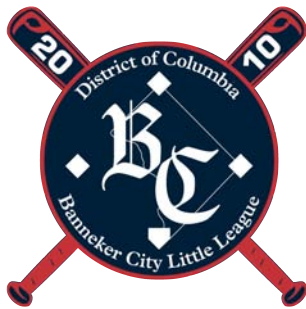


Banneker City Little League



SAFETY PLAN

2024

League ID #220-03-260023
Washington, DC



DOCUMENT CONTROL



Change Record

Date	Author	Version	Description
12/1/16	Supreme H. Aquil	1.0	Initial Revision
12/20/18	Supreme H. Aquil	2.0	Convert to Word document
12/16/19	Supreme H. Aquil	2.1	Update dates
3/1/21	Supreme H. Aquil	3.0	Update dates; add COVID screening questionnaire
12/23/21	Supreme H. Aquil	3.1	2022 updates
1/14/23	Supreme H. Aquil	3.1	2023 updates
12/31/23	Supreme H. Aquil	3.2	2024 updates

Reviewers

Name	Title	Date



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EXECUTIVE SUMMARY (I – XV)



- I. Banneker City Safety Officer: **Hawa Lattisaw**. On file with Little League Headquarters.
- II. Banneker City Little League will distribute a paper copy of this Safety Plan to all Managers, Coaches, Volunteers, Safety Officer and the District Administrator. Hard copies of this Safety Plan will be present at all Banneker City games and practices.

III.

Banneker City Little League Emergency Phone List

FOR EMERGENCIES CALL: 911

POLICE

Third District Police Department, 1620 V Street NW	(202) 673-6815
Fourth District Substation, 750 Park Road NW.....	(202) 576-8222

FIRE DEPARTMENTS

Engine House #4, 2531 Sherman Avenue NW	(202) 673-3204
Engine House #6, 1300 New Jersey Avenue NW	(202) 673-3206
Engine House #9, 1617 U Street NW.....	(202) 673-3209
Engine House #11, 3420 14 th Street NW.....	(202) 673-3211

HOSPITALS

Children's Hospital, 111 Michigan Avenue NW.....	(202) 476-5000
Howard University Hospital, 2041 Georgia Avenue NW.....	(202) 865-6100

PHARMACIES

CVS, 2009 8 th Street NW.....	(202) 232-2201
Walgreens, 1306 U Street NW.....	(202) 328-8761

DC PARKS & RECREATION

DPR Park Ranger.....	(202) 441-2605
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BANNEKER CITY LITTLE LEAGUE

President, Dr. Jamall McKay – 2024president@BannekerCityLL.org.....	(202) 709-1550
Player Agent, Supreme Aquil – players@BannekerCityLL.org.....	(240) 284-3437
Safety Officer, Hawa Lattisaw – safety@BannekerCityLL.org.....	(202) 560-4955
Secretary, Jaime Deason – secretary@BannekerCityLL.org.....	(202) 412-1506
Treasurer, Rosalynne Wendt – treasurer@BannekerCityLL.org.....	(202) 744-2678

Cut and post in dugouts and equipment areas.



EXECUTIVE SUMMARY (I – XV)



- IV. **BACKGROUND CHECKS:** Banneker City Little League requires all volunteers to complete a background check and complete the USA Baseball BASE Abuse Awareness Training, as well as provide a government-issued photo ID. Banneker City uses JDP's QuickApp for background checks to screen all of our volunteers.
- V. **COACHES' CLINIC – SATURDAY, FEBRUARY 17, 2024:** Managers and coaches must attend this training every year.
- VI. **CPR, AED & FIRST-AID TRAINING – SATURDAY, MARCH 9, 2024:** Every manager and coach must attend this training at least once every 2 years, AND at least one manager/coach from each team must attend this training annually.
- VII. **FIELD INSPECTIONS:** Coaches will be required to walk & inspect the fields prior to practices and games. Umpires will also be required to walk the fields for hazards before each game. The League Divisional Commissioners will survey each field in use prior to the season's start to identify potential safety issues and determine solutions and timeline for implementing solutions. See **Coach's Checklist on page 20, Umpire Training & Guidelines on page 21, and Check Field Conditions on page 19.**
- VIII. **FACILITY SURVEY:** Banneker City Little League has completed and updated our 2024 Facility Survey on-line, see **Using Facility Surveys on page 22.**
- IX. **CONCESSION STAND SAFETY:**
- ◆ Menu shall be posted & approved by the League Safety Officer and League President.
 - ◆ Our Concession Safety Procedures will be posted in concession stand.
 - ◆ Banneker City's **Concession Stand Safety Procedures are on pages 23 - 25.**
- X. **EQUIPMENT INSPECTION & PLAYER SAFETY:** The Equipment Manager will inspect all equipment in the pre-season. Managers/Coaches will inspect equipment prior to each game. Umpires will be required to inspect equipment prior to each game. League Equipment that is hazardous and/or does not meet Little League International standards will be disposed of. Player's personal equipment that is hazardous and/or does not meet Little League International standards will not be allowed at any League games and practices, and parents and players will be informed and their use discouraged. See **Equipment Checklist on page 26, and Coach's Checklist on page 20.**
- XI. **IMPLEMENT PROMPT ACCIDENT REPORTING:** Banneker City Little League coaches will use the **Incident Tracking form on pages 28 - 33**, and will provide completed Accident forms to League Safety Officer within 24 - 48 hours of the incident.
- XII. **FIRST-AID:** Each team coach will be issued a **First Aid Kit**. It is **REQUIRED** at every practice and game, in addition to ice, water, and Ziploc bags—see page 34.
- XIII. Banneker City Little League requires all of its teams to enforce ALL Little League Rules:
- ◆ Catchers must wear protective cups and mask must have throat guard.
 - ◆ No on-deck batters. Players must stay in the dugout on offense.
 - ◆ Coaches will not warm up pitchers; only players can warm up pitchers.
 - ◆ Coaches will be provided the current year's Little League Rule Book.
- XIV. Banneker City Little League Player Registration Data or Player Roster Data, Coach and Manager Data is available to Little League International through Dick's Team Sports HQ powered by Blue Sombrero.
- XV. Little League Survey Questions will be submitted online via the Little League Data Center at <https://lldc.pointstreak.com>.



I. THE SAFETY OFFICER



HISTORY	The position of safety officer was created by Little League Baseball® in the 1960s. In 1995, ASAP was introduced with the goal of re-emphasizing the position of safety officer. Resources have been devoted to helping safety officers prevent injuries, rather than simply reacting to them.
MISSION	To create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants in Banneker City Little League.
DUTIES	<ul style="list-style-type: none"> ♦ Coordinate all safety activities. ♦ Manage all COVID-19 concerns. ♦ Oversee Banneker City's ASAP (A Safety Awareness Program). ♦ Ensure safety in player training. ♦ Ensure safe playing conditions. ♦ Coordinate reporting and prevention of injuries. ♦ Solicit suggestions for making conditions safer. ♦ Report suggestions to Little League International through ASAP system. ♦ Schedule & coordinate CPR & First Aid Classes. ♦ Provide & distribute First Aid Kits to League coaches/managers.
RESOURCES	<ul style="list-style-type: none"> ♦ Banneker City's 2024 Safety Plan. ♦ Thousands of fellow Safety Officers from leagues around the world. ♦ ASAP's Monthly Newsletter. ♦ ASAP's 24-Hour Hotline: (800) 811-7443. ♦ Banneker City Parents & Volunteers. ♦ Center for Disease Control (CDC), World Health Organization (WHO), The Aspen Institute, and the DC Government.
BENEFITS	Creating a safe environment for children to learn, play and enjoy our national pastime in Banneker City Little League is the primary benefit of ASAP.
FUTURE	The Safety Officers' earnest efforts will collectively raise safety awareness among participants in Banneker City Little League. Safety will become a habit, and activities will become "safer for the kids." ASAPs survive transitions in leadership, and Banneker City can gain control over injury and liability concerns. A dedicated Safety Officer can really impact the lives of future generations.
BCLL	Banneker City Little League's Safety Officer is board member Hawa Lattisaw. Her contact information is contained in Banneker City Little League's Emergency Phone List on page 4 of this Safety Manual.



II. ADVOCATE & IMPROVE SAFETY



Increase the impact of Banneker City Little League's safety plan this season by talking about safety and asking for input. One of the founding ideas of the ASAP program is that "if you talk about safety, people might think about safety, and then take action to make it safer," as one early participant explained it.

CHART A NEW SAFETY COURSE!

As the season progresses, chart a new course. Talk about safety and ask for help from all your participants in tackling safety issues. Just talking about the things you already do will improve safety awareness. Keep people talking about safety and actions will start to change, which will help create an environment that avoids preventable accidents.

GATHER FEEDBACK, GAIN SUPPORT!

Team moms, players, coaches, umpires, concession stand volunteers, board members and facilities crew should all be asked for help in implementing your safety plan and looking for ways to improve it. At board meetings, ask your members to spend some time addressing safety issues and take action on any concerns, before an accident happens. Put out "Safety Suggestion" boxes at a central location to gather ideas from these meetings.

Make sure you follow up on suggestions, even if you just tell the person the idea will be put into a "future plans" section of the safety plan and reviewed annually. People want to help, but they want to know their input was valued, or they will stop giving feedback.

Use Banneker City's newsletter and website to publish the suggestions you receive as a way of spreading the safety message and recognizing the effort made. This will then help to prompt others in

making suggestions. Create player safety poster competitions or awards for players who spot safety concerns.

Leagues are great about looking at the causes of an accident after it occurs. Talking about factors that can cause an accident at team meetings and in gatherings of parents and other volunteers will help to keep accidents from happening. Sign-up for Little League E-News at

<http://www.littleleague.org/learn/JoinMailingList.htm>.

KEEP IMPROVING BANNEKER CITY'S SAFETY PLAN!

No safety plan is complete. Even the best safety plans need to be looked at and improved. Make sure to keep updating this plan with the ideas and suggestions

implemented throughout the season. Then, it will be easy to present the new safety plan to the board next season and have it approved and submitted.

A safety plan not only helps make sure Banneker City Little League is safer this year, but it helps document what **SHOULD** be done next year, to keep our league implementing its safety program and not dropping out any crucial components.

DROP IN ACCIDENTS SLOWING!

Why is the slowing decline in accidents important? The overall trend in injuries has been dramatically reduced since ASAP began in 1995, dropping 77 percent.

Some injuries are unavoidable. But some injuries could be avoided if the proper steps had been taken to protect players and volunteers. It takes work, and it takes everyone's participation. No matter how good you are as a safety officer, it takes an entire league to reduce injuries.

LET'S TALK SAFETY TO HELP REDUCE INJURIES!



This Safety Plan is available on our website under League Documents.



Police



Fire



Rescue



Sheriff

The most important help 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 steps.

1) First dial 9-1-1.

2) 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. as well as the field name and location of the facility, if applicable.

Our address is:

Cross-streets are :

- **The telephone number from which the call is being made?**
- **The caller's name?**
- **What happened** — i.e., a baseball-related accident, bicycle accident, fire, fall, etc.?
- **How many people are involved?**
- **The condition of the injured person** — i.e., unconscious, chest pains, or severe bleeding?
- **What help is being given** (first aid, CPR, etc.)?

3) Do not hang up until the dispatcher hangs up.

The dispatcher may be able to tell you how to best care for the victim.

4) Continue to care for the victim until professional help arrives.

5) Appoint someone to go to the street and look for the ambulance or fire engine and flag them down if necessary. This saves valuable time. Remember, every minute counts.

i. Field Site Maps



Banneker Upper & Lower Field
2500 Georgia Avenue NW



Harrison Field
1330 V Street NW



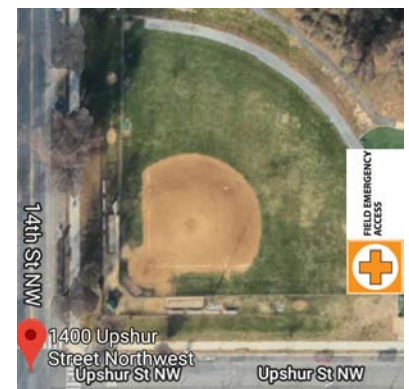
K.C. Lewis Field
301 W Street NW



Emery Heights Field
5701 Georgia Ave NW



Old DPR HQ Field
3149 16th Street NW



Upshur Field
1400 Upshur Street NW



IV. VOLUNTEER APPLICATION



Per Little League Regulation 1(c)9, Banneker City Little League utilizes the JDP QuickApp to conduct its background checks on all league volunteers. The JDP QuickApp allows league volunteers to complete their own volunteer application and background check on a secure site separate from the player registration process.

Send a request to receive a JDP QuickApp link to complete your background check to league Player Agent at players@BannekerCityLL.org.

In addition to the JDP background check, volunteers must now complete USA Baseball's BASE Abuse Awareness for Adults Course.

Banneker City Little League is a USA Baseball BASE Compliant Organization



USA Baseball's BASE (Baseball Athlete Safety Education) program is a zero-tolerance campaign for any type of abuse within the sport of baseball. All Banneker City Little League coaches and volunteers are required to complete the Abuse Awareness for Adults course. Please follow the instructions below to complete the course.

1. Create an Account or Sign in to USABDevelops.com

- Go to USABDevelops.com or download the [USA Baseball App](#).
- Click "Sign in/Register"
- Enter all required information
- Select "**Banneker City LL – Washington, DC**" from the "**Little League – Local Leagues**" drop-down menu and click "+Join"
 - If you have an existing account, click your name in the top right corner, select MY ACCOUNT, and then UPDATE MY PROFILE to link your account with your local Little League.*

2. Complete Abuse Awareness for Adults course*

- Click EDUCATION
- Select COURSES
- Click "Abuse Awareness for Adults" → "+Enroll" → "Go to Course"
- Complete the course

** If you have completed the Abuse Awareness for Adults course in the past and need an updated certificate, please select the Restart Course button.*

- Click your name in the top right corner and select MY ACCOUNT
- Select COURSES
- Scroll to the Abuse Awareness for Adults course and click RESTART COURSE

3. Download Certificate

- Click your name in the top right corner and select MY ACCOUNT
- Select COURSES
- Scroll to the Abuse Awareness for Adults course and click DOWNLOAD CERTIFICATE
- Email your certificate to players@BannekerCityLL.org

BETTER COACHES = BETTER PLAYERS = BETTER GAMES = A BETTER LEAGUE!

Managers and coaches are among the most important volunteers in Banneker City's program. They have to know the game and love working with kids. It is paramount that the managers and coaches have understanding, patience and the capacity to work with children. The managers and coaches should be able to inspire respect. Above all else, managers and coaches must realize that they are helping to shape the physical, mental and emotional development of young people. Knowledgeable, caring and concerned coaches have an advantage when it comes to making the games & practices fun and retaining players. That is why Banneker City conducts an annual Coaches' Clinic; to prepare our volunteers to be successful in this endeavor:



Coaches' Clinic

Register at: <https://forms.gle/1fBJsbT626p9MqT76>

Saturday, February 17, 2024

10:00am – 2:00pm

Zoom Meeting: join.zoom.us

ID: 989 679 6708

Passcode: 8W10ZP

Our Coaches' Clinic will cover rules, procedures, drills, safety, equipment, protocols, training manuals, and host of other resources to support our volunteers. **At least one coach from each team is required to attend the Coaches' Clinic each year.**

Coaches' Responsibilities

- ◆ Learn and instruct players on the current Little League Rules.
- ◆ Demonstrate respect for umpires and keeping team fans/parents on their best sportsmanlike behavior.
- ◆ Make practice drills FUN. This is often achieved by turning drills into competitions/games.
- ◆ Communicate regularly with your league commissioner, players, parents and coaches. Especially on changes/alterations to the practice/game schedule.
- ◆ Hold regular practices and follow a written practice plan.
- ◆ Arrive at all practices, workouts, league functions, and games early.
- ◆ Communicate league information and updates to parents in its entirety, in a timely fashion.
- ◆ Encourage effort! Praise and reward good effort.
- ◆ Provide plenty of repetitions of hitting, fielding, running, and throwing to all players.
- ◆ Show patience as some kids will learn instantaneously and others will require more repetitions and encouragement.
- ◆ Remind parents and players to work on skills learned/introduced at home and away from team practices. "Improve as individuals and we improve as a team."
- ◆ Encourage players to watch MLB games at home.
- ◆ Demonstrate skills being taught, as kids learn best through emulation.
- ◆ Be an example of a positive attitude.
- ◆ **Remember, we are a volunteer-based organization.** Incorporate parents and other family members in practices and games, with scorekeeping, base coaching, preparing the field (clean-up, raking, dragging & marking), ice and water must be present at every game and practice, snack assignment, etc.
- ◆ Instruct players in the Banneker City Program of Axioms & Skills.

i. Importance of Warming Up

Proper warm-ups and conditioning activities can help to protect your players from injury. Research has shown that players who are less physically fit—whether in aerobic fitness, flexibility or core strength areas—are at a much greater risk of being injured doing the same things as their peers who are in better condition.

FITNESS SHOWS INJURY POTENTIAL!

A study of US Army recruits going through basic training found less-fit recruits were injured at twice the rate of their more fit companions, and 2.5 times as likely to be so seriously injured that they missed training. The less-fit recruits were more often women, but when the initial fitness levels were used to classify all the recruits by ability, rather than gender, the injury rates became consistent for both males and females, based on their fitness.

In ball playing, the injuries may be slight, a simple muscle strain or joint sprain, such as a pulled thigh muscle or sprained ankle, or they could be acute, from a fall due to poor motor control or weak muscles unable to stabilize the athlete during a fielding attempt. In either situation, stronger muscles are at lower risk of injury.



The good news is that during the study, for all recruits, the less-fit saw bigger gains than their more-fit peers, as a percentage of gain. So, the gap in physical fitness can be closed to make all the athletes safer.

WARM UP BEFORE PLAYING!

Numerous experts and studies continue to assert the benefit of pre-event warm-ups and post-event cool-down exercises. In addition, players and coaches can't expect playing the sport will do enough to prepare the less-fit players for play. Conditioning is just that, and players need to do conditioning exercises to prepare their bodies for the stops, starts, quick turns and full runs ball playing requires.

The benefit of warm-up exercises is not just for the increased muscle flexibility and tone that protects muscles from strains and ligaments from sprains but the increase in oxygen flow to the body, preparing it for the demands of the game.

Make the exercises match the demands of the sport: sprints should be worked on above distance running. Provide shoulder stretches and arm limbering as well as core and lower body warm-ups. Speed, quickness and coordination count for more than endurance; balance drills promoting foot and hand speed and coordination with more traditional exercises.

Start early with conditioning and build gradually

to increased conditioning demands. Players' bodies need time to adjust to the physical stresses and build muscle mass and tone to be able to handle the loads of throwing long strikes from center field or sliding into home plate. The muscles that move the body also support and protect it, so the stronger those muscles, the less likely a serious injury will occur from a "normal" baseball or softball play.

FINALLY, KEEP IT FUN!

Find ways to keep your practices fun like making sprints be base-stealing attempts. Alternate trips around the bases for warm-ups with "the home run trot," and for speed or endurance with "you're going for an inside the park home run!" Have throwing races between different groups of players for short distances, to work on muscle tone, accuracy and technique. The players will enjoy it more with just a little time spent working on making the why they need to do it a fun activity, instead of saying "it's good for you" or "because I told you to!" Because a fit player is less likely to be injured, it's worth the extra time and effort to improve everyone's physical fitness.

One of the cornerstones of Banneker City's safety plan is the training we provide to our volunteers. Every year, the potential is present for new volunteers with minimal experience to step into an important role.

Coaching is a prime example, and **Banneker City's Program of Axioms & Skills** helps the uninitiated and the experienced coach run efficient & safe practices and games. This clinic is key to Banneker City providing an environment that is as safe as possible for everyone.

DON'T BE LULLED BY HISTORY!

Some leagues/coaches make the mistake of thinking because they have not had injuries, they are a "safe" league, and don't need training. Any league's injury rate can be low, either through good luck or because coaches already have a good foundation of skills. However, without Banneker City's Program of Axioms & Skills to ensure coaches, and so their players, are receiving quality and appropriate skills development, our league's good fortune can quickly evaporate.

IDEAS FOR SAFER PRACTICES!

If you can, break up your practices into specific groups of skills. This allows the more skill-specific training that is appropriate by individual ability. Then train your assistant (parent) coaches to those appropriate skills for the level of play for their group. Another wise excellent coach can put players at risk by teaching advanced skills to children who cannot yet correctly perform the skills.

The reverse is also true. If a coach does not teach the proper skills, such as sliding or proper catching, players are at risk when they are in game situations and cannot perform as they need to, both to play the position/skill and protect themselves. As just one example, facial injuries to defensive players can be reduced by proper hand positions. If a player does not have their non-glove hand between the glove and their face, a "bad hop" can do serious damage.



USE JUST ONE BALL!

Coaches often get caught up in trying to maximize practice or pre-game infield time to the extent safety is the first casualty. Make sure you emphasize the need to keep safety as a priority, even to the drills the coaches run.

Teach players to focus on the ball, and keep drills at one ball. If a coach introduces two or more balls during a drill, players are put in a situation they never face in a game: having to focus on two balls. If the player watches the wrong ball, it is easy to see after the fact how the player was injured, and unnecessarily so. Coaches/Managers! understand the danger of multiple balls with any

player drill. Before introducing multiple balls into a drill, incorporate multiple coaches (parents) to be your "eyes and ears" and supervise the drill and lower the student-to-teacher ratio—while still accomplishing the former.

USE COMMON SENSE!

Make sure the drills are age specific and appropriate for the players. Have several coaches (deputized parents) watch the players during practice for form, but also for safety. If not, when the coach is focused on a specific player, other players are then at risk of unintended actions from unsupervised players (swinging bats, thrown balls, horse-play).

By planning, Banneker City Little League provides a high-quality training program that will increase the playing ability of and reduce the injury risk to our players, while providing a safer environment for our players, volunteers, and spectators.

Our safety plan requires coaches to attend training once every three years, and for every team to have a representative at each annual Program of Axioms & Skills. This approach will spread the information out to the coaches, and not just team managers, so all activities are being planned and operated with safety in mind. By annually offering Banneker City's Program of Axioms & Skills for all coaches, the difficulty in getting our volunteers to attend is lessened.

iii. Avoid Collisions

Whether between teammates or opposing players, baseball and softball are not contact sports. Make sure your players understand who should make the play, and who should make way, to avoid collisions between players.

CALL THE BALL



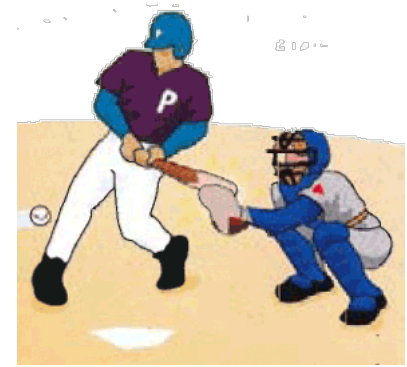
Defensive players should practice calling, "I GOT IT," when going for a catch. In practice, run ground ball and pop-fly drills, where the player who is called off should acknowledge his teammate by responding, "YOURS," and proceed to go 5 to 10 feet behind his teammate to back him up should the ball get by him. Fielders also should be taught which position player has priority for pop-flys on the various areas of the field.

THE RUNNER



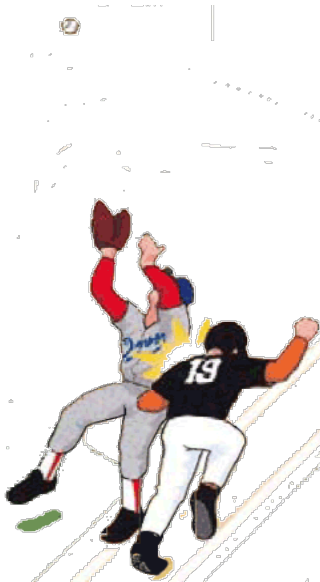
Rule 7.08: "Any runner is out when – (a)(3) the runner does not slide or attempt to get around a fielder who has the ball and is waiting to make the tag; (4) Little League and below only: the runner slides head first while advancing."
"THERE IS NO MUST SLIDE RULE"

DEFENSIVE INTERFERENCE



DEFENSIVE INTERFERENCE is an act by a fielder which hinders or prevents a batter from hitting a pitch. RULE 6.08: "The batter becomes a runner and is entitled to first base without liability to be put out (provided said runner advances to and touches first base) when - (c) the catcher or any fielder interferes with the batter. If a play follows the interference, the manager of the offense may advise the plate umpire of a decision to decline the interference penalty and accept the play.

OFFENSIVE INTERFERENCE



OFFENSIVE INTERFERENCE is an act by a member of the team at bat which interferes with, obstructs, impedes, hinders or confuses any fielder attempting to make a play. REMEMBER: Trying to get out of the way is not enough. You must avoid contact entirely. PENALTY FOR INTERFERENCE: The runner is out and the ball is dead.

OBSTRUCTION



OBSTRUCTION is the act of a fielder who, while not in possession of the ball, impedes the progress of any runner. A fake tag (attempting to deceive the runner that you are about to receive the ball) is considered obstruction.

HIT BY BATTED BALL



1. RULE 7.08: "Any runner is out when - (f) touched by a fair ball in fair territory before the ball has touched or passed an infielder. The ball is dead and no runner may score, no runners may advance, except runners forced to advance;"
2. RULE 7.09: "(k)...If a fair ball goes through or by an infielder and touches a runner immediately back of said infielder or touches the runner after having been deflected by a fielder, the umpire shall not declare the runner out for being touched by a batted ball.

According to the USA Baseball Medical and Safety Advisory Committee report, “Preventing Overuse Injuries in Youth Baseball,” overuse injuries are caused by repetitive stresses on the muscles and supporting structures of youngsters that are not given sufficient time to heal after pitching. Additional studies have shown that when youth pitch with arm fatigue, they have a much higher risk of surgery later in their careers.

Little League International® introduced pitch count regulations in 2007 with the goal of protecting young pitchers’ arms!

Under Regulation VI, the team manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, and must adhere to the following rest requirements. However, the removed pitcher may remain in the game at another position:

Regulation VI – “The Pitch Count”			
Pitching Regulations		Rest Requirements	
League Age	Pitches Per Day	Pitches Per Day	Days of Rest
6 – 8	50 max	1 – 20	0
9 – 10	75 max	21 – 35	1
11 – 12	85 max	36 – 50	2
13 – 16	95 max	51 – 65	3
		66+	4

Keep an eye on the pitch count!

Keeping an individual kid’s pitch count is critical to protecting the young pitcher’s arm and his future. This can easily be accomplished by a coordinated effort between the coach and a volunteer designated to strictly track the pitch count:

- Coach uses a hand tally counter to count EVERY pitch.
- Volunteer logs EVERY pitch on tracking sheet.
- Coach & volunteer sync their counts EVERY 1/2 inning.

Using such a system will help ensure that pitch counts are accurate and that an individual child is not subject to overuse.

Teach sound pitching fundamentals, far & wide!

Baseball is a game of “throw and catch.” And beginning with the former, teaching sound throwing fundamentals to as many kids as possible is another equal part in protecting our young pitcher’s arm.

Prepare your Practice Plan prior to your first practice. Often times in a coach’s career, certain perceived “problems” occur during games, and addressing them become the focus of the following weeks’ practices—ad nauseam. Avoid diminishing returns by simply incorporating their remedies into your Practice Plan—if they are not already there...just seemingly too far down the line—your Practice Plan gives you the vantage point to see the forest, and not just the trees...don’t get sidetracked, use your plan!

Deputize moms and dads—if you do not have (m)any assistant coaches—to help you run your practices. Share your Practice Plan with your coaching staff, so they can help you run the different throwing drills & stations properly. Use your parent-coaches to help you demonstrate the drills as you explain them. Once they are comfortable, turn the drill and a small group (that will rotate) of players over to your parent-coach. Your throwing drills/stations can either be level or staircase. Meaning, either each station is the same just a different parent-coach or one station segues into the next station by advancing upon while reinforcing the previous station—it’s your plan! But by being efficient with your practice time, while lowering the student-to-teacher ratio, MORE kids get the individual attention and requisite repetitions they need to learn good, sound and repeatable throwing mechanics.

Assign homework to all aspiring, developing and established pitchers covering throwing drills learned in practice using the At-Home Practice Log. Now, batting practice can still go on as scheduled, even though more pitching practice seems needed.

So, by teaching good pitching fundamentals far and wide, you develop more pitchers to choose from in game battle, which implicitly helps you ensure that pitching & rest regulations are upheld.

Recognize fatigue early!

Fatigue precedes soreness and pain in overuse injuries. If coaches are to avoid overuse injuries, they need to know to recognize the signs of a developing problem. Coaches cannot always rely on the player to tell them when their arm is fatigued. A more erect delivery, poor arm positioning/low elbow height, poor or no follow-through, and improper foot positioning are some signs a coach can use to recognize fatigue in the pitcher. Coaches and parents can help prevent more serious injuries by investigating when players exhibit abnormal mannerisms while fielding, throwing or batting.

Address and communicate on outside pitching!

The number one thing that is becoming more apparent and more of a problem in tracking pitch counts and rest is travel ball. The coach needs to communicate with the players who are in multiple leagues about when they pitch. The player should alert their travel ball team coach on pitching they’ve done in Bancker City Little League, prior to an outside tournament as well.

Treatment and Rehabilitation!

Apply ice for 15 minutes per hour for three or four hours after hard throwing to protect the muscles of the arm, either shoulder or elbow or both, and drink plenty of fluids to hydrate your muscles!

Go see a sports physician at the first signs of arm injury to determine the correct course of action—whether simple rest and anti-inflammatory actions (ice, medication) or more extensive treatment.



Recommendations for Preventing Injuries in Youth Baseball Pitchers

- ♦ Watch and respond to signs of fatigue. If a player complains of fatigue or looks fatigued, let him rest from pitching and other throwing.
- ♦ Follow pitch count limits and days of rest.
- ♦ Teach good throwing mechanics. The first steps that should be learned, in order: 1) basic throwing, 2) accuracy, and 3) fastball pitching.
- ♦ If a pitcher complains of pain in his elbow or shoulder, get an evaluation from a sports medicine physician.



VI. CPR, AED & FIRST-AID TRAINING



CPR/AED/First-Aid Training

Saturday, March 9, 2024

12:00pm – 4:00pm

Banneker Recreation Center

2500 Georgia Avenue, NW

Washington, DC 20001

Banneker City Little League offers CPR, AED & First-Aid training to all of its coaches and volunteers for FREE. Upon completion, attendees will receive a 2-year certification.

Attendees learn basic medical terminology, how and when to administer CPR, AED (Automatic External Defibrillator) training, protocol & know-how for administering emergency & first-aid care, and techniques for preventing and attending to sports injuries.

Taking appropriate actions in mild, moderate and severe injuries can save lives and limbs!

Banneker City Little League trains their volunteers to be able to perform CPR, properly use an AED, tender first-aid care and outfit them with the confidence to do so if needed.

District of Columbia Code on Concussions:

§ 7–2871.02. Concussion protection.

(a) An athlete who is suspected of sustaining a concussion in an athletic activity shall be immediately removed from physical participation in the athletic activity.

(b) An athlete who has been removed from an athletic activity may not return to physical participation in the athletic activity until he or she has been evaluated by a licensed or certified health-care provider and receives written clearance to return to physical participation in the athletic activity from the evaluating health-care provider.

Some common issues/injuries in baseball are:

Contusions ♦ Muscle pulls and strains ♦ Over-use injuries ♦ Sprains ♦ Fractures ♦ Injuries to small joints ♦ Facial injuries ♦ Injuries to teeth ♦ Eye injuries ♦ Insect bites and stings ♦ Heat illness ♦ Triage and Emergency Management

Use the P-R-I-C-E-S guide for evaluating injuries:

P – Protection ♦ **R** – Rest ♦ **I** – Ice

C – Compression ♦ **E** – Elevation ♦ **S** – Support

Coaches, whether regular season or tournament games or practices, always carry ALL of your players' Medical Releases. Most hospitals will not treat a player who does not have a life-threatening injury without one.

Utilize this Safety Manual when injuries occur, and know your role:

- ♦ **Ensure the safety of the immediate area!**
Managers/coaches should stop all play to protect the player from further injury, as well as those not being closely monitored due to the focus on the injured player.
- ♦ **Check player's breathing, pulse and alertness to immediately judge the seriousness of the injury:**
 - If necessary, have someone call 9-1-1.
 - Call the player's parents.
 - Send someone to nearest intersection to direct emergency services to your location.
 - Review the Medical Release form for any important information/warnings about medical conditions the player may have.
- ♦ **Evaluate the injury:**
 - Can player be moved off field?
 - If not, clear area around player and begin examination;
 - If so, move player to sideline for closer examination;
 - Determine if player can return to play or needs first aid.
- ♦ **Ask before giving the appropriate first aid for the injury.**
- ♦ **Turn over care to professionals when they arrive and help as directed.**
- ♦ **If parents are not available, go with player to treatment center with ambulance; turn over team to authorized coach.**
- ♦ **If emergency medical treatment isn't required, urge player and parents to see a doctor for a proper diagnosis and treatment plan.**
- ♦ **Record the injury on an injury report.**
- ♦ **Follow up with the player until injury is healed and player can return to play.**
- ♦ **Get medical release prior to allowing player to return, if formal treatment was required.**

Finally, evaluate all injuries and ensure the child does not require professional care. It's not worth risking a child's health just to continue the game.

In evaluating fresh injuries, remember the 3 types of motion:

- 1. Active motion** – Player is able to move the part themselves,
- 2. Active assistive motion** – Player is able to move with a little help from you; watch for warning signs like the player telling you it hurts to move, and
- 3. Passive motion** – the player's injured part is moved by someone else; be especially cautious with passive motion that you do not make the injury worse.

i. Medical Release Form



Banneker City Little League. Baseball and Softball Medical Release/Registration Form

Banneker Ciudad Little League® Béisbol y Softbol Revelación Médica

NOTE: To be carried by any Regular Season or Tournament

Team Manager together with team roster or International Tournament affidavit.

NOTA: A llevarse a cabo por cualquier Temporada Regular o Dirigente del Equipo del Torneo junto con el roster del equipo o declaración jurada de elegibilidad.



Player: _____ Date of Birth: _____ Gender (M/F): _____
Jugador Fecha de Nacimiento Sexo

Parent (s)/Guardian Name: _____ Relationship: _____
Nombre del Padre/Tutor Relación con el Jugador

Parent (s)/Guardian Name: _____ Relationship: _____
Nombre del Padre/Tutor Relación con el Jugador

Player's Address: _____ City: _____ State/Country: _____ Zip: _____
Domicilio de Jugador Ciudad Estado Código

Home Phone: _____ Cell Phone: _____ E-Mail: _____
Número de casa Número de móvil Correo electrónico

PARENT OR GUARDIAN AUTHORIZATION: Autorización del Padre o Tutor:

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)

En caso de emergencia, si no se puede llegar al médico familiar, Yo, por la presente autorizo que mi hijo sea tratado por el Personal de Emergencia Certificado. (es decir, TME, Primeros Auxilios, Médico de Emergencia)

Family Physician: _____ Phone: _____
Médico Familiar Teléfono

Address: _____ City: _____ State/Country: _____
Dirección Ciudad Estado

Hospital Preference: _____
Hospital de Preferencia

Parent Insurance Co: _____ Policy No.: _____ Group ID#: _____
Compañía de seguros paternal Número de póliza Número id de grupo

League Insurance Co: _____ Policy No.: _____ League/Group ID#: _____
Compañía de seguros Liga Número de póliza Número id de grupo/Liga

If parent(s)/guardian cannot be reached in case of emergency, contact: En caso de emergencia contactar a:

Name _____ Phone _____ Relationship to Player _____
Nombre Teléfono Relación con el Jugador

Name _____ Phone _____ Relationship to Player _____
Nombre Teléfono Relación con el Jugador

Por favor liste cualquier alergia/problema médico, incluyendo aquellos que requieran medicamentos permanentes. (es decir, Diabético, Asma, Trastorno de Convulsión)

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

Diagnóstico Médico Medical Diagnosis	Medicamentos Medication	Dosificación Dosage	Frecuencia de Dosificación Frequency of Dosage

Date of last Tetanus Toxoid Booster: _____
Fecha de la última dosis de refuerzo de toxina del tétano

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.
El propósito de la información listada arriba es asegurar que el personal médico tenga detalles de cualquier problema médico el cual pueda interferir con o alterar el tratamiento.

Mr./Mrs./Ms. _____ Authorized Parent/Guardian Signature _____ Date: _____
Sr./Sra./Sra. Firma del Padre/Tutor Autorizado Fecha

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.

PRECAUCIÓN El equipo de protección no puede prevenir todas las lesiones que un jugador podría recibir durante la participación en Béisbol/Softbol.

Las Pequeñas Ligas no limita la participación en sus actividades sobre una base de discapacidad, raza, color, credo, origen nacional, género, preferencia sexual o religiosa.



VII. CHECK FIELD CONDITIONS



Facility/Field: _____

Inspector: _____

Date: _____ Time: _____







- ☐ Holes, damage, rough or uneven spots
- ☐ Slippery areas, long grass
- ☐ Glass, rocks and other debris & foreign objects
- ☐ Damage to screens, fence edges or sharp fencing
- ☐ Unsafe conditions around backstop, pitcher's mound
- ☐ Warning track condition
- ☐ Dugouts condition before and after games
- ☐ Telephones are available
- ☐ Areas around bleachers free of debris
- ☐ General garbage clean-up
- ☐ DPR emptied garbage cans
- ☐ Conditions of restrooms and restroom supplies
- ☐ Concession Stand inspection

Notes/Comments: _____

Signature _____



HAVE YOU:

-  **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**

ii. Umpire Training & Guidelines

Give back to your community! Become a volunteer umpire!

No previous baseball experience required.

Join the Banneker City Umpires Association (BCUA)

- ◆ Earn community service hours towards your high school graduation.
- ◆ Free training, uniforms and equipment.
- ◆ Complimentary trips, dinners and awards ceremony.
- ◆ Sign up for as many or as few games as you like.

- ◆ Only requires one or two evenings a week for a couple of hours.
- ◆ Join a team of like-minded, community-oriented volunteers.
- ◆ Support and mentor our youth.
- ◆ FREE Insurance Coverage.



SIGN-UP AT:

<https://www.bannekercityll.org/bannekercitylittleleague1/BecomeAnUmpire>

Questions? Contact: umpires@BannekerCityLL.org ♦ (240) 284-3437

Before the Game – Meet at home plate

- ◆ Inspect playing field for unsafe conditions
- ◆ Introduce plate and base umpires, managers/coaches
- ◆ Receive official lineup cards from each team
- ◆ Discuss any local playing rules (time limit, playing boundaries, etc.)
- ◆ Discuss the strike zone
- ◆ Discuss unsportsmanlike conduct by the players
- ◆ Discuss the innings pitched by a pitcher rule
- ◆ Clarify calling the game due to weather or darkness
- ◆ Discuss no head-first slides, no on-deck circle rules
- ◆ Get two game balls from home team
- ◆ Be sure players are not wearing any jewelry
- ◆ Be sure players are in uniform (shirts in, hats on)
- ◆ Inspect equipment for damage and to meet regulations
- ◆ Ensure that games start promptly

During the Game – Umpires & Coaches

- ◆ Encourage coaches to help speed play by having catchers and players on the bench prepared and ready to take the field with two outs
- ◆ Make sure catchers are wearing the proper safety equipment
- ◆ Continually monitor the field for safety and playability
- ◆ Pitchers warming up in foul territory must have a spotter and catcher with full equipment
- ◆ Keep game moving — one minute or eight pitches to warm up the pitcher between innings or in case of mid-inning replacement
- ◆ Make calls loud and clear, signaling each properly
- ◆ Umpires should be in position to make the call
- ◆ No protesting of any judgment calls by the umpire
- ◆ Managers are responsible for keeping their fans and players on their best behavior
- ◆ Encourage everyone to think “Safety First!”

VIII. USING FACILITY SURVEYS

Banneker City Little League uses seven (7) fields in its boundary, and pay an hourly fee to DC Department of Parks & Recreation—who is responsible for maintaining the fields—to use them. Even though we pay DPR to use the fields and DPR is supposed to maintain the fields, Banneker City performs the majority of the field maintenance and park beautifications out of its own pocket and manpower.

What exactly is the National Facility Survey, and how does it help? Many people think filling it out one time will “cover their bases” for years to come.

The truth is, you won’t know what has changed at your facility if you don’t look. Use the survey to look for concerns and ways to improve, even if facilities haven’t deteriorated. If an area has gotten worse, this is the perfect reminder to work on it now. The worst situation your league can face is fixing a hole in a field or a broken seat in your bleachers only after a child or parent is injured.

Some questions suggest changes to avoid injuries that have not and need not happen. Here are a few to consider:

If your concession stand is by Homeplate and no one has been hit by a foul ball, count yourself lucky and consider overhead netting. People standing with their backs to the field don’t respond quickly. The same is true for fields that share a common foul line and spectator area.

Dark screening at backstop and center field is a major league upgrade at minor league prices. An inexpensive pitcher’s eye, the wood or fabric dark screening behind the catcher on the backstop, helps pitchers more quickly pick up a ball off the bat, and react.

The batter’s eye, behind the pitcher in center field, allows the batter to see the ball right out of the pitcher’s hand and react faster to avoid injuries from wild pitches.

Have you considered breakaway or quick-release bases? Studies continue to show leg, ankle and foot injuries – the majority of base runners’ injuries – can largely be avoided with these safety devices.

Quick Hitters:

- ◆ Do you use double first bases?

- ◆ Do you test light levels annually before each season?
- ◆ Do you have an electrician check lights’ electrical system for safety annually?
- ◆ Do you clearly separate parking areas from spectator areas?
- ◆ Do you have telephone access at all fields?
- ◆ Do you provide first aid kits to all teams?

These are all part of the Facility Survey. Taking a fresh look each year at your fields can help your league

avoid accidents and injuries that you didn’t even know could happen. If you adopt these changes, you need never know.



Safety takes effort: (above) Adding protective tubing to fence tops reduces risk of players being injured reaching for home-run balls; (bottom) and safety bases reduce sliding injuries.

- ◆ Do you ground metal bleachers?
- ◆ Do you inspect wooden bleachers annually?
- ◆ Do bleachers have hand and back guard rails if required (see local codes)?
- ◆ Do you install warning tracks for all fields?
- ◆ Do you have fenced, limited access bull pens?
- ◆ Do you provide fence caps to protect fielders from injury on wire fence edges?





IX. CONCESSION STAND SAFETY



The following information is intended to help you run a healthful concession stand. Following these simple 13 Steps to Safe and Sanitary Food Service Events guidelines will help minimize the risk of foodborne illness.

1. Menu.

Keep your menu simple, and keep potentially hazardous foods (meats, eggs, dairy products, protein, salads, cut fruits and vegetables, etc.) to a minimum. Avoid using pre-cooked foods or leftovers. Use only foods from approved sources, avoiding foods that have been prepared at home. Complete control over your food, from source to service, is the key to safe, sanitary food service.

2. Cooking.

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

3. Reheating.

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

4. Cooling and Cold Storage.

Foods that require refrigeration must be cooled to 41°F as quickly as possible and held at that temperature until ready to serve. To cool foods

down quickly, use an ice water bath (60% ice to 40% water), stirring the product frequently, or place the food in shallow pans no more than 4 inches in depth and refrigerate. Pans should not be stored one atop the other and lids should be off or ajar until the food is completely cooled. Check temperature periodically to see if the food is cooling properly. Allowing hazardous foods to remain unrefrigerated for too long has been the number ONE cause of foodborne illness.

5. Hand Washing.

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

6. Health and Hygiene.

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

7. Food Handling.

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

8. Dishwashing.

Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never reuse

disposable dishware. Wash in a four-step process:

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

9. Ice.

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

10. Wiping Cloths.

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

11. Insect Control and Waste.

Keep foods covered to protect them from insects. Store pesticides away from foods. Place garbage and paper wastes in a refuse container with a tight-fitting lid. Dispose of waste water in an approved method (do not dump it outside). All water used should be potable water from an approved source.

12. Food Storage and Cleanliness.

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

13. Set a Minimum Worker Age.

Leagues should set a minimum age for workers or to be in the stand; in many states this is 16 or 18, due to potential hazards with various equipment.

Volunteers Must Wash Hands

HOW



WHEN

Wash your hands before you prepare food or as often as needed.

Wash after you:

- ▶ use the toilet
- ▶ touch uncooked meat, poultry, fish or eggs or other potentially hazardous foods
- ▶ interrupt working with food (such as answering the phone, opening a door or drawer)
- ▶ eat, smoke or chew gum
- ▶ touch soiled plates, utensils or equipment
- ▶ take out trash
- ▶ touch your nose, mouth, or any part of your body
- ▶ sneeze or cough

Do not touch ready-to-eat foods with your bare hands.

Use gloves, tongs, deli tissue or other serving utensils.
Remove all jewelry, nail polish or false nails unless you wear gloves.

Wear gloves.

when you have a cut or sore on your hand
when you can't remove your jewelry

If you wear gloves:

- ▶ wash your hands before you put on new gloves

Change them:

- ▶ as often as you wash your hands
- ▶ when they are torn or soiled

Developed by UMass Extension Nutrition Education Program with support from U.S. Food & Drug Administration in cooperation with the MA Partnership for Food Safety Education, United States Department of Agriculture Cooperating. UMass Extension provides equal opportunity in programs and employment.



**UMASS
EXTENSION**

ii. Barbecue & Food Safety

From the Store: Home First

When shopping, buy cold food like meat and poultry last, right before checkout. Separate raw meat and poultry from other food in your shopping cart. To guard against cross-contamination — which can happen when raw meat or poultry juices drip on other food — put packages of raw meat and poultry into plastic bags.

Plan to drive directly home from the grocery store. You may want to take a cooler with ice for perishables. Always refrigerate perishable food within 2 hours. Refrigerate within 1 hour when the temperature is above 90°F.

At home, place meat and poultry in the refrigerator immediately. Freeze poultry and ground meat that won't be used in 1 or 2 days; freeze other meat within 4 to 5 days.

Thaw Safely

Completely thaw meat and poultry before grilling so it cooks more evenly. Use the refrigerator for slow, safe thawing or thaw sealed packages in cold water. For quicker thawing, you can microwave defrost if the food will be placed immediately on the grill.

Marinating

A marinade is a savory, acidic sauce in which a food is soaked to enrich its flavor or to tenderize it. Marinate food in the refrigerator, not on the counter. Poultry and cubed meat or stew meat can be marinated up to 2 days. Beef, veal, pork, and lamb roasts, chops, and steaks may be marinated up to 5 days. If some of the marinade is to be used as a sauce on the cooked food, reserve a portion of the marinade before putting raw meat and poultry in it. However, if the marinade used on raw meat or poultry is to be reused, make sure to let it come to a boil first to destroy any harmful bacteria.



Transporting

When carrying food to another location, keep it cold to minimize bacterial growth. Use an insulated cooler with sufficient ice or ice packs to keep the food at 40°F or below. Pack food right from the refrigerator into the cooler immediately before leaving home.

Keep Cold Food Cold

Keep meat and poultry refrigerated until ready to use. Only take out the meat and poultry that will immediately be placed on the grill.

When using a cooler, keep it out of the direct sun by placing it in the shade or shelter. Avoid opening the lid too often, which lets cold air out and warm air in. Pack beverages in one cooler and perishables in a separate cooler.

Keep Everything Clean

Be sure there are plenty of clean utensils and platters. To prevent foodborne illness, don't use the same platter and utensils for raw and cooked meat and poultry. Harmful bacteria present in raw meat and poultry and their juices can contaminate safely cooked food.

If you're eating away from home, find out if there's a source of clean water. If not, bring water for preparation and cleaning. Or pack clean cloths and moist towelettes for cleaning surfaces and hands.

Precooking

Precooking food partially in the microwave, oven, or stove is a good way of reducing grilling time. Just make sure that the food goes immediately on the preheated grill to complete cooking.

Cook Thoroughly

Cook food to a safe minimum internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill often browns very fast on the outside. Use a food thermometer to be sure the food has reached a safe minimum internal temperature.

Meats

Cook all raw beef and meats to a minimum internal temperature of 145°F as measured with a food thermometer before removing meat from the heat source.

Ground Meats

Cook all raw ground beef to an internal temperature of 160°F as measured with a food thermometer.

Poultry

Cook all poultry to a safe minimum internal temperature of 165°F as measured with a food thermometer.

NEVER partially grill meat or poultry and finish cooking later.

Reheating

When reheating fully cooked meats like hot dogs, grill to 165°F or until steaming hot.

Keep Hot Food Hot

After cooking meat and poultry on the grill, keep it hot until served — at 140°F or warmer.

Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook. At home, the cooked meat can be kept hot in an oven set at approximately 200°F, in a chafing dish or slow cooker, or on a warming tray.

Serving the Food

When taking food off the grill, use a clean platter. Don't put cooked food on the same platter that held raw meat or poultry. Any harmful bacteria present in the raw meat juices could contaminate safely cooked food.

Leftovers

Refrigerate any leftovers promptly in shallow containers. Discard any food left out more than 2 hours (1 hour if temperatures are above 90°F).

Call the USDA Meat and Poultry Hotline toll free at 1-888-MPHotline (1-888-674-6854). Check out the FSIS Web site at www.fsis.usda.gov. Send E-mail questions to MPHotline.fsis@usda.gov.

X. EQUIPMENT CHECKLIST

Coaches, know what equipment is required for player safety on the field. Know which optional items can help keep players safer. Check out the below list of ideas and reminders.

REQUIRED PLAYER EQUIPMENT

DEFENSE

- ☐ **Athletic supporter** – all male players
- ☐ **Metal, fiber, or plastic type cup** – all male catchers
- ☐ **Catcher's helmet and mask**, with “dangling” throat guard; NO skull caps – all catchers; must be worn during pitcher warm-up, infield practice, while batter is in box
- ☐ **Catcher's mitt** – all baseball catchers
- ☐ **Chest protector and leg protectors** – all catchers; must be worn while batter is in box; long model chest protector required for Little League (Majors) and younger catchers

OFFENSE

- ☐ **Helmet meeting NOCSAE standards** – all batters, base runners, and players in coaches' boxes
- ☐ **Helmet chinstrap** – all helmets made to have chinstrap (with snap buttons, etc.)
- ☐ **Regulation-sized ball** for the game and division being played; marked RS for regular season or RS-T for regular season and tournament in baseball
- ☐ **Regulation-sized bat** – all batters; Little League (Majors) and younger baseball divisions must have bat marked with the USA Baseball logo beginning in 2018.
- ☐ **Non-wood bats must have a grip of cork, tape, or composite material**, and must extend a minimum of 10 inches from the small end. Slippery tape is prohibited.

REQUIRED FIELD EQUIPMENT

- ☐ 1st, 2nd and 3rd bases that disengage from their anchors
- ☐ Pitcher's plate and home plate
- ☐ Players' benches behind protective fences
- ☐ Protective backstop and sideline fences

OPTIONAL PLAYER EQUIPMENT

DEFENSE

- ☐ **Metal, fiber, or plastic type cup** – any player, esp. infielders
- ☐ **Pelvic protector** – any female, esp. catchers
- ☐ **Heart Guard/XO Heart Shield/Female Rib Guard** – any defensive player, esp. pitchers, infielders
- ☐ **Game-Face Safety Mask** – any player, esp. infielders
- ☐ **Goggles/shatterproof glasses** – any player, esp. infielders or those with vision limitations

OFFENSE

- ☐ **Helmet** – adults in coaches' boxes
- ☐ **Helmet with Face Guards or C-Flap** meeting NOCSAE standards – all batters, esp. in younger divisions
- ☐ **Mouth guard** – batters, defensive players
- ☐ **Goggles/Shatterproof glasses** – any player, esp. those with vision limitations
- ☐ **Batters vest/Heart Guard/Heart Shield/Female Rib Guard** – any batter
- ☐ **Regulation-sized reduced impact ball**

OPTIONAL FIELD EQUIPMENT

- ☐ Double 1st base that disengages from its anchor
- ☐ Baseball mound for pitcher's plate
- ☐ Portable pitcher's baseball mound with pitcher's plate
- ☐ Protective/padded cover for fence tops
- ☐ Foul ball return in backstop fencing



IMPORTANT: USA BASEBALL BAT STANDARD IN EFFECT FOR ALL BASEBALL DIVISIONS

Rule 1.10 – Baseball

The bat must be a baseball bat which meets the USA Baseball Bat standard (USA Bat) as adopted by Little League. It shall be a smooth, rounded stick, and made of wood or of material and color tested and proved acceptable to the USA Baseball Bat standard (USA Bat).

Beginning with the 2018 season, non-wood and laminated bats used in the Little League (Majors) and below, Intermediate (50-70) Division, Junior League divisions, and Challenger division shall bear the USA Baseball logo signifying that the bat meets the USA Bat – USA Baseball's Youth Bat Performance Standard. All BPF – 1.15 bats will be prohibited beginning with the 2018 season. Additionally, starting in 2018, the bat diameter shall not exceed 2 $\frac{3}{8}$ inches for these divisions of play.

Bats meeting the Batted Ball Coefficient of Restitution (BBCOR) standard may also be used in the Intermediate (50-70) Division and Junior League divisions.

Additional information is available at LittleLeague.org/batinfo.



i. Procedures for Coaches and Umpires



Here are some great procedures for Manager, Coaches and Umpires to implement and follow.

A. Safe Playing Areas

Regular safety inspections of all fields, (practice and game), structures, and dugouts, is the best way to eliminate conditions that cause accidents. Managers, coaches, and umpires should routinely check playing area for:

1. Holes, damage, rough or uneven spots, slippery areas, and long grass
2. Glass, rocks, foreign objects
3. Damage to screens or fences, including holes, sharp edges, or loose edges
4. Unsafe conditions around backstop, pitcher's mound, or warning track
5. Proper attire by the catcher at all times, including in the bull pens and in between innings

B. Safe Equipment

All equipment shall be inspected before each use. Regular safety inspection of equipment is essential. Managers, coaches, and umpires should:

1. Be sure all equipment is LL approved
2. Inspect all bats, helmets, and other equipment on a regular basis. Dispose of unsafe equipment properly.
3. Keep loose equipment stored properly
4. Have all players remove all personal jewelry
5. Parents should be encouraged to provide safety glasses for players who wear glasses

6. Repair or replace defective equipment

C. Safe Procedures

Managers and coaches must:

1. Have all players' medical release forms with you at every practice and game
2. Have a first aid kit with you all practices and games
3. Have access to a telephone in case of emergencies
4. Know where the closest emergency shelter is in case of severe weather
5. Ensure warm-up procedures have been completed by all players
6. Stress the importance of paying attention, no "horse playing allowed"
7. Instruct the players on proper fundamentals of the game to ensure safe participation
8. Each practice should have at least 2 coaches in case of an emergency

D. Weather Conditions

Before the Storm

1. Check the weather forecast before leaving for a game or practice
2. Watch for signs of an approaching storm
3. Postpone outdoor activities if storms are imminent

Approaching Thunderstorm

1. Take caution when you hear thunder. If you hear thunder, you are close enough to get struck by lightning. During a game, the umpire will clear the field in the event of an approaching storm.
2. Move to a safe environment immediately. Do not go under a tree or stay in the dugout.

3. If lightening is occurring and there is not sturdy shelter near, get inside a hard-top automobile and keep the window up.
4. Stay away from water, metal pipes, and telephone lines.
5. Unplug appliances not necessary for obtaining weather information. Avoid the telephone except for emergency use only.
6. Turn off air conditioners.

If caught outdoors & no shelter exists

1. Find a low spot away from trees, fences, light poles, and flagpoles. Make sure the site you pick is not prone to flooding.
2. If in the woods, take cover under shorter trees.
3. If you feel your skin begin to tingle or your hair feels like it's standing on end, squat low to the ground, balancing on the balls of your feet. Make yourself the smallest possible target, tuck your head between your legs, and minimize your contact with the ground.

What to do if someone is struck by lightning

1. The person who has been struck will carry no electrical charge; therefore, they are safe to touch.
2. Call 9-1-1 as soon as possible for help.
3. Check for burns to the body.
4. Give first aid as needed.
5. If breathing and/or heartbeat have stopped, perform CPR until EMS arrives.
6. Contact the league Safety Officer or President ASAP.



XI. ACCIDENT REPORTING



What to report

An incident that causes any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid must be reported to the league safety officer within 24 hours of the incident. This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury or periods of rest.

When to report

All such incidents described above **must** be reported to the Safety Officer within 24 hours of the incident.

Banneker City Safety Officer
Hawa Lattisaw
(202) 560-4955
safety@BannekerCityLL.org

How to make the report

1. Use the **Accident Notification Form** (on pages 30 & 31) in cases of players injured who do or may require medical attention. It should be filled out by a league official and signed by the league president and sent to Little League International Headquarters.
2. The **Incident Tracking Form** (on page 29) is for all accidents – those requiring medical attention and those not. Doing this tracking will help your league determine if additional training is needed for specifics like sliding (if several players in a division are hurting their legs or ankles, but not enough to go to the hospital); or if players are getting hurt on a specific field from bad hops, the field may need dragging or other work, etc. **Near misses or close calls should be reported using this form!**

Managers/coaches present at the time of the incident should fill out the **Incident Tracking Form** (on page 29), e-mail or hand it **AND** phone in the following information to the Safety Officer:

- Name and phone number of the person involved.
- Date, time, and location of the incident.
- As detailed a description of the incident as possible.
- Preliminary estimation of the extent of any injuries.
- Name and phone number of the person reporting the incident.

Safety Officer's Responsibility

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

1. Verify the information received;
2. Obtain any other information deemed necessary;
3. Check on the status of the injured party; and
4. In the event that the injured party required other medical treatment (i.e., Emergency Room visit, doctor's visit, etc.) will advise the parent or guardian of the Banneker City Little League's insurance coverages and the provisions for submitting any claims (see items 1-6 on page 33).

If the extent of the injuries is more than minor in nature, the Safety Officer shall periodically call the injured party to (1) check on the status of any injuries, and (2) to check if any other assistance is necessary in areas such as submission of insurance forms, etc. until such time as the incident is considered "closed" (i.e., no further claims are expected and/or the individual is participating in the league again).



i. Incident Tracking Form



For Banneker City Little League Use Only

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 ☐ Minor ☐ Major ☐ Intermediate (50/70)
- ☐ Junior ☐ Senior ☐ Big League
- 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 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 local Little League use only (should not be sent to Little League International). This document should be used to evaluate potential 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 Accident claims or injuries that could become claims to any eligible participant under the Accident Insurance policy, please complete the Accident Notification Claim form available at http://www.littleleague.org/Assets/forms_pubs/asap/AccidentClaimForm.pdf and send to Little League International. For all other claims to non-eligible participants under the Accident policy or claims that may result in litigation, please fill out the General Liability Claim form available here: http://www.littleleague.org/Assets/forms_pubs/asap/GLClaimForm.pdf.

Prepared By/Position: _____ Phone Number: () _____

Signature: _____ Date: _____



ii. Accident Claim Form



LITTLE LEAGUE® BASEBALL AND SOFTBALL ACCIDENT NOTIFICATION FORM INSTRUCTIONS

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

Accident & Health (U.S.)

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

League Name		League I.D.	
Name of Injured Person/Claimant	SSN	DATE OF BIRTH (MM/DD/YY)	Age
Name of Parent/Guardian, if Claimant is a Minor		Home Phone (Inc. Area Code)	Bus. Phone (Inc. Area Code)
Address of Claimant		Address of Parent/Guardian, if different	

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

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

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

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

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

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

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

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

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

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

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



ii. Accident Claim Form (Page 2)



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) Residence: () Business: () 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/ 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
------	---------------------------



iii. Accident Claim Form Instructions



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.



iii. Accident Claim Form Instructions (Page 2)



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.



“Staying hydrated increases energy, improves movement, recovery and agility, thermoregulation, and aids in mental clarity and activity – all of which can improve physical performance and reduce the risk of injuries,” says Noel Williams, a registered dietitian and board-certified

specialist in sports dietetics at Children’s Health Andrews Institute.

Pedialyte is an oral electrolyte solution that is designed to replace fluids and minerals that are lost during dehydration caused by physical activity or heat advisories. Coconut Water is an all-natural way to hydrate. It contains easily digested carbohydrates in the form of sugar and electrolytes, and it has less sugar than many sports drinks and much less sugar than sodas and some fruit juices. Pedialyte, Coconut Water or plain Water are excellent choices before, during and after baseball games.

PARENTS, TEAM MOMS AND COACHES ARE REQUIRED TO BRING ZIPLOC BAGS, ICE, DRINKING WATER, AND A COOLER TO HOUSE THEM IN, TO EVERY GAME AND PRACTICE.

Ziploc bags of ice & water will be used almost anytime you have an injury to help reduce pain and potential swelling. Chemical cold packs do not get as cold as ice (a Ziploc bag combination of ice & water is best), however, if using chemical cold packs, be cautious when using around the face in case of leaks.

Dressing material like an Ace wrap or elastic wrap should be used to hold gauze and other first-aid care items in place (or create pressure), or athletic tape.

Water or a cleanser (antiseptic wipes, etc.) should be used to clean abrasions or cuts. Pure drinking water should be used to flush eyes & minor cuts. Pedialyte, Coconut Water or plain Water should be used when players or spectators are exhibiting symptoms of dehydration.

Latex/rubber gloves and blood/blood-soiled items—blood-borne pathogens—should be properly disposed of in some kind of small bag, so people do not put their health and future safety at risk dealing with unknown risks.

Finally, use the Bannaker City Little League Emergency Phone List (page 4) as a reference, the Emergency Contact Procedures (page 8) to call an ambulance as well as the Field Site Maps (page 9) for directions. In an emergency, people need all the help they can get.

Bannaker City

2024 FIRST-AID KIT



- | | |
|---------------------------|-------------------------|
| (10) Alcohol Wipes | (1) Eye Pad |
| (4) Sting Relief Wipes | (2) Burn Gels |
| (4) Cleaning Wipes | (1) Emergency Blanket |
| (4) Soap Wipes | (1) Fever Cooling Patch |
| (2) Iodine Prep Pad | (6) Safety pins |
| (10) Cotton Swabs | (1) Pair of Gloves |
| (20) Medium Bandages | (1) CPR Mask |
| (15) Large Bandages | (1) Tweezer |
| (5) Mini Bandages | (1) Medical Tape |
| (5) Circular Bandages | (1) EMT Scissor |
| (1) Butterfly Bandage | (1) TPE Tourniquet |
| (1) Elastic Gauze Bandage | (1) Waterproof Bag |
| | (1) Moleskin Sheet |

NOTE: Replenish any supplies you use before the next time your team meets. Provide receipts to Bannaker City’s Treasurer & Secretary to be reimbursed for your expenses.

2024 DEFIBTECH LIFELINE AEDS



- ♦ Bannaker Upper Field
- ♦ Bannaker Lower Field
- ♦ Harrison Field
- ♦ K. C. Lewis Field

PARENTS & TEAM MOMS/DADS

List of some “must-have” items:

- ☐ Ziploc Bags
- ☐ Ice
- ☐ Water
- ☐ Cooler
- ☐ Asthma Inhaler / Epinephrine Pin / Medication
- ☐ Bug Spray & Repellent Wipes
- ☐ Sunscreen
- ☐ Pedialyte



XIII. ENFORCE LITTLE LEAGUE RULES



While not exhaustive, to follow are some of the Little League rules that all adults should enforce:

- ♦ Follow this Safety Plan.
- ♦ Attend the CPR/AED/First-Aid Training, and bring your First-Aid kit to every practice and game.
- ♦ No games or practices should be held when weather or field conditions are bad, particularly with lightning.
- ♦ Play area should be inspected frequently for holes, damage, stones, glass and other foreign objects.
- ♦ All team equipment should be stored within the team dugout, or behind screens, and not within the area defined by the umpires as "in play".
- ♦ Only players, managers, coaches, and umpires are permitted on the playing field or in the dugout during games and practice sessions.
- ♦ During practice and games, all players should be alert and watching the batter on each pitch.
- ♦ During warm-up drills players should be spaced so that no one is endangered by wild throws or missed catches.
- ♦ During game, players must remain in the dugout area in an orderly fashion at all times.
- ♦ After each game, each team must clean up trash in dugout and around stands.
- ♦ Organize and galvanize parents to prepare the field for play, including raking, dragging, and lining the batters' boxes and 1st & 3rd base lines with lime/chalk.
- ♦ Except when runner is returning to a base, head-first slides are not permitted.
- ♦ Player must not wear watches, rings, pins or metallic items during games and practices.
- ♦ The Catcher must wear catcher's helmet and mask with a throat guard in warming up pitchers. This applies between innings and in the bullpen during a game and also during practices.
- ♦ On-deck batters are not permitted (except in Junior/Senior/Big League Divisions). Rule 1.08: "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."
- ♦ Batters must wear Little League approved protective helmets during batting practice and games.
- ♦ Study and learn all of the current Little League rules.
- ♦ At no time should "horse play" be permitted on the playing field.

BANNEKER CITY LITTLE LEAGUE CODE OF CONDUCT

The Banneker City Little League Board of Directors 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.

Please print your name, sign, date, and return to the league Player Agent.

Banneker City 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 all good effort regardless of the outcome of the game.
- I will learn and enforce all Little League rules and regulations.
- I will umpire at least one (1) Banneker City game this season.

No league official, manager, coach, player or spectator shall, at any time:

- Lay a hand upon, push, shove, strike, or threaten to strike an official.
- "Show-up" umpires at games. "Showing up the Umpire," is typically public, verbal protests/beratings and/or public, physical demonstrations of disapproval in front of the kids, spectators, and/or parents. Banneker City Little League has a zero-tolerance policy for the harassment of our volunteer umpires.
- Be guilty of gambling upon any play or outcome of any game with anyone at any time.
- Be guilty of the use of profane, obscene or vulgar language in any manner at any time.
- Appear on the field of play, stands, or anywhere on the Little League complex while in an intoxicated state. Intoxicated will be defined as an odor or behavior issue.
- Smoke while in the stands or on the playing field or in any dugout.
- Be guilty of publicly discussing with spectators in a derogatory or abusive manner any play, decision or a personal opinion on any players during the game.
- As a manager or coach, be guilty of mingling with or fraternizing with spectators during the course of the game.
- Speak disrespectfully to any manager, coach, official or representative of the league.
- Be guilty of tampering or manipulating any league rosters, schedules, draft positions or selections, official score books, rankings, financial records or procedures.
- 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 ejection from the game.

The Banneker City Little League Board of Directors will review all infractions of our Code of Conduct. Depending on the seriousness or frequency, the board may assess additional disciplinary actions up to and including expulsion from the league.

I have read the Banneker City Little League Code of Conduct and promise to adhere to its rules and regulations.

Print Name

Signature

Date

i. Weather Policy & Lightning Safety

WEATHER POLICY

Managers/Coaches are responsible for determining if practices or games will be cancelled or delayed on account of rain or field playability. The DC Department of Parks & Recreation will send out notifications of field closures due to weather. Those notices are generally for programs that have high foot traffic that would ruin grass fields under wet conditions, like soccer or football. However, baseball does not produce the same foot traffic, so there is some flexibility if it is not raining AND volunteers can get the field prepared to play a game or practice under safe conditions, then they can proceed with their scheduled game or practice.

Umpires have the sole authority to decide if a field is playable or weather conditions are safe to play, and NO ONE can override an Umpire's decision to stop a game and clear the field.



LIGHTNING KILLS! PLAY IT SAFE!

If lightning is spotted or thunder heard, the field must be cleared and players/coaches take shelter. Play may resume 30 minutes after the last sighting of lightning, AND is cleared to resume by the Umpire.

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:

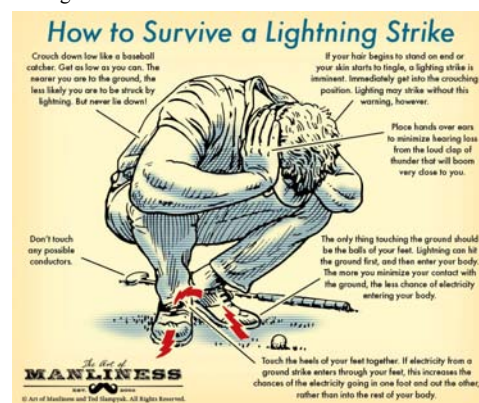
- ▶ **All thunderstorms produce lightning and are dangerous.** In an average year, lightning kills more people in the U.S. than either tornadoes or hurricanes.
- ▶ **Lightning often strikes outside the area of heavy rain and may strike as far as 10 miles from any rainfall.** Many deaths from lightning 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.

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.
- ▶ **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 "NWR Station Search."

If you feel your hair stand on end (an indication that 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.**

What to do if someone is struck by lightning:

- ▶ **Lightning victims do not carry an electrical charge. They 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.

STAY INFORMED



NOAA Weather Radio is the best way to receive forecasts and warnings from the national weather service.

WNG736 - 162.450MHz

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



XIV. PLAYER/COACH DATA



Banneker City Little League will upload its player and coach's data for the 2024 season on March 26, 2024.



XV. ANSWER SURVEY QUESTIONS



To be performed online through the Little League International Data Center.

Play It



Follow This Safety Plan



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Notes





COVID Screening Questionnaire



Banneker City Little League



COVID-19 Screening Questionnaire Players & Spectators

Are you currently experiencing a fever (100.4 or higher) or have a sense of fever?

- ☐ Yes (Ineligible to participate)
☐ No

Do you have a new cough that cannot be attributed to another health condition?

- ☐ Yes (Ineligible to participate)
☐ No

Do you have shortness of breath that cannot be attributed to another health condition?

- ☐ Yes (Ineligible to participate)
☐ No

Do you have chills that cannot be attributed to another health condition?

- ☐ Yes (Ineligible to participate)
☐ No

Do you have a sore throat that cannot be attributed to another health condition?

- ☐ Yes (Ineligible to participate)
☐ No

Do you have muscle aches that cannot be attributed to another health condition or activity?

- ☐ Yes (Ineligible to participate)
☐ No

Player's Name: _____

Adult/Parent's Name: _____

Signature of Adult/Parent: _____

Today's Date: _____ / _____ / _____

This screening form must be filled out in full for each practice and game. Players and spectators will not be allowed to participate in practices or games without first completing this form.

Thank you for your help!

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