

Plainview Little League  
League Safety Plan  
2015 Season

**Safety Officer: Robert Pickus**

# Plainview Little League – Safety Manual

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**MISSION STATEMENT**

The Objective of the Association shall be to provide a supervised athletic program for boys and girls between the ages of five and eighteen years of age, firmly implanting in the minds of the children of the community a trust in the ideals of good sportsmanship, honesty, courage and character, so that they may be finer, stronger and happier children and will grow to be good, clean, healthy and trustworthy adults.

# Plainview Little League – Safety Manual

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## SAFETY MANUAL AND FIRST AID KITS

Each team will be issued a safety manual at the beginning of the season. The manager or the team Safety Officer will acknowledge receipt of the manual by signing in the space provided below when taking possession of the safety manual.

Each manager will be responsible for maintaining a First-Aid kit; the manager is responsible to have cold packs in their first aid kit. First Aid kits will be provided by PLL.

The pool field house will have a copy of the Safety Manual, at all times.

Copies of the Safety Manual will also be distributed to the umpires.

The Safety Manual will include phone numbers of all Board Directors, the Plainview Baseball Code of Conduct, Do's and Don'ts of treating injured players.

The First-Aid kit will include the necessary items to treat an injured players until professional help arrives if need be  
(See First-Aid section).

I have downloaded the Safety Manual, have read it and will have it along with my First-Aid kit present at all practices, batting cage practices, games (both season games and playoff games) and any other event where team members could become hurt or injured. I will abide by the regulations established in this document.

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Prints Name of Manager

Team name and division

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Signature of Manager

Date

*Tear on the above line and return to the Plainview Safety Officer upon signing.*

# Plainview Little League – Safety Manual

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## Plainview LL Phone Numbers

**In case of injury, fire, or emergency call 911 immediately.**

You can also contact the Plainview Fire Department directly at 516-938-2727.

In case of theft call the Nassau County Police Department at (516) 573-6300

Also, contact the Board Member on duty that day.

Little League Board Members:

<u>Position</u>	<u>Name</u>
President	Rich Saltzman*
Vice Presidents Off-field	Dean Mason*/Eileen Supran*
Vice Presidents On-field	Lew Leibman*/Steve Dershowitz*
Secretary	Matt Spero*
Treasurer	John Farrell*
Registrar	Ian Bogaty
Umpire-in-Chief	Dean Mason*
Non-Competitive Baseball	
Lil Hawks	John Farrell*/Ted Kramer+
T-Ball	Scott Israel/Nick Bologna
Boys Clinic	Ian Bogaty/Mark Hemmerdinger
Boys Rookie	Brian McGrath/Andy Terrano
Competitive Baseball	
Boys A	Craig Scott/Seth Fenster
Boys AA	Jay Feldman
Boys AAA	Ari Wind+
Boys Majors	Matt Spero*
Boys Seniors	Lew Liebman*
Softball	
Coordinator	Garry Zweig*
Non-Competitive Softball	
Girls Clinic	Larry Ackerman+
Girls Rookie	Steve Riegler
Competitive Softball	
Girls Minors	Scott Finkle/Nick Bologna
Girls Majors	Dave Gordon
Girls Seniors	Lew Liebman*/Garry Zweig*
Challenger Division	
Coordinator	Rob Pickus/Ken Krogman+
Fall Intramural	
Schedules Coordinator	Jeff Kaplan
Sponsors	Jay Feldman/Scott Finkle/Dave Gordon/Mark Hemmerdinger
Special Events	Scott Israel
Landscaping/Fields	Mike O'Connor*/Scott Israel/John Farrell
Equipment/Uniforms	Craig Scott/Dave Gordon/Mark Hemmerdinger/Seth Fenster
Purchasing Agent	
Player Development	Andy Terrano/Ari Wind+/Greg Reo+

Webmaster	Scott Finkle/Seth Fenster
Safety Officer/Insurance	Rob Pickus
Travel Directors - Baseball	Eileen Supran*
Travel Director - Softball	Garry Zweig
Ratings Coordinator	
Background Checks	Jeff Kaplan
Permits - Town liaison - School liaison	Mike O'Connor*/Scott Israel/John Farrell*
Volunteer Coordinator	
Summer Slam Directors	Dean Mason*/Larry Ackerman+/Steve Reigler
Safety Officer	Robert Pickus

\* - indicates Exec Committee member; + - indicates non-board 'super' volunteer

Last Name	First Name	Address	Town	Home #	Cell #	PLL E-mail	Spouse
Bogaty	Ian	24 Julliard Dr	Plainview	938-5652	516-642-8314	ibogaty@plainviewbaseball.org	Sarah
Bologna	Nick	75 Briarwood Lane	Plainview	433-3445	516-395-3162	nbologna@plainviewbaseball.org	Diane
Bursky	Doug	6 Darley Rd.	Plainview	938-1821	516-903-9787	dbursky@plainviewbaseball.org	Tamar
Dershowitz	Steve	10 Irene Lane South	Plainview	938-8992	516-776-8563	sdershowitz@plainviewbaseball.org	Eileen
DiPierri	Pat	78 Autumn Drive	Plainview	822-4683		pdipierri@plainviewbaseball.org	Susan
Farrell	John	4 Harrow Lane	Old Bethpage	501-1965	516-435-6052	jfarrell@plainviewbaseball.org	Christine
Feldman	Jay	103 Gerald Lane	Old Bethpage	454-2344	516-603-2295	jfeldman@plainviewbaseball.org	Naomi
Fenster	Seth	29 Main Pkwy	Plainview	336-5375	516-647-6550	sfenster@plainviewbaseball.org	Julie
Finkle	Scott	36 Lillian Lane	Plainview	622-4860	516-509-2904	sfinkle@plainviewbaseball.org	Claudia
Gordon	Dave	9 Bayberry Dr	Plainview	967-5361		dgordon@plainviewbaseball.org	Jennifer
Hemmerdinger	Mark	20 Pasture Lane	Old Bethpage	249-4610	631-806-7237	mhemmerdinger@plainviewbaseball.org	Jessica
Israel	Scott	92 Main Parkway East	Plainview	349-0803	516-983-8436	sisrael@plainviewbaseball.org	Kendra
Kaplan	Jeff	52 Virginia Ave	Plainview	749-3071	516-749-3071	jkaplan@plainviewbaseball.org	Stephanie
Liebman	Lew	37 Spector Lane	Plainview	681-4025	516-884-0979	lliebman@plainviewbaseball.org	Leslie
Mason	Dean	5 Jody Lane	Plainview	932-0309	516-270-6029	dmason@plainviewbaseball.org	Marie
McGrath	Brian	44 Stratford Rd	Plainview	829-7820	516-850-1819	bmcgrath@plainviewbaseball.org	Erika
Oconnor	Mike	10 Blanche Street	Plainview	822-2487	516-779-8718	moconnor@plainviewbaseball.org	Lisa
Pickus	Rob	37 Hollywood Dr	Plainview	932-5699	516-242-1496	rpickus@plainviewbaseball.org	Lynn
Riegler	Steve	3 Myron Rd	Plainview	935-1757	646-671-2919	sriegler@plainviewbaseball.org	Jennifer
Saltzman	Rich	19 Crescent Drive	Old Bethpage	756-7252	914-629-4145	rsaltzman@plainviewbaseball.org	Elise
Scott	Craig	16 Library Lane	Plainview	342-9220	917-697-5500	cscott@plainviewbaseball.org	Brittney
Spero	Matt	1 Lombardi Pl	Plainview	644-5785	516-851-0826	mspero@plainviewbaseball.org	Diane
Supran	Eileen	52 Forest Drive	Plainview	937-6096	516-578-8934	esupran@plainviewbaseball.org	Lowell
Terrano	Andy	6 Prescott Place	Old Bethpage	752-0242	516-242-3851	aterrano@plainviewbaseball.org	Nancy
Zweig	Garry	7 Whitlock Street	Plainview	935-6264	516-978-4899	gzweig@plainviewbaseball.org	Michelle

Super Volunteers							
Ackerman	Larry	25 Southwick Court S	Plainview	935-0334	917-807-0947	lackerman@plainviewbaseball.org	Stacy
Kramer	Ted	46 Beatrice Lane	Old Bethpage	694-0697	516-768-2654	tkramer@plainviewbaseball.org	Pamela
Krogman	Ken	4 Joel Pl	Plainview	681-3219	516-810-8787	kkrogman@plainviewbaseball.org	Marirose
Reo	Greg	45 Helen Ave	Plainview	822-0121	917-748-3225	greo@plainviewbaseball.org	Lisa
Supran	Lowell	52 Forest Drive	Plainview	937-6096		lsupran@plainviewbaseball.org	Eileen
Wind	Ari	44 Lincoln Rd West	Plainview		516-302-4742	awind@plainviewbaseball.org	Stacy

All members have a plainviewbaseball.org e-mail address consisting of first initial last name ie sdershowitz@plainviewbaseball.org



# Plainview Little League – Safety Manual

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## EMERGENCY PHONE LIST

POLICE/FIRE/EMT..... 911  
NORTHSHORE HOSPITAL AT PLAINVIEW..... 516-719-3000  
POLICE..... 516-573-6200  
FIRE DEPARTMENT..... 516-938-2727  
RICH SALTZMAN/PRESIDENT..... 516-756-7252  
ROBERT PICKUS/SAFETY OFFICER..... 516-242-1496

NORTHSHORE HOSPITAL AT PLAINVIEW – LOCATED ON OLD COUNTRY  
ROAD 1 MILE WEST OF MANETTOHILL ROAD

## IN CASE OF EMERGENCY

1. CALL LEAGUE SAFETY OFFICER AND/OR LEAGUE PRESIDENT
2. FILL OUT ACCIDENT REPORT

# Activities/Reporting

# A Safety Awareness Program's Incident/Injury Tracking Report

League Name: \_\_\_\_\_ League ID: \_\_\_\_ - \_\_\_\_ - \_\_\_\_ Incident Date: \_\_\_\_\_

Field Name/Location: \_\_\_\_\_ Incident Time: \_\_\_\_\_

Injured Person's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ Age: \_\_\_\_\_ Sex:  Male  Female

City: \_\_\_\_\_ State \_\_\_\_\_ ZIP: \_\_\_\_\_ Home Phone: ( ) \_\_\_\_\_

Parent's Name (If Player): \_\_\_\_\_ Work Phone: ( ) \_\_\_\_\_

Parents' Address (If Different): \_\_\_\_\_ City \_\_\_\_\_

### Incident occurred while participating in:

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

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

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

Type of Injury: \_\_\_\_\_

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

Was professional medical treatment required?  Yes  No If yes, what: \_\_\_\_\_  
(If yes, the player must present a non-restrictive medical release prior to to being allowed in a game or practice.)

### Type of incident and location:

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

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

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

This form is for Little League purposes only, to report safety hazards, unsafe practices and/or to contribute positive ideas in order to improve league safety. When an accident occurs, obtain as much information as possible. For all claims or injuries which could become claims, please fill out and turn in the official Little League Baseball Accident Notification Form available from your league president and send to Little League Headquarters in Williamsport (Attention: Dan Kirby, Risk Management Department). Also, provide your District Safety Officer with a copy for District files. All personal injuries should be reported to Williamsport as soon as possible.

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

# Plainview Little League – Safety Manual

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## Plainview Little League Code of Conduct

The board of Directors of Plainview Little League has mandated the following Code of Conduct. All coaches, managers and parents 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. **No player shall participate in games or practice without a parent signing code of conduct.** Tear the signature sheet on the dotted line and return it to the Plainview Little League Safety Officer.

**No Board Member, Manager, Coach, Player or Spectator shall:**

- ✍ At any time, lay a hand upon, push, shove strike or threaten to strike an official.
- ✍ Be guilty of heaping personal verbal or physical abuse upon any official for any real or imaginary belief of a wrong decision or judgment.
- ✍ Be guilty of an objectionable demonstration of dissent at an official's decision by throwing of gloves, helmets, hats, bats, balls, or any other forceful unsportsmanlike action.
- ✍ Be guilty of using unnecessarily rough tactics in the play of a game against the body of an opposing player.
- ✍ 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 within 50 yards while in an intoxicated state at any time. Intoxicated will be defined as an odor or behavior issue.
- ✍ Be guilty of gambling upon any play or outcome of any game with anyone at any time
- ✍ Smoke within 50 yards.
- ✍ Be guilty of discussing publicity with spectators in a derogatory or abusive manner any play, decision or personal opinion on any players, coaches, umpire or league official during a game.
- ✍ Speak disrespectfully to any manager, coach, official, or representative of the league.
- ✍ Be guilty of tampering or manipulation of any league rosters, schedules, draft positions or selections, official score books, pitch count, rankings, financial records or procedures.
- ✍ Shall 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 an including removal from the game.

The Board of Directors of will review all infractions of the Plainview Little League 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 Plainview Little League Code of Conduct and promise to adhere to its rules and regulations.

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

\_\_\_\_\_  
Team Name and division

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Coach

\_\_\_\_\_  
Print Name of Coach



# Plainview Little League – Safety Manual

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## Plainview Little League Safety Code

The Board of Directors of Plainview Little League has mandated the following **Safety Code**. All managers and coaches will read the **Safety Code** and then read it to the players and parents on their team. Signatures are required in the spaces provided below acknowledging that the manager, coaches players and parents (parent initial next to child,s name) understand and agree to comply with the **Safety Code**. *Tear the signature sheet on the dotted line and return it to the Plainview Safety Officer.*

- ✍ Responsibility for safety procedures belongs to every adult member of Plainview Little League.
- ✍ Each player, manager, designated coach, umpire, team safety officer shall use proper reasoning and care to prevent injury to him/her and to others.
- ✍ Only league approved managers, coaches, and/or league officials are allowed to practice teams.
- ✍ Arrangements should be made before all games and practices for emergency medical services.
- ✍ First-aid kits are to be obtained by each coach prior to the start of the first practice.
- ✍ No games or practices will be held when the weather or field conditions are poor, particularly when lighting is inadequate.
- ✍ Play area will be inspected before every practice and game for holes, damage, stones, glass and other foreign objects.
- ✍ Team equipment should be stored in the team dugout, and not within the area defined by the umpires as “in play”.
- ✍ Only players, managers, one (1) coach and umpires are permitted on the playing field or in the dugout during games or practice sessions.
- ✍ Responsibility for keeping bats and loose equipment off the field of play should be that of a player assigned for this purpose or the team’s manager and designated coaches.
- ✍ No player, manager or coach should have a bat in his or her hands in the dugout during a game or practice.
- ✍ Foul balls batted out of the playing area during a game should be returned to the team manager or designated coaches in the dugout nearest where the ball went out of play and not thrown back onto the playing field.
- ✍ During practice and games all players should be alert and watching the batter on each pitch.
- ✍ During warm up exercises/drills, all players should be spaced so that no one is endangered by wild throws or missed catches.
- ✍ All pre-game warm-ups should be performed within the confines of the playing field and not within areas that are frequented by and thus endangering spectators (i.e., playing catch, swinging bats, etc.)
- ✍ Equipment should be inspected when you receive your equipment bag, and regularly during the season for its condition as well as its fit. Any equipment that needs replacing please contact the PlainviewLL Equipment personnel.
- ✍ Batters must wear Little League approved protective helmets that bear the NOCSAE seal during batting practice and games.
- ✍ Under any conditions there is NO head first sliding into a base.
- ✍ At no time is ‘horseplay’ permitted on the playing field.
- ✍ Parents of players who wear glasses should be encouraged to provide “safety glasses” for their children
- ✍ On-Deck Batters are NOT permitted. While waiting for the pitcher to warm up, only the batter due up first should be out with a bat, watching the pitcher, all others should be watching the pitcher from the dugout.
- ✍ Managers will only use the official Little League balls supplied by Plainview Little League.
- ✍ Once a ball has become discolored, it will be discarded.
- ✍ All male players must wear an athletic supporter or cup during a game. Catchers must wear a cup. Cups must be worn at practices as well as games.

## Plainview Little League – Safety Manual

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### Plainview Little League Safety Code (Continued)

- ✍ Male catchers must wear the metal, fiber or plastic type cup and a long-model chest protector.
- ✍ Female catchers must wear long or short model chest protectors.
- ✍ All catchers must wear a chest protector with a neck collar, throat guard, shin guards, and a catcher's helmet, all of which must meet Little League specifications and standards.
- ✍ All catchers must wear a mask, "dangling" type throat protector and a catcher's helmet during practice, pitcher warm-ups and games. **Note:** Skullcaps are **not** permitted.
- ✍ Shoes with metal spikes or cleats are **not** permitted. Shoes with molded cleats are permissible.
- ✍ Players will not wear watches, rings, pins, jewelry or other metallic objects during practices or games (Exception: Jewelry that alerts medical personnel to a specific condition is permissible and this must be taped in place.)
- ✍ No food or drinks, at any time are permitted in the dugouts (Exception: bottled water, Gatorade or water from drinking fountains.)
- ✍ Catchers must wear a catcher's mitt (not a first baseman's mitt or a fielder's glove) of any shape, size or weight consistent with protecting the hand.
- ✍ Catchers may not catch, whether warming up a pitcher, in practices, or games without wearing full catcher's gear and an athletic cup as described above.
- ✍ Managers will never leave a child unattended at a game or practice.
- ✍ Never hesitate to report any present or potential safety hazard to the Plainview Safety Officer or Field Officer on duty.
- ✍ Make arrangements to have a cellular phone available when a practice or game is at a facility that does not have public phones.
- ✍ Speed limits on and around fields are five (5) MPH.
- ✍ No alcohol or drugs are permitted on or within 50 yards of fields.
- ✍ **No medication** will be taken at the complex unless administered directly by the child's parent. This includes aspirin and Tylenol.
- ✍ No playing in the parking lots at any time.
- ✍ No smoking within 50 yards of fields.
- ✍ No swinging bats or throwing baseballs at any time within the walkways and common areas of the field or Pool Field Parking lot.
- ✍ No throwing rock at any time.
- ✍ No climbing fences at any time.
- ✍ No swinging or climbing on dugout roofs at any time.
- ✍ No pets are permitted on the complex at any time. This includes dogs, cats, horses, etc.
- ✍ Observe all posted signs.
- ✍ Players and spectators should be alert at all times for foul balls and errant throws.
- ✍ No riding of skateboards, scooters, or waveboards at anytime.
- ✍ Use crosswalks when crossing roadways. Always be alert for traffic.
- ✍ There is no running allowed in the bleachers.

# Plainview Little League – Safety Manual

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## Plainview Little League Safety Code (Continued)

I have read the Plainview Little League Safety Code and promise to adhere to its rules and regulations.  
Parents must initial next to child's name.

\_\_\_\_\_  
Print Name of Manager                      Team Name and Division

\_\_\_\_\_  
Signature of Manager                      Date

\_\_\_\_\_  
Coach #1                                      Coach #2

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

\_\_\_\_\_  
Player #1                                      Player #2

\_\_\_\_\_  
Player #3                                      Player #4

\_\_\_\_\_  
Player #5                                      Player #6

\_\_\_\_\_  
Player #7                                      Player #8

\_\_\_\_\_  
Player #9                                      Player #10

\_\_\_\_\_  
Player #11                                      Player #12

\_\_\_\_\_  
Player #13                                      Player #14

# Don't Swing It

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



(Photos from North Scott, Iowa, Little League)

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

**REMEMBER:**

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

**RULE 1.08, Notes**

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



# Plainview Little League – Safety Manual

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## ROLES AND RESPONSIBILITIES

### The President

The President of the Plainview Little League is responsible for ensuring that the policies and regulations of the Plainview Safety Officer are carried out by the entire membership to the best of his or her abilities.

### Plainview Safety Officer

The main responsibility of the Plainview Little League Safety Officer is to develop, implement, maintain and update the Leagues safety program.

The Plainview Little League Safety Officer is the link Between the Board of Directors of Plainview Little League and it managers, coaches, umpires, team safety officers, players, spectators, and any other third parties on the field in regards to safety matters, rules and regulations.

The Plainview LL Safety Officer's responsibilities include:

- ✍ Coordinating the individual Team Safety Officers in order to provide the safest environment possible for all.
- ✍ Assisting parents and individuals with insurance claims and will act as the liaison between the insurance company and the parents and individuals.
- ✍ Explaining the insurance benefits to claimants and assisting them with filing the correct paperwork.
- ✍ Keeping the First Aid Log. This log will list where accidents and injuries are occurring, to whom, in which division at what times, under what supervision.
- ✍ Correlating and summarizing the data in the First-Aid log to determine proper accident prevention in the future.
- ✍ Insuring that each team receives it's Safety Manual and obtains its First-Aid kit prior to the beginning of the first practice.
- ✍ Make Little League's "no Tolerance with child abuse" clear to all.
- ✍ Inspecting the concession stand and checking the fire extinguishers.
- ✍ Instructing the concession stand workers on the use of the fire extinguishers.
- ✍ Checking the fields with Field Managers and listing areas that need attention.
- ✍ Schedule First Aid clinic and schedule CPR Training lessons for all managers, designated coaches, umpires, player agents, and team safety offices prior to the season.
- ✍ Acting immediately in resolving unsafe or hazardous conditions once a situation has been brought to his/her attention.
- ✍ Making spot checks at practices/games to make sure all managers have their First-Aid kits and Safety Manuals.
- ✍ Tracking all injuries and near misses in order to identify injury trends.
- ✍ Visiting other leagues to allow a fresh perspective on safety.
- ✍ Making sure that safety is a monthly Board meeting topic, and allowing experienced people to share ideas on improving safety.

### The Plainview LL Members

The Plainview LL Members will adhere to carry out the policies set forth in this safety manual.

# Plainview Little League – Safety Manual

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## The Plainview Website Manager

The Plainview website manager is responsible for maintaining Plainview LL website at [www.plainviewbaseball.org](http://www.plainviewbaseball.org) and updating safety information on a regular basis.

## Managers and Coaches

The Manager is a person appointed by the board of Plainview LL to be responsible for the team's actions on the field and to represent the team in communications with the umpires and opposing team.

- ✍ The Manager shall always be responsible for the team's conduct, observance of the official rules and Deference to the umpires.
- ✍ The Manager is also responsible for the safety of his/her players. He/she is also ultimately responsible for the actions of designated coaches and the Team Safety Officer (TSO)
- ✍ If a Manager leaves the field, that Manager shall designate a Coach as a Substitute and Substitute Manager shall have the duties, rights and responsibilities of the Manager.

### Pre-Season:

Managers will:

- ✍ *Take possession of this Safety Manual and obtain a First-Aid Kit. **First-Aid kits will be distributed to each team on March 31 and April 1.***
- ✍ Appoint a volunteer parent as a Team Safety Officer (TSO). The TSO must be able to be present at all games and must own or have access to a cell phone for emergencies if games or practices take place off the complex.
- ✍ Attend a *mandatory training session* on First-Aid provided by Plainview LL with designated Coaches and TSO. This session will be held before the season begins at a local Plainview facility. For additional training including AED training go to [www.la12.org](http://www.la12.org). At least one member of each coaching staff must attend one of these events.
- ✍ Manager's must ensure that at least one representative from each team attend the annual coaches clinic.
- ✍ Meet with all parents to discuss the Plainview LL philosophy and *safety issues*.
- ✍ Cover the basics of *safe play* with his/her team before starting the first practice.
- ✍ Return the signed *Plainview LL Code of Conduct* and *Plainview LL Safety Code* to Plainview LL Safety Officer before the first game.
- ✍ Teach players the *fundamentals* of the game while advocating safety.
- ✍ Teach players how to *slide* before the season starts. A board representative will be available to teach these fundamentals if the Manager or designated coaches do not know them.
- ✍ Notify parents if a child is injured or ill, he or she cannot return to practice unless they have a note from their doctor. This medical release protects you if that child should become further injured or ill. *There are NO exceptions to this rule.*
- ✍ Encourage players to bring water bottles to practices and games.
- ✍ Tell parents to bring *sunscreen* for themselves and their child.

\*\*\*ALL Managers and Coaches for Spring, Summer, Fall, or Tournament Baseball will be required to attend training sessions before being given a team.

# Plainview Little League – Safety Manual

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## Season Play:

Managers will:

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

## Pre-game and Practices:

Managers will:

- ✍ Make sure that players are rested, healthy and alert.
- ✍ Make sure that players returning from being injured have a medical release form signed by their doctor. Otherwise they can't play.
- ✍ Make sure players are wearing the proper uniform and all players are wearing a cup.
- ✍ Make sure that equipment is in good working order and is safe.
- ✍ Agree with the opposing manager on the fitness of the playing field. In the event that they two managers cannot agree, the umpire or a duly delegated league representative shall make the determination.
- ✍ Enforce the rule that no bats and balls are permitted on the field until all players have done their proper stretching. (See Conditioning Section)
  1. Calf muscles
  2. Hamstrings
  3. Quadriceps
  4. Groin
  5. Back
  6. Shoulders
  7. Elbow/forearm
  8. Arm shake out
  9. Neck
- ✍ Then have the players do a light jog around the field before starting to throw warm-ups that should follow this order:
  - Light tosses short distance
  - Light tosses medium distance
  - Light tosses long distance
  - Medium tosses medium distance
  - Regular tosses medium distance
  - Regular ground balls
  - Field pop flies

# Plainview Little League – Safety Manual

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## During the Game

Managers will:

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

## Post Game

Managers will:

- ✍ Line up the team for the customary handshake after the game ends
- ✍ Speak with the team about the positives and negatives that occurred during the game.
- ✍ Not leave the field until every team member has been picked up by a known family member or designated driver.
- ✍ Notify parents if their child was injured no matter how small or insignificant the injury is. There are no exceptions to this rule. This protects you and Plainview LL.
- ✍ Discuss any safety problems with the Team Safety Officer that occurred before, during or after the game.
- ✍ If there was an injury, make sure an accident report was filled out and given to the Plainview LL Safety Officer.
- ✍ Return the field to its pre-game condition, per Plainview LL policy.

**If a manager knowingly disregards safety, he or she will come before the Plainview LL Board of Directors to explain his or her conduct.**



## **HAVE YOU:**

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

# Plainview Little League – Safety Manual

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## Division Directors

The division director of each division is responsible for ensuring that the policies and regulations of the league and safety officer are carried out

## Umpire

### Before a game starts, the umpires shall:

- ✍ Check equipment in dugouts of both teams. Equipment that does not meet specifications must be removed from the game.
- ✍ Make sure that catchers are wearing helmets while warming up pitchers.
- ✍ Make sure there are no foam inserts in helmets and that all helmets have the NOCSAE specifications and bear Little League's seal of approval.
- ✍ Walk the field for hazards and obstructions (i.e. rocks and glass)
- ✍ Check the players to see if they are wearing jewelry.
- ✍ Check players to see if they are wearing metal cleats.
- ✍ Make sure the playing lines are marked with non-caustic lime, chalk or other white material easily distinguishable from the ground or grass.
- ✍ Secure an official Little League baseball from each manager.
- ✍ Go over the ground rules with the manager or designated coach from each team.
- ✍ Use a Field Safety Checklist to document that all the above was carried out.

### During the game the umpire shall:

- ✍ Govern the game as mandated by Little League rules and regulations.
- ✍ Check baseballs for discoloration and nicks and declare a ball unfit for use if it exhibits these traits.
- ✍ Act as the sole judge as to when play shall be suspended or terminated during a game because of unsuitable weather conditions or the unfit conditions of the playing field; as to whether and when play shall be resumed after such suspension; and as to whether and when a game shall be terminated after such suspension.
- ✍ Enforce the rule that no spectator shall be allowed on the field during the game.
- ✍ Make sure catchers are wearing the proper equipment.
- ✍ Continue to monitor the field for safety and playability.
- ✍ Make sure that the players and spectators keep their fingers out of the fencing.

### After the game the umpires shall:

- ✍ Check with the managers of both teams for safety violations.
- ✍ Have each manager or designated coach sign the Umpires score card.
- ✍ Report any unsafe situation to the Plainview LL Safety Officer by telephone or in writing.



## Keep'em Safe! Kids Aren't Cargo!

- Motor vehicle crashes are the leading cause of death for children 5-15 years of age. Kids should ride in the back seat with seat belts fastened.
- Children riding in the beds of trucks have no safety restraining devices to protect them in case of an accident.
- Passengers who are ejected from a vehicle are three times more likely to die than those who remain in the vehicle.

*\* Information from the National Highway Traffic Safety Administration*

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# Plainview Little League – Safety Manual

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## Facilities Manager

The Plainview LL Facilities Manager is responsible to ensure that the fields and Structures used by Plainview LL meet the safety standards as set forth in this manual. See appendix for Facility Survey.

## Concession Stand Manager

The Plainview LL Concession Stand Manager is responsible to ensure the Concession Stand Volunteers are trained in the safety procedures as set forth below. **To date Plainview Little League does not maintain any concession stands.**

## Equipment Manager

The Plainview LL Equipment Manager is responsible to get damaged equipment repaired or replaced as reported. This replacement will happen in a timely manner. The Equipment Manager will also exchange equipment if it does not fit properly.

## Team Safety Officer (TSO)

The TSO is a:

- ✍ Role Model to younger children
- ✍ Defender of safety.
- ✍ Liaison between the team and Plainview LL Safety Officer.
- ✍ Hero when injuries are prevented by taking safety seriously.

### Pre-Season:

In the pre-season, the TSO must:

- ✍ Acquire the Safety Manual from the team manager and read it.
- ✍ Call the Plainview LL Safety Officer and introduce yourself.
- ✍ Attend the Emergency Medical Clinic with your team manager.
- ✍ Inspect the equipment when the Equipment Manager issues it to your team and replace any equipment that looks unsafe.
- ✍ Get to know the players on your team.
- ✍ Talk to parents, confidentially, and inquire if their child suffers from allergies, asthma, heart conditions, past injuries, ADD, ADHD, a communicable disease such as hepatitis, HIV, AIDS, etc. Fill out a medical history form on each child if needed.
- ✍ Find out if a child is taking any kind of medication.
- ✍ Report your findings in a written summary and submit it to the Plainview LL Safety Offices for his/her records.

### During the Season:

During the season, the TSO will:

- ✍ Keep a Safety Log of all injuries that occur on his or her team.
- ✍ Report weekly as part of a Safety Committee to the Plainview LL Safety Officer, even if nothing has happened.
- ✍ Inspect players' equipment for cracks and broken straps on a routine basis.



# Plainview Little League – Safety Manual

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- ✍ Have a five minute Safety meeting with the team each week.
- ✍ Communicate any safety infractions to the Plainview LL Safety Officer or any other Board Member.
- ✍ Help managers and coaches give First-Aid, if needed.
- ✍ Act as a conduit between parents, managers, the Plainview LL Safety Officer and the kids.
- ✍ Fill out accident reports if an injury occurs.
- ✍ Report an injury to the Plainview LL Safety Officer within 12 hours of the occurrence.
- ✍ Track the First Aid Kit inventory and advise the team manager when items need replacing.

## **Pre-Game:**

Before the game begins the TSO will:

- ✍ Make sure the Safety Manual and First-Aid kit are present.
- ✍ Watch the players as they stretch and do warm ups for signs of stress and injury.
- ✍ Check the equipment for cracks or broken straps.
- ✍ Walk the field; remove broken glass and other hazardous materials.
- ✍ Be ready to go into action should anyone get hurt.

## **During the Game:**

During the game the TSO will:

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

## **Post Game:**

After the game the TSO will:

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

**\*\*\* IF A MANAGER HAS NOT APPOINTED A TSO THEN HE OR SHE MUST ASSUME THOSE RESPONSIBILITIES.**

**Post Season and All-Star Play** Everybody's responsibility remains the same throughout the post season.

# Plainview Little League – Safety Manual

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## Conditioning & Stretching

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

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

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

### ***Hints on Stretching***

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

### ***Hints on Calisthenics***

- ✍ Repetitions of at least 10
- ✍ Have kids synchronize their movements.
- ✍ Vary upper body and lower body
- ✍ Keep the pace up for good cardio-vascular work-out

# Asthma Emergency Signs

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

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

**Asthma is different for every person.**

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

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

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

Michigan Asthma Steering Committee of the Michigan Department of Community Health

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

# Plainview Little League – Safety Manual

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## PITCHING

### PITCH COUNT

Pitch count does matter. Plainview Baseball will follow the pitch count rules instituted by Little League Baseball Inc.

Below is an excerpt from The Little League Pitch Count for 2015. All managers and coaches should download this document from the Little League website at [www.littleleague.org](http://www.littleleague.org).

#### **Regular Season Pitching Regulations**

- A pitch limit for pitchers league age 7-8 has been added, with a maximum of 50 pitches per day. Previously, the limit for these ages was the same as for pitchers who were league age 9-10.
- A provision has been added that prohibits a player who has been removed as a pitcher in a game from playing the position of catcher for the remainder of that day. This was a recommendation of Dr. Andrews and Dr. Fleisig, and is intended to further prevent overuse injuries. The position of catcher, according to Dr. Andrews and Dr. Fleisig, has the second-most overuse injuries, which can be exacerbated by moving from pitcher to catcher in the same day. (However, moving from pitcher to any of the other seven positions, or from catcher to pitcher, apparently does not cause the same concerns.)
- Pitchers league age 16 and under who deliver 41 or more pitches in a game must also have a game of rest, in addition to the number of days rest prescribed. Pitchers league age 17-18 who deliver 51 or more pitches in a game must also have a game of rest, in addition to the number of days rest prescribed. This enhancement is designed to help ensure that teams develop more pitchers, and to help ensure that scheduling anomalies do not result in undue advantages for some teams.
- The “automatic” intentional walk was removed. If a pitcher wishes to intentionally walk a batter, he/she must do so by pitching four pitches intentionally outside the strike zone that are not struck at by the batter, and are called “balls” by the umpire. All such pitches will count in determining that pitcher’s pitch count. The complete regular season pitching regulation for baseball may be found at:  
[http://www.littleleague.org/media/RS\\_Pitching\\_Regulation\\_Changes\\_Baseball\\_2008.pdf](http://www.littleleague.org/media/RS_Pitching_Regulation_Changes_Baseball_2008.pdf)

#### **Tournament Pitching Rules**

- As noted above in the regular season regulations, a provision has been added that prohibits a player who has been removed as a pitcher in a game from playing the position of catcher for the remainder of that day.
- Pitchers league age 16 and under (except those 16-year-olds playing in Big League) who deliver 21 or more pitches in a game must also have a game of rest, in addition to the number of days rest prescribed. Big League Division pitchers league age 16-18 who deliver 36 or more pitches in a game must also have a game of rest, in addition to the number of days rest prescribed.
- A rule allowing the pitcher of record in a suspended game to continue pitching on a subsequent day in that game has been added. However, in the case of a game resumed more than one day after the suspended game, the number pitches delivered in a game in between those dates will also be used to determine eligibility.
- Failure by the manager to remove a pitcher before that pitcher becomes ineligible will result in the suspension of the manager for the next two tournament games, with further penalties possible if the Tournament Committee deems that the infraction merits it. (This removes the automatic forfeiture penalty. However, the Tournament Committee could impose a forfeit if the situation warrants it.)
- The “automatic” intentional walk was removed, as noted in the regular season regulation above. The complete tournament pitching rule for baseball may be found at:  
[http://www.littleleague.org/media/T\\_Pitching\\_Rule\\_Changes\\_Baseball\\_2008.pdf](http://www.littleleague.org/media/T_Pitching_Rule_Changes_Baseball_2008.pdf)

## Plainview Little League Little League Pitching Restrictions Summary Sheet

All children who are enrolled in the Plainview Little League Baseball programs will be required to comply with the following pitching restrictions and mandatory rest periods:

### Pitching Week is Sunday – Saturday

Little League Age	Pitches Allowed Per Day	Divisions That Are Affected
11 thru 12 (Grades 6 & 7)	85 Pitches	Majors
9 thru 10 (Grades 4 & 5)	75 Pitches	Double AA & Triple AAA
7 thru 8 (Grades 2 & 3)	50 Pitches	Single A & Rookie (2 <sup>nd</sup> -half)

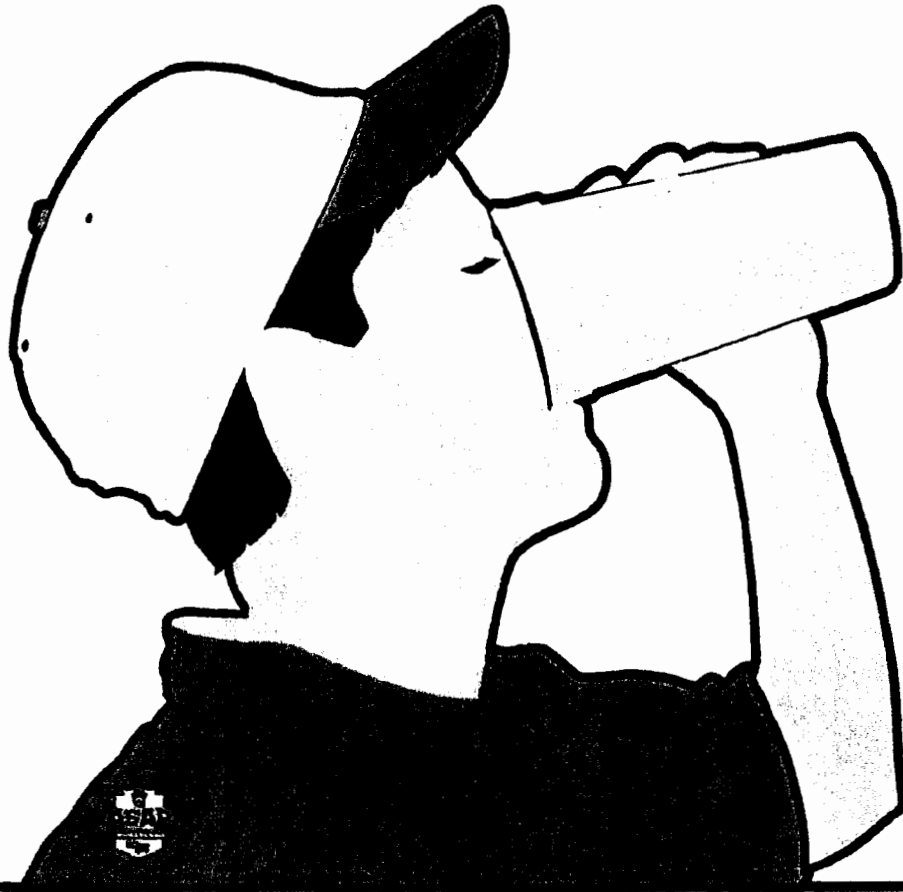
The following mandatory rest periods will also be applicable for all Little League players ages 7-12.

In addition, no child may pitch more than six innings per week.

In the Single A and Double AA, no more than three (3) innings per game.

In Triple AAA and Majors divisions, pitchers can pitch six (6) innings per game.

Number of Pitches Thrown in One Day	Mandatory Rest Period
66 or More Pitches Thrown	Four Calendar Days



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

© 1998 Little League Baseball, and Musco Lighting, Inc.

### **Drinking Guidelines For Hot Day Activities**

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

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

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

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

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

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

# Plainview Little League – Safety Manual

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Little League also continues to receive advice from volunteers regarding breaking balls. All of the evidence so far points to overuse at the main reason for pitching-related injuries. However, we continue to monitor this situation, and we are in fact taking part in a multi-year scientific study that we hope will provide clear direction on this issue. Once that study is complete, Little League will take the appropriate measures.

In the Appendix is a tool that Manager's should provide to their scorekeeper to track pitch count. Pitchers name and pitch count must be shared with the opposing coach and umpire at the end of each inning.

## HYDRATION

Good nutrition is important for children. Sometimes, the most important nutrient children need is water – especially when they're physically active. When children are physically active, their muscles generate heat thereby increasing their body temperature. As their body temperature rises, their cooling mechanism - sweat – kicks in. When sweat evaporates, the body is cooled.

Unfortunately, children get hotter than adults during physical activity and their body's cooling mechanism is not as efficient as adults. If fluids aren't replaced, children can become overheated.

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

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

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

During any activity water is an excellent fluid to keep the body well hydrated. It's economical too! Offering flavored fluids like sport drinks or fruit juice can help encourage children to drink. Sports drinks should contain between 6 and 8 percent carbohydrates (15 to 18 grams of carbohydrates per cup) or less. If the carbohydrate levels are higher, the sports drink should be diluted with water. Fruit juice should also be diluted (1 cup juice to 1 cup water). Beverages high in carbohydrates like undiluted fruit juice may cause stomach cramps, nausea and diarrhea when the child becomes active. Caffeinated beverages (tea, coffee, Colas) should be avoided because they are diuretics and can dehydrate the body further. Avoid carbonated drinks, which can cause gastrointestinal distress and may decrease fluid volume.

## Safety Equipment

### First-Aid Kit

Each team is required to maintain a first aid kit and to have it available at all games and practices. The first aid kit

must contain, but not limited to the following:

- ✍ Rubber gloves
- ✍ Band-Aids
- ✍ Gauze pads and gauze bandages
- ✍ Instant cold packs

Below you will see an itemized list of items that are in a well-stocked first aid kit.

# Plainview Little League – Safety Manual

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## **Insurance Riders:**

Insurance riders are needed if any practices, games or events involving baseball, On or off Plainview field or pool complex take place before or after the regularly scheduled Spring season, Post Season, Summer or Fall Season.

Insurance riders are also necessary if non-Little League teams practice, play games, or hold tournaments on a Plainview field or pool complex.

## **SAFETY FIRST!**

BE ALERT!

CHECK PLAYING FIELD FOR HAZARDS

PLAYERS MUST WEAR PROPER EQUIPMENT

ENSURE EQUIPMENT IS IN GOOD SHAPE

MAINTAIN CONTROL OF THE SITUATION

MAINTAIN DISCIPLINE

BE ORGANIZED

KNOW PLAYERS' LIMITS AND DON'T EXCEED THEM

MAKE IT FUN!!!!!!!



# Plainview Little League – Safety Manual

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Plainview Little League Registration Data To Be Submitted Via Little League Data  
Center On Or Around April 1<sup>st</sup> 2015



# Little League Volunteer Application -2014

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

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

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Social Security # (mandatory with First Advantage or upon request) \_\_\_\_\_

Cell Phone \_\_\_\_\_ Business Phone \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Date of Birth \_\_\_\_\_

Occupation \_\_\_\_\_

Employer \_\_\_\_\_

Address \_\_\_\_\_

Special professional training, skills, hobbies: \_\_\_\_\_

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

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

Do you have children in the program? Yes  No  If yes, list full name and what level? \_\_\_\_\_

Special Certification (CPR, Medical, etc.): \_\_\_\_\_

Do you have a valid driver's license: Yes  No

Driver's License#: \_\_\_\_\_ State \_\_\_\_\_

Have you ever been convicted of or plead guilty to any crime(s) involving or against a minor?: Yes  No

If yes, describe each in full: \_\_\_\_\_

Are there any criminal charges pending against you regarding any crime(s) involving or against a minor?  Yes  No If yes, describe each in full: \_\_\_\_\_

Have you ever been refused participation in any other youth programs? Yes  No

If yes, explain: \_\_\_\_\_

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

League Official  Coach  Umpire  Field Maintenance

Manager  Scorekeeper  Concession Stand  Other

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

Name/Phone

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

Applicant Signature \_\_\_\_\_ Date \_\_\_\_\_

If Minor/Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Applicant Name (please print or type) \_\_\_\_\_

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

### LOCAL LEAGUE USE ONLY:

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

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

Sex Offender Registry  Criminal History Records  \*First Advantage

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

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

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# 2015 Qualified Safety Program Registration Form



**Registering your qualified safety plan is as easy as 1, 2, 3!**

- 1) Complete all four sides of this Registration Form;
- 2) Complete the 2015 Facility Survey for all fields your league uses (DO NOT copy last year's form);
- 3) Submit **both** forms *with* your complete safety plan — including *all 15 minimum requirements clearly detailed* — with

a **postmark** no later than **April 1, 2015**. This will register your safety program with Little League International (see pages 2.1-2.3 for more information). Due to the volume of plans received, plans may be submitted *starting Jan. 1, 2015*.

Approved safety plans will win your league a cash credit based on the number of teams your safety plan covers, if you carry Little League AIG Insurance. In addition, your program will automatically be entered in the 2015 ASAP Awards!

**District Administrators:** To earn the district incentive for ASAP participation, a district's league plans must be *received and approved by Little League International by March 13*. This is different than the league deadline and requirement. Districts with **87%** or better of their leagues that LLI received an approved and qualified safety plan by March 13 will earn a **\$350 credit**. Districts with **70%-86%** of their leagues that LLI received an approved and qualified safety plan by March 13 will earn a **\$150 credit**.

## This Registration Form MUST Accompany Safety Plan Submission

League Name <u>Plainview Little League</u>	League I.D. # <u>023-23-208</u>
City <u>Plainview</u> State <u>NY</u>	League I.D. # _____
(If board operates more than one charter, please list <b>all</b> ): League I.D. # _____	

League Safety Officer Robert Pickus  
 Address 37 Hollywood Drive  
 City Plainview  
 State NY Zip Code 11803  
 Work Telephone ( 212 ) 812-8452  
 Home Telephone ( 516 ) 932-5699  
 Cell/Pager Number ( 516 ) 242-1496  
 Email robert@abacusnyc.com

League President Richard Saltzman  
 Address 19 Crescent Drive  
 City Old Bethpage  
 State NY Zip Code 11804  
 Work Telephone ( 914 ) 798-0932  
 Home Telephone ( 516 ) 756-7252  
 Cell/Pager Number ( 914 ) 629-4145  
 Email rsaltzman2@gmail.com

Items included with this application form:  
 # of pages of league's safety program outline: \_\_\_\_\_  
 # of non-returnable photographs: \_\_\_\_\_

Person submitting application (if different from above):  
 Name \_\_\_\_\_ Title \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_  
 State \_\_\_\_\_ Zip Code \_\_\_\_\_ Telephone ( ) \_\_\_\_\_  
 Signature [Signature] Date 4/14/15

Name and signature of professional photographer to be credited and granting permission for reproduction of photographs (if applicable)  
 \_\_\_\_\_

**Return this form and 2015 Little League Facility Survey, along with supporting safety manual, to:**  
 Mailing Address: ASAP Award Program or Shipping Address: ASAP Award Program  
 Little League International Little League International  
 P.O. Box 3485 539 U.S. Route 15 Hwy.  
 Williamsport, PA 17701 So. Williamsport, PA 17702

Returned & Approved by March 13 for DA incentive or no later than April 1 for basic approval Over →

# Qualified Safety Plan Requirements



## Making It "Safer For The Kids"

These two pages contain the 15 minimum requirements for your safety plan to qualify for the cash credit if you take Little League AIG player accident insurance. Page 4 provides a list of ways to improve on the minimum requirements. ***This form does not constitute a safety program. Please submit the safety manual that was distributed to league personnel, this form and your facility survey,*** as well as any other supporting pieces illustrating your safety program. Please specify all areas on which you wish your program to be judged (facilities improvements, safety equipment usage, etc.), and document to the best of your ability those changes (photos, forms, written procedures, etc.). ***Judging:*** All judging will be conducted based on the material submitted. Non-original safety plans will not be considered for the awards.

**★ Please List Page Number Where Each Item Below Is Located In Your Safety Plan**

• Please list dates when training was/will be held; and where each requirement can be found in your plan.

**1. Have active safety officer on file with Little League International**

**1. Page:** 1, 5-9

**2. PUBLISH and DISTRIBUTE a paper copy of the applicable safety manual to volunteers**

**2. Page:** 4

- The intent is to print and distribute the safety plan to all staff: concession manual to concession workers, equipment policies to facilities crew, first aid to managers and coaches, etc. Keep copies in common areas for all volunteers.
- While safety plans may be posted on the internet, individuals must be provided with printed copies to carry with them to the areas where their duties are performed.
- Samples can be found in the example safety manuals on the LL web site.
- Include all relevant material for coaches, including these minimum standards.
- Keep a copy for your league. Send a copy to your DA or District Safety Officer. Little League International does not keep copies for leagues' future use.

**3. Post and distribute emergency and key officials' phone numbers**

**3. Page:** 5-9

- Include emergency procedures for handling injuries and who to contact to track/report them.
- Include emergency phone numbers for ambulance, police, fire department, etc.
- Include league president and safety officer, consider head umpire, board members.

**4. Use 2015 Volunteer Application Form**

**4. Page:** 34

- Managers, coaches, board members and any other persons, volunteers or hired workers, who provide regular services to the league and/or have repetitive access to or contact with players or teams **must fill out application form as well as provide a government-issued photo identification card for ID verification.** Check name spellings and numbers for accuracy.
- Must conduct a search of the Department of Justice's *nationwide* sex offender registry, using 2015 Volunteer Application Forms, on all applicable volunteers.
- Information on running background checks that contain not only those on a sex offender registry, but other crimes of a sexual and non-sexual nature, can be found on the Little League website.
- May conduct a supplemental criminal background check using resources such as *First Advantage*.
- Anyone **refusing** to fill out Volunteer Application is **ineligible** to be a league member.
- League president must retain these confidential forms for the year of service.
- Do not send in volunteers' forms; blank copy of league's application form from correct year should be sent.
- When using First Advantage for background checks, Social Security numbers are required. You must enter these numbers into the database and then redact the social security number and/or other personal information from the paper copy for added protection.

**5. Provide and require fundamentals training, with at least one coach or manager from each team attending (fundamentals including hitting, sliding, fielding, pitching, etc.)**

**5. Page:** N/A

- *It is not necessary for the first aid and training fundamentals to be held before the Safety Plan is submitted. It is acceptable for scheduled dates/locations to be listed to meet requirement.*
- Document date, location, who is required to attend and who did attend. Save copies of attendees to track their participation for future use. Intent is to provide training to ALL coaches and managers; **minimum of one participant per team.**
- Training qualifies volunteer for 3 years; but one team representative still required each year.
- High school, college or experienced league coaches can be great resources.
- Districts can assist by providing training sessions on a district-wide basis.
- Training should be modified annually to meet the local needs of players and their facilities.

**5. Date Was/ Will Be Held:** 3/16/15

**5. Date Was/ Will Be Held:** \_\_\_\_\_



# 2015 Qualified Safety Program Registration



## Highly Recommended Ideas

Looking to improve your program? Here are ideas pulled from the leading safety plans in the country:

### ORGANIZATION

16. Conduct supplemental criminal checks on all applicable personnel (i.e., thru <i>First Advantage</i> )	16. Page: 34
17. Have your safety plan reviewed by your DA or DSO	17. Page: N/A
18. Include the safety officer as a board position	18. Page: 17
19. Have team safety representatives (i.e. team parents)	19. Page: 24-25
20. Have player safety representatives (i.e. team safety officers)	20. Page: 24-25
21. Allocate part of annual budget for safety	21. Page: N/A
22. Distribute ASAP News newsletters within league	22. Page: Website
23. Use local safety resources (i.e. police, fire dept., hospital staff)	23. Page: 7
24. Have league safety mission statement	24. Page: 4

### TRAINING

25. Provide CPR/AED training to coaches, managers, board members, parents	25. Page: Implementing
26. Provide bicycle and traffic training to players	26. Page: N/A
27. Provide drug education training to players and volunteers	27. Page: N/A
28. Provide Parent Orientation Program on <i>Code of Conduct</i>	28. Page: 11-12
29. Teach coaches/managers about heat illnesses, warning signs	29. Page: 31
30. Teach coaches/managers about stopping play, breaks for weather: • Stop play for lightning; take breaks between innings for water, shade in high heat	30. Page: 31
31. Teach coaches/managers about sports fundamentals, like: • Proper warm-ups, running safe practices and games	31. Page: 26-27
32. Involve umpires in safety training and safety importance	32. Page: 22

### FACILITIES AND EQUIPMENT

33. Complete annual LL Lighting Safety Audit for lighted fields	33. Page: N/A
34. Complete a long-range facility plan for safety improvements	34. Page: N/A
35. Use reduced impact balls, especially for younger ages	35. Page: N/A
36. Use disengage-able bases (mandatory starting in 2008) for ALL fields	36. Page: N/A
37. Use double-first base to avoid collisions of fielders, runners at first	37. Page: N/A
38. Use warning tracks in the outfield to protect outfielders	38. Page: N/A
39. Use protective/padded fence tops to protect fielders	39. Page: N/A
40. Use fencing or netting to protect spectators from foul balls	40. Page: N/A
41. Have a telephone available to all fields even for practices	41. Page: N/A
42. Have back guard rails and side rails on taller bleachers	42. Page: N/A
43. Have an AED (automatic external defibrillator) available for use	43. Page: Implementing
44. Have electronic weather detector to alert for approaching storms	44. Page: N/A
45. Have guidelines for safe equipment usage (i.e. no riders on mowers, etc.)	45. Page: N/A
46. Control speed and flow of traffic in and around facilities	46. Page: N/A

### ACTIVITIES

47. Encourage league input through 'Safety Suggestion Box'	47. Page: N/A
48. Provide continuous safety messages through: • Bulletin boards, newsletters, emails, meetings	48. Page: N/A
49. Encourage and recognize safety efforts from players: • Safety poster contest, safety tips, player team safety officer	49. Page: N/A
50. Require/Encourage use of protective cups for players, esp. infielders	50. Page: N/A
51. Require/Encourage use of mouth guards for players, esp. infielders	51. Page: N/A
52. Require/Encourage use of face guards on batting helmets	52. Page: N/A
53. Encourage all adults to sign up for Little League E-News	53. Page: N/A

# LITTLE LEAGUE BASEBALL® & SOFTBALL NATIONAL FACILITY SURVEY

2015



League Name: Plainview Little League  
 District #: NY 32  
 ID #: 023-23-208  
 (if needed) ID #: \_\_\_\_\_  
 (if needed) ID #: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_

President: Richard Soltzman  
 Address: 19 Crescent Dr  
 Address: \_\_\_\_\_  
 City: Old Bethpage  
 State: NY ZIP: 11804  
 Phone (work): (914) 798-0932  
 Phone (home): (516) 756-7252  
 Phone (cell): (914) 629-4145  
 Email: rsoltzman@plainviewbaseball.org

Safety Officer: Robert Pickus  
 Address: 37 Hollywood Drive  
 Address: \_\_\_\_\_  
 City: Plainview  
 State: NY ZIP: 11803  
 Phone (work): (212) 812-8452  
 Phone (home): (516) 932-5699  
 Phone (cell): (516) 272-1496  
 Email: rpickus@plainviewbaseball.org

### PLANNING TOOL FOR FUTURE LEAGUE NEEDS

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

2015 LL Season





		Field #	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
<b>FIELD</b>																						
15. Is field completely fenced?	Yes		X													X						
16. What type of fencing material is used?	Chainlink		X													X						
	Wood																					
	Wire																					
17. What base path material is used?	Sand, clay, soil mix		X	X	X	X	X	X	X	X	X	X	X	X	X	X						
	Ground burnt brick																					
	Other:																					
18. What is used to mark baseline?	Non-caustic lime																					
	Spray paint																					
	Commerc'l marking		X	X	X	X	X	X	X	X	X	X	X	X	X	X						
19. Is your the infield surface grass?	Yes	X	X	X	X	X	X	X	X	X	X	X	X	X	X							
20. Does field have conventional dirt pitching mound?	Yes																					
21. Does field have a temporary pitching mound?	Yes																					
22. Are there foul poles?	Yes		X						X													
23. Backstop behind home plate?	Yes		X	X	X	X	X	X	X	X	X	X	X	X	X	X						
<b>PERFORMANCE AND PLAYER SAFETY</b>																						
24. Is there an outfield warning track?	Yes		X													X						
24.a. If yes, what width is warning track? Please specify:	(Width in feet)		10													10						
25. Batter's eye (screen/covering) at center field?	Yes																					
26. Pitcher's eye (screen/covering) behind home plate?	Yes		X													X						
27. Are there protective fences in front of the dugouts?	Yes		X	X	X	X	X	X	X	X	X	X	X	X	X	X						
28. Is there a protected, on-deck batter's area? (On-deck areas have been eliminated for ages 12 and below.)	Yes																					
29. Do you have fenced, limited access bull pens?	Yes		X																			
30. Is a first aid kit provided per field?	Yes		X	X	X	X	X	X	X	X	X	X	X	X	X	X						
31. Do bleachers have spectator foul ball protection?	Overhead screens																					
	Fencing behind																					
32. Do your bases disengage from their anchors? (Mandatory since 2008)	Yes		X	X	X	X	X	X	X	X	X	X	X	X	X	X						
33. Is the field lighted?	Yes		X																			
34. Are light levels at/above Little League standards? (50 footcandles infield/30 footcandles outfield)	Yes		X																			
	Don't know																					
35. What type of poles are used? (Wood poles have not been allowed by Little League for new construction of lighting since 1994)	Wood*																					
	Steel		X																			
	Concrete																					
36. Is electrical wiring to each pole underground?	Yes		X																			
37. Ground wires connected to ground rods on each pole?	Yes		X																			
38. Which fields were tested/inspected in the last two years? <b>Please indicate month/year testing was done (example: 3/10).</b>	Electrical System																					
	Light Levels																					
39. Fields tested/inspected by qualified technician?	Electrical System																					
	Light Levels																					

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		Field #	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
<b>FACILITY MANAGEMENT</b>																						
40. Which fields have the following limitations:																						
a. Amount of time for practice?	Yes		X	X	X	X	X	X	X	X	X	X	X	X	X	X						
b. Number of teams or games?	Yes		X	X	X	X	X	X	X	X	X	X	X	X	X	X						
c. Scheduling and/or timing?	Yes		X	X	X	X	X	X	X	X	X	X	X	X	X	X						
41. Who owns the field?	Municipal		X	X	X	X	X								X	X	X					
	School								X	X	X	X	X									
	League																					
42. Who is responsible for operational energy costs?	Municipal		X	X	X	X	X								X	X	X					
	School								X	X	X	X	X									
	League																					
43. Who is responsible for operational maintenance?	Municipal		X	X	X	X	X								X	X	X					
	School								X	X	X	X	X									
	League																					
44. Who is responsible for purchasing improvements for the field - ie bleachers, fences, lights?	Municipal		X	X	X	X	X								X	X	X					
	School								X	X	X	X	X									
	League																					
	Other																					
45. What divisions of <b>baseball</b> play on each field?	T-Ball & Minor		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X					
	Major		X																			
	Jr., Sr. & Big																					
	Challenger																					
	50 - 70																					
46. What divisions of <b>softball</b> play on each field?	T-Ball & Minor		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X					
	Major		X																			
	Jr., Sr. & Big																					
	Challenger																					
47. Do you plan to host tournaments on this field?	Yes		X														X					

# FIELD DIMENSION DATA

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

Field No.	Height of outfield fence	Distance from home plate to:				Foul territory distance from:					
		Outfield fence			Back stop	Left field line to fence at:			Right field line to fence at:		
		Left	Center	Right		Home	3rd	Outfield foul pole	Home	1st	Outfield foul pole
1	5	205	205	205		15	15	15	15	15	15
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											
13											
14	5	205	205	205		15	15	15	15	15	15
15											
16											
17											
18											
19											
20											

Return completed survey with safety program registration and supporting materials by April 1, 2015 to:

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

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

Leagues completing their facility survey online at <http://facilitysurvey.musco.com> should include it with safety plan submission.

2015 LL Season