

**LOS ALTOS/LOS ALTOS HILLS LITTLE LEAGUE  
SAFETY PLAN 2020  
LEAGUE ID: 405-44-21**

### Los Altos/Los Altos Hills Little League Policy:

The policy of Los Altos/Los Altos Hills Little League is to provide an extremely positive experience for boys and girls in our community ranging in age from 5 to 16 years. Los Altos/Los Altos Hills Little League takes great pride in the support, enrichment, motivation, and above all, fun provided for all of our players.

### Safety Code

In order to ensure an enjoyable experience, it is imperative that a safe environment be provided for everyone involved. Creating this safe environment requires attention and help from all of us – managers, coaches, administrators, snack-shack staff, players, parents, visitors, etc.

The Safety Officer through the Commissioners will distribute copies of the Safety Plan to coaches and managers. The President, Snack Shack Coordinator, and Chief Information Officer will also receive copies. The Safety Plan will be posted on the League's website for easy access to forms and standards. Please read, understand, and follow the instructions in this manual, so that our league may provide a safe baseball playing experience to our players. This manual contains the following:

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*Los Altos Little League Safety Director: Dave Juran*

## Emergency Procedures:

In the event of an accident, the manager or coach shall remain calm and tend to the injured player(s). It is only natural for the other members of the team to run to the injured player. In order to administer proper care to the injured player, instruct all other players to go back to their respective positions.

### *In case of a minor injury:*

Use the first aid kit as needed to apply an ice pack or support bandages.

If blood is present, wear non-latex barrier gloves to protect yourself and the injured player(s). Use soap and water, or an antiseptic wipe to clean the wound and apply light pressure to stop bleeding. Use a suitable (preferably, sterile) bandage with or without antiseptic ointment to cover the injured area.

If any part of the uniform or equipment is soiled with blood, the uniform shall be thoroughly cleaned prior to continued use. Clothing may need to be changed for complete cleaning.

### *In case of a major injury:*

If you have determined that an injury is major, professional medical attention should be sought.

**If appropriate, call 911** on a landline. At Purissima, there is no direct 911 cell service, on a cell phone call **(408) 299-3233** for emergency help. Local emergency number will be posted in all sheds at Purissima. Stay with the injured player and provide comfort until medical attention arrives. Keep the player calm and as comfortable as possible. Avoid moving the player in any way unless remaining there presents a greater danger.

When calling 911 or (408) 299-3233 in Los Altos Hills, be prepared to give your **name**, your **location**, and a **brief description of the emergency**. Listen carefully to the operator's requests or questions. Once finished with the phone call, get in position or designate others to an appropriate location to meet and direct emergency personnel and vehicles to the injured player.

## **Choosing a Medical Care Facility**

It shall be the team manager or coach's responsibility to determine if any player shall continue to participate in practice or a game. If you feel the need to get medical attention under any circumstances, then:

1. If emergency personnel are present, allow them to provide instructions for care.
2. Consult with the player's parents (if present) for doctor or hospital information, and ask if they wish to take the player to one of these facilities.
3. If no parent of the injured player is present, check the player's medical release information provided by your league. **This information must be with the team at all Little League events (practices, games, picnics, etc.).** If there is a doctor, medical clinic or hospital listed, this should be your first choice. Provide this information to emergency personnel.

*Los Altos Little League Safety Director: Dave Juran*

**Choosing a Medical Care Facility (cont).**

Los Altos Little League has selected the following facilities in the absence of a choice by the parents or in the medical release information.

*Hospital Facility*

<i>Name:</i>	<b>El Camino Hospital</b>
<i>Address</i>	<b>2500 Grant Road</b>
<i>City</i>	<b>Mountain View</b>
<i>Phone</i>	<b>(650) 940-7000</b>

Additional detailed information is available in the sheds, emergency phone numbers are posted in the sheds.

**Accident Reporting Procedure:**

Little League Baseball is constantly looking for ways to improve safety for everyone. To help the league in this effort we are required to provide detailed reports of all accidents and/or injuries. Fill out an Incident / Injury Tracking Report form and submit it to the Safety Director, **Dave Juran (davejuran@hotmail.com)**; or your division Commissioner within 48 hours of the incident.

<b>Juniors Commissioner</b>	Jeff Brown (jcbinet@gmail.com)
<b>Majors Commissioner</b>	Aaron Altschuler (amaltschuler@yahoo.com)
<b>Minors AAA Commissioner</b>	Shea Heath (shea.heath@gmail.com)
<b>Minors AA Commissioner</b>	Ted Kao (ted.kao@gmail.com)
<b>Minors A Commissioner</b>	Brian Farhi (bfarhi@gmail.com)
<b>T-Ball Commissioner</b>	Dean Dragoli (dean@multimods.com)
<b>Softball Commissioner</b>	Mark Meltz (meltzma@hotmail.com)

Incident / Injury Tracking Report forms shall be available at all game fields and practice sites and on the website. Every team manager and coach shall have blank forms at all Little League events. The Safety Officer supplies the Incident / Injury Tracking report forms.

Completed injury reports will be submitted by the league safety officer to the District 44 Safety Officer:

Theresa Sutton (d44safetyofficer@gmail.com)

*Los Altos Little League Safety Director: Dave Juran*

**Phone Numbers of selected Board Members:**

TITLE	FIRST	LAST	RESPONSIBILITY	PHONE
President	Steve	Apfelberg	League	(415) 519-2402
CFO	MaryAlice	Brinkman	League	(661) 599-1840
Secretary	Jeff	Brown	League	(650) 906-7098
Player Agent, Majors	Lori	McKinney	League	(408) 398-4999
Safety Officer	Dave	Juran	League	(650) 823-3188
Umpire -in-Chief	Andy	Uchida	League	(650) 279-0969
Player Agent T-Ball, A, AA, and AAA	Henry	Lee	League	(650) 248-4180
Player Agent Juniors	David	Rock	League	(650) 274-1290
Player Agent, Softball	Mark	Meltz	League	(781) 697-4143

**Note:** California District 44 Administrator: Sharon Zolezzi (hobeez@pacbell.net)  
 District 44 Safety Officer: Theresa Sutton (d44safetyofficer@gmail.com)

*Los Altos Little League Safety Director: Dave Juran*

**Safety Checklist – League Survey Form, Use Prior to the Start of a Game or Practice**

Safety Director, use this form to inspect every game or practice field prior to use each year.

Managers/Coaches forward completed forms to the Safety Director.

League Name: Los Altos Little League Field: Purissima 1, 2, 3, & 4

Safety Director: Dave Juran Inspection Date: February 18, 2020

Minors  Majors  Junior/Senior  Big League  Baseball  Softball

Ratings: 1-Excellent (Low problem potential), 2-Good, 3-Fair, 4-Poor, 5-Bad (Serious problem potential)

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League Name: Los Altos Little League Field: Hillview

Safety Director: Dave Juran Inspection Date: February 18, 2020

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League Name: Los Altos Little League Field: Almond and Almond T Ball

Safety Director: Dave Juran Inspection Date: February 18, 2020

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Managers/Coaches forward completed forms to the Safety Director.

League Name: Los Altos Little League Field: Egan

Safety Director: Dave Juran Inspection Date: February 18, 2020

Minors  Majors  Junior/Senior  Big League  Baseball  Softball

Ratings: 1-Excellent (Low problem potential), 2-Good, 3-Fair, 4-Poor, 5-Bad (Serious problem potential)

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League Name: Los Altos Little League Field: Santa Rita and Santa Rita T Ball

Safety Director: Dave Juran Inspection Date: February 18, 2020

Minors  Majors  Junior/Senior  Big League  Baseball  Softball

Ratings: 1-Excellent (Low problem potential), 2-Good, 3-Fair, 4-Poor, 5-Bad (Serious problem potential)

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League Name: Los Altos Little League Field: Los Altos High School

Safety Director: Dave Juran Inspection Date: January 11, 2020

Minors  Majors  Junior/Senior  Big League  Baseball  Softball

Ratings: 1-Excellent (Low problem potential), 2-Good, 3-Fair, 4-Poor, 5-Bad (Serious problem potential)

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Los Altos Little League Safety Director: Dave Juran

**Proper Equipment:**

Use this list to insure that your team is supplied with the proper equipment. If any of these items is missing or defective, contact the equipment director Jason Carballer (jcarballer@yahoo.com) and the safety director immediately. More information is contained in the Official Regulations and Playing Rules for Little League Baseball and Softball.

ITEM	DESCRIPTION	CONDITION (Good/Bad)
Batting Helmets	For T-Ball, A, AA, AAA, Majors and T-Ball and Minors softball there are 6 helmets kept in the equipment sheds at the fields. All helmets are free of cracks or chips. <b>Chinstraps required if helmet has snaps.</b> Must meet NOCSAE specifications.	
Bats	Smooth rounded wood or Little League approved material, free of cracks, dents or burrs. Non-wood bats must have a grip made of cork, tape or composite.	
Baseballs	All balls must meet Little League standards and specifications.	
Softballs	All balls must meet Little League standards and specifications	
Catcher's Helmet	The catcher's helmet must be free of cracks or chips. Must meet NOCSAE specifications. It may not be a skullcap. A catcher's mask, along with a dangling throat protector, is required.	
Catcher's Glove	For baseball and softball, catchers must use a catcher's mitt of any shape, size or weight consistent with protecting the hand. Mitts must be free of tears, with all laces intact.	
Catcher's Chest Guard	Long model chest protectors with neck collars are required, free from tears or cracks, with all straps intact. Juniors and Seniors may wear short model chest protectors.	
Catcher's Shin Guards	Shin guards must cover the entire knee, and down over the top of the foot. The guards must be free of tears or cracks, with all straps intact.	
Softball Face Masks	A face mask is supplied (one per bag) for Softball pitchers in Minors.	

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**First-Aid and Safety Training for Managers and Coaches:**

All managers and coaches were required to attend the Los Altos Little League Positive Coaching Clinic and Safety Seminar on **Tuesday, February 25, 2020 at 7:30pm** in the multipurpose room at Covington Elementary School, 205 Covington Road in Los Altos. First aid training was given by Dr. Joe Fields, safety was provided by Dave Juran, Safety Officer, and child protection was discussed by Steve Apfelberg, Los Altos Little League President. Updates on safety will be given at regular manager/coach meetings throughout the season. Attendance will be documented. Training qualifies volunteer for three years, though each team must be represented annually.

**Proper Mechanics Training for Managers, Coaches, Umpires and Players:**

Los Altos/Los Altos Hills Little League and District 44 offers coaching and mechanics clinics before the start of the season. Clinics for players were held on weekends throughout the fall of 2019. Baseball and softball coach's clinics are offered annually to train coaches and managers involved with younger and older players, respectively. The baseball coach's clinics were offered on **February 1 and , February 8 at Purissima Baseball Fields, Los Altos Hills, CA**. Additionally, each of the commissioners for both baseball and softball have conducted mandatory training sessions with the coaches from their respective divisions for both baseball and softball. Attendance at the coaches clinics was mandatory for all coaches and managers of T-Ball, Minors, and Majors players, unless they have already attended the Clinic for a minimum of two years. The instructors for the Coaches Clinics were either professional coaches, senior league officials and league board members. Also, on-line coach's training is made available, free of charge, to all league coaches and parents through [www.bigalbaseball.com](http://www.bigalbaseball.com). A mandatory positive coaching seminar was held on **Tuesday, February 25, 2020 at 7:30pm** in the multipurpose room at Covington Elementary School in Los Altos. A mandatory two-part umpire's clinic was held at Purissima Baseball Fields in Los Altos Hills, CA on **March 1, 2020** and the Covington Elementary School multi-purpose room on **February 11, 2020 and February 26, 2020**.

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**First Aid Kit:**

Every field and/or traveling team is supplied with a first-aid kit prior to the start of the first preseason practice. This kit should contain at a minimum the following items:

Item	Count
Instant Cold Packs	3 or more
Band aids	15
Soft Gauze bandages	4
Oval Eye Pads	2
Hypo-allergenic first aid tape (in dispenser)	1 roll
Ace 2" elastic bandage	2
Antiseptic ointment	1 tube
Surgical gloves	3 pairs
Antiseptic wipes	4
First aid manual	1

It will be the responsibility of the Safety Director and/or Managers to insure that the first aid kits are fully stocked at all times. Contact the Safety Director to restock before any item runs out.

**Note: A first-aid kit must be available to the team for all Little League activities.**

**Telephone Access During a Game or Practice:**

Identify the location of the nearest telephone at each team activity. This may be a regular or cellular phone at a field, or a pay phone several blocks away. Designate a person at each team activity to make phone calls in an emergency. Remember, when calling 911, be prepared to give your **name**, your **location**, and a **brief description of the emergency**. Listen carefully to the operator's requests or questions. Once finished with the phone call, go to an appropriate location to direct emergency personnel and vehicles to the injured player.

911 cell service at Purissima is a relay service through CHP. If using a cell phone to call for help from Purissima please dial **(408) 299-3233**. This phone number is posted at all the sheds at Purissima.

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**Background Checking of Los Altos Little League Volunteers:**

A background check will be conducted annually on all managers, coaches, Board of Directors members and any other persons, volunteers or hired workers who provide regular service to the league and/or have repetitive access to, or contact with, players or teams. All umpires over the age of eighteen will have a background check.

All volunteers must complete a Little League volunteer application. A link to the volunteer application and subsequent background check website (<https://www.jdpalatine.net>) is sent to all coaches, board members, league umpires, and volunteers. The league safety officer, commissioners, umpire in chief and league president ensure that all of the aforementioned volunteers go through and complete the on-line volunteer and background check process.

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

Los Altos/Los Altos Hills Little League uses JDP to conduct a search. Little League International has contracted with JDP to provide local leagues with a service that allows members to search a criminal records database of more than 350 million criminal records. Searches are made of available criminal records from various repository sources and state level Sex Offender Registries across the 50 states and the District of Columbia. All volunteers should understand that the ONLY losers in this initiative are those who would prey on our most precious resource, our children.

## Snack Shack – Safe Food Preparation and Handling

Los Altos/Los Altos Hills Little League is committed to maintaining the health and safety of players, adults, and visitors that attend Little League functions. Recognition of food poisoning as a major health hazard has been increasing. Since many Leagues serve packaged and/or prepared food, food service is relatively uncontrolled (i.e. with volunteer workers). There is a serious risk of food poisoning, which may result in litigation against the League, its Board of Directors and Little League Inc. California law requires a set of minimum standards for any establishments engaged in selling food. The following is an excerpt from the introduction to Santa Clara County's *FOOD SAFETY - It's Everyone's Business*.

It is crucial that food be properly handled and that food service establishments be kept clean and sanitary to prevent customers from getting sick from the food you serve. Knowledge of proper food-handling techniques is important in preventing food borne illness.

Bacteria, parasites, viruses, and toxins have all been implicated in food borne illness. According to the U.S. Food and Drug Administration, as many as 10,000 deaths each year have been attributed to food poisoning in the United States.

Following safe food handling procedures will improve food quality, reduce losses from food spoilage, and help to maintain the high standard of service expected from your customers. Failure to follow safe food handling practices can lead to food poisoning and costly legal procedures.

### Food Safety Program

Be aware that if your food establishment is found guilty in a lawsuit involving a food borne illness, both compensatory damages (the actual expenses incurred by the person or persons made ill) and punitive damages (a punishment for the negligence on the part of the food establishment) may be awarded. A functioning food safety program, which incorporates the suggestions made in the *FOOD SAFETY - It's Everyone's Business* manual, may limit your liability in two ways:

- 1) It significantly reduces the likelihood that food service personnel will prepare and serve food that can make your customers ill.
- 2) It documents the fact that established procedures were consistently followed.

The law that governs the operation of all retail food facilities in California is known as the CA Uniform Retail Food Facilities Law (CURFFL); Sections 27500 to 27921 of the CA Health and Safety Code.

- Please wash your hands with soap before you start your job at the snack shack. Also, please wash your hands frequently during your shift. (signs are posted).
- Please handle all food materials in a sanitary manner. Please use gloves to handle food materials that are not already wrapped.

When preparing hot dogs and hamburgers:

- Please make sure that the barbecue is cleaned thoroughly prior to cooking any food material on it. Hamburgers should be cooked for a sufficient amount of time so there should not be any uncooked meat in the center of the hamburger.
- Hot dogs and Polish dogs should also be cooked thoroughly. Please make sure that the outside of this food material does not get burned.

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- Food items such as meats, condiments, onions, cheese, etc. should be kept out of direct sunlight. At the end of the day, prior to closing, please throw away any food material that has been heated, such as nacho cheese, hamburgers, etc.

### **Food Poisoning**

Consuming foods or beverages that have become contaminated by the presence of harmful substances or organisms causes food poisoning. There are three basic categories of food related hazards that can result in a food borne illness or injury.

**BIOLOGICAL HAZARDS:** Harmful bacteria, parasites, viruses, fungi, insects, and poisonous plants and animals.

**CHEMICAL HAZARDS:** Harmful substances, such as cleaning solutions, pesticides, poisons, sanitizers, etc.

**PHYSICAL HAZARDS:** Foreign objects such as glass, rocks, metal, etc.

#### Primary Causes of Food Borne Illnesses

There are at least eight major food-handling errors commonly made that can cause food borne disease outbreaks:

- Failure to properly **COOK** food.
- Failure to properly **COOL** food.
- Failure to properly **REHEAT** cooked foods to temperatures that kill bacteria.
- Allowing foods to remain within the temperature danger zone (45 degrees F to 140 degrees F).
- Preparing food several hours to several days in advance of serving.
- Raw, contaminated ingredients mixed into foods that receive no additional cooking (cross-contamination).
- Cross-contamination through improperly cleaned equipment or utensils.
- Contamination of food from employees who are ill or who practice poor personal hygiene.

#### **If You Or Your Customers Get Food Poisoning**

- Stop serving the food.
- Advise the affected individuals to call their physicians or otherwise seek professional medical attention.
- Call the Department of Environmental Health.
- Save the questionable food for possible analysis.

If you (or an employee or a customer) get food poisoning, it is important to act immediately so that other people do not become sick. **AT ONCE** - stop serving the food items that were eaten.

Separate and label suspected food to prevent its use. Do not throw out the foods; save any questionable foods in the refrigerator for possible future laboratory analysis.

*Los Altos Little League Safety Director: Dave Juran*



**Player Safety – To and From the Game:**

Managers and coaches, please use your judgment to insure that players have a safe method to come to and leave from practices and games. Little League activities begin and end with the trips to and from the field. Never leave players unattended after practice or games or any other activities.

**Guidelines for Games During Inclement Weather:**

The possibility of encountering one of the following events during a game is far from negligible:

Rain	High winds
Lightning	Very hot, sunny days
Darkness	Earthquake or tornado

**Rain:**

Light rain that does not create an unsafe environment may not be cause to stop a game or practice. Heavy rain that leads to puddling or soaking wet field conditions may cause stoppage of a game or practice. Use good judgment in determining if conditions have become unsafe. Note: The umpire is the sole person responsible for discontinuing play in a game. If a game or practice is stopped, remain with players until their parents have picked them up.

If it has been raining prior to a game or practice session, carefully inspect the fields for safety prior to beginning any activity. Note: The umpire and managers of both teams determine whether the field is playable prior to the start of a game.

**Lightning:**

If a game is in progress and there is thunder or lightning with or without rain, the game should be cancelled. Keep everyone involved away from metal objects. Avoid open fields and trees. Make sure that everyone remains in as safe a place as possible.

**High winds:**

In the event of high (25 mph and above) winds, dust particles could obstruct a player's ability to focus on the game. The game may be resumed once the wind velocity reduces or the wind stops altogether.

**Very Hot Sunny Days:**

In our area it is common to have spring and summer days when the temperature rises to a very uncomfortable state. On those days, it is strongly recommended that the dugout overhead be covered with the tarp from the equipment shed to provide comfort to the players. Also please make sure that there is sufficient amount of water for drinking. Encourage players to apply a sunscreen to prevent sunburn.

**Earthquake and Tornado:**

At any point in a game, if there is an earthquake or a tornado, the game should be cancelled immediately. The Managers and coaches should gather all of the members of the team and remain at a safe area near the field, if possible. The manager and coaches should remain near the field, if possible, for at least 30 minutes after an earthquake or tornado for the parent(s) of the kids to come and pick them up. If it is unsafe to be around the field, the manager and coaches should gather all of the kids and go to an area away from the field, at the discretion of the manager. If after 30 minutes all of the kids are not picked up, the manager should take the kids, who are not yet picked up, to his or her home. It is expected that the parents of these kids will go to the manager's house and pick up their kids.

*Los Altos Little League Safety Director: Dave Juran*

**Incident / Injury Tracking Report**

League Name:		League ID:		Incident Date:	
Field Name/Location:				Incident Time:	
Injured Person's Name:				Date of Birth:	
Address:		Age:		Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female	
City:		State:		ZIP:	
Parent's Name (If Player):				Home Phone:	
Parents' Address (If Different):				Work Phone:	
City:		State:		ZIP:	
<b>Incident Occurred while participating in:</b>					
A.) <input type="checkbox"/> Baseball		<input type="checkbox"/> Softball		<input type="checkbox"/> Challenger <input type="checkbox"/> TAD	
B.) <input type="checkbox"/> Challenger		<input type="checkbox"/> T-Ball (5-8)		<input type="checkbox"/> Minor (7-12) <input type="checkbox"/> Major (9-12) <input type="checkbox"/> Junior (13-14)	
<input type="checkbox"/> Senior (14-16)		<input type="checkbox"/> Big League (16-18)			
C.) <input type="checkbox"/> Tryout		<input type="checkbox"/> Practice		<input type="checkbox"/> Game <input type="checkbox"/> Tournament <input type="checkbox"/> Special Event	
<input type="checkbox"/> Travel to		<input type="checkbox"/> Travel from		<input type="checkbox"/> Other (Describe	
<b>Position/Role of person(s) involved in incident:</b>					
D.) <input type="checkbox"/> Batter		<input type="checkbox"/> Baserunner		<input type="checkbox"/> Pitcher	
<input type="checkbox"/> Catcher		<input type="checkbox"/> First Base		<input type="checkbox"/> Second Base	
<input type="checkbox"/> Third		<input type="checkbox"/> Short Stop		<input type="checkbox"/> Left Field	
<input type="checkbox"/> Center Field		<input type="checkbox"/> Right Field		<input type="checkbox"/> Dugout	
<input type="checkbox"/> Umpire		<input type="checkbox"/> Coach/Manager		<input type="checkbox"/> Spectator	
<input type="checkbox"/> Volunteer		<input type="checkbox"/> Other:			
<b>Type of Injury:</b>					
Was first aid required? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, what:					
Was professional medical treatment required? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, what:					
(If yes, the player must present a non-restrictive medical release prior to to being allowed in a game or practice.)					
<b>Type of incident and location:</b>					
<b>A) On Primary Playing Field</b>					
<input type="checkbox"/> Base Path:		<input type="checkbox"/> Running or		<input type="checkbox"/> Sliding	
<input type="checkbox"/> Hit by Ball:		<input type="checkbox"/> Pitched or		<input type="checkbox"/> Thrown or <input type="checkbox"/> Batted	
<input type="checkbox"/> Collision with:		<input type="checkbox"/> Player or		<input type="checkbox"/> Structure	
<input type="checkbox"/> Grounds Defect		<input type="checkbox"/> Other:			
<b>B) Adjacent to Playing Field</b>					
<input type="checkbox"/> Seating Area		<input type="checkbox"/> Parking Area			
<b>C) Concession Area</b>					
<input type="checkbox"/> Volunteer Worker		<input type="checkbox"/> Customer/Bystander			
<b>D) Off Ball Field</b>					
<input type="checkbox"/> Travel:		<input type="checkbox"/> Car or		<input type="checkbox"/> Bike or	
<input type="checkbox"/> Walking		<input type="checkbox"/> League Activity		<input type="checkbox"/> Other:	
<b>Please give a short description of incident:</b>					
<b>Could this accident have been avoided? How:</b>					

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 (Attn: 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: \_\_\_\_\_

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### Little League Baseball Safety Rules

1. Document all injuries related to baseball activities using the Los Altos/Los Altos Hills Little League Incident/Injury Tracking Report form, and submit completed forms promptly to your league commissioner or safety officer. Incident / Injury Tracking Report forms are provided in the Los Altos/Los Altos Hills Little League First Aid kit. Additional forms are available at most fields.
2. Be sure you have access to a fully stocked personal First Aid kit. First aid kits and extra supplies are obtainable from storage areas where you play and practice (e.g., storage sheds at Hillview, Egan, Almond, and Santa Rita; individual field equipment sheds at Purissima).
3. Do not practice or conduct games in extreme weather conditions (heavy rain, lightning, severe cold or heat).
4. Inspect playing fields regularly for damaged fences, holes, and foreign objects (stones, glass, etc).
5. Insure that balls, bats, helmets and other equipment are kept behind dugout screens during play.
6. Inspect play equipment (bats, helmets, chest protectors, shin guards, bases, etc.) regularly. DO NOT use damaged or compromised equipment at anytime. Make sure equipment fits players properly.
7. All male players during both practice and games must wear athletic supporters.
8. Catchers must wear proper protective equipment (headgear, cup, chest protector, and shin guards) when warming up a pitcher as well as during game play. Catchers may not wear skullcaps.
9. Batters must always wear approved protective helmets during practice as well as games.
10. Only baseball shoes with rubber cleats molded to the soles may be worn. Steel cleats are only allowed in the Juniors and Seniors divisions.
11. Players are prohibited from wearing jewelry (watches, rings, chains, pins, earrings) or other metallic items.
12. Parents of players that wear glasses should be encouraged to provide safety glasses and an elastic retaining strap to keep the glasses from falling off.
13. Where possible, do not strap bases down during sliding practice.
14. At no time should "horseplay" be allowed on the field. This includes, but is not limited to:
  - No climbing, jumping, or hanging on field and dugout fences.
  - No inappropriate use of equipment.
15. Try to obtain extra training for players whose physical handicaps or lack of coordination might make them susceptible to injury.
16. Managers and Coaches are NOT permitted to catch pitches, even during batting practice.
17. On the Purissima fields, umpires, managers and coaches should take special precautions to ensure the safety of both human and equine spectators beyond the outfield fences. If there is a reasonable risk of balls being hit over the outfield fences during games or practices, briefly pausing play to allow riders to pass by is suggested.

*Los Altos Little League Safety Director: Dave Juran*