing different from another.
2. The combined moral or ethical structure of a person or group.
3. Moral or ethical strength, integrity, fortitude.

### **Show your players your Character on and off the field.**

- **Respect**
- **Fairness**
- **Caring**
- **Trustworthiness**
- **Responsibility**
- **Citizenship**



# Sport Parent Code of Conduct

We, the \_\_\_\_\_ Little League, have implemented the following Sport Parent Code of Conduct for the important message it holds about the proper role of parents in supporting their child in sports. Parents should read, understand and sign this form prior to their children participating in our league.

Any parent guilty of improper conduct at any game or practice will be asked to leave the sports facility and be suspended from the following game. Repeat violations may cause a multiple game suspension, or the season forfeiture of the privilege of attending all games.

## **Preamble**

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles:

- Trustworthiness,
- Respect,
- Responsibility,
- Fairness,
- Caring, and
- Good Citizenship.

The highest potential of sports is achieved when competition reflects these "six pillars of character."

## **I therefore agree:**

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

---

Parent/Guardian Signature

**10 things a Parent shouldn't do while their kids**  
**are playing in a game**



1. **Don't yell out instructions.** *Your kids are trying to concentrate on what the coach is saying and what they learned in practice.*
2. **Don't yell at the coach.**
3. **Don't yell or put down the officials.**
4. **Don't yell at me in public.**
5. **Don't put down my teammates.**
6. **Don't put down the other team.**
7. **Don't lose your cool.**
8. **Don't lecture me about mistakes after the game.**
9. **Don't forget how to laugh and have fun.**
10. **Don't forget that it's just a game.**



## Frequently Asked Questions

### General Questions

#### **How big is ORWALL?**

- Our expectation for the Spring season is to have approximately 1600 players in the League.
- Little League Baseball encourages boys and girls to become part of the Little League experience. The League is comprised entirely of volunteers that freely give their time to help our ORWALL youth learn the game of baseball and embrace the Little League Baseball motto: Loyalty, Character and Courage.
- Thanks in advance to all of the volunteers that will help this Spring be a successful endeavor for everyone!
- **Our website is [www.orwallbaseball.com](http://www.orwallbaseball.com) which is updated daily for upcoming events and information about our league.**
- **Please sign up to receive the Little League E-News at [www.littleleague.org](http://www.littleleague.org) which gives you update information about changes in Little League.**

#### **Are Credit and Debit cards accepted at In-Person Registration Sessions?**

- Yes. We accept Visa, Discover and Mastercard for all registrations. Cash and checks are welcome at In Person registration as well.

#### **How are registration fees used?**

- ORWALL is a 100 % non-profit volunteer organization.
- Our budget addresses equipment, uniforms, field improvements, field maintenance, utilities, insurance, and administrative expenses. In addition, ORWALL is committed to providing umpires for all games from age 7 and up.
- The registration fees are reviewed each year by the league Board of Directors and modified as expenses go up.

#### **Do ORWALL Directors get paid?**

- No. Unlike some other Youth Sports Organizations, the Board of Directors for ORWALL is 100% volunteer. No Director receives any financial compensation for their services to the League.

#### **How are revenues generated?**

- In addition to registration fees, ORWALL actively pursues donations from Corporations, local businesses and private sources. As an active non-profit organization, ORWALL also requires all our Spring teams to seek and obtain a team sponsor. The ORWALL Board of Directors actively sponsors Opening Day fundraising activities (silent auction, arts & crafts sales, t-shirt sales, etc.).
- In the Spring, ORWALL charges a mandatory "fundraising fee" for each child. The fundraiser varies from season to season. In previous years, this fee entered your family in a raffle drawing for a new car donated by a local dealership.

#### **How is the league organized?**

- ORWALL is chartered by Little League Baseball and must follow their rules, regulations and guidelines.
- There are 9 divisions based on age (as of April 30th of the playing year) which are: K-Ball - age 4 & 5; T-Ball - age 6; Machine Pitch – age 7 and 8; Kid Pitch - age 9 and 10; Little League Minors age -11; Little League Majors age - 11, 12; Intermediate League age 11-13; Junior /Senior League - age 13, 14, 15, 16; Big League - up to age 18. Each Division has an assigned Player Agent (Division Director).



- ORWALL is part of the Little League International, which is broken down by regions (5 in the U.S. & 4 international), sections (several within the state of Texas), and districts. ORWALL is part of the Little League Southwest Region, Texas East State, Section 2, and District 28.
- ORWALL is comprised of 2 separate charters - American and National - that are run under one board of directors.

#### **If I have issue with my child's manager?**

- Speak with the manager about your concerns. 99% of the time this will take care of the issue.
- If you still are not satisfied, your next contact would be the Player Agent (Division Director) for your division.
- If you feel the issue is critical, you are always free to contact the VP of Operations or the President directly.

#### **Can I become a ORWALL Board member?**

- Each year in April, the Board of Directors must be re-elected. Any adult resident living in the ORWALL boundaries can apply to become a board member. In April, email [orwallbaseball@yahoo.com](mailto:orwallbaseball@yahoo.com) if you would like to put your name on the board of director ballot.
- All applicants must undergo and pass a background check.

#### **What are the Boundaries of ORWALL?**

- The Boundary Map is located in the League Documents Section of the Website.

#### **Registration Questions**

##### **When Do I register my Child for ORWALL Baseball?**

- In Person registration is held two times a year prior to the Fall and Spring Seasons. Generally, Fall registration is early to mid-August and Spring registration is December-January.
- Registration Dates are placed on the ORWALL Calendar.
- Online Registration is available through the ORWALL website.
- Following the Second "In Person" Registration, Registration may close so Register Early.

##### **What Documentation do I need for Registration?**

- All Players are required to submit a Birth Certificate for Age Verification and Proof of Residency.
- Proof of residency requirements can be found in the League Documents.

##### **What age group can my child play?**

- A Player's "League Age" is determined by their age on or before April 30th of that year's Spring Season.
- Fall "League Age" is determined by the "League Age" in the Following Spring Season.
- League Age Charts are also posted in the League Documents Section of the ORWALL web site.
- Age (4-5) - KBall with no Scoring / Age (6) T-Ball with Scoring and Post Season / Age (7-8) Machine Pitch / Age (9-12) Kid pitch with 46' Pitchers Mound / Age (13-16) Kid Pitch with a 60' Pitchers Mound
- Players are not Permitted to play in any age group lower than their "League Age".
- "Playing Up" or playing in an age group higher than their league age is not permitted in the Fall. In certain cases in the Spring season, a Player may be permitted to "Play Up" provided they are drafted to a AAA team prior to the 6th round of the draft. The Player must try out in both their age group and the group they wish to "Play Up" to. In order to do this, the Division Director must be consulted.

##### **How do I request a Refund?**

- Refunds can only be requested prior to the first day of player drafts. For more information please consult the League Refund Policy in League Documents.

## **Team Selection and Draft Questions**

### **How are Managers / Coaches Selected?**

- Managers / Coaches are selected immediately following the last "In Person Registration" night at ORWALL.
- Managers / Coaches are required to fill out an ORWALL application as well as a Volunteer Background Check form prior to the selection process.
- The Elected Board of Directors of ORWALL votes on and appoints coaches based on previous experience in both ORWALL and other Volunteer Organizations, Parent Reviews if they have previously coached at ORWALL and experiences/records in prior seasons.
- If you are interested in Managing / Coaching a team please email [orwallbaseball@yahoo.com](mailto:orwallbaseball@yahoo.com)

### **Are there Tryouts for the Teams and What is Involved?**

- Tryouts are held in the week following the last "In Person" Registration @ ORWALL.
- Tryout format will include (4) Stations... Ground Balls, Catching a throw from a player, pop flies and batting. All Players will be given (3) opportunities at each position to display their talent level for the Managers/Coaches.
- All players are required to tryout in order to qualify for the AAA or Majors draft.
- There are no try-outs for Kball or Tball (League ages 4-6). Kball and Tball teams are formed based on neighborhood. Due to the extremely large number of kids playing Kball and Tball, ORWALL does not honor "friend requests" for team placement.

### **How Does the Draft Work?**

- The draft for each division will be held on separate days. All managers will draw numbers to determine their position in the draft.
- The draft will be conducted in a snake format, i.e. 1-2-3-4, 4-3-2-1, then 1-2-3-4, etc.
- The only "player freezes" are the Managers son(s) and are determined by the Little League "Green Book".
- In the event there is a player who is registered but cannot attend one of the designated try-outs, that player will then be eligible ONLY for a AA team. The player will be assigned to a AA team via a "hat pick" after all players who have tried out have been selected.
- Trades between teams will be allowed immediately after the draft, during a specified time period, with both Coaches' agreement and the approval of the Division Director.

### **What if my Child ends up on a team without a Coach?**

- ORWALL is a 100% Volunteer Organization.
- As an organization we do our best to recruit the best that the area has to offer in volunteer coaches.
- In some instances, we do end up with teams without volunteer coaches. When this does occur, ORWALL does not want to take away the chance for players to get in the game. Instead, the Division Director will schedule a meeting with the team and either has one of the parents step up and offer to coach the team or find a way for the Parents to assume the duties of coaching the team. In most cases, 2-3 parents on the team take the opportunity and the results have been very positive.

### **Does Little League get a list of the players and coaches?**

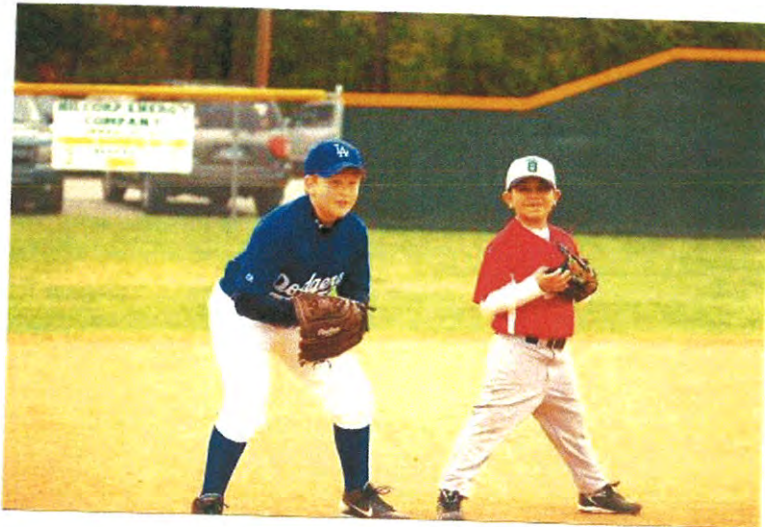
- Yes. ORWALL sends a list of all players and managers to the Little League data center at [www.littleleague.org](http://www.littleleague.org) by March 13, 2014.

### **Does your Little League have a Challenger League?**


- Yes, we do have a Challenger League. You can register at [www.orwallchallenger.org](http://www.orwallchallenger.org). The Challenger League plays on Saturday Mornings on the 8 year old field and the Minor Field.

**If you have other questions you feel should be answered on this page, please email them to [orwallbaseball@yahoo.com](mailto:orwallbaseball@yahoo.com) and put "FAQ" in the Subject Line.**

## ORWALL CHALLENGER LEAGUE




Each Major's team is assigned a Saturday to help the Challenger League with one of their games. This is a great team building experience.



Little League Child Protection Program

**Little League®  
Child Protection  
Program**


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- The Next Phase
- Regulation I (B)
- Regulation I (B) Cont.
- Regulation I (C) 1
- Regulation I (C) 2
- Their Protection and Yours
- Q & A Section 8
- Charter Application
- Volunteer Application



Little League Child Protection Program


**History**

- Program has been in place since 1997
- In 2001, Little League provided information on background checks as well as links to searchable sex offender databases. Compliance was voluntary.
- Goal of educating children and volunteers in ways to prevent child abusers from becoming involved in the program
- In the 2002 ASAP program, volunteer applications became mandatory
- In 2003, background checks using state SOR became mandatory by Little League Regulations
- In 2007, background checks using national SOR became mandatory by Little League Regulations.
- Little League pays for the first 125 background checks so leagues and districts can utilize a more comprehensive check through LexisNexis.



Little League Child Protection Program


- Little League pays for the first 125 background checks (reset yearly in Nov.) through LexisNexis Criminal Check.
- In addition to meeting the minimum requirement of checking the United States Department of Justice National Sex Offender Registry, ([www.nsopr.gov](http://www.nsopr.gov)) Little League strongly encourages all leagues to also utilize the national criminal records search available through the Little League website.



Little League Child Protection Program

**The Next Phase**


- The local league must conduct a **nationwide search** that contains the applicable government sex offense registry data of all coaches, managers, board members and any other persons, volunteers or hired workers, that provide a regular service and/or has repetitive access to, or contact with players and teams.
- Each year Little League International provides 125 free background checks (reset yearly in Nov.). Information on how to utilize this benefit, as well as how to conduct background checks, can be found on the Little League website at:  
<http://www.littleleague.org/learn/programs/childprotection.htm>



Little League Child Protection Program

**The Next Phase**


- If no sex offender registries exist in a province or country outside the United States the local league must conduct the more extensive of a country, province or city-wide criminal background check through the appropriate governmental agency unless prohibited by law.
- For more information go to [www.littleleague.org](http://www.littleleague.org) or your respective Regional Website.



Little League Child Protection Program

**Regulation I (b)**

- As a condition of service to the league, all managers, coaches, Board of Directors members and any other persons, volunteers or hired workers, who provide regular service to the league and/or have repetitive access to, or contact with players or teams, must complete and submit an official "Little League Volunteer Application" to the local league president.



Little League Child Protection Program


## Regulation I (b)

*Continued*

- Annual background screenings must be completed prior to the applicant assuming his/her duties for the current season. Refusal to annually submit a fully completed "Little League Volunteer Application" must result in the immediate dismissal of the individual from the local league.

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Little League Child Protection Program


## Regulation I (C) 8

I (c) Each league shall:

- 8. Require that all of the following personnel have annually submitted a fully completed official "Little League Volunteer Application" to the local league president, prior to the applicant assuming his/her duties for the current season: Managers, Coaches, Board of Directors members and any other persons, volunteers or hired workers, who provide regular service to the league and/or have repetitive access to, or contact with, players or teams.

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Little League Child Protection Program


## Regulation I (C) 8

*Continued*

- The "Little League Volunteer Application" must be maintained by the president of the local league's board of directors for all personnel named above, for a minimum of the duration of the applicant's service to the league for that year. We recommend that the League keep the application for 2 years after they leave service. Failure to comply with this regulation may result in the suspension or revocation of tournament privileges and/or the local league's charter by action of the Charter or Tournament Committee in Williamsport.

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Little League Child Protection Program


## Regulation I (C) 9

I (c) Each league shall:

- Conduct an annual background check on all personnel that are required to complete a "Little League Volunteer Application" prior to the applicant assuming his/her duties for the current season. No local league shall permit any person to participate in any manner, whose background check reveals a conviction for any crime involving or against a minor. A local league may prohibit any individual from participating as a volunteer or hired worker, if the league deems the individual unfit to work with minors.

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Little League Child Protection Program

## Regulation I (C) 9

*Continued*

- All local leagues must conduct a nationwide search that contains the applicable government sex offender registry data.
- Each year Little League International provides 125 free background checks (reset yearly in Nov.). Information on how to utilize this benefit, as well as how to conduct background checks, can be found on the Little League website at:

<http://www.littleleague.org/learn/programs/childprotection.htm>




Little League Child Protection Program

## Regulation I (C) 9

*Continued*



- If no sex offender registries exist in a province or country outside the United States the local league must conduct the more extensive of a country, province or city- wide criminal background check through the appropriate governmental agency unless prohibited by law.
- Failure to comply with this regulation may result in the suspension or revocation of tournament privileges and/or the local league's charter by action of the Charter or Tournament Committee in Williamsport.



**Little League Child Protection Program**  
**Regulation I (C) 9**  
*Continued*

- If a local league becomes aware of information by any means whatsoever, that an individual, including, but not limited to volunteers, players and hired workers, has been convicted or pled guilty to any crime involving or against a minor, the local league must contact the applicable government agency to confirm the accuracy of the information. Upon confirmation of a conviction for, or guilty plea to, a crime against or involving a minor, the local league shall not permit the individual to participate in any manner.



- History
- The Next Phase
- Regulation I (B)
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**Little League Child Protection Program**  
**Their Protection ... And Yours**

- These requirements are being implemented by Little League and your local league to:
  - Protect our children and maintain Little League as a hostile environment for those who would seek to do them harm.
  - Protect individuals and leagues from possible loss of personal or league assets because of litigation.
  - Take advantage of current technology and laws that have made background check information accessible to your local league.



- History
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- Regulation I (B)
- Regulation I (B) Cont.
- Regulation I (C) 8
- Regulation I (C) 9
- Their Protection and Yours
- Q & A Section 9
- Charter Application
- Volunteer Application

**Little League Child Protection Program**  
**Questions & Answers**

- What do we, as a league, have to do to comply so that we can be chartered for the next season?
  - Required to sign an agreement on the Charter Application agreeing to comply with Regulations [specifically I (b) and I (c) 8,9]
  - Required to sign a statement on Tournament Enrollment Form verifying process was completed and implemented
  - Failure to sign Charter will result in league not being chartered
  - Failure to sign verification will result in possible revocation of Tournament and / or Charter privileges

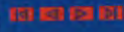

- History
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**Little League Child Protection Program**  
**Questions & Answers**

- What type of background check is required by the new regulations?
  - Local leagues are required to conduct a search that contains the nationwide sex offender registry
- What types of offenses are we screening for when conducting a background check?
  - Search for sexual offenses involving minors
  - Anyone, including a minor, convicted or who pled guilty to charges involving a minor, no matter what the offense, must not be permitted to work with children.



- History
- The Next Phase
- Regulation I (B)
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**Little League Child Protection Program**  
**Questions & Answers**

- Who in the local league should be responsible to process the background check information?
- Recommend the board of directors appoint the local league president and two other individuals to handle the background checks (law enforcement/ legal background helpful). Make sure someone else checks the people running the background checks. No one should check themselves.
- What if an individual has previously had a background check?
  - Background check on appropriate individuals must be done annually


- History
- The Next Phase
- Regulation I (B)
- Regulation I (B) Cont.
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- Their Protection and Yours
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- Charter Application
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**Little League Child Protection Program**  
**Questions & Answers**

- If our volunteer base comes from multiple states, in what state do we do the background checks?
  - With the 2007 change in regulation one nationwide search will scan sex offense registries in all fifty states within the United States.
  - The new regulation coupled with new background check tools, will provide leagues with added protection as they choose volunteers and/or hired workers.
  - Copy of Government issued photo ID must accompany application to verify information provided by applicant.

- History
- The Next Phase
- Regulation I (B)
- Regulation I (B) Cont.
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Little League Child Protection Program

## Questions & Answers


- What will result in termination of a volunteer under the new regulations?
  - Any background check that reveals a conviction of any crime involving or against a minor must result in immediate termination
  - Volunteers who refuse to submit a fully completed "Little League Volunteer Application" must be immediately terminated or eliminated from consideration for any position, including long time volunteers and minors



Little League Child Protection Program

## Questions & Answers


- What if offenses involving or against minors are pending prior to or after appointment to a position in the local league?
  - Suggest the individual not be appointed or should be suspended from his/her current position pending the outcome of the charges
- What if there are convictions or other offenses NOT involving or against minors?
  - Local league may prohibit any individual from participating as a volunteer or hired worker, if the local league board of directors deems the individual unfit to work with minors.



Little League Child Protection Program

## Questions & Answers

- Who is to be made aware of the information found on the background check?
  - President shall only share personal information contained in the volunteer application, background check or other information obtained through the screening process with other members of the board of directors in order to make personnel decisions
  - If the information obtained through the background check is public record and contains crimes against a minor which causes an individual to not be appointed or to be terminated, Little League Baseball recommends this information be shared with the parents/guardians of the children who have had contact with the individual previously.




Little League Child Protection Program

## Questions & Answers

Where should these records be maintained and for how long?


- The local league president shall retain for each volunteer, his or her volunteer application, background check information, and any other documents pertaining to that individual for two years after the duration of the volunteers' service to the league.
- Two years after that person leaves the leagues service, the league president shall dispose of the records pertaining to that individual unless the league has taken action or made a decision based upon the information contained in those records subject to local and state laws.



Little League Child Protection Program

## Questions & Answers

- What is the timetable for completing the screening of each individual?
  - League must complete the annual screening process which includes application and background check prior to the individual assuming his/her duties for the current season.
- What resources are available through Little League Baseball to assist in this process?
  - In addition to meeting the minimum requirement of checking the United States Department of Justice National Sex Offender Registry, ([www.ncsrr.gov](http://www.ncsrr.gov)) Little League strongly encourages all leagues to also utilize the national criminal records search available through the Little League website. This additional criminal records check may provide additional important information regarding the criminal records of individuals whose crimes do not require that they be listed on a sex offender registry. For example, convictions for assault, battery, theft or drug offenses would not result in a report to sex offender registry.
  - Information on how to utilize this benefit, as well as how to conduct background checks, can be found on the Little League website at <http://www.littleleague.org/learn/programs/childprotection.htm>




Little League Child Protection Program

## Questions & Answers

- What will it cost my league to implement this new initiative?
  - In addition to meeting the minimum requirement of checking the FREE United States Department of Justice National Sex Offender Registry, ([www.ncsrr.gov](http://www.ncsrr.gov)) Little League strongly encourages all leagues to also utilize the national criminal records search available through the Little League website. This additional criminal records check may provide additional important information regarding the criminal records of individuals whose crimes do not require that they be listed on a sex offender registry. For example, convictions for assault, battery, theft or drug offenses would not result in a report to sex offender registry.
  - Information on how to utilize this benefit, as well as how to conduct background checks, can be found on the Little League website at <http://www.littleleague.org/learn/programs/childprotection.htm>
  - Little League International currently provides each league with access to 125 free criminal background checks per year.

<http://www.littleleague.org/learn/programs/childprotection.htm>

Recommend passing this cost onto the applicant as a condition of volunteering or league may seek other funding sources like civic organizations, businesses, sponsors or service clubs.




**Little League: Child Protection Program**  
**Questions & Answers**

- When should local leagues begin the implementation process of this new initiative?
  - Immediately, so volunteer applications and background checks are completed prior to individuals assuming their duties for the current season.
- Does this new initiative also apply to those individuals that assist the manager and coaches at practices or games?
  - Yes. Any individual who provides regular service to the league or/and who has repetitive access to or contact with players or teams must fill out the "Little League Volunteer Application" and go through the background check process.

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 • Regulation I (C) 8  
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 • Their Protection and Yours  
 • Q & A Section 8  
 • Charter Application  
 • Volunteer Application

**REGIONS**




**Little League: Child Protection Program**  
**Questions & Answers**

- Who is going to coach the team if a screened manager or coach is no longer able to fulfill his/her duties?
  - Any permanent replacement can not assume their duties until the official "Little League Volunteer Application" and background check has been completed. The ability to do an instant internet background check after receipt of volunteer application with a copy of the applicant's photo ID should expedite this process for the local league.

**History**  
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**REGIONS**



**Little League: Child Protection Program**  
**Questions & Answers**

- Should our league wait until the entire screening process has been completed to submit our Charter Application and Insurance Enrollment Form?
  - No. The appropriate league officers must sign the statement on the form agreeing to adhere to the new regulations requiring the use of the official "Little League Volunteer Application" and national background screening process as outlined in Regulations I(b) and I(c) 8 & 9. Once this section is completed the balance of the charter application can be completed and submitted to Little League International.

**History**  
 • The Next Phase  
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**REGIONS**




**Little League: Child Protection Program**  
**Charter Application**

Little League International will not accept any request for charter affiliation/re-affiliation or any request for insurance coverage until the following verification is signed by both the league President and either the league Vice-President, Treasurer or Secretary. All unsigned forms will be returned, without being processed.

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**REGIONS**




**Little League: Child Protection Program**  
**Charter Application**

All local Little League programs will also be required to sign a statement on the tournament enrollment application that verifies that the process stated below has been implemented in compliance with the Regulations. Failure to comply may result in the loss of tournament privileges and possible charter suspension by the Charter Committee.

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 • Regulation I (C) 8  
 • Regulation I (C) 9  
 • Their Protection and Yours  
 • Q & A Section 8  
 • Charter Application  
 • Volunteer Application

**REGIONS**



**Little League: Child Protection Program**  
**Charter Application**

Regulations I (b) and I (c) 8 mandate the use of the official "Little League Volunteer Application" for all managers, coaches, board members and any other persons, volunteers or hired workers, who provide regular service to the league and/or have repetitive access to, or contact with, players or teams. This form shall only be modified in order to comply with local, state, provincial or national laws.

**History**  
 • The Next Phase  
 • Regulation I (B)  
 • Regulation I (B) Cont.  
 • Regulation I (C) 8  
 • Regulation I (C) 9  
 • Their Protection and Yours  
 • Q & A Section 8  
 • Charter Application  
 • Volunteer Application

**REGIONS**



**Little League: Child Protection Program**

## Charter Application

Pursuant to Regulations I (c) 8 and 9, a background checks of a national SOR must be conducted on every individual that is required to complete a volunteer application. As duly elected President and V.P./Treas./Sec., we agree on behalf of the organization that we will comply with the use of the official "Little League Volunteer Application" and conduct all of the required background checks.

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**Little League: Child Protection Program**

## 2013 Little League Volunteer Application

Little League Volunteer Application 2013

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**Little League: Child Protection Program**

COPIES OF VALID GOVERNMENT ISSUED PHOTO IDENTIFICATION MUST BE ATTACHED AND SENT TO EVERY INFORMATION BELOW.

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ Business Phone: \_\_\_\_\_  
 E-mail Address (optional): \_\_\_\_\_  
 Social Security (optional, mandatory upon request): \_\_\_\_\_  
 Employer: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Special professional training, skills, abilities: \_\_\_\_\_  
 Current employment (include name of organization, etc.): \_\_\_\_\_  
 Previous volunteer experience (including months worked and years): \_\_\_\_\_  
 Do you have children in the program? Yes  No  If yes, list full name and birth date: \_\_\_\_\_  
 Special qualifications (e.g., CPR, Medical, etc.): \_\_\_\_\_  
 Do you have a valid driver's license? Yes  No   
 Have you ever been arrested or placed under any court order? Yes  No   
 Are there any criminal charges pending against you regarding any activity involving or relating to a minor? Yes  No

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**Little League: Child Protection Program**

Have you ever been refused participation in any other youth programs? Yes  No   
 If yes, explain: \_\_\_\_\_

In which of the following would you like to participate? (Check one or more.)  
 League Official  Coach  Umpire  Field Maintenance   
 Manager  Scorekeeper  Concession Stand  Other

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**Little League: Child Protection Program**

Please list three references or add the address and phone number of your participation as a volunteer in a youth program.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

AS A CONDITION OF VOLUNTEERING, I give permission for the Little League organization to conduct background checks on the fee and an ongoing basis in accordance with the organization's policy. I understand that if I am found to be ineligible, I will be removed from the organization and my name will be placed on a national SOR. I agree to provide accurate information on this background check and agree to hold harmless from liability the Little League, Little League Baseball, Incorporated, the officials, employees, and volunteers thereof in any regard of previous appointments. I understand that I am not obligated to complete a volunteer position if I am found to be ineligible. I agree to the terms of this application and I am subject to supervision by the President and review by the Board of Directors for violation of the league policies or provisions.

Applicant Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Little League Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Applicant home/office print or 300K: \_\_\_\_\_

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**Little League: Child Protection Program**

**LOCAL LEAGUE USE ONLY:**

Background check completed by league officer: \_\_\_\_\_

System(s) used for background check (minimum of one must be checked):  
 Sex Offender Registry  Criminal History Records  \*Fingerprint

*Please be advised that if you use Fingerprint 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 directly from Lexipol 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.

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- History
- The Next Phase
- Regulation I (B)
- Regulation I (B) Cont.
- Regulation I (C) 1
- Regulation I (C) 2
- Their Protection and Yours
- K & A Section 8
- Charter Application
- Volunteer Application



## Little League Child Protection Program

### 5 Steps to Compliance

- Sign and return Charter Application
- Collect Volunteer Applications
- Create 3-member Screening Committee
- Screen Managers, Coaches, Board Members and other with repetitive access using interviews, online resources and/or government agencies
- Sign the Tournament Enrollment verifying process was completed and implemented.

**Little League Volunteer Application - 2014**  
Do not use forms from past years. Use extra paper to complete if additional space is required.

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

Name \_\_\_\_\_ Date \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email: Email the 3 necessary with First, Lastname or name initial  
Cell Phone \_\_\_\_\_ Business Phone \_\_\_\_\_  
E-mail Address \_\_\_\_\_  
Date of Birth \_\_\_\_\_  
Occupation \_\_\_\_\_  
Employer \_\_\_\_\_  
Address \_\_\_\_\_  
Special profession of training, etc., includes \_\_\_\_\_  
Community affiliations (Clubs, Service Organizations, etc.) \_\_\_\_\_  
Previous volunteer experience (including location, length of and level) \_\_\_\_\_  
Do you have children in the program? Yes  No  If yes, list full names and what level? \_\_\_\_\_  
Special Certification (CPR, Medical, etc.) \_\_\_\_\_  
The year I received my certification was \_\_\_\_\_  
Do you have a driver's license? Yes  No   
Have you ever been convicted of or pled guilty to a criminal involving or against a minor? Yes  No   
If yes, describe such as full: \_\_\_\_\_  
Are there any criminal charges pending against you, regarding any criminal involving or against a minor? Yes  No  If yes, describe such as full: \_\_\_\_\_  
Have you ever been asked to participate in any other youth programs? Yes  No  If yes, explain: \_\_\_\_\_  
In which of the following would you like to participate? (Check one or more.)  
League Officer  Coach  Umpire  Field Maintenance   
Manager  Administrator  Concussion Stand  Other

Please list three references, at least one of which has knowledge of your participation in a Little League or youth program.

Reference 1 \_\_\_\_\_  
Reference 2 \_\_\_\_\_  
Reference 3 \_\_\_\_\_

**APPLICANT SIGNATURE** \_\_\_\_\_  
Date \_\_\_\_\_  
If Minor: Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Applicant Name please print name or type \_\_\_\_\_  
NOTE: The background check and other background information will be administered electronically on the basis of your email address, name, date, gender, phone number and address.

**LOCAL LEAGUE USE ONLY**  
Background check completed by league officer \_\_\_\_\_  
or \_\_\_\_\_  
Systems used for background check (name of one must be checked)  
See OESide Registry  Criminal History Records  Third Parties   
\*Please do not indicate that you use First Advantage and there is a name match in the database unless you have actually performed a background check. You will receive a letter directly from First Advantage in accordance with the First Choice Background Act containing information regarding the criminal record information with the name, which may not be reported by the background check.  
Only attach to this application copies of background check results that reveal a conviction of this application.



## QUESTIONS AND ANSWERS ABOUT THE CHILD PROTECTION PROGRAM

### **1. What do we, as a league, have to do to comply so that we can be chartered for the next season?**

The local league has been required to have all board members, managers, coaches, and other volunteers or hired workers who provide regular service to the league or/and who have repetitive access to or contact with players or teams fill out the official Little League Volunteer Application. Additionally the league has been and is required to conduct a background check on each of these individuals. The local league has been required to conduct a nationwide search that contains the applicable government sex offender registry data as opposed to conducting statewide sex offense registry search. Little League Baseball and Softball will require each league to sign an agreement on the charter application that they will comply with Regulation I (b) and I(c) 8 & 9. The leagues are also required to sign a statement on the tournament enrollment form verifying that the process under the regulation has been completed and implemented. Failure to sign the agreement on the charter application will result in the league not being chartered and failure to fulfill the requirement of the regulations will result in the league's status being referred to the Charter/Tournament committee for action to revoke the league's charter and all privileges.

### **2. What type of background check is required by the new regulations?**

The local league must annually conduct a nationwide search that contains the applicable government sex offender registry data. In addition Little League strongly encourages all leagues to also utilize the national criminal records search available through the Little League website. This additional criminal records check may provide additional important information regarding the criminal records of individuals whose crimes do not require that they be listed on a sex offender registry. More information can be obtained by going to [http://littleleague/learn\\_more/programs/childprotection.htm](http://littleleague/learn_more/programs/childprotection.htm). The first 125 supplemental checks through LexisNexis are paid for by Little League International and are free to each chartered Little League. If additional checks are necessary, they will cost the league only \$1.00 per background check conducted.

### **3. What type of offenses are we screening for when we conduct a background check?**

Local leagues are conducting a search of the nationwide sex offender registry for anyone who has committed sexual offenses involving minors. An individual who has been convicted or plead guilty to charges involving or against a minor, no matter when the offense occurred, must not be permitted to work or volunteer.

### **4. Who in the local league should be responsible to process the background check information?**

Little League Baseball recommends the board of directors appoint the local league president and two other individuals to handle the background checks. These individuals may be from the board or individuals outside the board. For instance, the board of directors may appoint individuals who have significant professional background in this area, such as law enforcement officers or individuals with a legal background. Remember to never let those assigned for this process to also do the background checks on themselves.

### **5. What if an individual has previously had a background check?**

Each league must conduct its own background check on the appropriate individuals annually.

**6. What will result in termination of a volunteer under these regulations?**

Any background check that reveals a conviction of any crime involving or against a minor must result in immediate termination from the league. Additionally, volunteers who refuse to submit a fully completed Little League Volunteer Application, along with a government issued photo ID, must be immediately terminated or eliminated from consideration for any position. This includes individuals with many years of service to your league.

**7. What if offenses involving or against minors are pending prior to or after appointment to a position in the local league?**

We suggest the individual not be appointed or should be suspended from his/her current position pending the outcome of the charges.

**8. What if there are convictions or other offenses NOT involving or against minors?**

Even though convictions or other offenses may not be against a minor, the local league board of directors still may deem these individuals as inappropriate and/or unfit and may prohibit him/her from working as a hired worker or volunteer within the league.

**9. Who is to be made aware of the information found on the background check?**

The local league president shall only share personal information contained in the volunteer application, background check or other information obtained through the screening process with other members of the board of directors in order to make personnel decisions. If the information obtained through the background check is public record and causes an individual to not be appointed or to be terminated, Little League Baseball recommends this information be shared with the parents/guardians of the children who have had contact with the individual previously.

**10. Where should these records be maintained and for how long?**

The local league president shall retain each volunteer application, background check information, and any other documents obtained on file for the current year of service of that individual. After the local league has completed operation for the current season, the league president should maintain the record of a volunteer for at least 2 years after the volunteer is no longer in the league. When it comes time to dispose of these records, they should be shredded as they contain sensitive information. All actions concerning these records must comply with any applicable laws. Leagues should also maintain records in the case that the league has taken action or made a decision based upon the information contained in the records. The records should be maintained in a locked and secure area, such as the league president's home and not in a club house or similar facility.

**11. What is the timetable for completing the screening of each individual?**

The league must complete the annual screening process prior to the individual assuming his/her duties for the current season. This would include the individual submitting a completed volunteer application and the league completing an appropriate background check. The applicant must also submit a government issued photo ID, usually a driver's license, in order for the league to verify that the information on his/her volunteer application is correct, i.e., spelling of name, address, date of birth, etc.

**12. What resources are available through Little League Baseball to assist this process?**

The current Little League official Volunteer application is available at <http://www.littleleague.org/common/forms/volunteerapp.pdf>. In addition to meeting the minimum requirement of checking the United States Department of Justice National Sex Offender Registry, (www.nsopr.gov) Little League strongly encourages all leagues to also utilize the national criminal records search available through the Little League website. This additional criminal records check may provide additional important information regarding the criminal records of individuals whose crimes do not require that they be listed on a sex offender registry.

**13. What will it cost my league to implement this initiative?**

There is no fee required for the Department of Justice Sex Offender Public Registry website, which checks sex offender registries in all fifty states. In addition Little League strongly encourages all leagues to also utilize the national criminal records check may provide additional important information regarding the criminal records of individuals whose crimes do not require that they be listed on a sex offender registry. More information can be obtained by going to:

[http://littleleague/learn\\_more/programs/childprotection.htm](http://littleleague/learn_more/programs/childprotection.htm)

**14. When should local leagues begin to conduct background checks on volunteers and hired workers?**

In accordance with Little League Regulation I(c) (8 & 9), local leagues must conduct background checks on all volunteers and hired workers prior to the applicant assuming his or her duties for the season. Background checks must be completed on all individuals who are required to complete the official "Little League Volunteer Application" and who provide a regular service to the league and/or have repetitive access to, or contact with, players and teams. This includes, but is not limited to, managers, coaches, Board of Director members and other persons or hired workers.

**15. Does this initiative also apply to those individuals that assist the manager and coaches at practices or games?**

Yes. Any individual who provides regular service to the league or/and who has repetitive access to or contact with players or teams must fill out the Volunteer Application, provide a copy of a government issued photo ID, and go through the background check process.

**16. Who is going to coach the team if a screened manager or coach is no longer able to fulfill his/her duties?**

Any permanent replacement cannot assume their duties until the volunteer application and background check has been completed. The league may temporarily assign a board member or another screened individual to fill the vacancy until the proper process and appointment has been made.

**17. Should our league wait until the entire screening process has been completed to submit our Charter Application and Insurance Enrollment Form?**

No. The appropriate league officers must sign the statement on the form agreeing to adhere to the new regulations requiring the use of the new volunteer application and background screening process as outlined in Regulations I(b) and I(c) 8 & 9. Once this section is completed the balance of the charter application can be completed and submitted to Little League Baseball.

**18. As the league president or an official of the local league, how do I explain the need for this initiative?**

These requirements were implemented in 2002 by Little League and your local league to:

- 1) Protect our children and maintain Little League as a hostile environment for those who would seek to do them harm.
- 2) Protect individuals and leagues from possible loss of personal or league assets because of litigation.
- 3) Take advantage of current technology and laws that have made background check information accessible to your local league.



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

## Introduction

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

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

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

Background checks were optional until the 2003 season. Effective in 2007, the local league must conduct a nationwide search that contains the applicable government sex offender registry data. Advances in computer technology – allowing greater access to public records – make it possible for background checks (at a minimum, to see if an individual is a registered sex offender in any given state) to be conducted in every U.S. state. Local Little League programs are now *required* to annually conduct a background check of Managers, Coaches, Board of Directors members and any other persons, volunteers or hired workers, who provide regular service to the league and/or have repetitive access to, or contact with, players or teams. (Reg. I [b], Reg. I [c] 9.)

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

The United States Department of Justice National Sex Offender Public Registry is free and available at [www.nsopr.gov](http://www.nsopr.gov).

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## What Can Parents Do?

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

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

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

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

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

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

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

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

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

### Warning Signs of a Seducer

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

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

- Provides unwarranted gifts, trips, affection and attention to a specific child or small group of children
- Seeks access to children
- Gets along with children better than adults
- "Hangs around" children more than adults
- Has items at home or in vehicle specifically appealing to children of the ages they intend to molest, such as posters, music, videos, toys, and even alcohol or drugs
- Displays excessive interest in children (may include inviting children on camping trips or sleepovers)
- Single, over 25 years old (but could be married, sometimes as a "cover," and could be any age)
- Photographs or videotapes children specifically
- Lives alone, or with parents
- Refers to children as objects ("angel," "pure," "innocent," etc.)
- Manipulates children easily

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

### What to Watch For in Your Child

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

### Getting More Information

*These items are meant solely as a general guide, and should not be used as the only means for rooting out child sex offenders.* Parents can access more information on child abuse through the National Center for Missing and Exploited Children (a non-profit organization founded by John Walsh, <http://www.missingkids.com/>) and the National Clearinghouse on Child Abuse and Neglect

Information (part of a service of the Children's Bureau, within the Administration on Children, Youth and Families, Administration for Children and Families, U.S. Department of Health and Human Services, <http://www.calib.com/nccancl/>).

### How to Report Suspected Child Maltreatment

The National Clearinghouse on Child Abuse and Neglect Information advises this: If you suspect a child is being maltreated, or if you are a child who is being maltreated, call the Childhelp USA National Child Abuse Hotline at 1-800-4-A-CHILD (1-800-422-4453; TDD [text telephone] 1-800-2-A-CHILD). This hotline is available 24 hours a day, seven days a week. The Hotline can tell you where to file your report and can help you make the report.

Or, for a list of states' toll-free telephone numbers for reporting suspected child abuse, visit the "Resource Listings" section at this site: <http://www.calib.com/nccancl/pubs/prevenres/organizations/tollfree.cfm>, or call the Clearinghouse at 1-800-FYI-3366.

### Talk to Your Kids; Listen to Your Kids

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

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

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

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

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



Little League Background Checks  
By First Advantage

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### Little League 2013 Search Activity

- November 1, 2012 through October 31, 2013
  - Total number of Leagues with First Advantage Accounts: 3,852
  - Percentage of volunteers using FA with criminal records: 12.69%
  - Average number of criminal records per case: 4.16

#### What method is being used to screen volunteers?

- Are you doing all of the background checks that are required?
  - Coaches
  - Practice Coaches
  - Board Members
  - Umpires
  - Misc. positions
    - Equipment manager
    - Field maintenance
    - Scorekeeper
    - Announcer
    - General volunteer
    - Concession worker
    - Team Parent

Each league should check an average of 5-6 people per team.



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### Some Crimes That Exclude a Volunteer From Participating with Little League

- AGGRAVATED CHILD ABUSE
- CHILD ABUSE/CHILD ABUSE 2ND DEGREE
- FELONY CHILD ABUSE-SERIOUS INJURY
- FIRST DEGREE CHILD MOLESTATION
- RISK OF INJURY TO CHILD
- SEXUAL ACTIVITY WITH A CHILD
- SEXUAL CONDUCT WITH MINOR
- SHOWING OBSCENE MATERIAL TO A MINOR



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### 2013 Criminal Offenses Found in Little League Searches

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>ABDUCTION</li> <li>AGGRAVATED CRIMINAL SEXUAL ASSAULT/THREAT</li> <li>AGGRAVATED KIDNAPING/ARMED</li> <li>AGGRAVATED ROBBERY-DEADLY WEAPON</li> <li>AGGRAVATED VEHICLE HEADCRASH/WEAPON</li> <li>AGGRAVATED ASSAULT</li> <li>ANIMAL CRUELTY/CRUEL NEGLECT</li> <li>ARMED ROBBERY/DANGEROUS/PELT/STIFFENANCE</li> <li>AUTO THEFT</li> <li>BATTERY (DOMESTIC)</li> <li>CONTROLLED SUBSTANCE- MAINTAINING A DRUG HOUSE</li> <li>CRIMINAL SEXUAL CONDUCT 1ST DEGREE/FAIL TO REGISTER</li> <li>CRUELTY TO CHILDREN, CHILD MOLESTATION</li> <li>DRIVING WHILE INTOXICATED 3RD DR MORE</li> <li>FELONY ASSAULT</li> <li>FELONY BATTERY (SIMPLE)</li> </ul> | <ul style="list-style-type: none"> <li>FIRST DEGREE MURDER/HOMICIDE/MANSLAUGHTER</li> <li>FIRST DEGREE RAPE</li> <li>FIRST DEGREE SEXUAL OFFENSE</li> <li>FLEEING OR ATTEMPTING TO FLEE</li> <li>FORGERY &amp; COUNTERFEITING</li> <li>DOMESTIC ASSAULT/FELONY</li> <li>DRUG POSSESSION - POSSESSION OF A CONTROLLED SUBSTANCE</li> <li>MANSLAUGHTER, VEHICLE</li> <li>MURDER (VICTIM IS A MINOR)</li> <li>MURDER IN THE FIRST, SECOND AND THIRD DEGREE</li> <li>NARCOTIC POSSESSION/TRANSPORT</li> <li>PETTY THEFT</li> <li>POSSESSION CONTROLLED SUBSTANCE INTENT TO SELL</li> <li>ROBBERY/WEAPON</li> <li>SELL COCAINE</li> <li>SHOOTING AT WITHIN OR INTO A VEHICLE</li> <li>SODOMY - 1ST DEGREE - PERSON UNDER 14</li> <li>THROW MISSILE AT VEHICLE</li> </ul> |
|--|---|

Little League International recommends that leagues consider offenses like these before allowing a volunteer to participate in their program.

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### Criminal Record Sources

- Approximately 751,538 individuals are on the state sex offender registries.<sup>3</sup>
- Approximately 135 million people and 350 million records are contained in the First Advantage National Criminal File.
- A check conducted through local or state law enforcement does not meet the Little League minimum requirement as it checks only local and state records and is not a National Check.
- The local league determines if the Social Security Number is mandatory. It is mandatory to have the SSN to use First Advantage. Using a SSN will increase the accuracy of the information reported.
- <sup>3</sup>The National Center for Missing and Exploited Children, "Registered Sex Offenders in the United States Per 100,000 Population," The National Center for Missing and Exploited Children. [http://www.missingkids.com/en\\_US/documents/sex-offender-mbp.pdf](http://www.missingkids.com/en_US/documents/sex-offender-mbp.pdf), Accessed July 11 2012

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### Criminal Record Sources

\*Individuals with Drug, Assault, Robbery, Murder, Theft, Driving Violations do not appear on a sex offender registry check.

- It is important to know about these crimes before they are possibly assigned to work with children or drive them to and from games/practices.
- Be comfortable with your screening choices.

You may have to defend what background check tool you used and who has been checked.



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### Sample Letter

Dear Little League Applicant:

You are receiving this letter because you have applied to be a volunteer or employee of Little League. First Advantage has been selected to verify the information you provided on your application.

As part of the verification process, we provide information from various government agencies and sex offender registries. In most states, we alert Little League only when a criminal record matches at least two of a person's personal identifiers, such as name and date of birth, or name and Social Security number.

However, sex offender registries from several states list offenders by name and do not provide sufficient personal identifiers to help differentiate between two people with the same name. Little League is aware of the fact that these states do not provide any other personal identifiers and still require First Advantage to report any match of an applicant's name if it is associated with a criminal record, even when no other information is made available by government officials. According to the records, you share the same name with a known criminal. Further information is attached for your review.

Little League is aware this record may not be yours, and they are committed to investigating the situation before approving or denying your application or concluding that the record belongs to you. Please be assured this information is confidential and will not be provided to anyone other than Little League.

Little League and First Advantage understand that the government's reporting of criminal records by name alone creates a burden on everyone involved. However, we believe that a thorough review process to ensure that convicted sex offenders do not participate with Little League, while inconvenient, is a safer alternative than the potential harm to a child.

If you have any questions regarding the information attached to this letter, please contact First Advantage's Consumer Center at (800) 845-5004. Our hours of operation are Monday through Friday from 7 a.m. to 7 p.m. Eastern time.

If you have any questions about the status of your application, please contact your local Little League Office.

Thank you for your patience with this process.

Sincerely,

First Advantage

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### New!!! 2014 Little League Improved Background Screening Website

<https://ca.fadv.com/CA/welcome.do?LLInternational>



Ensure Safety for Everyone in Your League



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This page allows for:

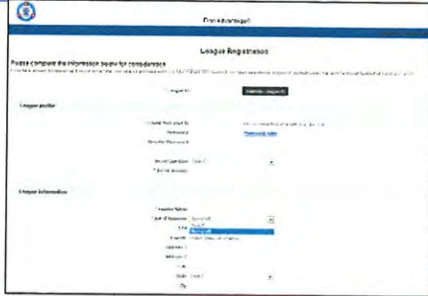
- Login Access to perform Background Checks
- New League Registration
- Little League Announcements with links to the Manual, Home Safe and to FAQ/Chat



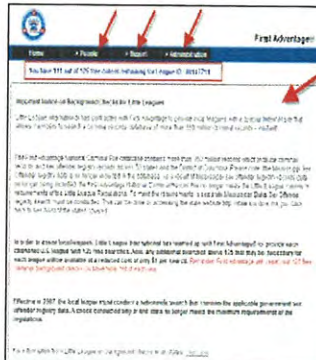
### New league registration page:

This page allows for:

- Search to see if the League ID already in use (if so; the ability to login or update the account is available).
- If the league ID is not already assigned, the Registration Page must be completed and submitted to be credentialed.



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Once Logged in you will be on the Secure Landing page that offers:

- People:** Ability to search and enter a new person
- Report:** Verify Background Ordering volume on account
- Administration:** Manage Users (add/delete)
- Important Notice Window:** Little League Communications
- Free Search Counter:** LL can now track the amount of free searches available.

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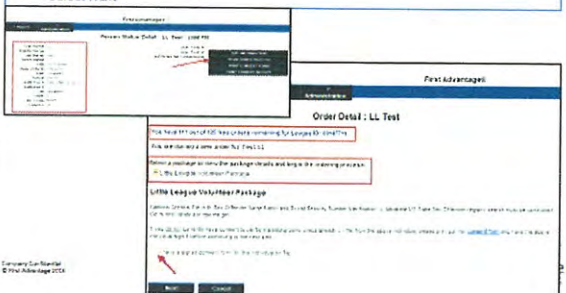
- Select Add New Person under People Tab to Start a New Background Check
- Complete data entry
  - Select Save and you are returned to the Person Status page (see next page)



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After Selecting Begin Order Process, the next page will display:

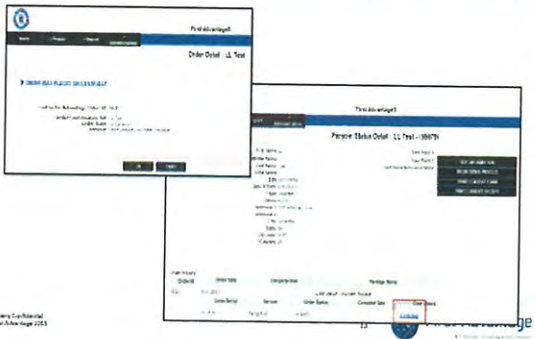
- Free Search Counter
- \*\*\* after free searches are exhausted a Credit Card will be requested for payment. Credit card information will only save while the user is logged in. If they log out, they will be required to re-input their information. \*\*\*
- Preselected Package
- Consent Acknowledgment Required
- Select Next



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After Submitting the Background Request:

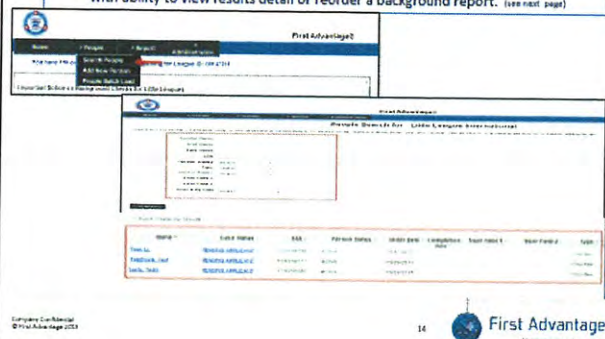
- Confirmation Page is Received, Select OK
- Back on the Person Status Page – Select Case status to see details/results



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To Search your roster :

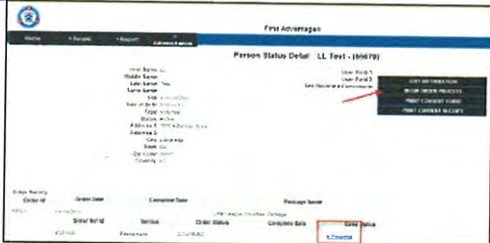
- Select Search People
- Search for a Specific person or leave fields blank to return all
- All results are posted below. Selecting their name takes to Summary with ability to view results detail or reorder a background report. (see next page)



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After Selecting their name you can view previous orders on this person or begin a new background check.

\*\*Please note. Once you have entered a person into the roster, they are always available for you to review or reorder without having to reenter their information.



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Ability to batch load people into your roster via Excel worksheet upload:

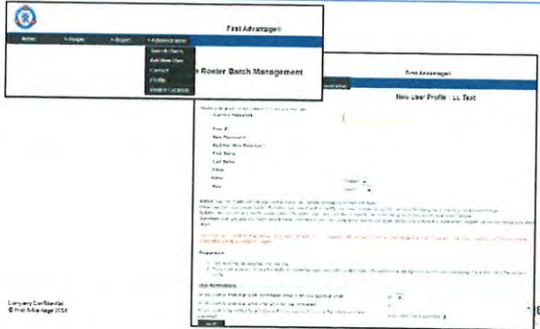
- Select People batch Load
- Download formatted excel sheet
- After entering data and saving, upload to the system



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Under Administration you can:

- Search for any users under your Account
- Create User ID's to allow additional Access to your account (shown below)
- View your account info such as contact info and location info.



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### Little League Customer Support

Little League  
Customer Support  
Toll Free: (866) 399-6647

#### Customer Support Hours of Operation

- Call Center : 866.399.6647
- Monday to Friday 8:00am to 8:30pm EST
- Saturday 9:00am to 5:00pm EST

\*\* Please Note: Afterhours remote support voicemail box is available any time outside of the time frames above\*\*

#### Live Chat

- Monday to Friday: 9:00am to 5:00pm EST

#### Frequently Asked Questions

- Available at: [https://littleleague.custhelp.com/app/answers/detail/a\\_id/3356](https://littleleague.custhelp.com/app/answers/detail/a_id/3356)

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## ORWALL SAFETY BADGES

After passing the First Advantage background check each Board Member, Manager, Coach, and Umpire will be issued an ORWALL Safety Badge with their picture showing they are approved to be on the **ORWALL fields for games**. All other adults that have contact with the players are **still required** to pass a background check as required by Little League.


# ORWALL SAFETY BADGES

**All Board Members, Managers and Coaches must wear their ORWALL Safety Badges when on Duty and during game.**

**Team Mom Coordinator**

**BASEBALL**  
Cantu  
Wilma





Board Member Sp2014

Emergency Contacts


911

|                    |              |
|--------------------|--------------|
| MoCo Prect 3 Const | 281-367-1161 |
| MoCo Sheriff       | 936-760-5800 |
| Fire               | 281-367-3444 |
| Musco Lights       | 877-347-3319 |
| Safety Officer     | 281-703-0139 |

**7 Premier 2014**






**BASEBALL**  
Luck  
Jason




**Coach**

**50/70 Premier Sp2014**

**BASEBALL**  
Stephenson  
Brooke



**Manager**

# Oak Ridge Woodlands Area Little League



Safety Code



# **SAFETY FIRST - FOR EVERYONE!**

## **ORWALL SAFETY CODE**

The Board of Directors of ORWALL has mandated the following *Safety Code*. All managers and coaches will read this *Safety Code* and then read it to the players on their team. Signatures are required in the spaces provided below acknowledging that the manager and coaches understand and agree to comply with the *Safety Code*. Place it in the ORWALL Safety Officer's mailbox.

### **CATCHERS:**

- Male catchers must wear the fiber or plastic type cup and a long-model chest protector.
- Female catchers must wear long or short model chest protectors.
- 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
- Catchers must wear a catcher's mitt (not a first baseman's mitt or fielder's glove) of any shape, size or weight consistent with protecting the hand.
- Catchers may not catch, whether warming up a pitcher, in practices or games without wearing full catcher's gear and an athletic cup as described above.

### **EQUIPMENT:**

- 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 designated coaches.
- Equipment should be inspected at each use 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. Players are encouraged to wear helmets with face guards.
- Parents of players who wear glasses should be encouraged to provide "safety glasses" for their children.
- Managers will only use official Little League balls (T-ball, LL1 and Senior baseballs).
- All male players will wear athletic supporters and cups during games/practices. Catchers must wear a cup. Managers should encourage that cups be worn by all players.
- Players are encouraged to wear mouth pieces.
- All fields have break-away bases.
- K-Ball thru Pee Wee 8 fields will have double first bases.

## **RULES:**

- Foul ball batted out of playing area will be returned to the umpire and not thrown over the fence during a game.
- Except when a runner is returning to a base, head first, slides are not permitted.
- During sliding practice, bases should not be strapped down or anchored.
- On-deck batters are not permitted.
- Shoes with metal spikes or cleats are **not** permitted. Shoes with molded cleats are permissible.
- Players will not wear watches, rings, pins, jewelry or other metallic items during practices or games. (Exception: Jewelry that alerts medical personnel to a specific condition is permissible and this must be taped in place.)
- No food or drink, at any time, in the dugouts. (Exception: bottled water, Gatorade and water from drinking fountains)
- Managers will never leave an unattended child at a practice or game.
- Never hesitate to report any present and potential safety hazard to the Orwall Safety Officer immediately.
- Make arrangements to have a cellular phone available when a game or practice is at a facility that does not have public phones.
- Speed Limit is 5 miles per hour in roadways and parking lots.
- No alcohol or drugs allowed on the premises at any time.
- **No medication** will be taken at the facility unless administered directly by the child's parent this includes aspirin and Tylenol.
- No playing in the parking lots at any time.
- No swinging bats or throwing baseballs at any time within the walkways and common areas of the complex.
- No throwing rocks.
- No climbing fences on fields and around complex.
- No swinging on dugout roofs.
- No pets are permitted on the premises at any time. This includes dogs, cats, horses, etc.
- Observe all posted signs.
- Players and spectators should be alert at all times for foul balls.
- All gates to the fields must remain closed at all times. After players have entered or left the playing field, gates should be closed and secured.
- Bicycle helmets must be worn at all times when riding bicycles on the premises as well as to and from the premises.
- There is no running allowed in the bleachers.

## **SAFETY**

- Responsibility for safety procedures belong to every adult member of ORWALL.
- Each player, manager, designated coach, umpire, team safety officer shall use proper reasoning and care to prevent injury to him/herself and to others.
- Only league approved managers and/or coaches are allowed to practice with teams.
- Only league approved managers and/or coaches will supervise batting cages.
- Arrangement should be made in advance of all games and practices for emergency medical services.
- Managers, designated coaches, and umpires will have mandatory training in First Aid.
- First-aid kits are mandatory for each team manager to have available at all games and practices.
- No games or practices will be held when weather or field conditions are poor -- particularly when lightening is present.
- The play area will be inspected before games and practices for holes, stones, glass, and other foreign objects.
- Team equipment should be stored within the team dugout or behind fences--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.

## **WARM- UP**

- 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.)
- Managers and coaches will be issued citations, when violations are noted.



# Play It Safe!

I have read or have been read the Oak Ridge Little League Safety Code and promise to adhere to its rules & regulations:



\_\_\_\_\_  
Print Name of Team Manager

\_\_\_\_\_  
Team Name and Division

\_\_\_\_\_  
Signature of Team Manager

\_\_\_\_\_  
Date

\_\_\_\_\_  
Coach #1

\_\_\_\_\_  
Coach #2

\_\_\_\_\_  
Coach #3

\_\_\_\_\_  
Team Safety Officer

# IMPROVE SAFETY AT ORWALL

## Do you have a Safety Idea????

ORWALL welcomes all ideas to help make our park safer for our players and their families.

Submit your idea to ORWALL by giving it to the Board Member on Duty to put in the Safety Manager's box or by e-mailing it to the Safety Manager at [orwallbaseball@yahoo.com](mailto:orwallbaseball@yahoo.com). You will get a gift card good for a small Konia Ice for just submitting.



If your idea is implemented at the ball park your idea will be in next year's Safety Manual and you will receive a gift card for a pizza.

So get with your team and send some ideas.....

Thank you for your support in making our Little League SAFER!

# Oak Ridge Woodlands Area Little League



## Training Program





## ORWALL COACHES SAFETY MEETING

### ORWALL Major's Field

Saturday February 16, 2014 (9 & up)  
Sunday February 17, 2014 (K-ball to 8)

At 10:00 a.m.

1. Turn in volunteer forms for all managers and coaches.
2. Hand out Safety Manual.
3. Go over Incident reporting forms.
4. Go over Claim forms.
5. Pre-game checklist.
6. Code of Conduct – signed and turned in prior to the first game.
7. Safety Code – signed and turned in prior to the first game.
8. Safety rules – Catchers/pitchers and warming up.
9. First Aid Class & use of AED (Automated External Defibrillator).
10. First Aid kits.
  - a. Managers to have one at all times.
  - b. League First Aid Kits in each score boxes.
  - c. Managers to have ice available if concession stand is closed.
11. Heat index warnings on website and to managers.
12. Coaches Safety Badges to be worn during all games.
13. Look for daily updates on our web site [www.orwallbaseball.com](http://www.orwallbaseball.com)
14. Coaches and parents to sign up for Little League newsletters at [www.littleleague.org](http://www.littleleague.org)

Daniel Cantu, Safety Officer



**ORWALL COACHES CLINIC**  
**SPRING 2014**

**ORWALL Major's Field**

**Trent Mongero-Author of Winning Baseball**

**Saturday February 15, 2014 (9 & up)**

**Sunday February 16, 2014 (K-ball to 8)**

**At 2:00 pm**

- 1. Coaching Fundamentals**
- 2. How to run a practice**
- 3. How to run a tournament team**
- 4. How to pitch**
- 5. Question & Answer session**

**All managers and coaches receive the book *Winning Baseball* by Trent Mongero.**

## ORWALL Coaches Meeting

- I. Basic Injury Management
  - a. Protection
  - b. Rest- relative rest
  - c. Ice
  - d. Compression
  - e. Elevation
  - f. Stretching
- II. The role of relative rest
  - a. With medical clearance, rest from activity causing symptoms
    - i. Limit throwing if throwing related
    - ii. Continue batting practice and fielding without throwing
  - b. Do not “throw the kids out...”
    - i. Do not limit pitch count on a pitcher then play him in center field
    - ii. Monitor overtraining (“if some is good, more is better...”)
- III. When does a player require medical attention
  - a. When in any doubt
  - b. Any time a “bell is rung”
  - c. Significant deformity or dysfunction
  - d. Joint pain that persists 7 days (with relative rest)
  - e. Muscle pain that persists 14 days (with relative rest)
- IV. Common Adolescent Sports Injuries
  - a. Throwers shoulder
    - i. Causes
      - 1. Faulty mechanics
      - 2. Excessive throwing
    - ii. Structures involved
      - 1. Long head of the biceps
      - 2. Rotator cuff
    - iii. Basic Overview
      - 1. Tendinitis of the biceps and RC
      - 2. Posture is a factor
      - 3. Muscle balance is a factor
    - iv. Conservative management
      - 1. Medical diagnosis and treatment
      - 2. Relative rest
      - 3. Progressive return to full activity
  - b. Little league elbow
    - i. Causes
      - 1. Faulty mechanics, especially dropping the elbow
      - 2. Excessive throwing
    - ii. Structures involved
      - 1. Incomplete bony growth
      - 2. Medial collateral ligament
    - iii. Basic Overview
      - 1. Stress response to abnormal valgus elbow forces
      - 2. may cause an avulsion fracture of the epiphysis of the bone
      - 3. Adults, with mature bone, rupture their ligament- Tommy John’s Surgery
    - iv. Conservative management
      - 1. Medical diagnosis and treatment
      - 2. Relative rest
      - 3. Throwing mechanics
      - 4. Progressive return to full activity
  - c. Osgood Schlatter’s Disease
    - i. Causes
      - 1. Rapid growth
      - 2. Limited hamstring flexibility
      - 3. Overtraining
    - ii. Structures involved
      - 1. Insertion of the patellar tendon at the tibial tuberosity
      - 2. Hamstring and quadriceps flexibility
    - iii. Basic Overview
      - 1. Repetitive stress causes and enlargement of the bony insertion of the quadriceps
      - 2. Tender to touch, deep squatting

- 3. Protect and stretch hamstrings
    - iv. Conservative management
      - 1. Medical diagnosis and treatment
      - 2. Relative rest
      - 3. LE flexibility
      - 4. Knee pad prn
  - d. Jumper's knee (patellar tendonitis)
    - i. Causes
      - 1. Rapid growth
      - 2. Limited hamstring flexibility
      - 3. Overtraining
    - ii. Structures involved
      - 1. Insertion of the patellar tendon at the tibial tuberosity
      - 2. Hamstring and quadriceps flexibility
    - iii. Basic Overview
      - 1. Repetitive stress causes inflammation of the patellar tendon
      - 2. Increased stress if poor hamstring flexibility
      - 3. Painful with sprinting, jumping
    - iv. Conservative management
      - 1. Medical diagnosis and treatment
      - 2. Relative rest
      - 3. LE flexibility
      - 4. ChoPat Strap may be helpful
  - e. Ankle Sprains
    - i. Causes
      - 1. Stepping on another player's foot
      - 2. Cutting
    - ii. Structures involved
      - 1. Lateral ankle ligament
      - 2. Peroneal muscles
    - iii. Basic Overview
      - 1. Inversion sprain causes damage to lateral ligaments
      - 2. Control of the lateral muscles prevent injury / reinjury
    - iv. Conservative management
      - 1. Medical diagnosis and treatment
      - 2. Balance and control exercises
      - 3. Ankle bracing
  - f. Sprains / strains
    - i. Causes
      - 1. Trauma
      - 2. Overuse
      - 3. Faulty mechanics
    - ii. Structures involved
      - 1. Varies
      - 2. May be joint or muscle
    - iii. Basic Overview
      - 1. Muscle or joint injury
      - 2. role of flexibility important for rehabilitation and prevention
    - iv. Conservative management
      - 1. Medical diagnosis and treatment
      - 2. Relative rest
      - 3. Flexibility, strength, and technique
- V. When can a player return to sport
- a. Lower extremity injury
    - i. Jogging without pain
    - ii. Sprint / change direction without pain
    - iii. Jump without pain
      - 1. 2 legged
      - 2. 180 jumps
      - 3. 1 legged
  - b. Upper extremity
    - i. Tossing without pain
    - ii. Throwing without pain
    - iii. Pitch from mound without pain

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

### **Stretching**

- Stretch necks, 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.

### **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**

#### **PITCH COUNT**

***Pitch count does matter.*** Every year, there are lectures by sports doctors that lectures focuses on warning future managers and coaches about pitching injuries and how to prevent them. Little League International has instituted a pitch count program.

Remember, in the major leagues, a pitcher is removed after approximately 85 pitches. *A child cannot be expected to perform like an adult!*

Little League managers and coaches are usually quick to teach their pitchers how to get movement on the ball. Unfortunately the technique that older players use is not appropriate for children (13) years and younger. The snapping of the arm used to develop this technique will most probably lead to serious injuries to the child as he/she matures.

#### **PRELIMINARY DATA HAVE DEMONSTRATED THE FOLLOWING:**

- 1) A significantly higher risk of **elbow** injury occurs after pitchers reach 50 pitches/outing.
- 2) A significantly higher risk of **shoulder** injury occurs after pitchers reach 75pitches/outing.
- 3) In one season, **a total of 450 pitches or more** led to cumulative injury to the elbow and the shoulder.
- 4) The mechanics, whether good or bad, **did not** lead to an increased incidence of arm injuries.
- 5) The preliminary data suggest that throwing curveballs increase risk of injury to the shoulder more so than the elbow; however, subset analysis is being undertaken to investigate whether or not the older children were the pitchers throwing the curve.
- 6) The pitchers who limited their pitching repertoire to the fastball and change-up had the lowest rate of injury to their throwing arm.
- 7) A slider increased the risk of both **elbow and shoulder** problems.
  - (a) Manager and Coaches should look to their players future and make an effort to protect their elbows against the tragedy of a vascular Necrosis.





[www.asmi.org](http://www.asmi.org)

Baseball is a great sport, and Little League continues to be one of the premier youth organizations. However in the mid-1990's (when today's Little Leaguers were born), we started to notice an alarming increase in serious injuries in adolescent pitchers. For example during the last five years of the 1990's, 21 of the 190 "Tommy John" surgeries at our center were high school age pitchers or younger; however during the first five years of this decade, 124 of our 627 "Tommy John" surgeries were high school age pitchers or younger. This alarming trend was also happening for other types of pitching injuries.

Anecdotally it's believed that the rise in injuries is due to increased amounts of pitching at a younger age. To determine if this was true, our American Sports Medicine Institute conducted a series of scientific studies with support and cooperation from USA Baseball, Little League Baseball, and Major League Baseball. We followed hundreds of youth baseball pitchers, and monitored arm problems and potential contributing factors including pitch counts, types of pitches, quality of mechanics, and other factors. The scientific results confirmed that the number of pitches thrown was the most significant contributor to arm problems. Another study compared our young, surgery patients with healthy adolescent pitchers and found that young pitchers who often pitched past the point of fatigue were 36 times more likely to end up on the surgery table. Another risk factor was year-round baseball without sufficient rest (the data suggested at least four months a year away from throwing). Other risk factors included participating in showcases, and throwing with high ball velocity. Of course ball velocity is valuable for all pitchers, but we believe that there is too much emphasis on ball speed instead of on quality of mechanics, speed variation, and control, in today's "radar gun" generation. Details about these scientific studies can be found at [asmi.org](http://asmi.org).

Little League Baseball has been the leader in recognizing the rise in injuries and has taken dramatic steps to make baseball safe for young players. Some issues - such as showcases and participation in independent traveling teams - may be beyond Little League's control, but Little League has embraced the pitch count research and boldly altered their rules. We applaud Little League for their continued effort to insure that their game is as safe and enjoyable as possible for you and your children.

*James R. Andrews MD*

James R. Andrews, M.D.  
ASMI Medical Director

*Glenn Fleisig*

Glenn S. Fleisig, Ph.D.  
ASMI Research Director

# Regular Season Pitching Rules Baseball

## VI- PITCHERS

(a) Any player on a regular season team may pitch. (NOTE: There is no limit to the number of pitchers a team may use in a game.)

(b) A pitcher once removed from the mound cannot return as a pitcher. Junior, Senior, and Big league Divisions only: A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game.

(c) The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position:

|            |       |                     |
|------------|-------|---------------------|
| League Age | 17-18 | 105 pitches per day |
|            | 13-16 | 95 pitches per day  |
|            | 11-12 | 85 pitches per day  |
|            | 9-10  | 75 pitches per day  |
|            | 7-8   | 50 pitches per day  |

Exception: Exception: If a pitcher reaches the limit imposed in Regulation VI (c) for his/her league age while facing a batter, the pitcher may continue to pitch until anyone of the following conditions occurs: 1. That batter reaches base; 2. That batter is put out; 3. The third out is made to complete the half-inning.

**Note 1: A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of that day.**

(d) Pitchers league age 14 and under must adhere to the following rest requirements:

- If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
- If a player pitches 51- 65 pitches in a day, three (3) calendar days of rest must be observed.
- If a player pitches 36 - 50 pitches in a day, two (2) calendar days of rest must be observed.
- If a player pitches 21- 35 pitches in a day, one (1) calendar days of rest must be observed.
- If a player pitches 1-20 pitches in a day, no (0) calendar day of rest is required.

Pitchers league age 15-18 must adhere to the following rest requirements:

- If a player pitches 76 or more pitches in a day, four (4) calendar days of rest must be observed.
- If a player pitches 61- 75 pitches in a day, three (3) calendar days of rest must be observed .
- If a player pitches 46 - 60 pitches in a day, two (2) calendar days of rest must be observed.
- If a player pitches 31 -45 pitches in a day, one (1) calendar days of rest must be observed. '
- If a player pitches 1-30 pitches in a day, no (0) calendar day of rest is required.

(e) Each league must designate the scorekeeper or another game official as the official pitch count recorder.

(f) The pitch count recorder must provide the current pitch count for any pitcher when requested by either manager or any umpire. However, the manager is responsible for knowing when his/her pitcher must be removed.

(g) The official pitch count recorder should inform the umpire-in-chief when a pitcher has delivered his/her maximum limit of pitches for the game, as noted in Regulation VI (c).

The umpire-in-chief will inform the pitcher's manager that the pitcher must be removed in accordance with Regulation VI (c). However, the failure by the pitch count recorder to notify the umpire-in-chief, and/or the failure of the umpire-in-chief to notify the manager, does not relieve the manager of his/her responsibility to remove a pitcher when that pitcher is no longer eligible.

(h) Violation of any section of this regulation can result in protest of the game in which it occurs. Protest shall be made in accordance with Playing Rule 4.19.

U) A player who has attained the league age of twelve (12) is not eligible to pitch in the Minor League. (See Regulation V - Selection of Players)

(k) A player may not pitch in more than one game in a day. (Exception: In the Big League Division, a player may be used as a pitcher in up to two games in a day.)

#### NOTES:

1. The withdrawal of an ineligible pitcher after that pitcher is announced, or after a warm-up pitch is delivered, but before that player has pitched a ball to a batter, shall not be considered a violation. Little League officials are urged to take precautions to prevent protests. When a protest situation is imminent, the potential offender should be notified immediately.

2. Pitches delivered in games declared "Regulation Tie Games" or "Suspended Games" shall be charged against pitcher's eligibility.

3. In suspended games resumed on another day, the pitchers of record at the time the game was halted may continue to pitch to the extent of their eligibility for that day, provided said pitcher has observed the required days of rest.

Example 1: A league age 12 pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes on the following Thursday. The pitcher is not eligible to pitch in the resumption of the game because he/she has not observed the required days of rest.

Example 2: A league age 12 pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes on Saturday. The pitcher is eligible to pitch up to 85 more pitches in the resumption of the game because he/she has observed the required days of rest.

Example 3: A league age 12 pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes two weeks later. The pitcher is eligible to pitch up to 85 more pitches in the resumption of the game, provided he/she is eligible based on his/her pitching record during the previous four days.

Note: The use of this regulation negates the concept of the "calendar week" with regard to pitching eligibility.

## ORWALL

### Protocol for Pitch Count Regulation

Per Little Leagues new pitch count regulation, regulation VI – Pitchers.

ORWALL will follow the following protocol:

1. Each game will follow the pitch count established by Regulation VI for pitchers.
2. Each game will have an official scorekeeper that the home team will provide, and be present in the score box.
3. Each game will have an official pitch counter that the visiting team will provide, and be present in the score box. The individual will have a counter, which the league will provide in each score box. This official pitch log will be kept in with the official scorebook.
4. Each game will require that both the home and visiting teams have a pitch counter, recording the pitches for all pitchers.
5. Between each inning both the home and visiting teams pitch counters will go to the official pitch counter in the score box and verify pitch counts. The umpire deferring to the official pitch counter will make any discrepancies official.
6. No inning will be delayed by disputes of pitch counts after the umpire has declared the pitch count for that inning. Protest can be filed after the game, per league rules.
7. Pitch count logs can be found at [www.orwallbaseball.com](http://www.orwallbaseball.com) or [www.littleleague.org/media/pitch\\_count\\_publication.pdf](http://www.littleleague.org/media/pitch_count_publication.pdf). Each team is required to have copies for recording pitches, including the official pitch counter.
8. After each game the home team manager will post the final game score along with the pitchers of record and their pitch counts.

## Suggestions for Warm-up Drills



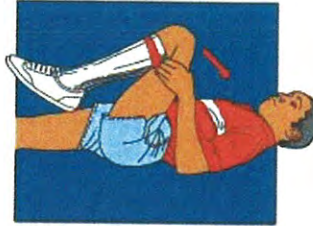
### Heel Cord Stretches

Lean against a wall. Reach one leg behind you. Keep the knee straight, heel on the ground, and toes pointed forward. Slightly bend the leg that's closer to the wall. Lean forward. You should feel the stretch along the back of your calf. Repeat with other leg.



### Head and Neck Circles

Make a circle with your head, going around first in one direction five times. Then reverse and make five circles in the opposite direction.



### Low Back Stretches

Lie on your back, bring one knee up, and pull the knee slowly toward your chest. Hold and repeat three times. Switch legs and repeat.



### Shoulder Stretches #1

Stand or sit, holding your throwing arm at the wrist with your other hand. Put your arm over your head and pull gently, feeling your upper arm against your head. You should feel the stretch inside your shoulder.



### Shoulder Stretches #2

Stand or sit, holding onto the elbow of your throwing arm with your other hand. Gently pull your throwing arm across your chest. You should feel the stretch inside your shoulder, especially at the back.



### Shoulder Stretches #3

Stand or sit with your pitching arm out to the side and your elbow bent. Move your arm back until you feel the stretch in the front of your shoulder.



### Thigh Stretches #1

Sit on the ground. Stretch both legs out in front of you. Reach forward, touching your toes. Eventually, you want to lean forward far enough to put your head on your knees. You should feel the stretch along the backs of your legs.

### Thigh Stretches #2

Sit on the ground with one leg stretched out in front of you. Bend the other knee and put your foot behind you. Lean backwards. You should feel the stretch along the front of your thigh.



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## HYDRATION

Good nutrition is important for children. Sometimes, the most important nutrient children need is water—especially when they're physically active. When children are 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 colder 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. **Caffeinated beverages (tea, coffee and sodas) 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.



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### 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, dizziness, delirium

# Oak Ridge Woodlands Area Little League



## Equipment Safety



## EQUIPMENT FOR TEAMS

The Equipment Manager is an elected ORWALL 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 the Manager's responsibility to maintain it. Managers should inspect equipment before each game and each practice.

The ORWALL Equipment Manager 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 the Official Little League Rule Book.

At the end of the season, all equipment must be returned to the ORWALL Equipment Manager. Safety Manuals must be turned in with the equipment.

- Each team, at all times in the dugout, shall have four (4) protective helmets which must meet NOCSAE specifications and standards. These helmets will be provided by ORWALL 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 all base runners is mandatory.
- Use of a helmet by a player/base coach is mandatory.
- Use of a helmet by an adult base coach is optional.
- All male players must wear athletic supporters.
- Male catchers must wear the metal, fiber or plastic type cup and a long-model chest protector.
- Female catchers must wear long or short model chest protectors.
- All catchers must wear chest protectors with neck collar, throat guard, shin guards and catcher's helmet. All of the above 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 that are fractured in anyway, must be discarded. Bats with dents are not to be used.
- Only Official Little League balls will be used during practices and games.(T-ball,LL1,Senior)
- No Wood bats at any time.
- 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 replacements from the ORWALL Equipment Manager.
- Make sure helmets fit.
- Replace questionable equipment immediately by notifying the ORWALL Equipment Manager.
- Make sure that players respect the equipment that is issued.
- Multi-colored gloves can no longer be worn by pitchers.
- All fields have break-way bases.
- T-ball thru Pee Wee 8 will have double first base.
- Yellow safety caps on outfield fences.
- Backstop padding behind home plate fence.



## Safety Signs on Dugout Fences




**Make  
Sure  
They  
Are  
Safe!**

"Dangling"

**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."

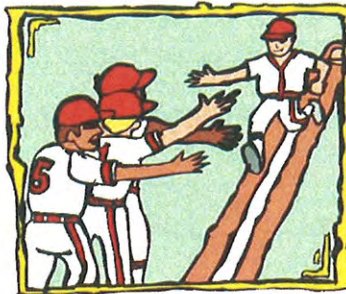
# **Coach, Please Let Players Catch!**



**REMEMBER:**  
**Coaches and managers must not warm up pitchers. Let Players Catch.**

**RULE 3.09**  
"...Managers or coaches must not warm up a pitcher at home plate or in the bull pen or elsewhere at any time. They may, however, stand to observe a pitcher during warm-up in the bull pen."

# 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."

# 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."

# DANGER

## FOUL BALL AREA

### 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

# Oak Ridge Woodlands Area Little League



## Inclement Weather Safety



## INCLEMENT WEATHER SAFETY



### ***RAIN:***

If it begins to rain

1. Evaluate the strength of the rain. Is it a light drizzle or is it pouring?
2. Determine the direction of the storm is moving.
3. Evaluate the playing field as it becomes more and more saturated.
4. Stop practice if the playing conditions become unsafe--use common sense. If playing a game, consult with the other manager and the umpire to formulate a decision.

### ***LIGHTNING***

The average lightening stroke is 5-6 miles long with up to 30 million volts at 100,00 amps flow in less than a tenth of a second.

The average thunderstorm is 6-10 miles wide and moves 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 lightening strokes coming from the storm's overhanging anvil cloud. This fact is the reason that many lightening deaths and injuries occur with clear skies overhead.

On average, the thunder from a lightening stroke can only be heard over a distance of 3-4 miles, depending on terrain, humidity and background noise around you. By the time you can hear the thunder, the storm has already approached to within 3-4 miles!

The sudden cold wind that many people use to gauge the approach of a thunderstorm is the result of down drafts and usually extends less than 3 miles from the storm's leading edge. By the time you feel the wind, the storm can be less than 3 miles away!

ORWALL utilizes at all events SkyScan Lightning Detector.

If you can **HEAR, SEE OR FEEL A THUNDERSTORM:**

1. ***Suspend all games and practices immediately.***
2. Stay away from metal including fencing and bleachers.
3. Do not hold metal bats.
4. Get players to walk, not run to their parent's or designated driver's cars and wait for your decision on whether or not to continue the game or practice.

# If You See It, Flee It; If You Hear It, Clear It



## REMEMBER:

- **Track approaching storms the best way possible: Internet radar websites, dedicated storm warning system at field, or other storm warnings**
- **Evacuate fields when storms are about 10 miles away: Have players and spectators go to enclosed building or to cars with windows rolled up**
- **Clear fields immediately after thunder has been heard or lightning seen!**

## PLEASE WAIT!

- **Wait 30 minutes before returning to play after last sign of lightning activity in your area**
- **Cars shouldn't leave until the game is called, so all players can be accounted for**

*Guidelines from the National Oceanic and Atmospheric Administration's (NOAA) National Weather Service*

Copy and post at dugouts.

## Handout given to Mangers and Coaches:

### What to do if someone is struck by lightning

- ▶ **Lightning victims do not carry an electrical charge, are safe to handle, and need immediate medical attention.**
- ▶ **Call for help.** Have someone call 9-1-1 or your local ambulance service. Medical attention is needed as quickly as possible.
- ▶ **Give first aid.** Cardiac arrest is the immediate cause of death in lightning fatalities. However, some deaths can be prevented if the victim receives the proper first aid immediately. Check the victim to see that they are breathing and have a pulse and continue to monitor the victim until help arrives. Begin CPR if necessary.
- ▶ **If possible, move the victim to a safer place.** An active thunderstorm is still dangerous. Don't let the rescuers become victims. Lightning CAN strike the same place twice.



NOAA

## LIGHTNING KILLS Play It Safe!

Each year in the United States, more than four hundred people are struck by lightning. On average, about 70 people are killed and many others suffer permanent neurological disabilities. Most of these tragedies can be avoided if proper precautions are taken. When thunderstorms threaten, coaches and sports officials must not let the desire to start or complete an athletic activity hinder their judgment when the safety of participants and spectators is in jeopardy.

### It is important for coaches and officials to know some basic facts about lightning and its dangers

- ▶ **All thunderstorms produce lightning and are dangerous.** In an average year, lightning kills more people in the U.S. than either tornadoes or hurricanes.
- ▶ **Lightning often strikes outside the area of heavy rain and may strike as far as 10 miles from any rainfall.** Many deaths from lightning occur ahead of storms because people wait too long before seeking shelter, or after storms because people return outside too soon.
- ▶ **If you hear thunder, you are in danger.** Anytime thunder is heard, the thunderstorm is close enough to pose an immediate lightning threat to your location.
- ▶ **Lightning leaves many victims with permanent disabilities.** While only a small percentage of lightning strike victims die, many survivors must learn to live with very serious, life-long disabilities.

### STAY INFORMED

Listen to NOAA Weather Radio for the latest forecast and for any severe thunderstorm WATCHES or WARNINGS. Severe thunderstorms produce winds of 58 mph or greater, or hail 3/4 of an inch or larger in diameter.

A severe thunderstorm WATCH is issued when conditions are favorable for severe weather to develop.

A severe thunderstorm WARNING is issued when severe weather is imminent. National Weather Service personnel use information from weather radar, satellite, lightning detection, spotters, and other sources to issue these warnings.



NOAA WEATHER RADIO IS THE BEST WAY TO RECEIVE FORECASTS AND WARNINGS FROM THE NATIONAL WEATHER SERVICE.

Remember that all thunderstorms produce lightning and all lightning can be deadly to those outside.

Lightning Safety Awareness Week is the last full week of June. For additional information on lightning or lightning safety, visit NOAA's lightning safety web site:

<http://www.lightningsafety.noaa.gov>

or contact us at

National Weather Service  
P.O. Box 1208  
Gray, Maine 04039

GYX 0301 (August 2003) - Revised

### To avoid exposing athletes and spectators to the risk of lightning take the following precautions

- ▶ **Postpone activities if thunderstorms are imminent.** Prior to an event, check the latest forecast and, when necessary, postpone activities early to avoid being caught in a dangerous situation. Stormy weather can endanger the lives of participants, staff, and spectators.
- ▶ **Plan ahead.** Have a lightning safety plan. Know where people will go for safety, and know how much time it will take for them to get there. Have specific guidelines for suspending the event or activity so that everyone has time to reach safety before the threat becomes significant. Follow the plan without exception.
- ▶ **Keep an eye on the sky.** Pay attention to weather clues that may warn of imminent danger. Look for darkening skies, flashes of lightning, or increasing wind, which may be signs of an approaching thunderstorm.
- ▶ **Listen for thunder.** If you hear thunder, immediately suspend your event and instruct everyone to get to a safe place. Substantial buildings provide the best protection. Once inside, stay off corded phones, and stay away from any wiring or plumbing. Avoid sheds, small or open shelters, dugouts, bleachers, or grandstands. If a sturdy building is not nearby, a hard-topped metal vehicle with the windows closed will offer good protection, but avoid touching any metal.

## Coach's and Sports Official's Guide to Lightning Safety...



NOAA

## LIGHTNING... the underrated killer!

### A SAFETY GUIDE

U.S. DEPARTMENT OF COMMERCE  
NATIONAL OCEANIC AND  
ATMOSPHERIC ADMINISTRATION

NATIONAL WEATHER  
SERVICE



Gray, Maine

This safety guide has been prepared to help coaches and sports officials recognize the dangers of lightning and take appropriate safety precautions.

- ▶ **Avoid open areas.** Stay away from trees, towers, and utility poles. Lightning tends to strike the taller objects.
- ▶ **Stay away from metal bleachers, backstops and fences.** Lightning can travel long distances through metal.
- ▶ **Do not resume activities until 30 minutes after the last thunder was heard.**
- ▶ **As a further safety measure, officials at outdoor events may want to have a tone-alert NOAA Weather Radio.** The radio will allow you to monitor any short-term forecasts for changing weather conditions, and the tone-alert feature can automatically alert you in case a severe thunderstorm watch or warning is issued. To find your nearest NOAA weather radio transmitter, go to <http://www.nws.noaa.gov/nwr/> and click on "Station Listing and Coverage."

### If you feel your hair stand on end (indicating lightning is about to strike)

- ▶ **Crouch down on the balls of your feet, put your hands over your ears, and bend your head down.** Make yourself as small a target as possible and minimize your contact with the ground.
- ▶ **Do not lie flat on the ground.**



NOAA



### ***HOT WEATHER:***

One thing we do get in South Texas is hot weather. Precautions must be taken in order to make sure the players on your team do not *dehydrate* or *hyperventilate*.

1. Suggest players take drinks of water when coming on and going off the field between innings.
2. If a player looks distressed while standing in the hot sun, substitute that player and get him/her into the shade of the dugout.
3. If a player should collapse as a result of heat exhaustion, call **9-1-1 immediately**. Get the player to drink water and use the instant ice bags supplied in your First-Aid Kit to cool him/her down until the emergency medical team arrives.

### ***ULTRA-VIOLET RAY EXPOSURE:***

The kind of exposure increases and athlete's risk of developing a specific type of skin cancer know as **melanoma**.

The American Academy of Dermatology estimates that the children receive 80% of their lifetime sun exposure by the time they are 18 years old.

Therefore, ORWALL will recommend the use of sunscreen with a SPF (sun protection factor) of a least 15 as a means of protection from damaging ultra-violet light.



# Oak Ridge Woodlands Area Little League



## Facility Survey



# LITTLE LEAGUE® BASEBALL & SOFTBALL NATIONAL FACILITY SURVEY

2014



League Name: Oakridge Woodlands Area Little League

District #: 28

ID #: 343-28-12

(if needed) ID #: 343-28-13

(if needed) ID #: \_\_\_\_\_

City: The Woodlands State: TX

President: Sam Yaeger

Safety Officer: Daniel Cantu

Address: 511 Pine Edge

Address: 25 Night Hawk Pl

City: Spring

City: The Woodlands

State: TX ZIP: 77380

State: TX ZIP: 77380

Phone (work): 281-686-2974

Phone (work): 281-297-5962

Phone (home): 281-686-2974

Phone (home): 281-419-0343

Email: yaeg3831@msn.com

Email: dzcan2@comcast.net

## PLANS FOR FUTURE NEEDS

| What are league's plans for improvements? | Indicate number of fields in boxes below. |          |         |
|---|---|----------|---------|
|   | Next 12 mons.                             | 1-2 yrs. | 2+ yrs. |
| a. New fields                             | 0   | 1        | 1       |
| b. Basepath/infield                       | 10  | 0        | 0       |
| c. Bases                                  | 10  | 0        | 0       |
| d. Scoreboards                            | 1   | 1        | 0       |
| e. Pressbox                               | 5   | 5        | 0       |
| f. Concession stand                       | 1   | 0        | 0       |
| g. Restrooms                              | 2   | 0        | 0       |
| h. Field lighting                         | 0   | 1        | 1       |
| i. Warning track                          | 3   | 0        | 0       |
| j. Bleachers                              | 5   | 5        | 0       |
| k. Fencing                                | 5   | 5        | 0       |
| l. Bull pens                              | 4   | 0        | 0       |
| m. Dugouts                                | 5   | 5        | 0       |
| n. Other (specify):                       | 0   | 0        | 0       |

**FIELD DIMENSION DATA**

Please complete for each field. Use additional space if necessary.

| Field No. | Height of outfield fence | Distance from home plate to: |        |        |           | Foul territory distance from: |       |                    |                               |       |                    |
|-----------|--------------------------|------------------------------|--------|--------|-----------|-------------------------------|-------|--------------------|-------------------------------|-------|--------------------|
|           |                          | Outfield fence               |        |        | Back stop | Left field line to fence at:  |       |                    | Right field line to fence at: |       |                    |
|           |                          | Left                         | Center | Right  |           | Home                          | 3rd   | Outfield foul pole | Home                          | 1st   | Outfield foul pole |
|           |                          |                              |        |        |           |                               |       |                    |                               |       |                    |
| Junior    | 4.00                     | 270.00                       | 270.00 | 270.00 | 38.00     | 58.00                         | 56.00 | 18.00              | 54.00                         | 54.00 | 18.00              |
| Major     | 8.00                     | 201.00                       | 201.00 | 201.00 | 22.00     | 28.00                         | 28.00 | 28.00              | 28.00                         | 28.00 | 28.00              |
| Minor     | 4.00                     | 200.00                       | 200.00 | 200.00 | 22.00     | 28.00                         | 28.00 | 28.00              | 30.00                         | 28.00 | 28.00              |
| Minor 10  | 4.00                     | 178.00                       | 190.00 | 178.00 | 24.00     | 24.00                         | 24.00 | 24.00              | 24.00                         | 24.00 | 24.00              |
| Minor 9   | 7.00                     | 187.00                       | 174.00 | 154.00 | 26.00     | 32.00                         | 30.00 | 30.00              | 32.00                         | 26.00 | 24.00              |
| Peewee 7  | 4.00                     | 131.00                       | 137.00 | 130.00 | 16.00     | 24.00                         | 24.00 | 24.00              | 24.00                         | 24.00 | 24.00              |
| Peewee 8  | 6.00                     | 152.00                       | 157.00 | 150.00 | 20.00     | 24.00                         | 24.00 | 18.00              | 24.00                         | 24.00 | 18.00              |
| Senior    | 4.00                     | 275.00                       | 326.00 | 275.00 | 44.00     | 60.00                         | 60.00 | 60.00              | 60.00                         | 60.00 | 60.00              |
| TBall 5   | 4.00                     | 90.00                        | 90.00  | 90.00  | 9.00      | 7.00                          | 12.00 | 12.00              | 12.00                         | 12.00 | 12.00              |
| TBall 6   | 4.00                     | 130.00                       | 134.00 | 131.00 | 9.00      | 12.00                         | 13.00 | 13.00              | 12.00                         | 13.00 | 13.00              |
|           |                          |                              |        |        |           |                               |       |                    |                               |       |                    |
|           |                          |                              |        |        |           |                               |       |                    |                               |       |                    |
|           |                          |                              |        |        |           |                               |       |                    |                               |       |                    |
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|           |                          |                              |        |        |           |                               |       |                    |                               |       |                    |
|           |                          |                              |        |        |           |                               |       |                    |                               |       |                    |

Return completed survey with safety program registration and supporting materials by  
**Early Bird Date: April 01, 2014**  
**Final Deadline Date: August 01, 2014**

Mailing address:  
**Little League International**  
**PO Box 3485**  
**Williamsport, PA 17701-0485**

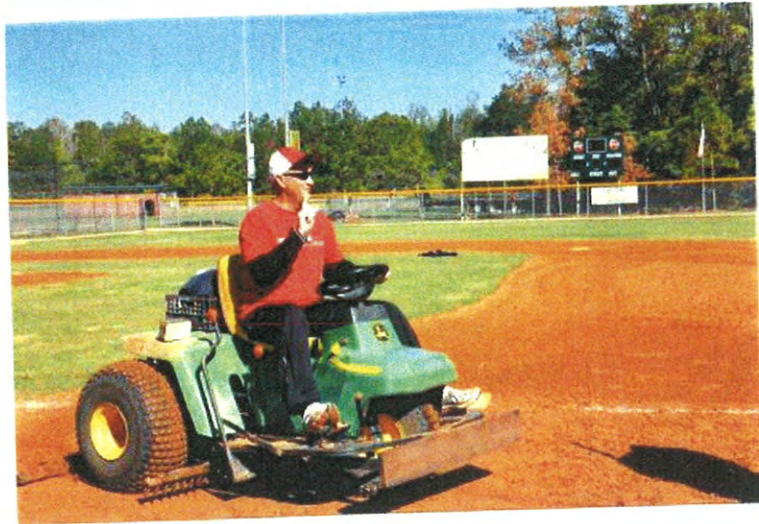
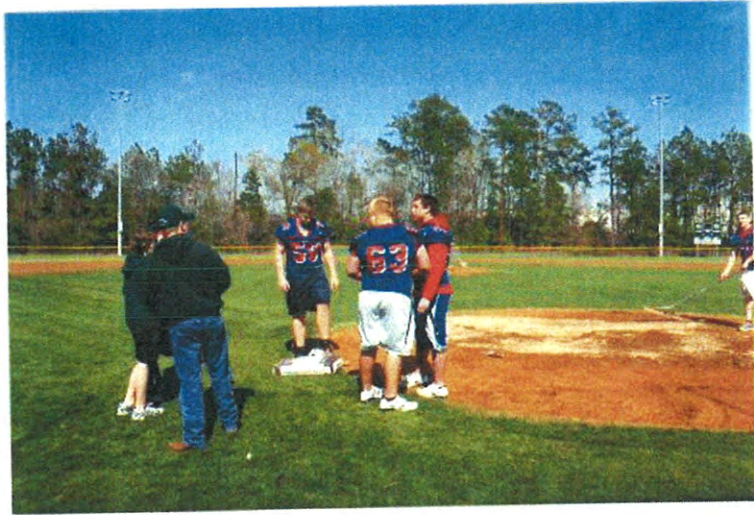
Shipping address:  
**Little League International**  
**539 US Route 15 Hwy**  
**S. Williamsport, PA 17702**

## Building New Practice Fields



## Daily Field Preparations





## **STORAGE SHED PROCEDURES**

The following applies to all of the storage sheds used by Orwall Little League and further applies to anyone who has been issued keys by Orwall Little League to use the sheds.

- All storage sheds will be kept locked at all times
- All individuals with keys to the equipment sheds are aware of their responsibility for the orderly and safe storage of heavy machinery, hazardous materials, fertilizers, poisons, tools, etc.
- All chemicals or organic materials stored in storage sheds shall be properly marked and labeled and stored in its original container if available.
- Keep products in their original container with the labels in place.
- Use poison symbols to identify dangerous substances.
- Dispose of outdated products as recommended.

## **GENERAL FACILITY**

- All bleachers will have safety rails.
- All bleachers will have protective awnings to stop fly balls.
- All dugouts will have bat racks.
- Speed bumps are painted yellow - their purpose to slow traffic
- The backstops will always be padded and painted green for the safety of the catcher.
- The dugouts will be clean and free of debris at all time.
- Dugouts and bleachers will be free of protruding nails.
- Home plate, batter's box, bases and the area around the pitcher's mound will be checked periodically for tripping and stumbling hazards.
- Materials used to mark the field will consist of a non-irritating white pigment (no lime).
- Chain-link fences will be checked regularly for holes and sharp edges.
- The yellow safety caps on chain-link fences will be checked regularly for cracks and will be repaired.
- "5 M.P.H. Speed Limit" signs will be posted every 150 feet along the main drive of the complex.








## CONCESSION STAND SAFETY


*Concession stand is run by a private company.*

- No person under the age of fifteen will be allowed behind the counter in the concession stands.
- A Certified Fire Extinguisher suitable for grease fires must be placed in plain sight at all times.
- All Concession Stand workers are to be instructed on the use of fire extinguishers.
- All Concession Stand workers will attend a training session in the Heimlich maneuver.
- A fully stocked First Aid Kit will be placed in each Concession Stand.
- The Concession Stand main entrance door will not be locked or blocked while people are inside.
- Concession manager will post certificate demonstrating completion of a Montgomery County food service course in safe food handling procedures.
- Concession workers will be trained in all aspects of food and equipment safety, as well as first aid for minor cuts and burns.

### Volunteers Must Wash Hands

| HOW   | WHEN   |
|---|--|
| <p><b>Wet</b><br/>Use warm water</p>                   | <p><b>Wash your hands before you prepare food or as often as needed.</b></p> <p><b>Wash after you:</b></p> <ul style="list-style-type: none"><li>▶ use the toilet</li><li>▶ touch uncooked meat, poultry, fish or eggs or other potentially hazardous foods</li><li>▶ enter up, reaching, wash food (such as answering the phone, opening a door or drawer)</li><li>▶ eat, sneeze or chew gum</li><li>▶ touch soiled plates, utensils or equipment</li><li>▶ take out trash</li><li>▶ touch your nose, mouth or any part of your body</li><li>▶ sneeze or cough</li></ul> <p><b>Do not touch ready-to-eat foods with your bare hands.</b></p> <p>Use gloves, tongs, deli tissue or other serving utensils. Remove all jewelry, nail polish or false nails unless you wear gloves.</p> <p><b>Wear gloves.</b></p> <p>When you have a cut or sore on your hand when you can't remove your jewelry.</p> <p><b>If you wear gloves:</b></p> <ul style="list-style-type: none"><li>▶ wash your hands before you put on new gloves</li></ul> <p><b>Change them:</b></p> <ul style="list-style-type: none"><li>▶ as often as you should your "tooths"</li><li>▶ when they are torn or soiled</li></ul> |
| <p><b>Wash</b><br/>20 seconds<br/>Use soap</p>         |  |
| <p><b>Rinse</b></p>                                    |  |
| <p><b>Dry</b><br/>Use single service paper towels</p>  |  |
| <p><b>Gloves</b></p>                                   |  |

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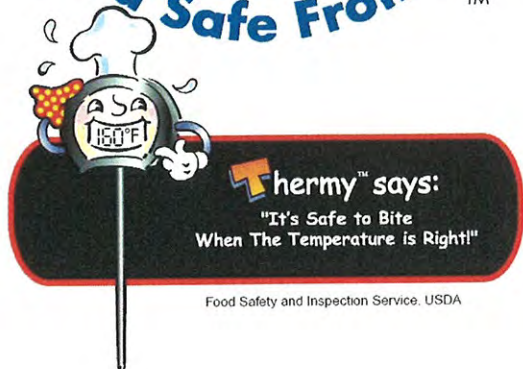






Think **PASS!**

1. **P**ull Ring
2. **A**im at Base of Fire
3. **S**queeze Lever
4. **S**weep Side to Side



Food Safety and Inspection Service, USDA

**Don't Mess With ORWALL**



# Oak Ridge Woodlands Area Little League



## Accident Reporting Procedures



### **When to Report:**

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

Day Phone: 281-297-5962  
Cell Phone: 281-703-0139  
Evenings: 281-419-0343  
E-Mail: dzcan2@comcast.net  
Address: 25 Night Hawk Place, The Woodlands, TX 77380

The ORWALL Safety Officer's contact information will be posted at all times on the main message board outside the clubhouse.

### **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:

- The name and phone number 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 phone number of the person reporting the incident.

### **Team Safety Officer's Responsibility:**

The TSO will fill out the ORWALL *Accident Investigation Form* and submit it to the ORWALL Safety Officer *within 24 hours of the incident*. If the team does not have a safety officer then the Team Manager will be responsible for filling out the form and turning it in to the ORWALL Safety Officer.

Accidents occurring outside the team (i.e., spectator injuries, concession stand injuries and third party injuries) shall be handled directly by the ORWALL Safety Officer.



# Little League. Baseball and Softball MEDICAL RELEASE



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

Player: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Gender (M/F): \_\_\_\_\_

Parent (s)/Guardian Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Parent (s)/Guardian Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Player's Address: \_\_\_\_\_ City: \_\_\_\_\_ State/Country: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_

**PARENT OR GUARDIAN AUTHORIZATION:**

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

Family Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State/Country: \_\_\_\_\_

Hospital Preference: \_\_\_\_\_

Parent Insurance Co: \_\_\_\_\_ Policy No.: \_\_\_\_\_ Group ID#: \_\_\_\_\_

League Insurance Co: \_\_\_\_\_ Policy No.: \_\_\_\_\_ League/Group ID#: \_\_\_\_\_

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

Name Phone Relationship to Player

Name Phone Relationship to Player

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

| Medical Diagnosis | Medication | Dosage | Frequency of Dosage |
|-------------------|------------|--------|---------------------|
|                   |            |        |                     |
|                   |            |        |                     |
|                   |            |        |                     |
|                   |            |        |                     |

Date of last Tetanus Toxoid Booster: \_\_\_\_\_

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

Mr./Mrs./Ms. \_\_\_\_\_  
Authorized Parent/Guardian Signature Date: \_\_\_\_\_

**FOR LEAGUE USE ONLY:**

League Name: \_\_\_\_\_ League ID: \_\_\_\_\_

Division: \_\_\_\_\_ Team: \_\_\_\_\_ Date: \_\_\_\_\_

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

**ORWALL**



**BASEBALL**

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

**WHAT PARENTS SHOULD KNOW ABOUT LITTLE LEAGUE. INSURANCE**

The Little League Insurance Program is designed to afford protection to all participants at the most economical cost to the local league. The Little League Player Accident Policy is an excess coverage, accident only plan, to be used as a supplement to other insurance carried under a family policy or insurance provided by parent's employer. If there is no primary coverage, Little League insurance will provide benefits for eligible charges, up to Usual and Customary allowances for your area, after a \$50.00 deductible per claim, up to the maximum stated benefits.

This plan makes it possible to offer exceptional, affordable protection with assurance to parents that adequate coverage is in force for all chartered and insured Little League approved programs and events.

If your child sustains a covered injury while taking part in a scheduled Little League Baseball game or practice, here is how the insurance works:

1. The Little League Baseball and Softball accident notification form must be completed by parents and a league official and forwarded directly to Little League Headquarters within 20 days after the accident. A photocopy of the form should be made and kept by the parent/claimant. 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 a claim for benefits are to be provided within 90 days after the accident. In no event shall such proof be furnished later than 12 months from the date the initial 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 after the 52-week time limit when:
  - (a) Deferred medical benefits apply when necessary treatment requiring the removal of a pin /plate, applied to transfix a bone in the year of injury, or scar tissue removal, after the 52-week time limit is required. The Company will pay the Reasonable Expense incurred, subject to the Policy's maximum limit of \$100,000 for anyone injury to anyone Insured. However, in no event will any benefit be paid under this provision for any expenses incurred more than 24 months from the date the injury was sustained.

**(b)** If the Insured incurs Injury, to sound, natural teeth and Necessary Treatment requires treatment for that Injury be postponed to a date more than 52 weeks after the injury due to, but not limited to, the physiological changes of a growing child, the Company will pay the lesser of:

1. A maximum of \$1,500 or
2. Reasonable Expenses 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 occurs.

No payment will be made for deferred treatment unless the Physician submits written certification, within 52 weeks after the accident, that the treatment must be postponed for the above stated reasons.

Benefits are payable subject to the Excess Coverage and the Exclusions provisions of the Policy.

We hope this brief summary has been helpful in a better understanding of an important aspect of the operation of the Little League endorsed insurance program.

If you have questions please feel free to contact me.

Daniel Cantu

Safety Officer dzcan2@comcast.net





# LITTLE LEAGUE<sup>®</sup> 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 Fax: 570-326-9280

**Accident & Health (U.S.)**

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

|   |  |  |                               |
|---|--|--|-------------------------------|
| League Name                                     |  | League I.D.                              |                               |
| Name of Injured Person/Claimant                 |  | SSN                                      | PART 1                        |
| 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) |  |
|   | <input type="checkbox"/> BIG (14-18)                  |   |   |  |

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  |
|      |   |

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

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

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

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

**PART 2 - LEAGUE STATEMENT (Other than Parent or Claimant)**

|                            |                                 |   |
|----------------------------|---------------------------------|---|
| Name of League             | Name of Injured Person/Claimant | League I.D. Number  |
| Name of League Official    |                                 | Position in League  |
| Address of League Official |                                 | Telephone Numbers (Inc. Area Codes)<br>Residence: (    )<br>Business: (    )<br>Fax: (    ) |

Were you a witness to the accident?     Yes     No  
Provide names and addresses of any known witnesses to the reported accident.

Check the boxes for all appropriate items below. At least one item in each column must be selected.

| POSITION WHEN INJURED                    | INJURY   | PART OF BODY                         | CAUSE OF INJURY                                  |
|--|--|--------------------------------------|--|
| <input type="checkbox"/> 01 1ST          | <input type="checkbox"/> 01 ABRASION                 | <input type="checkbox"/> 01 ABDOMEN  | <input type="checkbox"/> 01 BATTED BALL          |
| <input type="checkbox"/> 02 2ND          | <input type="checkbox"/> 02 BITES                    | <input type="checkbox"/> 02 ANKLE    | <input type="checkbox"/> 02 BATTING              |
| <input type="checkbox"/> 03 3RD          | <input type="checkbox"/> 03 CONCUSSION               | <input type="checkbox"/> 03 ARM      | <input type="checkbox"/> 03 CATCHING             |
| <input type="checkbox"/> 04 BATTER       | <input type="checkbox"/> 04 CONTUSION                | <input type="checkbox"/> 04 BACK     | <input type="checkbox"/> 04 COLLIDING            |
| <input type="checkbox"/> 05 BENCH        | <input type="checkbox"/> 05 DENTAL                   | <input type="checkbox"/> 05 CHEST    | <input type="checkbox"/> 05 COLLIDING WITH FENCE |
| <input type="checkbox"/> 06 BULLPEN      | <input type="checkbox"/> 06 DISLOCATION              | <input type="checkbox"/> 06 EAR      | <input type="checkbox"/> 06 FALLING              |
| <input type="checkbox"/> 07 CATCHER      | <input type="checkbox"/> 07 DISMEMBERMENT            | <input type="checkbox"/> 07 ELBOW    | <input type="checkbox"/> 07 HIT BY BAT           |
| <input type="checkbox"/> 08 COACH        | <input type="checkbox"/> 08 EPIPHYSES                | <input type="checkbox"/> 08 EYE      | <input type="checkbox"/> 08 HORSEPLAY            |
| <input type="checkbox"/> 09 COACHING BOX | <input type="checkbox"/> 09 FATALITY                 | <input type="checkbox"/> 09 FACE     | <input type="checkbox"/> 09 PITCHED BALL         |
| <input type="checkbox"/> 10 DUGOUT       | <input type="checkbox"/> 10 FRACTURE                 | <input type="checkbox"/> 10 FATALITY | <input type="checkbox"/> 10 RUNNING              |
| <input type="checkbox"/> 11 MANAGER      | <input type="checkbox"/> 11 HEMATOMA                 | <input type="checkbox"/> 11 FOOT     | <input type="checkbox"/> 11 SHARP OBJECT         |
| <input type="checkbox"/> 12 ON DECK      | <input type="checkbox"/> 12 HEMORRHAGE               | <input type="checkbox"/> 12 HAND     | <input type="checkbox"/> 12 SLIDING              |
| <input type="checkbox"/> 13 OUTFIELD     | <input type="checkbox"/> 13 LACERATION               | <input type="checkbox"/> 13 HEAD     | <input type="checkbox"/> 13 TAGGING              |
| <input type="checkbox"/> 14 PITCHER      | <input type="checkbox"/> 14 PUNCTURE                 | <input type="checkbox"/> 14 HIP      | <input type="checkbox"/> 14 THROWING             |
| <input type="checkbox"/> 15 RUNNER       | <input type="checkbox"/> 15 RUPTURE                  | <input type="checkbox"/> 15 KNEE     | <input type="checkbox"/> 15 THROWN BALL          |
| <input type="checkbox"/> 16 SCOREKEEPER  | <input type="checkbox"/> 16 SPRAIN                   | <input type="checkbox"/> 16 LEG      | <input type="checkbox"/> 16 OTHER                |
| <input type="checkbox"/> 17 SHORTSTOP    | <input type="checkbox"/> 17 SUNSTROKE                | <input type="checkbox"/> 17 LIPS     | <input type="checkbox"/> 17 UNKNOWN              |
| <input type="checkbox"/> 18 TO/FROM GAME | <input type="checkbox"/> 18 OTHER                    | <input type="checkbox"/> 18 MOUTH    |  |
| <input type="checkbox"/> 19 UMPIRE       | <input type="checkbox"/> 19 UNKNOWN                  | <input type="checkbox"/> 19 NECK     |  |
| <input type="checkbox"/> 20 OTHER        | <input type="checkbox"/> 20 PARALYSIS/<br>PARAPLEGIC | <input type="checkbox"/> 20 NOSE     |  |
| <input type="checkbox"/> 21 UNKNOWN      |  | <input type="checkbox"/> 21 SHOULDER |  |
| <input type="checkbox"/> 22 WARMING UP   |  | <input type="checkbox"/> 22 SIDE     |  |
|  |  | <input type="checkbox"/> 23 TEETH    |  |
|  |  | <input type="checkbox"/> 24 TESTICLE |  |
|  |  | <input type="checkbox"/> 25 WRIST    |  |
|  |  | <input type="checkbox"/> 26 UNKNOWN  |  |
|  |  | <input type="checkbox"/> 27 FINGER   |  |

Does your league use batting helmets with attached face guards?     YES     NO  
If YES, are they  Mandatory or  Optional    At what levels are they used?

I hereby certify that the above named claimant was injured while covered by the Little League Baseball Accident Insurance Policy at the time of the reported accident. I also certify that the information contained in the Claimant's Notification is true and correct as stated, to the best of my knowledge.

|      |                           |
|------|---------------------------|
| Date | League Official Signature |
|------|---------------------------|

## 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.

## 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.

# General Liability Claim Form

Send Completed form to:  
**Little League Baseball and Softball**  
 539 US Route 15 Hwy  
 P.O. Box 3485  
 Williamsport, Pennsylvania 17701-0485  
 (570) 326-1921 Fax (570) 326-2951

(LEXINGTON USE ONLY)

Telephone immediate notice to Little League® International

CN

|                            |  |      |  |   |
|----------------------------|--|------|--|---|
| <b>Insured</b>             | Name of League   |      | League I.D. Number<br>(Used as location code)              |   |
|                            | Name of League Official (please print)   |      | Position in League   |   |
|                            | Address of League Official (Street, City, State, Zip)  |      | Phone No. (Res.)   | Phone No. (Bus.)                                |
| Time and Place of Accident | Date of Accident   | Hour | <input type="checkbox"/> AM<br><input type="checkbox"/> PM | Accident occurred at (Street, City, State, Zip) |
|                            | Arising out of Operations conducted at   |      |  |   |
|                            | Was Police Report made? If yes, where?<br><input type="checkbox"/> Yes <input type="checkbox"/> No |      |  |   |
| Description of Accident    | State cause and describe facts surrounding accident (Use reverse side if needed)                   |      |  |   |

|   |        |                              |           |           |
|---|--------|------------------------------|-----------|-----------|
| Who owns Premises   |        | Person in charge of Premises |           |           |
| Coverage Data   | Limits | Med. Pay: None               | Elevator: | Products: |
|   | BLPD:  |                              | Yes       | Yes       |
| Policy Number   |        | Policy Dates:                |           |           |
|   |        | Begin: End:                  |           |           |
| Is there any other insurance applicable to this risk?<br><input type="checkbox"/> Yes <input type="checkbox"/> No |        |                              |           |           |

|                 |   |  |                         |  |
|-----------------|---|--|-------------------------|--|
| Property Damage | Name of Owner                                       |  | Description of Property |  |
|                 | Address (Street, City, State, Zip)                  |  | Name of Insurance Co.   |  |
|                 | Nature and Extent of Damages and Estimate of Repair |  |                         |  |

|                             |                                    |  |   |     |
|-----------------------------|------------------------------------|--|---|-----|
| Insured Person and Injuries | Name                               |  | Phone No. (Res)   |     |
|                             | Address (Street, City, State, Zip) |  | Occupation  | Age |
|                             |                                    |  | <input type="checkbox"/> Married<br><input type="checkbox"/> Single |     |
| Employers Name and Address  |                                    |  |   |     |

|  |                                     |  |                               |  |
|--|-------------------------------------|--|-------------------------------|--|
| Did you provide or authorize medical attention? <input type="checkbox"/> Yes <input type="checkbox"/> No | Attending Doctor's Name and Address |  |                               |  |
| Description of Injury  |                                     |  |                               |  |
| Where was the injured taken after accident?  |                                     |  | Probable length of Disability |  |

|            |                             |  |  |  |
|------------|-----------------------------|--|--|--|
| Witnesses: | Name, Address, Phone Number |  |  |  |
|            | Name, Address, Phone Number |  |  |  |
|            | Name, Address, Phone Number |  |  |  |

|                 |                               |                    |
|-----------------|-------------------------------|--------------------|
| Date of Report: | Signature of League Official: | Position in League |
|-----------------|-------------------------------|--------------------|

USE REVERSE SIDE FOR DIAGRAM AND ANY OTHER INFORMATION OF IMPORTANCE IN REPORTING THE ACCIDENT

**CHARTIS**

#### **Applicable in Arizona**

For your protection, Arizona law requires the following statement to appear on this form. Any person who knowingly presents a false or fraudulent claim for payment of a loss is subject to criminal and civil penalties.

#### **Applicable in Arkansas, Delaware, District of Columbia, Kentucky, Louisiana, Maine, Michigan, New Jersey, New Mexico, New York, North Dakota, Pennsylvania, South Dakota, Tennessee, Texas, Virginia and West Virginia**

Any person who knowingly and with intent to defraud any insurance company or another person, files a statement of claim containing any materially false information, or conceals for the purpose of misleading, information concerning any fact, material thereto, commits a fraudulent insurance act, which is a crime, subject to criminal prosecution and [NY: substantial] civil penalties. In DC, LA, ME, TN and VA, insurance benefits may also be denied.

#### **Applicable in California**

For your protection, California law requires the following to appear on this form: Any person who knowingly presents a false or fraudulent claim for payment of a loss is guilty of a crime and may be subject to fines and confinement in state prison.

#### **Applicable in Colorado**

It is unlawful to knowingly provide false, incomplete, or misleading facts or information to an insurance company for the purpose of defrauding or attempting to defraud the company. Penalties may include imprisonment, fines, denial of insurance, and civil damages. Any insurance company or agent of an insurance company who knowingly provides false, incomplete, or misleading facts or information to a policy holder or claimant for the purpose of defrauding or attempting to defraud the policy holder or claimant with regard to a settlement or award payable from insurance proceeds shall be reported to the Colorado Division of Insurance within the Department of Regulatory Agencies.

#### **Applicable in Florida and Idaho**

Any person who Knowingly and with the intent to injure, Defraud, or Deceive any Insurance Company Files a Statement of Claim Containing any False, Incomplete or Misleading information is Guilty of a Felony.\*

\* In Florida - Third Degree Felony

#### **Applicable in Hawaii**

For your protection, Hawaii law requires you to be informed that presenting a fraudulent claim for payment of a loss or benefit is a crime punishable by fines or imprisonment, or both.

#### **Applicable in Indiana**

A person who knowingly and with intent to defraud an insurer files a statement of claim containing any false, incomplete, or misleading information commits a felony.

#### **Applicable in Minnesota**

A person who files a claim with intent to defraud or helps commit a fraud against an insurer is guilty of a crime.

#### **Applicable in Nevada**

Pursuant to NRS 686A.291, any person who knowingly and willfully files a statement of claim that contains any false, incomplete or misleading information concerning a material fact is guilty of a felony.

#### **Applicable in New Hampshire**

Any person who, with purpose to injure, defraud or deceive any insurance company, files a statement of claim containing any false, incomplete or misleading information is subject to prosecution and punishment for insurance fraud, as provided in RSA 638:20.

#### **Applicable in Ohio**

Any person who, with intent to defraud or knowing that he/she is facilitating a fraud against an insurer, submits an application or files a claim containing a false or deceptive statement is guilty of insurance fraud.

#### **Applicable in Oklahoma**

WARNING: Any person who knowingly and with intent to injure, defraud or deceive any insurer, makes any claim for the proceeds of an insurance policy containing any false, incomplete or misleading information is guilty of a felony.

## 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:  Male  Female  
City: \_\_\_\_\_ State \_\_\_\_\_ ZIP: \_\_\_\_\_ Home Phone: ( ) \_\_\_\_\_  
Parent's Name (If Player): \_\_\_\_\_ Work Phone: ( ) \_\_\_\_\_  
Parents' Address (If Different): \_\_\_\_\_ City \_\_\_\_\_

### Incident occurred while participating in:

- A.)  Baseball  Softball  Challenger  TAD  
B.)  Challenger  T-Ball (5-8)  Minor (7-12)  Major (9-12)  Junior (13-14)  
 Senior (14-16)  Big League (16-18)  
C.)  Tryout  Practice  Game  Tournament  Special Event  
 Travel to  Travel from  Other (Describe): \_\_\_\_\_

### Position/Role of person(s) involved in incident:

- D.)  Batter  Baserunner  Pitcher  Catcher  First Base  Second  
 Third  Short Stop  Left Field  Center Field  Right Field  Dugout  
 Umpire  Coach/Manager  Spectator  Volunteer  Other: \_\_\_\_\_

Type of injury: \_\_\_\_\_

Was first aid required?  Yes  No If yes, what: \_\_\_\_\_

Was professional medical treatment required?  Yes  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.)

### Type of incident and location:

- A.) On Primary Playing Field  
 Base Path:  Running *or*  Sliding  
 Hit by Ball:  Pitched *or*  Thrown *or*  Batted  
 Collision with:  Player *or*  Structure  
 Grounds Defect  
 Other: \_\_\_\_\_
- B.) Adjacent to Playing Field  
 Seating Area  
 Parking Area  
C.) Concession Area  
 Volunteer Worker  
 Customer/Bystander
- D.) Off Ball Field  
 Travel:  
 Car *or*  Bike *or*  
 Walking  
 League Activity  
 Other: \_\_\_\_\_

Please give a short description of incident: \_\_\_\_\_

Could this accident have been avoided? How: \_\_\_\_\_

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.

Prepared By/Position: \_\_\_\_\_ Phone Number: (\_\_\_\_) \_\_\_\_\_  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Oak Ridge Woodlands Area Little League



## First Aid Equipment & Injury Procedures





## MEDICAL – Giving First-Aid

### **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. Perform whatever First Aid you can and wait for the paramedics to arrive.

### **First Aid Kits?**

Basic First Aid Kits should be kept by each Manager for all team activities.

Managers are to have a cell phone available during all games and practices in case of an emergency.

### ***Individual Team First Aid Kits***

The First Aid Kit will come in a fanny pack first responder kit and include the following items:



- ⇒ 3 Instant Ice Packs
- ⇒ 2 Plastic Bags for Ice
- ⇒ 6 Antiseptic Wipes
- ⇒ 1 Roll of Gauze
- ⇒ 2 Large Bandages 2" x 4"
- ⇒ 20 Band-Aids 1' x 3"
- ⇒ 2 Antiseptic Cream Packs
- ⇒ 1 Cloth Athletic Tape
- ⇒ 2 Eye Pads
- ⇒ 1 Roll of Gauze
- ⇒ 2 Burn Cream Packs
- ⇒ 1 Scissors
- ⇒ 1 Pair of Latex Gloves
- ⇒ 1 Tweezers
- ⇒ 2 Sterile Gauze Pads
- ⇒ 1 Plastic Kit
- ⇒ 1 Eye Wash Kit
- ⇒ 6 4X4 Sterile dressings

***Each Manager is responsible for the team's First Aid Kit***

Traveling teams have larger First-Aid Kits that contain more supplies, some of which are: ace bandages, finger splints, hydrogen peroxide, etc.

## ORWALL First Responder Kit



### 1 CPR Microshield

#### Burn:

- 1 Burn Pad (4" x 4")
- 1 Burn Gel

#### Dressings & Bandages:

- 16 Band-aids (1" x 3")
- 4 Large Square Band-aids
- 25 Assorted Band-aids
- 1 Abdominal Pad (5" x 9") (This is a pressure dressing for severe trauma)
- 10 Gauze Pads (4" x 4")
- 1 Blood Stopper (for severe bleeding)
- 2 Gauze Roll (3")
- 2 Gauze Roll (4")
- 1 Waterproof Tape (1")
- 1 Waterproof Tape (1/2")
- 2 Elastic Bandage (3")
- 2 Triangular Bandages
- 4 Eye Pads
- 10 pkg Antibiotic Ointment
- 10 Alcohol Wipes
- 10 Antimicrobial Wipes
  - 1 Sterile Saline 1 BP/Stethoscope Kit
  - 1 Instrument Pack (shears, bandage scissors and penlight)

#### Equipment & Supplies:

- 2 Small Cold Packs
- 8 Large Cold Packs
- 1 Space Blanket
- 2 Pairs Latex Gloves
- 1 Eye Wash (4 oz)
- 1 First Aid Book

## Safety Officer's BLS Kit



### Airway:

- 1 Dyna Med CPR Mask
- 1 Disposable Airway Kit
- 1 Bag Valve Mask
- 1 Nasal Airway Kit

### Burn:

- 1 Burn Sheet
- 1 Burn Pad (4" x 4")

### Bandages:

- 16 Adhesive bandages (1" x 3")
- 2 Abdominal Pads (5" x 9")
- 1 Trauma Dressing (12" x 30")
- 20 Sterile Dressings (4" x 4")
- 10 Sterile Dressings (3" x 3")
- 2 Blood Stoppers
- 2 Gauze Rolls (3" NS)
- 2 Gauze Rolls (4" NS)
- 1 Waterproof Tape (1/2")
- 1 Waterproof Tape (1")
- 1 Elastic Bandage (3")
- 1 Elastic Bandage (4")
- 2 Triangular Bandages
- 4 Eye Pads
- 1 Petroleum Gauze (3" x 9")
- 2 Kerlix (4-1/2")

### Equipment & Supplies:

- 1 Modular Trauma Bag
- 1 Instrument Pack (shears, Kelly forceps, bandage scissors, splinter forceps, penlight)
- 1 BP/Stethoscope Kit
- 1 SAM Splint
- 1 Ace Collar
- 1 Obstetrical Kit
- 1 Personal Protection Kit
- 1 Ipecac Syrup
- 1 Charcoal
- 1 Ammonia Inhalant
- 1 Insta-Glucose
- 10 Alcohol Prep Pads
- 1 Antibiotic Ointment
- 1 Bee Sting Kit
- 2 Cold Packs (5" x 9")
- 1 Eye Wash
- 10 PVP Iodine
- 1 Space Blanket
- 1 Sterile Water (500 ml)
- 1 No Rinse Gel (4 oz)
- 5 Pair Nitrile Gloves

## *Treatment at Site -*

### DO'S AND DON'TS

#### Do's

- ⇒ **Access** the injury. If the victim is conscious, find out what happened where it hurts, watch for shock
- ⇒ **Know** your limitations
- ⇒ **Call 9-1-1** immediately if person is unconscious or seriously injured
- ⇒ **Look** for signs of injury (blood, black and blue, deformity of joint, etc.)
- ⇒ **Listen** to the injured player describe what happened and what hurts.
- ⇒ **Feel** the injured area for signs of swelling or broken bone.
- ⇒ **Talk** about the situation. Often players are upset, and they need to feel safe.

#### Don'ts

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

## **9 - 1-1 EMERGENCY NUMBER**

The most important help that you can provide to a victim who is seriously injured is to call for professional medical help. Make the call quickly, preferably from a cell phone near the injured person. If this is not possible, send someone else to make the call from a nearby telephone. Be sure that you or another caller follows these four steps.

- ⇒ First Dial **9-1-1**
- ⇒ Give the dispatcher the necessary information. Answer any questions that he or she might ask. Most dispatchers will ask:
  - ⇒ The exact location or address of the emergency. Include the name of the city or town, nearby intersections, landmarks, etc.
  - ⇒ The telephone number from which the call is being made.
  - ⇒ The caller's name
  - ⇒ What happened - for example, a baseball related injury.
  - ⇒ How many people are involved.
  - ⇒ The condition of the injured person - unconsciousness, chest pains, or severe bleeding.
  - ⇒ What first aid is being given.
- ⇒ Do not hang up until the dispatcher hangs up. The EMS dispatcher may be able to tell you how to best care for the victim.
- ⇒ Continue to care for the victim till professional help arrives.
- ⇒ Appoint somebody to go to the street and look for the **ambulance** and **fire engine** and flag them down if necessary. This saves valuable time. Remember, every minute counts!!

### **When to call -**

If the injured person is unconscious, call **9-1-1** immediately. Sometimes a conscious victim will tell you not to call an ambulance, and you may not be sure what to do. Call **9-1-1** anyway and request paramedics if the victim is/has:

|                                    |  |
|------------------------------------|--|
| Unconscious                        | Vomiting or passing blood                      |
| Trouble breathing                  | Seizures, a severe headache, or slurred speech |
| Chest Pain                         | Appears to have been poisoned                  |
| Bleeding Severely                  | Has injuries to the Head, Neck or Back         |
| Pain in the abdomen that continues |  |
| Has broken bones                   |  |

If you have any doubt at all **call 9-1-1** and request a paramedic. **Also call 9-1-1 for any of these situations:**

|                           |                    |                         |
|---------------------------|--------------------|-------------------------|
| Fire or Explosion         | Vehicle Collisions | Downed Electrical Wires |
| Presence of Poisonous Gas | Snakes Bites       |                         |

## **Muscle, Bone or Joint Injuries**

|  |  |
|--|--|
| Deformity                              | Victim feels bones grating; victim felt or   |
| Bruising                               | heard a snap or pop                          |
| Swelling                               | The injured area is cold and numb            |
| Inability to use the affected part     | Cause of the injury suggests that the injury |
| Bone Fragments sticking out of a wound | may be severe.                               |

If any of these conditions exists, call **9-1-1** immediately and administer care to the victim until the paramedics arrive.

### **Treatment for muscle or joint injuries:**

- If ankle or knee is hurt, do not allow victim to walk.
- Apply cold packs to affected area.
- Consult professional medical assistance for further treatment if necessary

### **Treatment for fractures:**

Fractures need to be splinted in the position found and no pressure is to be put on the area. Splints can be made from almost anything; rolled up magazines, twigs, bats, etc.

### **Treatment for broken bones:**

Once you have established that the victim has a broken bone, and you called **9-1-1**, all you can do is comfort the victim, keep him/her warm and still treat for shock if necessary (see “Caring for Shock” section).

## **CONCUSSION**

Concussions are defined as any blow to the head. They can be fatal if proper precautions are not taken.

- 1) Remove player from the game.
- 2) See that the victim gets adequate rest.
- 3) Note any symptoms and see if they change within a short period of time.
- 4) Tell the parents about the injury and have them monitor the child after the game.
- 5) Urge parents to take the child to a doctor.
- 6) If the victim is unconscious after the blow to the head, diagnose head & neck injury,  
DO NOT MOVE the victim. Call 9-1-1 immediately.

## Texas



Governor Perry signed HB 2038 into law on June, 17, 2011. This law can be found at sections 38.151 through 38.160 of the Texas Code. (Tex. Educ. Code Ann. §§ 38.151 through 38.160).

These sections are applicable to interscholastic activity and require that school districts: appoint concussion oversight teams to establish return-to-play protocols; require that students may not participate in an activity during a school year until their parent/guardian signs and returns a form acknowledging receipt of concussion information; and requires a student be immediately removed from the activity if they are suspected of sustaining a concussion. The student may not return to play until evaluated by a medical professional, has completed return-to-play protocols, has written clearance from the medical provider and the parent has signed a consent form allowing them to return to play. A coach may not authorize a student's return to play. Coaches are also required to get concussion training once every two years.

Sections 38.151 through 38.160 are available on online at:

<http://www.statutes.legis.state.tx.us/Docs/ED/htm/ED.38.htm#38.151>

At the present time there is no legislation pending to amend or repeal the statute in its present form.



## **Tackling concussions can be jarring JUSTICE: NFL focus trickling to lower levels**

By Richard Justice Houston Chronicle  
Sun 03/06/2011 Houston Chronicle, Section Sports, Page 1, 3 STAR Edition

Injuries can be iced, taped, braced or stitched back together. Isn't that the first thing we're taught in sports? Injuries are for the weak. They're a test of desire and character. How many times have we heard that one? Perhaps that's why concussions are so tough to understand. Concussions don't play by the rules. Concussions confound, frighten and test us. We know so little about them, and what we do know is terrifying.

**Injuries should not be so difficult to detect and uncertain to treat. Injuries should not slumber for 20 years before doing their real and lasting damage.**

Much of what we know about concussions we've learned the past two years. And everything we know now might be obsolete five years from now.

Among the points driven home Saturday morning during a concussion seminar hosted by Memorial Hermann's Sports Medicine Clinic were:

Concussions impact a brain's function but not its appearance. Concussions can't be detected by MRIs or CT scans. Female athletes younger than 18 are more likely to suffer concussions than their male counterparts. Concussions occur most frequently in football players, and girls soccer is close behind. Worst of all, symptoms might not develop for days or even weeks after an injury occurs.

**Concussions are much more dangerous for kids younger than 18 because their brains are being developed. To suffer a second concussion before the first is healed is to risk permanent injury.**

**Keeping a kid off the playing field while he or she recovers from a concussion is only half the battle. Kids who've suffered concussions should not be allowed to do schoolwork, send text messages or play video games. In other words, brains must have time to heal the same way torn ligaments and broken bones do.**

Some of what was said Saturday would make you pull your kid off the playing field forever. And what we know now and understand about concussions is changing rapidly.

"This program isn't to scare people," said Kevin Bastin, an NFL athletic trainer for 20 years who works at Memorial Hermann. "It's to say, 'Listen, if a child has a concussion, we can get them back in the field more quickly in some cases.' But when in doubt, sit it out."

Information has trickled down to lower levels, creating an awareness that's new and at times overwhelming.

For instance, the Texas Senate is considering a bill that would require every high school program to have a coach, trainer or doctor trained to **recognize concussion symptoms.**

**If a kid can't answer questions coherently, if he seems grooey or unresponsive, if his memory is cloudy, he'll not be allowed to play again that day. And beginning the next day and the days that follow he'll be put through a battery of tests before being allowed to play again.**

***Coaches won't like what they're going to be told. They were brought up in a culture where the kid who could walk was the kid who could play. In this culture, concussions were no big deal.***

***"You live in the moment in athletics," Johnston said. "What's best for someone later in life is not a priority in that situation."***

Mark Adickes understands. He was an offensive lineman at Baylor and then played seven seasons in the NFL before graduating Harvard Medical School. He's now an orthopedic surgeon.

"If I was a coach and hadn't had medical training, I'd be so frustrated with all the kids I'm losing," he said. "I see their side of it, but it's our job to protect the kids."

Coaches will be skeptical. Almost every trainer has to deal with a few of them. "Coaches say, 'Well, that kid is faking a concussion,?'" Bastin said. "I tell 'em, 'Really, coach? If that's the case you don't want him on your team anyway.?'"

[richard.justice@chron.com](mailto:richard.justice@chron.com)

## **Head and Spine Injuries**

### **When to suspect head and spine injuries:**

- A fall from a height greater than the victim's height.
- A person found unconscious for unknown reasons.
- Any injury involving severe blunt force to the head or trunk such as from a bat or line drive baseball.
- Any person thrown from a motor vehicle.
- Any person struck by a motor vehicle.
- Any injury in which a victim's helmet is broken, including a motorcycle and batting helmet.
- Any incident involving a lightning strike.

### **Signals of Head and Spine Injuries**

- Changes in consciousness
- Severe pain or pressure in the head, neck, or back
- Tingling or loss of sensation in the hands, fingers, feet and toes
- Partial or complete loss of movement of any body part
- Unusual bumps or depressions on the head or over the spine
- Blood or other fluids in the ears or nose
- Heavy external bleeding of the head, neck, or back
- Seizures
- Impaired breathing or vision as a result of injury
- Nausea or vomiting
- Persistent headache
- Loss of balance
- Bruising of the head, especially around the eyes and behind the ears

### **General Care for Head and Spine Injuries**

1. Call 9-1-1 immediately
2. Minimize movement of the head and spine
3. Maintain an open airway
4. Check consciousness and breathing
5. Control any external bleeding
6. Keep the victim from getting chilled or overheated till paramedics arrive

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### **Contusion to Sternum:**

Contusions to the Sternum are usually the result of a line drive that hit's a player in the chest. These injuries can be very dangerous because if the blow is hard enough, the heart can become bruised and start filling up with fluid. Eventually the heart is compressed and the victim dies. Do not downplay the seriousness of this injury.

1. If a player is hit in the chest and appears to be all right, urge the parent to take their child to the hospital.
2. If a player complains of pain in his chest after being struck, immediately call 9-1-1 and treat the player until professional medical help arrives.

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### **Caring for Shock**

Shock is likely to develop to any serious injury or illness. Signals of shock include:

- Restlessness or irritability
- Altered consciousness
- Pale, cool, moist skin
- Rapid breathing
- Rapid pulse

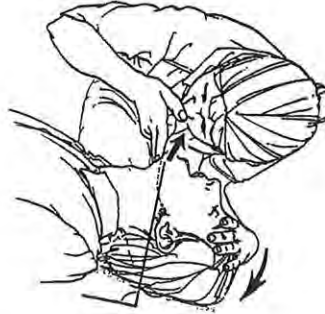
Caring for shock involves the following simple steps:

- 1) Call 9-1-1 immediately. Shock can't be managed effectively by first aid alone. A Victim of shock requires advanced medical care as soon as possible.
- 2) Control any external bleeding.
- 3) Do not give the victim anything to eat or drink, even though he or she is likely to be thirsty.
- 4) Elevate the legs about 12 inches unless you suspect head, neck, or back injuries or possible broken bones involving the hips or legs. If you are unsure of the victim's condition, leave him or her lying flat.
- 5) Have the victim lie down. Helping the victim rest comfortably is important because pain can intensify the body's stress and accelerate the progression of shock.
- 6) Help the victim maintain normal body temperature. If the victim is cool, try to cover him or her to avoid chilling.
- 7) Try to reassure the victim

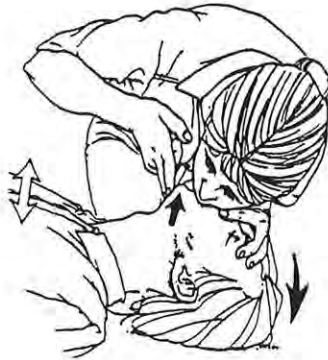
## Breathing Problems/Emergency Breathing

### If Victim is not Breathing:

- 1) Position victim on back while supporting head and neck.
- 2) With victim's head tilted back and chin lifted, pinch the nose shut.
- 3) Give two (2) slow breaths into victim's mouth. Breathe in until the chest gently rises.
- 4) Check for a pulse at the carotid artery (use fingers instead of thumb).
- 5) If pulse is present but person is still not breathing give 1 slow breath about every 5 seconds. Do this for about 1 minute (12 breaths).
- 6) Continue rescue breathing as long as pulse is present but person is not breathing.



### If Victim is not Breathing and Air Won't Go In:



- 1) Re-tilt person's head.
- 2) Give breaths again.
- 3) If air still won't go in, place the heel of one hand against the middle of the victim's abdomen just above the navel.
- 4) Give up to 5 abdominal thrusts
- 5) Lift jaw and tongue and sweep out mouth with Your fingers to free any obstructions.
- 6) Tilt head back, lift chin, and give breaths again.
- 7) Repeat breaths, thrust, and sweeps until breaths go in.

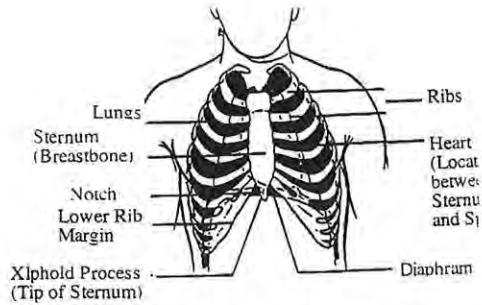
## Heart Attack

### Signals of a Heart Attack

Heart attack pain is most often felt in the center of the chest, behind the breastbone. It may spread to the shoulder, arm or jaw. Signals of a heart attack include:

- 1) Persistent chest pain or discomfort -  
Victim has persistent pain or pressure in the chest that is not relieved by resting, changing position, or oral medication. Pain may range from discomfort to an unbearable crushing sensation.
- 2) Breathing difficulty -
  - a) Victim's breathing is noisy.
  - b) Victim feels short of breath.
  - c) Victim breathes faster than normal.
- 3) Change in pulse rate -
  - a) Pulse may be faster or slower than normal.
  - b) Pulse may be irregular.
- 4) Skin appearance -
  - a) Victim's skin may be pale or bluish in color.
  - b) Victim's face may be moist.
  - c) Victim may perspire profusely.
- 5) Absence of pulse -
  - a) the absence of a pulse is the main signal of a cardiac arrest.

The number one indicator that someone is having a heart attack is that he or she will be in denial. A heart attack means certain death to most people. People do not wish to acknowledge death therefore they will deny that they are having a heart attack.



### Care For a Heart Attack

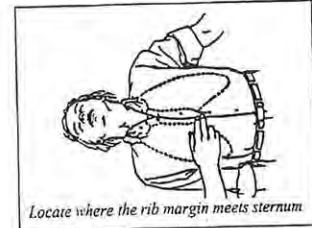
- 1) Recognize the signals of a heart attack.
- 2) Convince the victim to stop activity and rest.
- 3) Help the victim to rest comfortably.
- 4) Try to obtain information about the victim's condition.
- 5) Comfort the victim.
- 6) Call 9-1-1 and report the emergency.
- 7) Assist with medication, if prescribed.
- 8) Monitor the victim's condition.
- 9) Be prepared to give CPR if the victim's heart stops beating.

## GIVING CPR

- 1) Position victim on back on a flat surface.
- 2) Position yourself so that you can give rescue breaths and chest compression without having to move (usually to one side of the victim).
- 3) Find hand position on breastbone. (See figure above)
- 4) Position shoulders over hands. Compress chest 15 times. (For small children only 5 times)
- 5) With victim's head tilted back and chin lifted, pinch the nose shut.
- 6) Give two (2) slow breaths into victim's mouth. Breathe in until chest gently rises. (For small children only 1 time)
- 7) Do 3 more sets of 15 compressions and 2 breaths.
- 8) (For small children, 5 compressions and 1 breath)
- 9) Recheck pulse and breathing for about 5 seconds.
- 10) If there is no pulse continue sets of 15 compressions and 2 breaths. (For small children, 5 compressions and 1 breath)
- 11) When giving CPR to small children only use one hand for compressions to avoid breaking ribs.



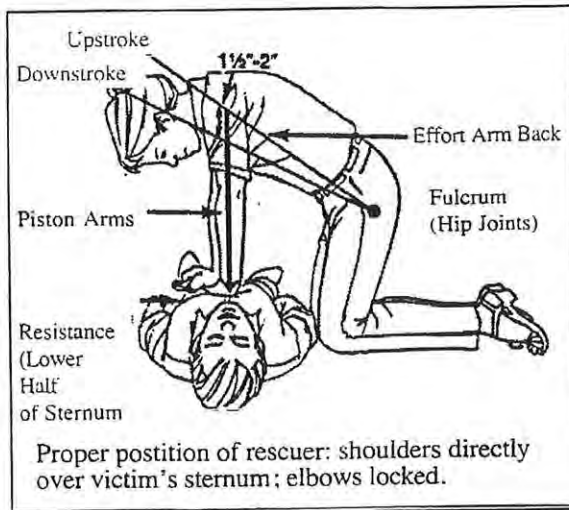
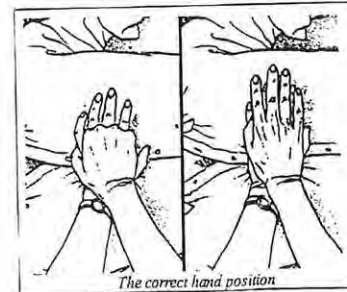
External Chest Compression - Locate rib margin



Locate where the rib margin meets sternum



Locate correct hand position on lower sternum



*Note: The sternum should be compressed to a depth of 1 1/2 - 2 inches.*

**It is possible that you will break the victim's ribs while administering CPR. Do not be concerned about this. The victim is clinically dead without your help. You are protected under the "Good Samaritan" laws.**

### When to stop CPR

- 1) If another trained person takes over CPR for you.
- 2) If Paramedics arrive and take over care of the victim.
- 3) If you are exhausted and unable to continue.
- 4) If the scene become unsafe.

ORWALL utilizes a Medtronic Physio-Control AED (Automated External Defibrillator) Unit. Only trained personnel should use the AED. See enclosed Implementation Guide.

# AED



**AUTOMATED EXTERNAL DEFIBRILLATOR)**

**LOCATED AT NORTH CONCESSION STAND**

**&**

**LOCATED AT SOUTH CONCESSION STAND**

## IF A VICTIM IS CHOKING -

### Partial Obstruction with Good Air Exchange:

**Symptoms** may include forceful cough with wheezing sound between coughs.

#### Treatment:

Encourage victim to cough as long as good air exchange continues. DO NOT interfere with attempts to expel object.

### Partial or Complete Airway Obstruction in Conscious Victim

**Symptoms** may include: Weak cough; high pitched crowing noises during inhalation; inability to breathe, cough or speak; gesture of clutching neck between thumb and index finger; exaggerated breathing efforts; dusky or bluish skin color.

#### Treatment - the Heimlich Maneuver

## The Heimlich Maneuver

*The Heimlich Maneuver is an emergency method of removing food or foreign objects from the airway to prevent suffocation.*

*When approaching a choking person, one who is still conscious, ask: "Can you cough? Can you speak?"*

*If the person can speak or cough, do not perform the Heimlich Maneuver or pat them on the back. Encourage them to cough.*

#### To perform the Heimlich:

- Grasp the choking person from behind;
- Place a fist, thumb side in, just below the person's breastbone (sternum), but above the naval;
- Wrap second hand firmly over this fist;
- Pull the fist firmly and abruptly into the top of the stomach.

It is important to keep the fist below the chest bones and above the naval (belly button).

The procedure should be repeated until the airway is free from obstruction or until the person who is choking loses consciousness (goes limp). These will be violent thrusts, as many times as it takes.

#### For a child:

- Place your hands at the top of the pelvis;
- Put the thumb of you hand at the pelvis line;
- Put the other hand on top of the first hand;
- Pull forcefully back as many times as needed to get object out or the child becomes limp.

*Most individuals are fine after the object is removed from the airway. However, occasionally the object will go into one of the lungs. If there is a possibility that the foreign object was not expelled, medical care should be sought.*

*If the object cannot be removed completely by performing the Heimlich, immediate medical care should be sought by calling 911 or going to the local emergency room.*





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## BLEEDING IN GENERAL

Before initiating any First Aid to control bleeding, be sure to wear the **latex gloves** included in your First-Aid Kit in order to avoid contact of the victim's blood with your skin.

If a victim is bleeding:

- 1) **Act quickly** - Have the victim lie down. Elevate the injured limb higher than the victim's heart unless you suspect a broken bone.
- 2) **Control bleeding** by applying direct pressure on the wound with a sterile pad or clean cloth.
- 3) If bleeding is controlled by direct pressure, **bandage firmly** to protect the wound. Check pulse to be sure bandage is not too tight.
- 4) If bleeding is not controlled by use of direct pressure, **apply** a tourniquet only as a last resort and call **9-1-1** immediately.

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## Nose Bleed

To control a nosebleed, have the victim lean forward and pinch the nostrils together until the bleeding stops.

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## Bleeding on The Inside and Outside of the Mouth

To control bleeding inside the cheek, place folded dressings inside the mouth against the wound. To control bleeding on the outside, use dressings to apply pressure directly to the wound and bandage so as not to restrict.

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## **Infection**

**To prevent infection when treating open wounds you must:**

**Cleanse...**the wound and surrounding area gently with mild soap and water or antiseptic pad: rinse and blot dry with a sterile pad or clean dressing.

**Treat...**to protect against contamination apply ointment in your first aid kit.

**Cover...**to absorb fluids and protect wound from further contamination with Band-Aid, gauze or sterile pad. (Handle only the edges of sterile pads and dressing)

**Tape...**to secure with First-Aid tape to help keep out dirt and germs.

## **Emergency Treatment of Dental Injuries**

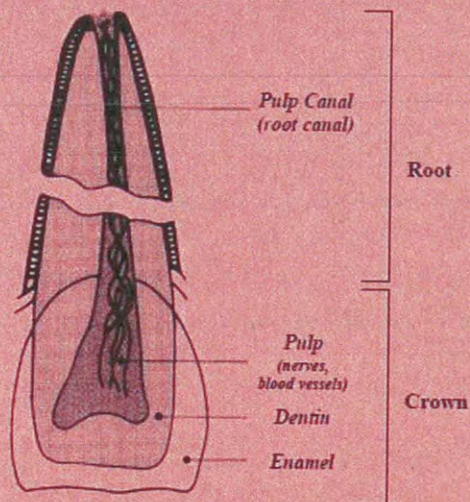
### **Avulsion (Entire Tooth Knocked Out)**

If a tooth is knocked out, place a sterile dressing in the space left by the tooth. Tell the victim to bite down.

Dentists can successfully replant a knocked-out tooth if they can do so quickly and if the tooth has been cared for properly.

1. Avoid additional trauma to tooth while handling. **Do not** handle tooth by the root. Do not brush or scrub tooth.
2. If debris is on tooth, gently rinse with water.
3. If possible, re-plant and stabilize by biting down on a towel. **Do only** if the athlete is alert and conscious.
- 5) If unable to re-plant, wrap tooth in saline soaked gauze or a cup of water.

## 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**

### ***Prescription Medication***

**Do not, at any time, administer any kind of prescription medicine.** This is the parent's responsibility and ORWAll does not want to be held liable, nor do you, in case the child has an adverse reaction to the medication.

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### ***Asthma and Allergies***

Many children suffer from asthma and/or allergies (allergies especially in the springtime). Allergy symptoms can manifest themselves to look like the child has a cold or flu while children with asthma usually have a difficult time breathing when they become active. Allergies are usually treated with prescription medication. If a child is allergic to insect/stings/bites or certain types of food, you must know about it because these allergic reactions can become life threatening. Encourage parents to fill out the medical history forms. Study their comments and know which children on your team need to be watched.

Likewise, a child with asthma needs to be watched. If a child starts to have an asthma attack, have him stop playing immediately and calm him down till he/she is able to breathe normally. If the asthma attack persists, dial **9-1-1** and request emergency service.

# 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.

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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

### **Heat Exhaustion**

**Symptoms** may include fatigue; irritability; headache; faintness; weak, rapid pulse; shallow breathing; cold clammy skin; profuse perspiration.

#### **Treatment:**

1. Instruct victim to lie down in a cold shaded area or an air-conditioned room (Board Room). Elevate feet.
2. Massage legs toward heart.
3. Only if victim is conscious, give cool water or electrolyte solution every 15 minutes.
4. Use caution when letting victim first sit up, even after feeling recovered.



### **Sunstroke (Heat Stroke)**

**Symptoms** may include extremely high body temperature (106 degrees or higher); hot, red, dry skin, absence of sweating; rapid pulse; convulsions; unconsciousness

#### **Treatment:**

1. Call 911 immediately
2. Lower body temperature with cool wet towels or sheets in a well-ventilated room or use fans and air conditioners until body temperature is reduced.
3. DO NOT give stimulating beverages (caffeine beverages) such as coffee, tea or soda.

### **Mosquitoes**

Due to the heat in Texas mosquitoes are part of playing baseball. Please remind your players to apply mosquito spray with the ingredient (Deet) before your practices and games. Mosquitoes are the worse at dusk.

#### **Treatment:**

1. Apply ice to insect bites to help with swelling.
2. Apply topical cream for itching.



# Oak Ridge Woodlands Area Little League

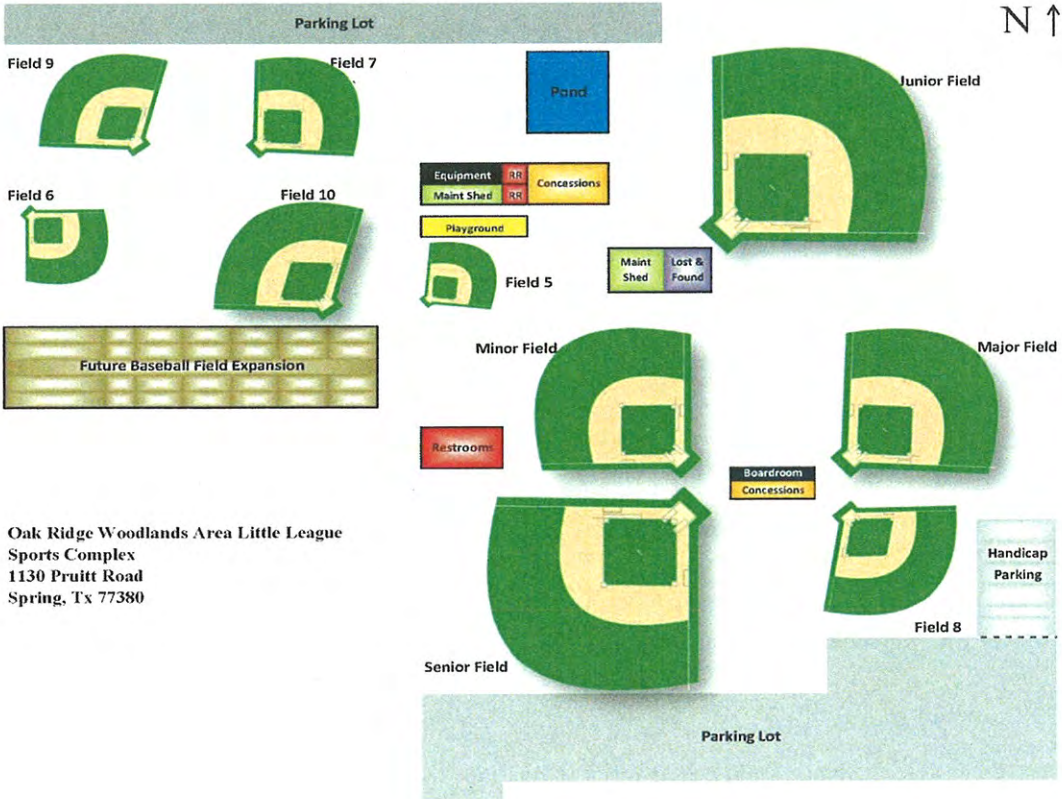


**Sports Park & Board of Directors**



# Oak Ridge Woodlands Area Little League

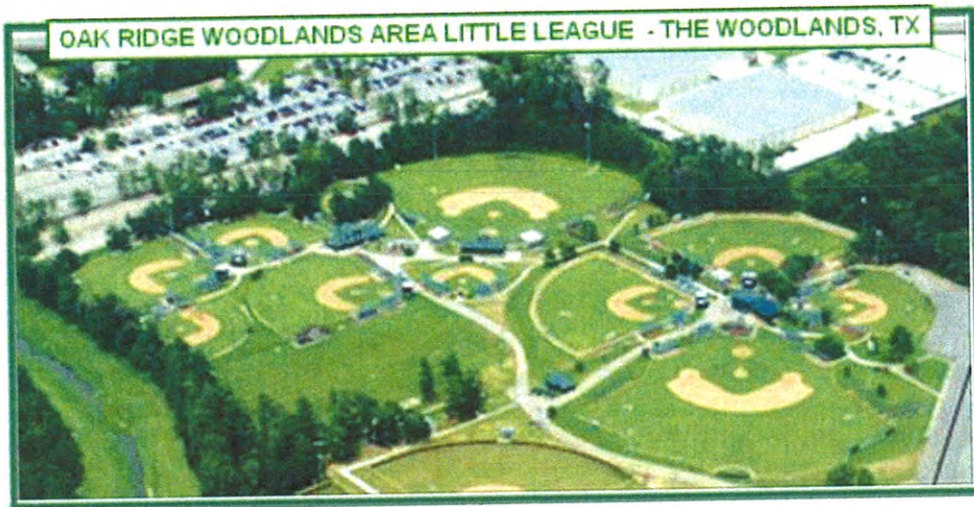
## Baseball Fields



Oak Ridge Woodlands Area Little League  
Sports Complex  
1130 Pruitt Road  
Spring, Tx 77380



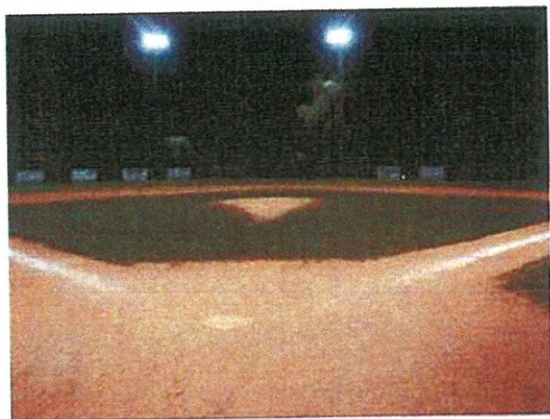
# ORWALL FIELDS



K-BALL FIELD



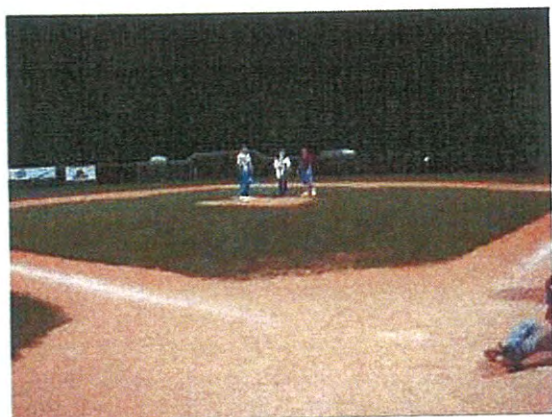
# ORWALL FIELDS



T-Ball



PW7



PW8



Minor 9



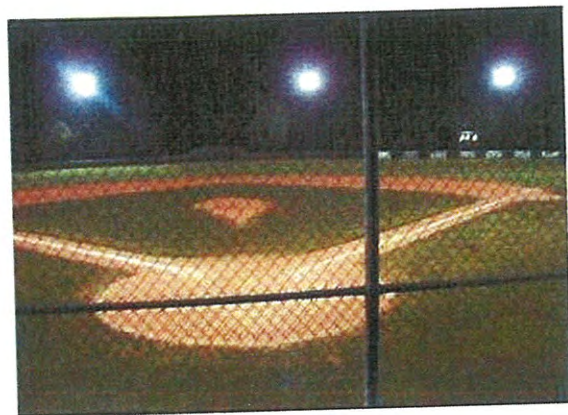
**Minor 10**



**Minor 11/12**



**Major**



**Junior**



**Senior**

# OAK RIDGE WOODLANDS AREA LITTLE LEAGUE BOARD DUTY RESPONSIBILITIES

## SPRING 2014

### KEYS:

All board members were issued a key to the park. These keys will open all doors and padlocks necessary to perform board duty. Each key issued is a Mateo lock key. **DO NOT** loan your keys to anyone. You are responsible for doing your part to secure the park at all times. Keys are not to be duplicated for any reason.

### RESPONSIBILITIES:

**Make sure to wear your Green Board Shirt and your Badge.**

As a board member on duty, your responsibility is to open the park, provide assistance to the public and close the park. There will always be two (2) board members scheduled for board duty at the same time. Each board member should be at opposite ends of the park as much as possible. Once on board duty you must remain on board duty until your shift is over or you are relieved.

### BOARD DUTY

#### SCHEDULE:

Prior to the start of the season, a Board Duty Schedule will be issued to every board member and placed on the website. The master copy of this schedule will be maintained on the Website. You are responsible for resolving any conflicts you may have with the schedule. Changes must go through the Information Officer or President and be logged into the master board duty schedule.

#### OPENING THE PARK:

The first step in opening the park is to unlock the following:

Front Restrooms

Front Mechanical Room

Back Concession Restrooms

Storage shed under Jr. score box to access the Jr. score box

All Field score boxes

#### UMPIRES:

Once a game has started, the umpire behind the plate is in charge of his field. If you feel that there is a problem with an umpire, then you should contact the Umpire-In-Chief or the President, in that order.

#### ASAP PROGRAM:

A fundamental responsibility while on board duty is to ensure that all safety rules and park procedures are being followed. This includes field and equipment inspections, catchers with proper equipment during pregame infield and pitcher warm-ups, managers/coaches not warming up pitchers etc.

#### GATOR & GOLF CARTS:

At no time, should any minor be allowed to drive the gator and golf carts. Only board members will be allowed to drive the gator and golf carts. At the end of each day, the gator and golf carts should be secured in the maintenance shed.

#### CLOSING THE PARK:

**Field Lights will be turned off by a timer approximately 1 hour after last schedule game ends.** This should allow the teams enough time to collect their equipment and have a short meeting before the lights go out. You should pay close attention that all pitching machines have been put up, the gator and golf carts are put in the maintenance shed. The score board controllers are put back in their containers and stored in each field score box for the next day's games. **Please make sure to check all doors are locked when the field is closed and you are leaving the park.**

## Board Of Directors

|                          |  |  |
|--------------------------|--|--|
| <b>Sam Yaeger</b>        | President                              | <a href="mailto:syaeger@orwallbaseball.org">syaeger@orwallbaseball.org</a>       |
| <b>Brooke Stephenson</b> | VP – Operations                        | <a href="mailto:brooke_stephenson@att.net">brooke_stephenson@att.net</a>         |
| <b>Ray Conley</b>        | VP – Facilities                        | <a href="mailto:scooter@millworkinteriors.com">scooter@millworkinteriors.com</a> |
| <b>Casey Kinchen</b>     | Treasurer                              | <a href="mailto:orwalltreasurer@yahoo.com">orwalltreasurer@yahoo.com</a>         |
| <b>Russell Doolittle</b> | Information Officer                    | <a href="mailto:orwallbaseball@yahoo.com">orwallbaseball@yahoo.com</a>           |
| <b>Dan Brauweiler</b>    | Secretary                              | <a href="mailto:dcbrauweiler@yahoo.com">dcbrauweiler@yahoo.com</a>               |
| <b>Daniel Cantu</b>      | Safety Officer                         | <a href="mailto:dzcan2@comcast.net">dzcan2@comcast.net</a>                       |
| <b>Coleman Sisson</b>    | Director of Technology                 | <a href="mailto:cdisson@earthlink.net">cdsisson@earthlink.net</a>                |
| <b>John Bistriz</b>      | Umpire in Chief                        | <a href="mailto:jtbistriz@gmail.com">jtbistriz@gmail.com</a>                     |
| <b>Karen Hornbeck</b>    | Director – Sponsorships                | <a href="mailto:orwallsponsor@yahoo.com">orwallsponsor@yahoo.com</a>             |
| <b>Phil Colotta</b>      | Director of Facilities                 | <a href="mailto:pcolotta@creativecabling.net">pcolotta@creativecabling.net</a>   |
| <b>Kevin Baker</b>       | Director of Facilities                 | <a href="mailto:kevin5170@Comcast.net">kevin5170@Comcast.net</a>                 |
| <b>Chuck Roberson</b>    | Director of Capital Improvement        | <a href="mailto:chuck.roberson@earthlink.net">chuck.roberson@earthlink.net</a>   |
| <b>Wilma Cantu</b>       | Director of Uniforms/Team Moms         | <a href="mailto:wrcan2@comcast.net">wrcan2@comcast.net</a>                       |
| <b>Jason Luck</b>        | Director of Equipment                  | <a href="mailto:jlukc@yahoo.com">jlukc@yahoo.com</a>                             |
| <b>Alan Stickler</b>     | Director of Scheduling                 | <a href="mailto:acstyxx@gmail.com">acstyxx@gmail.com</a>                         |
| <b>Michael Buscher</b>   | Director of Registration/Tryouts       | <a href="mailto:orwall6@mail.com">orwall6@mail.com</a>                           |
| <b>Ted Sabala</b>        | Division Director - K-Ball             | <a href="mailto:Ted_Sabala@hotmail.com">Ted_Sabala@hotmail.com</a>               |
| <b>Jason Rivers</b>      | Division Director - K-Ball             | <a href="mailto:jasriv@sbcglobal.net">jasriv@sbcglobal.net</a>                   |
| <b>Brent Beitler</b>     | Division Director - T-Ball             | <a href="mailto:bnbeitler@hotmail.com">bnbeitler@hotmail.com</a>                 |
| <b>Jeff Guillory</b>     | Division Director - 7 Premier          | <a href="mailto:jeff.guillory@adp.com">jeff.guillory@adp.com</a>                 |
| <b>Sylvester Auzenne</b> | Division Director - 7/8 Elite          | <a href="mailto:sauzenne@wildwell.com">sauzenne@wildwell.com</a>                 |
| <b>Jason Schmitz</b>     | Division Director - 7/8 Elite          | <a href="mailto:jschmitz@twfg.com">jschmitz@twfg.com</a>                         |
| <b>Pat Perry</b>         | Division Director - 8 Premier          | <a href="mailto:perryint@comcast.net">perryint@comcast.net</a>                   |
| <b>Tim Payne</b>         | Division Director - 9 Premier          | <a href="mailto:timrpayne@yahoo.com">timrpayne@yahoo.com</a>                     |
| <b>Brian Rowe</b>        | Division Director - 9/10 Elite         | <a href="mailto:brianmrowe2013@gmail.com">brianmrowe2013@gmail.com</a>           |
| <b>Michael Daniels</b>   | Division Director - 9/10 Elite         | <a href="mailto:daniels_michael@att.net">daniels_michael@att.net</a>             |
| <b>Grant Colwell</b>     | Division Director - 10 Premier         | <a href="mailto:gcolwell@radialdrilling.com">gcolwell@radialdrilling.com</a>     |
| <b>Jimmy Pousson</b>     | Division Director -Intermediate Elite  | <a href="mailto:jpousson1973@yahoo.com">jpousson1973@yahoo.com</a>               |
| <b>Jeff Sharp</b>        | Division Director-Intermediate Premier | <a href="mailto:jeffrsharp21@yahoo.com">jeffrsharp21@yahoo.com</a>               |
| <b>Joe Pachal</b>        | Division Director - Jr/Sr/BL           | <a href="mailto:pachalfamily@yahoo.com">pachalfamily@yahoo.com</a>               |

## District TX 28

| League Name        | Last Year's Status | 2014 Safety Plan Status |              |                           |                            |
|--------------------|--------------------|-------------------------|--------------|---------------------------|----------------------------|
|                    |                    | Date Received           | Status       | Reasons (if not approved) | Registration / Roster Data |
| CONROE LL          | APPROVED           | 2014-02-26              | NOT APPROVED | <u>15</u>                 | N                          |
| MONTGOMERY LL      | APPROVED           | 2014-02-26              | NOT APPROVED | <u>15</u>                 | N                          |
| NORTHWEST 45 LL    | APPROVED           | 2014-02-26              | NOT APPROVED | <u>15</u>                 | N                          |
| ORWALL AMERICAN LL | APPROVED           |                         | NOT RECEIVED |                           | Y                          |
| ORWALL NATIONAL LL | APPROVED           |                         | NOT RECEIVED |                           | Y                          |
| TOMBALL LL         | APPROVED           | 2014-02-26              | APPROVED     |                           | Y                          |

To resubmit the corrections to your safety plan, please only submit the numbers that were incorrect.

**Do not submit the entire plan.** We request that you fax your corrections to Little League at (570) 326-2951 or (570) 322-2376 or (570) 326-1074.

**Be sure to include your league name and ID number. Rosters/Registration Data (Requirement #15) is mandatory in order to have your plan approved.**