



League Safety Officer Manual

League Name: **Lamar Little League- American**

Lamar Little League- National

League Number: **00185363**

03431816

Safety Manual
For
Managers and Coaches
2017
Lamar Little League



Table of Contents

Welcome Letter	7
Safety Mission Statement:	11
Little League Pledge.....	11
Little League Parent I Volunteer Pledge.....	11
Lamar Little League Member Responsibilities	12
Emergency Contact Information	13
Member Responsibilities	14
FIELD AND GAME SAFETY CHECKLIST	18
Lamar Little League Code of Conduct	19
Player Code of Conduct	19
Parent Code of Conduct	19
Your CHARACTER Counts!	21
Top Ten things a Parent should NOT do while their kids are playing in a game.....	22
Lamar Little League FAQ's	23
Lamar Little League League of Champions	26
Little League Child Protection Program.....	27
A Parent's Guide to the Little League Child Protection Program.....	30
Lamar Little League Safety Code	33
IMPROVE SAFETY AT LLL.....	36
Lamar Little League	37
Training Program	37
LLL Safety Meeting	38
General First-Aid.....	38
How to Reduce or Prevent Pitching Injuries.....	39
Communicable Disease Procedures	41
Inclement Weather and Lightning Policy	42
Some Important Do's and Don'ts	42

Lamar Little League Managers Meeting.....	44
Spring 2016.....	44
Little League Regular Season Pitching Rules	46
LLL Protocol for Pitch Count Regulation.....	49
HYDRATION.....	51
Lamar Little League Equipment Safety.....	53
EQUIPMENT FOR TEAMS	54
Choices of Signs for Managers Selection.....	55
Lamar Little League Inclement Weather Policy	57
General Lightning facts:.....	58
HOT WEATHER:.....	61
ULTRA-VIOLET RAY EXPOSURE:	61
Lamar Little League Facility Survey	62
Lamar Little League General Procedures	69
STORAGE SHED PROCEDURES	70
GENERAL FACILITY	70
Lamar Little League Concession Stand Safety	71
Concession Stand.....	72
Concession Stand Duty & Information for Hired Workers	72
Concession Stand Rules for Everyone	72
Opening Concession Stand	72
Starting Things Up:	73
Open for Business.....	75
Closing Concession Stand	75
Left Over Food	75
Dishes	75
ICEE Machines	75
Drink Dispensers.....	75
Barrel Type Drink Containers	76

Condiment Dispenser (outside).....	76
Counter Tops	76
Sink	76
Trash	76
Stock Supplies.....	76
Sweeping Floors.....	76
Prepare List of Items to Be Ordered.....	77
Money.....	77
Lamar Little League Accident Reporting Procedures.....	78
Accident Reporting Guidelines	79
Accident Notification Form	81
Injury Tracking Form.....	83
What every parent should know about Little League Insurance	84
Lamar Little League First-Aid Equipment and Injury Procedures	85
MEDICAL - Giving First-Aid	86
9 -1-1 EMERGENCY NUMBER	87
Treatment for fractures:.....	88
Treatment for broken bones:	88
CONCUSSION	89
Head and Spine Injuries.....	91
Caring for Shock.....	92
IF A VICTIM IS CHOKING	95
BLEEDING IN GENERAL	96
Emergency Treatment of Dental Injuries Avulsion (Entire Tooth Knocked Out)	97
Asthma and Allergies.....	98
Heat Exhaustion.....	99
Mosquitoes.....	99
Lamar Little League Board of Directors.....	100
Lamar Little League Park Layout	102

Lamar Little League Fields & Facility Photos.....	104
Welcome Sign	105
Field 1	106
Field 2	107
Field 3	108
Field 4	109
Field 5	110
Field 6	111
Field 7	112
Field 8	113
Field 9	114
Field 10	115
Batting Cages 1-3	116
Batting Cages 4-8	117
Tee Station.....	119
Concession Stand (Palmquist Pavilion)	120
Light Control Board.....	121
Lamar Little League Board Duty Responsibilities	122
Nightly board duty responsibilities:	123

Welcome Letter

Dear Managers and Coaches:

Welcome to another exciting season at Lamar Little League (LLL)!

The LLL Board of Directors has continued to succeed with its safety goals by raising the necessary funds and authorizing the many changes for Spring 2017. You will notice these improvements throughout the complex this year and many changes are planned for 2017/2018.

This safety manual will serve as a guide to answer many of the questions you may have and to guide you in case of any accident that may occur. Some items at the park that have been updated in the past twelve months include:

- All batting cages carpeted with turf to make practices safer and limited slipping while hitting in the cages
- All netting in all batting cages replaced to include entry/exit doors for more safe operations
- All metal poles removed from batting cages to limit baseballs bouncing off and hitting pitchers, managers, and coaches throwing batting practice.
- Improved LED lighting added to batting cages to improve visibility and safety in all cages.
- Tee stations upgraded to allow for safer operation of practices

This year our Safety Goals include:

- Continue campaign to raise money for complete makeover of fields and playground areas.
- Continue CPR/AED training for all board members, managers, and coaches.
- Continue CPR/AED training to concession workers and parents.
- Continue to update Safety Manual with important information to help managers and coaches.
- Continue with monitoring of heat index level and continue to monitor the lightning proximity for halting play.
- Continue to increase the number of new safety signs around the park to include playground areas, concessions, and park as well as ASAP field signage.
- Continue to improve the filling out and turning in of injury report forms through constant communications and reminders.
- Update catcher's equipment with new, more modern helmets to increase player protection.

Lamar Little League ASAP Safety Plan 2017

- Issue citations to managers and coaches that violate safety rules and code of conduct, place these citations in the individual's file and bring them before the competition committee.
- Continue to grow community awareness for safety by all participating at the park by having parents receive a copy of the code of conduct and safety rules from their managers.
- Continue to require each manager to have a first aid kit and cell phones at practices and games.
- The park is now Tobacco Free.
- Implement a “no scooters, skateboards, bikes” policy on sidewalks to decrease accidents.

In the effort to help our managers and coaches comply with our safety standards, the Board of Directors has put forth a mandate of the Safety Rules be followed as outlined in this manual.

Remember that safety awareness includes the volunteers, parents and the players at Lamar Little League. Safety First!!

Let's Play Ball!!!!

Randall Collum, President

Tyler Marvin , Safety Officer

In General:

Managers Will:

- 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
- Encourage your players to wear mouth protection.

Season Play:

Managers Will:

- Work closely with the LLL Safety Officer to make sure equipment is in first rate working order.
- Make sure that telephone access is available at all activities, including practices. It is mandatory that a cell phone always be on hand.
- Not expect more from their players than what the players are capable of.

Pre-Game and Practice:

Managers Will:

- Make sure that players are healthy, rested and alert.
- Make sure that players are returning from being injured have medical release form signed by their doctor. Otherwise, they can't play.
- Make sure players are wearing the proper uniform and catchers are wearing a cup.
- Make sure that the equipment is in good, working order.
- Agree with the opposing manager on the fitness of the field conditions. In the event the two managers can't agree, a Board member will make the final decision.
- Enforce rule that no bats and balls are permitted on the field unless all players have done their proper stretching.

During the Game:

Managers will:

- Make sure that players carry all gloves and other equipment off the field and to the dugout when their team is up at bat. No equipment shall be left on the field.
- Keep players alert!
- Maintain discipline at all times.

- Be organized.
- Keep players and subs sitting on bench or in the dugout unless they are participating in the game or preparing to enter the game.
- Make sure catchers are properly equipped.
- Encourage everyone to think “safety first”.

Lamar Little League

Safety Mission Statement:

To provide our children the opportunity to learn the game of baseball in an enjoyable and safe environment. Teach values of teamwork, sportsmanship and fair play.

Little League Pledge

I trust in God.

I love my country and will respect its laws. I will play fair and strive to win.

But win or lose I will always do my best.

Little League Parent I Volunteer Pledge

I will teach all children to play fair and do their best.

I will positively support all managers, coaches and players. I will respect the decisions of the umpires.

I will praise a good effort despite the outcome of the game.

Lamar Little League

Members Responsibilities



Emergency Contact Information

Local League Information

Lamar Little League Physical Address
2100 Collins Rd., Richmond, Texas 77469

Lamar Little League Safety Director 281-387-2157 (Tyler Marvin)

Rainout Number 281-763-7599

Emergency Phone List

Richmond Police/Fire/EMT 911

Richmond Police Department 281-342-2849
600 Preston St., Richmond, TX . 77469

Richmond Fire Department 281-232-6871
112 Jackson Street, Richmond, TX. 77469

Richmond Public Works Department 281-342-0599
(City Parks, Streets, Water, Waste-Water Utilities)

Pecan Grove Volunteer Fire Department 281-341-6677
727 Pitts Rd, Richmond, TX, 77469

Fort Bend County Sheriff 281-341-4700
1410 Ransom Road, Richmond, TX 77469

Poison Control 800-764-7661

Area Hospitals

Memorial Hermann Sugar Land Hospital 281-725-5000
17500 West Grand Parkway S.

Oak Bend Memorial Hospital 281-341-3000
1705 Jackson Street, Richmond

Utilities

Reliant Energy (Electricity) 281-342-5441

Entex (Gas) 281- 342-6665

Member Responsibilities

The President:

The President of LLL is responsible for ensuring that the policies and regulations of the LLL Safety Officer are carried out by the entire membership to the best of his abilities. Also responsible to submit League player registration data or player roster data and coach and manager data via the Little League Data Center at www.LittleLeague.org. This is in process to be completed by the 2017 deadline.

LLL SAFETY OFFICER:

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

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

The LLL Safety Officer's responsibilities include:

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

The LLL Members:

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

The LLL information Officer:

The LLL Information Officer is responsible for maintaining LLL's web site at www.lamarlittleleague.com and updating the safety information and other important information for parents and players on a weekly basis. The Information Officer will send a list of all Managers and Players to Little League's datacenter at www.littleleague.org by the required submittal date.

Managers and Coaches:

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

Managers will:

- Take possession of this Safety Manual supplied by LLL.
- Attend all training sessions on First Aid and fundamentals given by LLL with his/her designated coaches.
- Meet with all parents on "parents' day" to discuss Little League philosophy and safety issues.
- Cover the basics of safe play with his/her team before starting the first practice.
- Return the signed LLL Code of Conduct and the LL Safety Code to the LLL Safety Officer before the first game.

Manager will:

- Observe the "no one on-deck" rule for batters and keep players behind the screens at all times. No players should handle a bat in the dugouts at any time.
- Get players to drink a little a lot!
- Not play children that are ill or injured.
- Attend to children that become injured in a game.
- Not lose focus by engaging in conversation with parents and/or passer-by's

Post-Game:

Managers will:

- Do cool down exercises with the players.
- Those who throw regularly (pitchers and catchers) should ice their shoulders and elbows.
- Catchers should ice their knees.
- Discuss any safety problems with the Team Safety Officer that occurred before, during or after the game.
- If there was an injury, make sure an accident report was filled out and given to the LLL Safety Officer.
- Return the field to its pre-game condition, per LLL policy.
- Notify parents if their child has been injured. (There are no exceptions to this rule)

During the season, the Safety Officer will:

- Keep a Safety Log of all injuries that occur on his or her team.
- Inspect players' equipment for cracks, broken straps on routine basis.
- Communicate any safety infractions to the LLL Safety Officer or another Board Member.
- Help managers and designated coaches give First-Aid if needed.
- Act as a conduit between parents, managers, the LLL Safety Officer and the kids.
- Fill out accident reports if an injury occurs.
- Report injuries to the LLL Safety Officer within 12 hours of the occurrence.
- Track the First-Aid Kit inventory and ask the LLL Safety Officer for replacements when needed.

Pre-Game

Before the game starts:

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

Game:

During the game:

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

Post-Game;

After the game:

- Record any safety infractions or injuries in his/her Safety Log.
- Report any injuries to the LLL Safety Officer within 12 hours of the occurrence.
- Fill out an accident investigation report and send a copy to the LLL 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.



HAVE YOU:

Walked field for debris/foreign objects
Inspected helmets, bats, catchers' gear
Made sure a First Aid kit is available
Checked conditions of fences, backstops,
bases and warning track

Made sure a working telephone is available

Held a warm-up drill

FIELD AND GAME SAFETY CHECKLIST

All umpires and Managers and coaches are responsible for checking field safety condition before each game.

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

Lamar Little League Code of Conduct

Player Code of Conduct

The following items should be discussed with each player before the first practice either personally or team practice or orientation:

I will not lie, cheat, steal or engage in any other unsportsmanlike conduct on or off the field. I will be on time to all practices and games.

I will practice good sportsmanship.

I will be courteous in victory and defeat.

I will congratulate and be respectful of others.

I will not be disrespectful to my teammates, my coaches, the officials, or my parents by using profanity, obscene gestures, offensive remarks or engaging in boastful talk or behavior.

I will strive to do my best in school.

I will not fight or exhibit extreme displays of anger on or off the field.

I will not be disruptive in the dugout during any game or practice session.

I will not engage in any behavior that may be hurtful to me or others.

I will play by the rules of the game and abide by the rules of the league

Parent Code of Conduct

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Good Citizenship. Managers should discuss the following items either in person or at their Parents orientation meeting at the beginning of the season. All parents should agree to the following codes of conduct:

No profanity or abusive language by a manager, coach, player, umpire or spectator will be tolerated.

I will not force my child to participate in sports.

I will remember that children participate to have fun and that the game is for youth, not adults.

I will learn the rules of the game and the policies of the league.

I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all Players, Managers, Coaches, Umpires, Officials and other Spectators at every game and practice.

I (and my guests) will not engage in any kind of unsportsmanlike conduct with any Official, Manager, Coach, Umpire, Player, or Parent such as booing and taunting, refusing to shake hands, or using profane language or gestures.

I will inform the coach of any physical disability or ailment that may affect the safety of my child or others.

I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.

I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.

I will never ridicule or yell at my child or other participants for making a mistake or losing a game.

I will emphasize skill development and practices and how they benefit my child over winning. I will also deemphasize games and competition in the lower age groups.

I will promote the well-being of all players ahead of any personal desire I may have for my child to win.

I will respect the officials (umpires) and their authority during games and will never question, discuss, or confront coaches or umpires at the game field, and will take time to speak with coaches and/or umpires at an agreed upon time and place.

I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

After each game, both teams must clean up trash in their respective dugouts and around stands.

Your CHARACTER Counts!



What is Character?

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

Show your players your Character on and off the field.

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

Top Ten things a Parent should NOT do while their kids are playing in a game

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

Lamar Little League FAQ's

General Questions

How big is LLL?

- Our expectation for the Spring season is to have approximately 850 players in the League.
- Little League Baseball encourages boys and girls to become part of the Little League experience. The League is comprised entirely of volunteers that freely give their time to help our LLL youth learn the game of baseball and embrace the Little League Baseball motto: Loyalty, Character and Courage.
- Thanks in advance to all of the volunteers that will help this Spring be a successful endeavor for everyone!
- Our website is www.lamarlittleleague.com which is updated daily for upcoming events and information about our league.

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

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

How are registration fees used?

- Our budget addresses equipment, uniforms, field improvements, field maintenance, utilities, insurance, and administrative expenses. In addition, LLL is committed to providing umpires for most games and concession workers for every game.
- LLL is 100% not-for-profit.
- The registration fees are reviewed each year by the league Board of Directors and modified as expenses go up.

Do LLL Directors get paid?

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

How are revenues generated?

- In addition to registration fees, LLL actively pursues donations from Corporations, local businesses and private sources. As an active non-profit organization, LLL also requires all our Spring teams to seek and obtain a team sponsor. The LLL Board of Directors actively sponsors Opening Day fundraising activities (silent auction, arts & crafts sales, t-shirt sales, etc.).
- In the Spring, LLL also sells raffle tickets for park and field improvements.

HOW' is the league organized?

- LLL is chartered by Little League Baseball and must follow their rules, regulations and guidelines.
- LLL is comprised of 2 separate charters - American and National - that are run under one board of directors.

What if I have issue with my child's manager?

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

Can I become a LLL Board member?

- Each year, the Board of Directors must be re-elected. Any adult resident living in the LLL boundaries can apply to become a board member.
- All applicants must undergo and pass a background check.

What are the Boundaries of LLL?

- The Boundary Map is located in our website.

Registration Questions

When Do I register my Child for LLL Baseball?

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

What Documentation do I need for Registration?

- All Players are required to submit a Birth Certificate for Age Verification and Proof of Residency.
- Proof of residency requirements can be found on our website.

What age group can my child play?

- A Player's "League Age" is determined by their age of that year's Spring Season.
- Fall "League Age" is determined by the "League Age" in the following Spring Season.
- League Age Charts are also posted in the League Documents Section of the LLL website.
- Players are not Permitted to play in any age group lower than their "League Age".
- "Playing Up" or playing in an age group higher than their league age is not permitted in the Fall. In certain cases in the Spring season, a Player may be permitted to "Play Up" provided they are drafted to a team prior to the 5th round of the draft. The Player must try out in both their age group and the group they wish to "Play Up" to. In order to do this, the Division Director must be consulted.

How do I request a Refund?

- Refunds can only be requested prior to the first day of player drafts. For more information please consult the divisional VP.

Team Selection and Draft Questions How are Managers and Coaches Selected?

- Managers I Coaches are selected by the divisional VP, along with Board and President approval.
- Managers I Coaches are required to fill out an LLL application as well as a Volunteer Background Check found prior to the selection process.
- The Elected Board of Directors of LLL votes on and appoints coaches based on previous experience in LLL and other Volunteer Organizations, Parent Reviews if they have previously coached at LLL and experiences/records in prior seasons.
- If you are interested in Managing I Coaching a team please note this during Registration

Are there Tryouts for the Teams and what is involved?

- Tryouts are held in the week following the last "In Person" Registration @ LLL.
- Tryout format will include (4) Stations... Ground Balls, Catching a throw from a player, pop flies and batting. All Players will be given (3) opportunities at each position to display their talent level for the Managers/Coaches.
- All players are required to tryout in order to qualify for the AA or above draft.
- There are no try-outs for T-Ball, Rookie Ball, or Machine A. These teams are formed based on neighborhood, generally. Due to the extremely large number of kids playing at LLL, we do our best to honor "friend requests" for team placement but it isn't a guarantee.

How Does the Draft work?

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

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

- LLL is a 100% Volunteer Organization.
- As an organization we do our best to recruit the best that the area has to offer in volunteer coaches.

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

- Yes. LLL sends a list of all players and managers to the Little League data center at www.littleleague.org

Does your Little League have a Challenger League?

- Yes, we do have a Challenger League. You can register on the LLL website.

If you have other questions you feel should be answered on this page, please email them to the league information office on the LLL website.

Lamar Little League

League of Champions

We are pleased to offer this great baseball experience. The League of Champions is specifically designed for children with disabilities and is provided FREE of charge.



Our league contact is:

Stephanie Burns

lamarleagueofchampions@gmail.com

Little League Child Protection Program

All local Little Leagues are required to conduct background checks on managers, coaches, board of director's 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. Individuals are also required to complete and submit a Little League Volunteer Application to their local league

QUESTIONS AND ANSWERS ABOUT THE CHILD PROTECTION PROGRAM

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

Since 2003, the local league has been required to have all board members, managers, coaches, and other volunteers or hired workers who provide regular service to the league or/and who have repetitive access to or contact with players or teams fill out the Little League Official Volunteer Application. Additionally the league has been and is required to conduct a background check on each of these individuals. Since 2007, the local league has been required to conduct a nationwide search that contains the applicable government sex offender registry data as opposed to conducting statewide sex offense registry search. Little League Baseball and Softball will require each league to sign an agreement on the charter application that they will comply with Regulation I (b) and I(c) 8 & 9. The leagues are also required to sign a statement on the tournament enrollment form verifying that the process under the regulation has been completed and implemented. Failure to sign the agreement on the charter application will result in the league not being chartered and failure to fulfill the requirement of the regulations will result in the league's status being referred to the Charter/Tournament committee for action to revoke the league's charter and all privileges.

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

Effective in 2007, the local league must annually conduct a nationwide search that contains the applicable government sex offender registry data. In addition Little League strongly encourages all leagues to also utilize the national criminal records search available through the Little League website. This additional criminal records check may provide additional important information regarding the criminal records of individuals whose crimes do not require that they be listed on a sex offender registry. More information can be obtained by going to www.LittleLeague.org/childprotection. The first 125 checks through First Advantage are paid for by Little League International and are free to each chartered Little League. If additional checks are necessary, they will cost the league only \$1.00 per background check conducted.

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

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

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

Little League Baseball and Softball recommends the board of directors appoint the local league president and two other individuals to handle the background checks. These individuals may be from the board or individuals outside the board. For instance, the board of directors may appoint individuals who have significant professional background in this area, such as law enforcement officers or individuals with a legal background.

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

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

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

Any background check that reveals a conviction or guilty plea for any crime involving or against a minor must result in immediate termination from the league. Additionally, volunteers who refuse to submit a fully completed Little League Volunteer Application, including their Social Security Number and a government issued photo ID, must be immediately terminated or eliminated from consideration for any position. This includes individuals with many years of service to your league unless the league has used the First Advantage Background Screening tool (available on the Little League website) in previous seasons. Those returning individuals can use the current Little League "Returning" Volunteer Application which does not require the Social Security Number or Date of Birth as those items are already included and redacted in the First Advantage program for returning volunteers.

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

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

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

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

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

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

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

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

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

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

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

The current Little League Official Volunteer Application is available at www.LittleLeague.org/VolApp. In addition to meeting the minimum requirement of checking the United States Department of Justice National Sex Offender Registry, www.nsopr.gov, Little League strongly encourages all leagues to also utilize the national criminal records search available through the Little League website. The first 125 checks conducted through First Advantage are paid for by Little League International and are free to each chartered little league. If additional checks are needed, they will cost the league only \$1.00 per background check conducted.

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

There is no fee required for the Department of Justice Sex Offender Public Registry website, which checks sex offender registries in all fifty states. In addition, Little League strongly encourages all leagues to also utilize the national criminal records search available through the Little League website. This additional criminal records check may provide additional important information regarding the criminal records of individuals whose crimes do not require that they be listed on a sex offender registry. More information can be obtained by going to www.LittleLeague.org/childprotectionprogram. The first 125 checks conducted through First Advantage are paid for by Little League International and are free to each chartered Little League. If additional checks are needed, they will cost the league only \$1.00 per background check conducted.

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

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

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

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

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

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

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

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

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

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

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

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

Introduction

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

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

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

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

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

The United States Department of Justice National Sex Offender Public Registry is free and available at www.nsopr.gov.

What Can Parents Do?

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

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

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

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

In many of these situations, the young victims are actually seduced, sometimes over a period of months

or even years. The child's family is lulled into believing the unusual attention being lavished is a bond of friendship between the adult and the child. In fact, the adult abuser often uses gifts, trips, attention and affection as part of a courtship process. Sometimes, the courtship process extends to the child's parent(s), but the real target is the child.

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

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

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

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

Warning Signs of a Seducer

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

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

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

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

What to Watch For in Your Child

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

Getting More Information

These items are meant solely as a general guide, and should not be used as the only means for rooting out child sex offenders. Parents can access more information on child abuse through the National Center for Missing and Exploited Children (a non-profit organization founded by John Walsh, <http://www.missingkids.com/>) and the National Clearinghouse on Child Abuse and Neglect Information (part of a service of the Children’s Bureau, within the Administration on Children, Youth and Families, Administration for Children and Families, U.S. Department of Health and Human Services, <http://www.calib.com/nccanch/>).

Lamar Little League ASAP Safety Plan 2017

How to Report Suspected Child Maltreatment

The National Clearinghouse on Child Abuse and Neglect Information advises this: If you suspect a child is being maltreated, or if you are a child who is being maltreated, call the Childhelp USA National Child Abuse Hotline at 1-800-4-A-CHILD (1-800-422-4453; TDD [text telephone] 1-800-2-A-CHILD). This hotline is available 24 hours a day, seven days a week. The Hotline can tell you where to file your report and can help you make the report. Or, for a list of states' toll-free telephone numbers for reporting suspected child abuse, visit the "Resource Listings" section at this site: <http://www.calib.com/nccanch/pubs/prevenres/organizations/tollfree.cfm>, or call the Clearinghouse at 1-800-FYI-3366.

Talk to Your Kids; Listen to Your Kids

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

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

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

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

Lamar Little League

Safety Code



All Lamar Little League officers, managers, coaches, and volunteers shall become familiar with the following safety code and assist in the enforcement of this code.

Speed Limits within Lamar Little League George Park complex are as follows:

- Roadways- 20 mph
- Parking Lots - 5 mph
- The use of tobacco products or alcohol is prohibited on the practice and I or playing fields, spectator seating areas, parking lots, common areas or in the presence of a team gathering of Lamar Little League.
- While at George Park, city ordinance number 2004-08 states that no tobacco products are allowed with 25 feet outside any portion of any operated field, building, structure or Facility.
- Arrangements for emergency medical service should be made in advance of all games and practices.
- Managers, coaches and umpires should have general training in first-aid.
- First-aid kits are kept in the concession stand and provided as needed along with ice bags for certain injuries.
- No games or practices shall be held when weather or field conditions are unsafe. All fields shall be inspected for safety hazards prior to any game or practice. Unsafe conditions shall be corrected or reported to league officials immediately. A Little League National Facility Survey will be conducted annually.
- All team equipment shall be stored within the dugout and out of the field of play.
- Only players, managers, coaches and umpires are permitted on the field or in the dugouts during games and practices.
- All equipment should be inspected regularly for proper fit and safe condition.
- Players must wear league approved batting helmets when batting, base running, or base coaching during games and practices.
- At no time should "horseplay" be permitted at games or practices.
- Parents of players who wear glasses should be encouraged to provide safety glasses. No swinging Bats or throwing Baseballs at any time outside of playing field areas.

Lamar Little League ASAP Safety Plan 2017

- No throwing balls against concession stand, equipment rooms, or dugouts. No climbing fences.
- Pets are permitted within the Lamar Little League complex ONLY if on a leash
- During a game, players must remain in the dugout area, unless a bathroom break is absolutely necessary. If necessary, a player(s) should be escorted to the bathroom and back by a parent/coach (especially minors and below).
- All gates to the field of play must remain closed at all times.
- No children under the age of 15 are permitted in the Concession Stand.

Managers and Coaches shall:

- Always emphasize the player's emotional and physical well-being ahead of any desire to win. Be responsible for the conduct of each player.
- Enforce the Code(s) of Conduct and report all code of conduct violations to the division VP, Player Agent, Safety Officer or a Board member.

IMPROVE SAFETY AT LLL

Do you have a Safety Idea????

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

Submit your idea to LLL by giving it to the Board Member on Duty to put in the Safety Manager's box or by e-mailing it to the Safety Manager at tylerkmarvin@gmail.com. You will get a gift card good for a small Icee from the concession stand just for submitting an idea.

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

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

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



Lamar Little League ASAP Safety Plan 2017

Lamar Little League

Training Program



LLL Safety Meeting

Palmquist Pavilion

This is a mandatory meeting for all Managers that are held before the Spring 2017 tryouts.

Agenda:

1. Ensure all volunteer forms for all managers and coaches are complete.
2. Hand out FAQ's
3. Go over Incident reporting forms.
4. Go over Claim forms.
5. Discuss Reporting procedure
6. LLL Code of Conduct
7. Safety rules - Catchers/pitchers and warming up.
8. First Aid Class & use of AED (Automated External Defibrillator).
9. First Aid kits.
 - a. Managers to have one at all times.
 - b. League First Aid Kits in each score boxes.
 - c. Managers to have ice available if concession stand is closed.
10. Look for daily updates on our web site www.lamarlittleleague.com

Lamar Little League seeks out Managers and Coaches that support establishing the values of teamwork, sportsmanship and fair play. All managers and coaches shall be approved based on baseball-related experience and I or receive training on proper mechanics. Training clinics will be offered annually or more frequently as deemed necessary by Lamar Little League Player-Coach Development officer.

General First-Aid

The following guidelines apply to all team management:

Know your limitations. If the injury cannot be treated with a first-aid kit, get help immediately. Do not attempt to treat a serious injury or administer medication. Get professional assistance.

What is First-Aid?

Lamar Little League ASAP Safety Plan 2017

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

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

Treat Injuries with "RICE"

Rest: Reduce or stop using the injured area for 48 hours. If you have a leg injury, you may need to stay off of it completely.

Ice: Put an ice pack on the injured area for 20 minutes at a time 4 to 8 times per day. Use a cold pack, ice bag or a plastic bag filled with crushed ice that has been wrapped in a towel

Compression: Compression of an injured ankle, knee, or wrist may help reduce swelling. These include bandages such as elastic wraps, special boots, air casts and splints. Ask your doctor which one is best.

Elevation: Keep the injured area elevated above the level of the heart. Use a pillow to help elevate an injured limb.

How to Reduce or Prevent Pitching Injuries

Overuse injuries are common in baseball: mostly, shoulder and elbow injuries suffered by pitchers from too much pitching. According to studies:

- As many as 45% of pitchers under the age of 12 have chronic elbow pain. Among high school pitchers, the percentage rises to 58%
- Pitchers suffer the most injuries (21.6%) of the high school players followed in the three-year study by the National Athletic Trainers Association (NATA).

The Solution

Experts say that there are several things that can be done to reduce the number of injuries to pitchers in youth, middle school and high school baseball:

- Make sure your child is properly conditioned. "Most pitching injuries are caused by overuse, which may be the result of insufficient conditioning of certain muscles," says Thomas J. Gill, M.D.
- All pitchers should incorporate conditioning and stretching exercises for the shoulder into an overall conditioning program. The muscles in the front of the arm are naturally stronger. Because many shoulder injuries result from weaker muscles in the back of the arm that are used to stop the pitching motion, the conditioning program should emphasize building up those muscles. "Exercise routines such as cross-body curls, using light dumbbell weights, and wall push-ups are useful for strengthening shoulder muscles," Dr. Gill says.
- Teach proper throwing mechanics. Proper positioning of the throwing arm during all phases of the pitching motion can reduce the number of injuries. According to Dr. Gill, researchers found that "pitcher's arm movements during different phases of the pitching motion, if performed incorrectly, can cause injury." Researchers identified four problem areas:
 - Maximum shoulder rotation: A pitcher needs to rotate his body more to avoid placing too much stress on the arm and shoulder which occurs when his arm is positioned too far behind his body.
 - Improper elbow angle: The pitcher's arm needs to be away from his body when the ball is released; the closer the arm is to the body, the more potential for injury.
 - Arm lagging behind the body. When a pitcher gets tired, his arm tends to lag behind his body, placing undue stress on the shoulder.
 - Excessive ball speed. Trying to throw too hard can be harmful, especially for young players, warns Dr. Gill.
- Make sure your child properly warms up and stretches. Research shows that cold muscles are more injury prone. While a proper warm-up is important for all youth athletes, it is particularly critical during a growth spurt, when your child's muscles and tendons are tight.

Experts, including the American Academy of Orthopedic Surgeons, recommend that your child warm up by:

- Doing jumping jacks, jogging or walking in place for 3 to 5 minutes to get the blood moving through the muscles and ligaments.
- Then slowly and gently stretching, holding each stretch for 30 seconds. Pitchers should concentrate on stretching their arms, shoulders, neck and wrists, in addition to stretching their legs.

Lamar Little League ASAP Safety Plan 2017

- Your child shouldn't start throwing the ball hard right away, especially in cold weather. He should begin by "soft tossing" and then gradually increase the distance and velocity of his throws as his arm gets loose and warm.

Limit pitching. To decrease shoulder and elbow problems from excessive pitching:

- Limit the number of innings pitched. Follow the rules about the number of innings pitched set by Little League Baseball.
- Limit the number of pitches thrown. While there is no set guideline for the number of pitches allowed, a reasonable approach is to count the number of pitches thrown and use 80 to 100 pitches as a maximum in a game, and 30 to 40 pitches in a practice (get a counter so you can keep track). According to Dr. Micheli, Director of Sports Medicine at Boston's Children's Hospital, a young player should be throwing no more than a total 300 pitches a week (games, practices, and throwing sessions at home) because studies show that throwing more than that number dramatically increases the likelihood that he will develop elbow problems.
- Prohibit younger pitchers from throwing breaking pitches. A curveball is harder on the elbow than other types of pitches. Asked by Sports Illustrated the age at which a young pitcher could start throwing curveballs, Dr. Micheli recommended that kids not throw curveballs until they are 14, and then only if they throw no more than 15 breaking pitches.
- Never allow a pitcher to play through pain. Any persistent pain is a sign of a chronic (i.e. overuse) or acute injury that should sideline a child from playing until it subsides. Teach your child not to play through pain. If your child gets injured, see your doctor. Follow all the doctor's orders for recovery and get the doctor's (or physical therapists) ok before allowing your child to play again.

Communicable Disease Procedures

- Bleeding must be stopped, the open wound covered, and the uniform changed if there is blood on it before the athlete may continue.
- Use gloves (if available) to prevent exposure or contact with blood or other body fluids. Immediately wash hands and other skin surface if contaminated with blood.
- Clean all blood contaminated surfaces and equipment.

- Managers, coaches, and volunteers with open wounds should refrain from all direct contact until the condition is resolved.
- Follow accepted guidelines in the immediate control of bleeding and disposal when handling bloody dressings, mouth guards and other articles containing body fluids.

Inclement Weather and Lightning Policy

General Lightning facts:

- The average lightning stroke is 6 - 8 miles long.
- The average thunderstorm is 6 -10 miles wide and travels at a rate of 25 miles per hour.
- Once the leading edge of a thunderstorm approaches to within 10 miles, you are at immediate risk. On average, thunder can only be heard over a distance of 3 - 4 miles, depending on humidity, terrain, and other factors. This means that by the time you hear the thunder, you are already in the risk area for lightning strikes.

The following policy is to be used in the event we have severe storms or lightning at the park. We (Board Members or designee) will officially clear the fields and dugouts when lightning is within five (5) miles of the park. We cannot resume play until there is no lightning in the five (5) mile zone for 15 minutes.

When the fields are cleared due to weather, a decision whether play can be resumed will be determined as soon as possible. If it is determined that play cannot be resumed within an hour, the game will be reschedule at another time. If the game is "official", then the game is over. If not official or tied, then it will be suspended and played at a later date in accordance with Little League rules.

Some Important Do's and Don'ts

Do ...

- Reassure and aid children who are injured, frightened or lost. Lost children should be escorted to the concession stand.
- Provide, or assist in obtaining, medical attention for those who require it. Know your limitations.
- Carry your medical release forms to all games and practices.

Lamar Little League ASAP Safety Plan 2017

- Assist those who require medical attention- and when administering aid, remember to: LOOK for signs of injury (blood, black-and-blue deformity of joint etc.).
- LISTEN to the injured describe what happened and what hurts, if conscious. Before questioning, you may have to calm and soothe an excited child.
- Feel gently and carefully the injured area for signs of swelling, or grating of broken bone. Make arrangements to have a cellular phone available at any game or practice

Don't ...

- Administer any medications.
 - Provide any food or beverages (other than water). Hesitate in giving aid when needed.
 - Be afraid to ask for help if you're not sure of the proper procedures (e.g., CPR, etc.). Transport injured individuals except in extreme emergencies.
 - Leave an unattended child at a practice or game.
-
- Hesitate to report any present or potential safety hazard to the Safety Officer immediately. Report all hazardous conditions to the Safety Officer or another Board member immediately.
 - Don't play on a field that is not safe or with unsafe playing equipment. Be sure your players are fully equipped at all times, especially catchers and batters. And, check your team's equipment

Lamar Little League Managers Meeting

Spring 2017

2:30 PM Opening remarks- Randall Collum

3:00 PM Umpires - Chad Watassek

3:15 PM Board Introduction

3:20 PM Safety - Tyler Marvin - Procedure to follow if child gets hurt

3:25 PM Manager responsibilities

- Find a sponsor for your team (start now)
- All managers, assistants, and team moms need to fill out volunteer applications
- Concession stand duty is covered in the fee this year so no need to schedule that
- How batting cages work - who gets them when?
- Field improvements / maintenance
- Attend try outs and grade the players for your draft
- Get a team mom ASAP
- Uniforms will be ordered early based on size percentages
 - Encourage your parents to sell raffle tickets - generates a lot of revenue for the league and covers a big portion of operating expenses
- Encourage everyone to come experience Opening Day - parade, ceremonies, watch games with your kids; it's a celebration of baseball starting back up!
- Scheduling umpiring duty; manager's suspensions
- Practice with your teams during the season;
- Tee ball, rookie ball and Machine A managers are required to help run the tryouts for the older levels

Lamar Little League ASAP Safety Plan 2017

- Learn how to use Home Teams app - home team managers must input scores (for AA and higher)
- Machines - set up and put up
- Process for All Stars and Blue Gray
- Rain out procedure
- KNOW THE RULES!!!
- Treat umpires with respect (especially Junior umps)!
- Questions?

Little League Regular Season Pitching Rules

PITCHERS

- (a) Any player on a regular season team may pitch. (NOTE: There is no limit to the number of pitchers a team may use in a game.)
- (b) A pitcher once removed from the mound cannot return as a pitcher. Junior, Senior, and Big league Divisions only: A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game.
- (c) The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position:

League Age

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

Exception: If pitcher reaches the limit imposed in Regulation VI (c) for his/her league age while facing a batter, the pitcher may continue to pitch until anyone of the following conditions occurs:

1. That batter reaches base;
2. That batter is put out;
3. The third out is made to complete the half-inning.

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

- (d) Pitchers league age 14 and under must adhere to the following rest requirements:
- If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
 - If a player pitches 51- 65 pitches in a day, three (3) calendar days of rest must be observed.
 - If a player pitches 36 - 50 pitches in a day, two (2) calendar days of rest must be observed.

- If a player pitches 21- 35 pitches in a day, one (1) calendar days of rest must be observed.
- If a player pitches 1-20 pitches in a day, no (0) calendar day of rest is required.

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

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

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

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

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

The umpire-in-chief will inform the manager when the pitcher's manager that the pitcher must be removed

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

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

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

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

NOTES:

1. The withdrawal of an ineligible pitcher after that pitcher is announced, or after a warm-up pitch is delivered, but before that player has pitched a ball to batter, shall not be considered a violation. Little League officials are urged to take precautions to prevent protests. When a protest situation is imminent, the potential offender should be notified immediately.
2. Pitches delivered in games declared "Regulation Tie Games" or "Suspended Games" shall be charged against pitcher's eligibility.
3. In suspended games resumed on another day, the pitchers of record at the time the game was halted may continue to pitch to the extent of their eligibility for that day, provided said pitcher has observed the required days of rest.

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

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

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

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

LLL Protocol for Pitch Count Regulation

Per Little League's new pitch count regulation, regulation VI -Pitchers. LLL will follow the following protocol:

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

Suggestions for Warm-up Drills



Heel Cord Stretches

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



Head and Neck Circles

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



Low Back Stretches

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



Shoulder Stretches #1

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



Shoulder Stretches #2

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



Shoulder Stretches #3

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



Thigh Stretches #1

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

Thigh Stretches #2

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



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HYDRATION

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

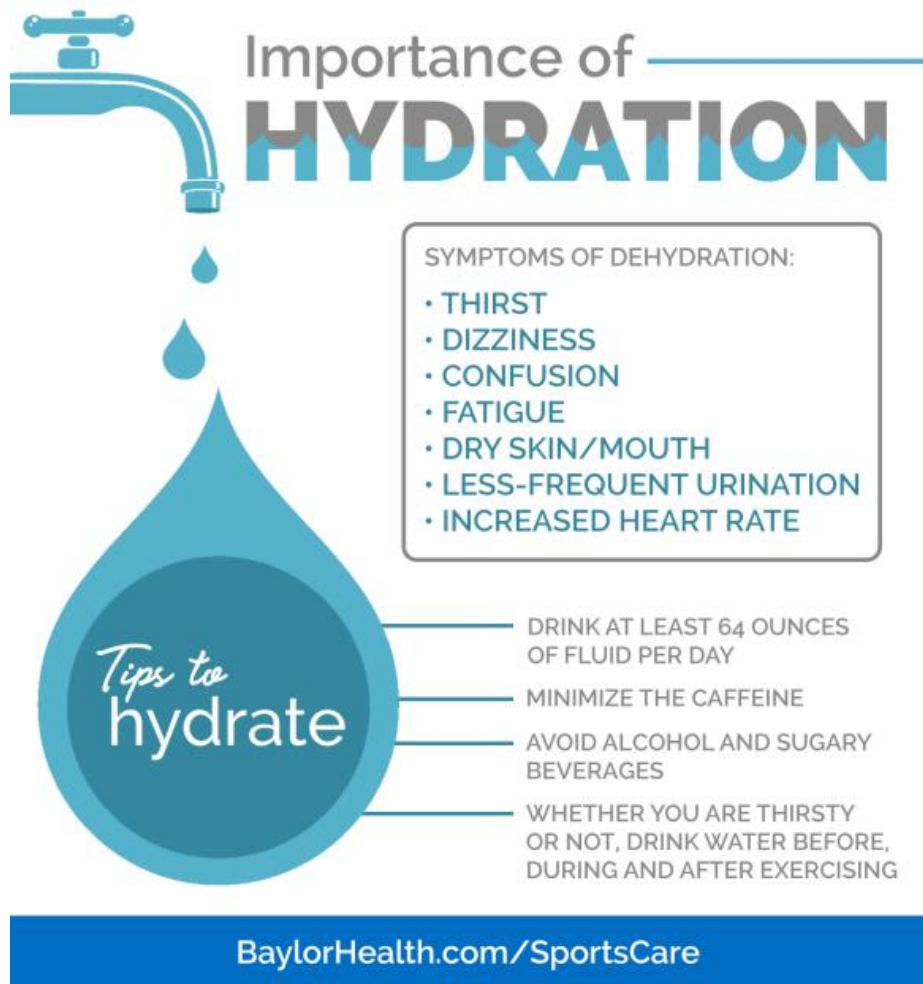
We usually think about dehydration in the summer months when hot temperatures shorten the time it takes for children to become overheated. But keeping children well hydrated is just as important in the winter months. Additional clothing worn in the colder weather makes it difficult for sweat to evaporate,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

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

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

During any activity water is an excellent fluid to keep the body well hydrated. It's economical too! Offering flavored fluids like sport drinks or fruit juice can help encourage children to drink.

Caffeinated beverages (tea, coffee and sodas) should be avoided because they are diuretics and can dehydrate the body further. Avoid carbonated drinks which can cause gastrointestinal distress and may decrease fluid volume.



Lamar Little League Equipment Safety



Lamar Little League ASAP Safety Plan 2017

EQUIPMENT FOR TEAMS

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

The LLL Equipment Manager will promptly replace damaged and ill-fitting equipment.

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

At the end of the season, all equipment must be returned to the LLL Equipment Manager.

- Each team, at all times in the dugout, shall have four (4) protective helmets which must meet NOCSAE specifications and standards. These helmets will be provided by LLL at the beginning of the season. If players decide to use their own helmets, they must meet NOCSAE specifications and standards.
- Each helmet shall have an exterior warning label. NOTE: the warning label cannot be embossed in the helmet, but must be placed on the exterior portion of the helmet and be visible and easy to read.
- Use of a helmet by the batter and all base runners is mandatory.
- Use of a helmet by a player/base coach is mandatory.
- Use of a helmet by an adult base coach is optional.
- All male players must wear athletic supporters.
- Male catchers must wear the metal, fiber or plastic type cup and a long-model chest protector.
- Female catchers must wear long or short model chest protectors.
- All catchers must wear chest protectors with neck collar, throat guard, shin guards and catcher's helmet. All of the above must meet Little League specifications and standards.
- All catchers must wear a mask, "dangling" type throat protector and catcher's helmet during practice, pitcher warm-up, and games. Note: Skullcaps are not permitted.
- If the gripping tape on a bat becomes unraveled, the bat must not be used until it is repaired.
- Bats that are fractured in anyway, must be discarded. Bats with dents are not to be used.
- Only Official Little League balls will be used during practices and games.
- No Wood bats at any time.
- Make sure that the equipment issued to you is appropriate for the age and size of the kids on your team. If it is not, get replacements from the LLL Equipment Manager.
- Make sure helmets fit.
- Replace questionable equipment immediately by notifying the LLL Equipment Manager.
- Make sure that players respect the equipment that is issued.
- Multi-colored gloves can no longer be worn by pitchers.
- All fields have break-way bases.

- T-ball thru Pee Wee 8 will have double first base.
- Yellow safety caps on outfield fences.
- Backstop padding behind home plate fence.

Choices of Signs for Managers Selection

Managers may request a print of any sign they wish to display in their dugouts. In addition, these signs are displayed in areas around the park.

Lamar Little League

Inclement Weather Policy



General Lightning facts:

The average lightning stroke is 6 - 8 miles long.

The average thunderstorm is 6 -10 miles wide and travels at a rate of 25 miles per hour.

Once the leading edge of a thunderstorm approaches to within 10 miles, you are at immediate risk. On average, thunder can only be heard over a distance of 3 - 4 miles, depending on humidity, terrain, and other factors. This means that by the time you hear the thunder, you are already in the risk area for lightning strikes.

The following policy is to be used in the event we have severe storms or lightning at the park:

- We (Board Members or designee) will officially clear the fields and dugouts when lightning is within five (5) miles of the park.
- We cannot resume play until there is no lightning in the five (5) mile zone for 15 minutes.
- When the fields are cleared due to weather, a decision whether play can be resumed will be determined as soon as possible.
- If it is determined that play cannot be resumed within an hour, the game will be reschedule at another time. If the game is "official", then the game is over.
- If not official or tied, then it will be suspended and played at a later date in accordance with Little League rules.

When Thunder Roars, Go Indoors!

STOP all activities.

**Seek shelter in a substantial building
or hard-topped vehicle.**

**Wait 30 minutes after storm to
resume activities.**



www.lightningsafety.noaa.gov





Weather Safety: Lightning

Safety and Preparedness Factsheet

Lightning Safety for You and Your Family

When Thunder Roars, Go Indoors!

Each year in the United States, more than 400 people are struck by lightning. On average, between 55 and 60 people are killed; hundreds of others suffer permanent neurological disabilities. Most of these tragedies can be avoided with a few simple precautions. When thunderstorms threaten, get to a safe place. Lightning safety is an inconvenience that can save your life.

The National Oceanic and Atmospheric Administration (NOAA) collects information on weather-related deaths to learn how to prevent these tragedies. Many lightning victims say they were “caught” outside in the storm and couldn’t get to a safe place. With proper planning, these tragedies could be prevented.

Other victims waited too long before seeking shelter. By heading to a safe place 5 to 10 minutes sooner, they could have avoided being struck by lightning.

Some people were struck because they went back outside too soon. Stay inside a safe building or vehicle for at least 30 minutes after you hear the last thunder clap.

Finally, some victims were struck inside homes or buildings while they were using electrical equipment or corded phones. Others were in contact with plumbing, a metal door or a window frame. Avoid contact with these electrical conductors when a thunderstorm is nearby!

What You Might Not Know About Lightning

- ▶ **All thunderstorms produce lightning and are dangerous.** In the United States, in an average year, lightning kills about the same number of people as tornadoes and more people than hurricanes.
- ▶ **Lightning often strikes outside the area of heavy rain and may strike as far as 10 miles from any rainfall.** Many lightning deaths occur ahead of storms or after storms have seemingly passed.
- ▶ **If you can hear thunder, you are in danger.** Don’t be fooled by blue skies. If you hear thunder, lightning is close enough to pose an immediate threat.

- ▶ **Lightning leaves many victims with permanent disabilities.** While a small percentage of lightning strike victims die, many survivors must learn to live with very serious lifelong pain and neurological disabilities.

Avoid the Lightning Threat

- ▶ **Have a lightning safety plan.** Know where you’ll go for safety and how much time it will take to get there. Make sure your plan allows enough time to reach safety.
- ▶ **Postpone activities.** Before going outdoors, check the forecast for thunderstorms. Consider postponing activities to avoid being caught in a dangerous situation.
- ▶ **Monitor the weather.** Look for signs of a developing thunderstorm such as darkening skies, flashes of lightning or increasing wind.
- ▶ **Get to a safe place.** If you hear thunder, even a distant rumble, immediately move to a safe place. Fully enclosed buildings with wiring and plumbing provide the best protection. Sheds, picnic shelters, tents or covered porches do NOT protect you from lightning. If a sturdy building is not nearby, get into a hard-topped metal vehicle and close all the windows. Stay inside until 30 minutes after the last rumble of thunder.
- ▶ **If you hear thunder, don’t use a corded phone except in an emergency.** Cordless phones and cell phones are safe to use.
- ▶ **Keep away from electrical equipment and wiring.**
- ▶ **Water pipes conduct electricity.** Don’t take a bath or shower or use other plumbing during a storm.

Organized Outdoor Activities

Many people enjoy outdoor activities. It’s essential for the people in charge of these activities to understand the dangers of lightning, have a lightning safety plan in place, and follow the plan once thunder is heard or lightning is seen. Many outdoor activities rely on volunteer leaders, coaches or sports officials to make safety decisions. Make sure the leaders of these activities follow a lightning safety plan. Don’t be afraid to ask, and don’t be afraid to speak out during an event if conditions become unsafe. You could save a life!

HOT WEATHER:

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

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

ULTRA-VIOLET RAY EXPOSURE:

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

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

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

Lamar Little League

Facility Survey



This form is provided by Little League and it is extremely important that you use the form for the year in which service is performed. Refer to Lamar Little Leagues website for the most current form or the website for Little League International.

2017 FACILITY SURVEY



ZIP: 77406

Phone (work):
(281) 387-2157

Phone (cell):
(281) 387-2157

Email: tylerkmarvin@gmail.com

President: Randall Collum

Address: 21307 Redcrest Manor Dr.

City: Richmond

State: Texas ZIP: 77406

Phone (cell): (832) 724-0282

Email: randall.collum@gmail.com

League Name: Lamar Little League

District#:
18

ID #: Lamar National
03431816

ID #: Lamar American
00185363

City: Richmond

State: Texas

Safety Officer: Tyler
Marvin

Address: 1026 Bittersweet
Drive

City:
Richmond


State: Texas

Lamar Little League ASAP Safety Plan 2017

PLANS FOR FUTURE NEEDS What are league's plans for Improvements?	Indicate number of fields in boxes below.		
	Next 12 months.	1-2 yrs.	2+ yrs.
a. New fields	2		
b. Base			
path/infield c.			
Bases			
d.			
Scoreboards			
e. Press box		1	1
f. Concession stand			
g. Restrooms			
h. Field		2	
lighting i.			
Warning track j.			

SPECIFIC BALLFIELD QUESTIONS

• Please list all fields by name. For more than 20 fields, copy this form or request additional forms from ASAP (800/811-7443 or asap@musco.com).

Field Identification (List your ballfields 1-20) Use additional forms if more than 20 fields		1	2	3	4	5	6	7	8	9	10
<p>ASAP - A Safety Awareness Program Limited Edition 10-year Pin Collection</p> <p>This survey can assist in finding areas of focus for your safety plan. During your annual field inspections, please complete this form and return along with your qualified safety plan. In return, we'll send you the 2012 Disney® character collector's pin shown at right featuring Dugout at first base. Or enter data online at: http://facilitysurvey.musco.com for your league. Check your email for your</p> 		Name: Minors	Name: Varsity/Majors	Name: Varsity	Name: Majors	Name: Juniors	Name: T-Ball/A	Name: AAA	Name: Juniors	Name: AA	Name: T-Ball
Please answer the following questions for each field:		Field #									
GENERAL INVENTORY		(For the following questions, if the answer is "No" please leave the space blank)									
1. How many cars can park in designated parking areas?	None										
	1-50		x			x	x	x	x	x	x
	51-100	x		x							
	101 or more				x						
2. How many people can your bleachers seat?	None/NA										
	1-100	x	x	x		x	x	x	x	x	x
	101-300				x						
	301-500										
	501 or more										
3. What material is used for bleachers?	Wood										
	Metal	x	x	x	x	x	x	x	x	x	x
	Other										
4. Metal bleachers: Ground wire attached to ground rod?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
5. Wood bleachers: Are inspected annually for safety?	Yes										
6. Is a safety railing at the top/back of bleachers?	Yes				Yes	Yes			Yes		
7. Is a handrail up the sides of bleachers?	Yes				Yes	Yes			Yes		
8. Is telephone service available?	Permanent										
	Cellular	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
9. Is a public address system available?	Permanent										
	Portable	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
10. Is there a pressbox?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
11. Is there a scoreboard?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
12. Adequate bathroom facilities available?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
13. Permanent concession stands?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
14. Mobile concession stands?	Yes										

	Field #	1	2	3	4	5	6	7	8	9	10
FIELD											
15. Is field completely fenced?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
16. What type of fencing material is used?	Chainlink	x	x	x	x	x	x	x	x	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
	Ground burnt brick										
	Other:										
18. What is used to mark baseline?	Non-caustic lime										
	Spray paint	x	x	x	x	x	x	x	x	x	x
	Commercial marking										
19. Is your the infield surface grass?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
20. Does field have conventional dirt pitching mound?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
21. Does field have a temporary pitching mound?	Yes	No	No	No	No	No	No	No	No	No	No
22. Are there foul poles?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
23. Backstop behind home plate?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
PERFORMANCE AND PLAYER SAFETY											
24. Is there an outfield warning track?	Yes	No	No	No	No	No	No	No	No	No	No
24.a. If yes, what width is warning track? Please specify:	(Width in feet)										
25. Batter's eye (screen/covering) at center field?	Yes	No	Yes	No	Yes	Yes	No	No	Yes	No	No
26. Pitcher's eye (screen/covering) behind home plate?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
27. Are there protective fences in front of the dugouts?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
28. Is there a protected, on-deck batter's area? (On-deck areas have been eliminated for ages 12 and below.)	Yes	No	No	No	No	Yes	No	No	Yes	No	No
29. Do you have fenced, limited access bull pens?	Yes	No	No	No	No	No	No	No	No	No	No
30. Is a first aid kit provided per field?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
31. Do bleachers have spectator foul ball protection?	Overhead screens	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Fencing behind	No	No	No	Yes	Yes	No	No	Yes	No	No
32. Do your bases disengage from their anchors? (Mandatory since 2008)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
33. Is the field lighted?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
34. Are light levels at/above Little League standards? (50 footcandles infield/30 footcandles outfield)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Don't know										
35. What type of poles are used?	Wood*						x	x		x	
(Wood poles have not been allowed by Little League for new construction of lighting since 1994)	Steel	x	x	x	x	x			x		
	Concrete										
36. Is electrical wiring to each pole underground?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
37. Ground wires connected to ground rods on each pole?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
38. Which fields were tested/inspected in the last two years?	Electrical System	2/12	2/12	2/12	2/12	2/12	2/12	2/12	2/12	2/12	
	Light Levels										
39. Fields tested/inspected by qualified technician?	Electrical System	2/12	2/12	2/12	2/12	2/12	2/12	2/12	2/12	2/12	
	Light Levels										

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

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	4'	193'	193'	193'	22'	23'	22'	19'	23'	22'	19'
2	4'	202'	202'	202'	22'	28'	29'	29'	25'	29'	29'
3	4'	200'	200'	200'	22'	27'	25'	20'	29'	27'	21'
4	4'	205'	205'	205'	20'	30'	28'	26'	30'	28'	26'
5	6'	300'	340'	300'	39'	45'	45'	21'	45'	44'	20'
6	4'	140'	140'	140'	22'	23'	22'	20'	23'	23'	22'
7	4'	189'	200'	189'	22'	29'	29'	20'	29'	29'	20'
8	6'	295'	295'	295'	47'	50'	47'	16'	50'	27'	13'
9	4'	130'	130'	150'	22'	23'	23'	5'	23'	23'	5'
10	None				22'	18'	18'		18'	18'	

Lamar Little League

General Procedures



STORAGE SHED PROCEDURES

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

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

GENERAL FACILITY

- All bleachers will have safety rails.
- All bleachers will have protective awnings to stop fly balls.
- All dugouts will have bat racks.
- The dugouts will be clean and free of debris at all time.
- Dugouts and bleachers will be free of protruding nails.
- Home plate, batter's box, bases and the area around the pitcher's mound will be checked periodically for tripping and stumbling hazards.
- Materials used to mark the field will consist of white spray paint.
- Chain-link fences will be checked regularly for holes and sharp edges.
- The yellow safety caps on chain-link fences will be checked regularly for cracks and will be repaired.

Lamar Little League

Concession Stand Safety



Concession Stand

Our current procedures and facility have been approved by the Fort Bend County Health Inspector. What follows are general rules and procedures for keeping our concession stand clean and operational. (For additional tips and information on keeping our concession stand clean refer to Appendix I.)

Concession Stand Duty & Information for Hired Workers

Do not move any piece of equipment in the concession stand unless directed to do so by a Board Member or Concession Auxiliary Committee member.

Do not wear headphones while working in the concession.

Do not eat, drink or eat food while working in the concession.

All food must be purchased. If you are a volunteer or hired worker, please pay for your food.

Concession Stand Rules for Everyone

Please adhere to the following guidelines:

Absolutely NO eating or drinking while working. Please take your eating/drinking breaks outside the concession stand. Failure to do so may result in removal from Jr. for-hire list!

If you get something to eat or drink, you must pay for it.

Absolutely NO children in the concession stand under 15 years of age!

“Paid” Umpires must pay for their own food items (except water). “Volunteer” Umpires should present a food coupon which entitles them to one food item, chips and a drink for free. See UIC for coupon.

“One Adult” must be assigned as cashier. Please keep cash box on backside of counter.

Opening Concession Stand

Those individuals scheduled to “open” the concession stand should arrive 45 minutes before the first scheduled game. A Concession Stand Auxiliary committee member (or Board Member) will be there to unlock the door.

Teams that are scheduled to open the concession stand should have their team moms there early to make sure everyone assigned shows up. Team Moms may need to make phone calls as a reminder to those scheduled.

For safety and efficiency reasons, station people as follows:

Cook - 1 person; this person will operate the fryers and grill. Please wash hands, wear hat, cook food and stay in cooking area.

Food Preparation - 2 Food Preps,

One person to prepare meat orders stationed near the hamburger warmer crock-pot. This person will put on fixings for meat orders

One person to work near Chili and Nacho area.

Order Takers – 4+ people; these individuals will take orders from customers, call out orders to cook and receive money.

Banker - 1 (adult); this person handles all the money.

Starting Things Up:

Step 1:

Turn on all 3 ICEE Frozen drink Machines. Press Auto 1 & Auto 2.

Turn on Light & Fan on Vent Hood over fryers & grill.

Turn on Fryers & Grill (set to marks)

Step 2:

Open Roll-Up Doors at serving windows, but do not open windows for business.

Step 3:

Plug in Base for Crock Pot for Chili (round one) and turn to low heat. Check Cooler for any leftover Chili (if not - open new can on bottom shelves) and pour into Crock Pot. Place Crock Pot in Microwave and turn on for 15 minutes. Stop microwave every 5 minutes and stir Chili. After 15 minutes put Crock Pot bowl back inside metal holder for Crock Pot.

Step 4:

Plug in Base for Crock Pot for Nacho Cheese. Check Cooler for any leftover Nacho Cheese (if not - open new can on bottom shelves) and pour into Tupperware container. Heat cheese in Microwave for 10 minutes. Stop microwave every 5 minutes and stir Cheese. After 15 minutes pour cheese inside round metal container to keep warm.

Step 5:

Plug in Large Rectangular Pot for meat. Turn heat dial to mark on side. Pour about $\frac{3}{4}$ pitcher of hot water in pot. Add 2 bouillon cubes and about 3 ounces of Worcestershire sauce.

Step 6:

Remove Condiment Dispenser (mustard, and 2 ketchups) from cooler and put in aluminum foil cooking tray. Put some ice around it in it and place outside on table between serving windows. Be sure to check to see if it needs refilling.

Fill Napkins holders with Napkins located on shelves inside the lost and found closet and place next to Condiment Dispenser on outside table.

Also place salt and pepper shakers on outside table (only place disposable outside)

Step 7:

Hamburgers, Hot Dogs, & Sausages - Cook 2 Hamburgers at first, 8 Hot Dogs and 4 Sausages. Then see how they are selling to determine how much to cook. Place all cooked meat in Meat Pot.

Step 8:

Remove 4-container tray from the cooler and refill if necessary with lettuce, tomatoes, onions and sliced pickles.

Step 9:

Nacho Chips - Fill nacho bowls or boats with chips (2 large hands full) and place in plastic container to keep fresh until sold. Then dispense cheese and jalapenos on nachos as ordered.

Step 10:

When fryers are hot, add French Fries. Not too full. Follow the cooking instructions on the wall next to the fryers

Open for Business

Now you are ready to open. While waiting for customers or during slow times please do the following:

Restock Cooler (between serving windows) with Water & PowerAde.

Take existing drinks already cooled in the cooler and place in barrel type ICE bins. Place room temperature drinks into the cooler.

Refill candy and chip bins, etc.

Do any dishes currently in the sink.

Closing Concession Stand

Start closing the concession stand about 60-90 minutes after the “start” time of the last game of the night. Make sure that ICEE Machines are the last to be turned off. This will allow for the final teams to get their team ICEE’s.

Left Over Food

Take left over Chili & Cheese and put in a Tupperware container and put inside large cooler (refrigerator).

Give away any cooked hot dogs, hamburgers or sausage at the close of business.

Dishes

Be sure to wash ALL the dishes and cooking utensils with hot water. Put dishes in the dishwasher, fill with dish washing liquid and start.

ICEE Machines

Turn OFF all 3 machines; Open the doors to the ICEE Machine. Press and hold Off 1 & Off 2 on the front panel, wash out trays, wipe down machine.

Drink Dispensers

Rinse out trays and wipe down, wipe nozzles also.

Barrel Type Drink Containers

Take containers outside and open barrel drain to let water out.

Condiment Dispenser (outside)

Wipe down and put entire set up in Cooler.

Counter Tops

Wipe all counter tops with 409 including the outside table.

Sink

Clean and rinse sink.

Trash

Put trash in bags and take to dumpster.

Refill trash containers with trash bags.

Stock Supplies

Restock all items that are needed. Especially check the PowerAde and water.

Sweeping Floors

Sweep entire concession area before mopping. Make sure that you lift all rubber foot-slip mats and sweep under them as well.

Next mop floor. Mop bucket is in the closet next to Ice Machine. Make sure that you add bleach to your water bucket.

Prepare List of Items to Be Ordered

Make list of items or food that are running low and leave the list in the league Presidents box in the back of the concession stand.

Money

A Board Member should be present to take the money

Board Members will place the money in a secure area.

Thank you for all your help in keeping our concession stand healthy and clean.

Lamar Little League

Accident Report Procedures



Accident Reporting Guidelines

Manager Responsibilities

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

All such incidents must be reported to the Safety Officer within 24 hours of the incident. Accident reporting is initially done via email providing the following minimum information:

Name and Phone Number of the Individual Involved.

- Date, Time and Location of the Incident.
- A Detailed Description of the Incident.
- A Preliminary Estimate of the Extent of the Injury.
- Name and Phone Number of the Individual Reporting the Incident.

After this initial notification the Manager must complete and turn in to the Safety Officer the "Incident Tracking Form" (Appendix H). After completion, bring the form to the concession stand and ask that the paperwork be placed in the Safety Officers box. Please notify the Safety Officer via email once this activity is complete.

Safety Officer's Responsibilities

Within 48 hours of receiving the incident report, the Safety Officer will contact the injured party or party's parents (if under 19) and:

- Verify the Information Received.
- Check on the Status of the Injured Party.
- Advise the Parent or Guardian of Insurance procedures
- Personal Insurance coverage must be used first
- Any expenses not covered by personal insurance should be submitted via the Little League Claim forms
- Discuss proper forms to be completed by the Parents and where forms are located.
- Accident Notification Form (example located on the following page)
- The Safety Officer should stay in contact with the injured party until the incident is considered "closed".
- Complete the Injury Tracking Form (example below)

Parents Responsibilities

Lamar Little Leagues insurance policy is an "Excess Coverage Provision" policy whereby all personal and/or group insurance shall be used first.

Communicate often with the Safety Officer. This will allow the league to better assist in resolving your claim.

If additional coverage is necessary, complete the following forms below. After completion, provide originals to the league Safety Officer who must authorize and submit the forms to the Little League Corporate offices. The Safety Officers signature is required on the forms or the claim will be rejected.

Accident Notification Form



LITTLE LEAGUE® BASEBALL AND SOFTBALL ACCIDENT NOTIFICATION FORM INSTRUCTIONS

Send Completed Form To:
Little League, International
539 US Route 15 Hwy, PO Box 3485
Williamsport PA 17701-0485
Accident Claim Contact Numbers:
Phone: 570-327-1674 Fax: 570-326-9280

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

League Name		League I.D.	
Name of Injured Person/Claimant		SSN	Age
Date of Birth (MM/DD/YY)		Sex	
		<input type="checkbox"/> Female	<input type="checkbox"/> Male
Name of Parent/Guardian, if Claimant is a Minor		Home Phone (Inc. Area Code)	Bus. Phone (Inc. Area Code)
		()	()
Address of Claimant		Address of Parent/Guardian, if different	

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

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

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

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

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

Check all applicable responses in each column:

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

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

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

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

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

For Residents of California:

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

For Residents of New York:

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

For Residents of Pennsylvania:

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

For Residents of All Other States:

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

PART 2 - LEAGUE STATEMENT (Other than Parent or Claimant)		
Name of League	Name of Injured Person/Claimant	League I.D. Number
Name of League Official		Position in League
Address of League Official		Telephone Numbers (Inc. Area Codes) Residence: () Business: () Fax: ()

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

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

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

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

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

Date _____ League Official Signature _____

Injury Tracking Form

For Local League Use Only

Activities/Reporting

A Safety Awareness Program's Incident/Injury Tracking Report

League Name: _____ League ID: ____ - ____ - ____ Incident Date: _____
 Field Name/Location: _____ Incident Time: _____
 Injured Person's Name: _____ Date of Birth: _____
 Address: _____ Age: _____ Sex: ☐ Male ☐ Female
 City: _____ State _____ ZIP: _____ Home Phone: () _____
 Parent's Name (If Player): _____ Work Phone: () _____

 Parents' Address (If Different): _____ City _____

Incident occurred while participating in:

A.) ☐ Baseball ☐ Softball ☐ Challenger ☐ TAD
 B.) ☐ Challenger ☐ T-Ball ☐ Minor ☐ Major ☐ Intermediate (50/70)
 ☐ Junior ☐ Senior ☐ Big League
 C.) ☐ Tryout ☐ Practice ☐ Game ☐ Tournament ☐ Special Event
 ☐ Travel to ☐ Travel from ☐ Other (Describe): _____

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

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

Type of injury: _____

Was first aid required? ☐ Yes ☐ No If yes, what: _____

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

Type of incident and location:

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

Please give a short description of incident: _____

Could this accident have been avoided? How: _____

This form is for local Little League use only (should not be sent to Little League International). This document should be used to evaluate potential safety hazards, unsafe practices and/or to contribute positive ideas in order to improve league safety. When an accident occurs, obtain as much information as possible. For all Accident claims or injuries that could become claims to any eligible participant under the Accident Insurance policy, please complete the Accident Notification Claim form available at http://www.littleleague.org/Assets/forms_pubs/asap/AccidentClaimForm.pdf and send to Little League International. For all other claims to non-eligible participants under the Accident policy or claims that may result in litigation, please fill out the General Liability Claim form available here: http://www.littleleague.org/Assets/forms_pubs/asap/GLClaimForm.pdf.

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

What every parent should know about Little League Insurance

It is suggested this memo should be reproduced on your league's letterhead over the signature of your president or safety officer and distributed to the parents of all participants at registration time.

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

WHAT PARENTS SHOULD KNOW ABOUT LITTLE LEAGUE INSURANCE

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

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

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

1. The Little League Baseball and Softball accident notification form must be completed by parents (if the claimant is under 19 years of age) and a league official and forwarded directly to Little League Headquarters within 20 days after the accident. A photocopy of the form should be made and kept by the parent/claimant. Initial medical/dental treatment must be rendered within 30 days of the Little League accident.
2. Itemized bills, including description of service, date of service, procedure and diagnosis codes for medical services/supplies and/or other documentation related to a claim for benefits are to be provided within 90 days after the accident. In no event shall such proof be furnished later than 12 months from the date the initial medical expense was incurred.
3. When other insurance is present, parents or claimant must forward copies of the Explanation of Benefits or Notice/Letter of Denial for each charge directly to Little League Headquarters, even if the charges do not exceed the deductible of the primary insurance program.
4. Policy provides benefits for eligible medical expenses incurred within 52 weeks of the accident, subject to Excess Coverage and Exclusion provisions of the plan.
5. Limited deferred medical/dental benefits may be available for necessary treatment after the 52-week time limit when:
 - (a) Deferred medical benefits apply when necessary treatment requiring the removal of a pin /plate, applied to transfix a bone in the year of injury, or scar tissue removal, after the 52-week time limit is required. The Company will pay the Reasonable Expense incurred, subject to the Policy's maximum limit of \$100,000 for any one injury to any one Insured. However, in no event will any benefit be paid under this provision for any expenses incurred more than 24 months from the date the injury was sustained.
 - (b) If the Insured incurs Injury, to sound, natural teeth and Necessary Treatment requires treatment for that Injury be postponed to a date more than 52 weeks after the injury due to, but not limited to, the physiological changes of a growing child, the Company will pay the lesser of: 1. A maximum of \$1,500 or 2. Reasonable Expenses incurred for the deferred dental treatment.

Reasonable Expenses incurred for deferred dental treatment are only covered if they are incurred on or before the Insured's 23rd birthday. Reasonable Expenses incurred for deferred root canal therapy are only covered if they are incurred within 104 weeks after the date the Injury occurs.

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

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

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

Lamar Little League

First-Aid Equipment

&

Injury Procedures



MEDICAL - Giving First-Aid

First-Aid?

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

The average response time on 9-1-1 calls is 5-7 minutes. En-route Paramedics are in constant communication with the local hospital at all times preparing them for whatever emergency action might need to be taken. Perform whatever First Aid you can and wait for the paramedics to arrive.

First Aid Kits?

Basic First Aid Kits should be kept by each Manager for all team activities. Each manager will be given a first aid kit with their equipment bags.

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



9 -1-1 EMERGENCY NUMBER

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

First Dial 9-1-1

Give the dispatcher the necessary information. Answer any questions that he or she might ask. Most dispatchers will ask:

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

When to call –

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

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

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

- Fire or Explosion
- Presence of Poisonous Gas
- Vehicle Collisions Snakes Bites
- Downed Electrical Wires
- Muscle, Bone or Joint injuries
- Deformity Bruising Swelling
- Inability to use the affected part
- Bone Fragments sticking out of a wound
- Victim feels bones grating; victim felt or heard a snap or pop
- The injured area is cold and numb
- Cause of the injury suggests that the injury may be severe.

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

Treatment for muscle or joint injuries:

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

Treatment for fractures:

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

Treatment for broken bones:

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

CONCUSSION

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

- 1) Remove player from the game.
- 2) See that the victim gets adequate rest.
- 3) Note any symptoms and see if they change within a short period of time.
- 4) Tell the parents about the injury and have them monitor the child after the game.
- 5) Urge parents to take the child to a doctor.
- 6) If the victim is unconscious after the blow to the head, diagnose head & neck injury

DO NOT MOVE the victim. Call 9-1-1 immediately.



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

These sections are applicable to interscholastic activity and require that school districts: appoint concussion oversight teams to establish return-to-play protocols; require that students may not participate in an activity during a school year until their parent/guardian signs and returns a form acknowledging receipt of concussion information; and requires a student be immediately removed from the activity if they are suspected of sustaining a concussion.

The student may not return to play until evaluated by a medical professional, has completed return-to-play protocols, has written clearance from the medical provider and the parent has signed a consent form allowing them to return to play.

A coach may not authorize a student's return to play. Coaches are also required to get concussion training once every two years.

Head and Spine Injuries

When to suspect head and spine injuries:

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

Signals of Head and Spine Injuries

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

General Care for Head and Spine Injuries

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

Caring for Shock

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

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

Caring for shock involves the following simple steps:

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

How to save a life with CPR



1 If someone has collapsed and isn't breathing normally, the most important thing to do is to call 999 straight away.

2 Then approach the person only if it is safe to do so. If not, wait for professional help to arrive.

3 If it's safe, start hands-only CPR by placing the heel of your hand in the centre of the chest, between the nipples.

4 Now place your other hand on top and interlock your fingers.

5 Push hard in the centre of the chest to a depth of 5-6cm.

6 Push fast to the tune of Stayin' Alive or a song with a similar beat. Aim for 100-120 compressions per minute.

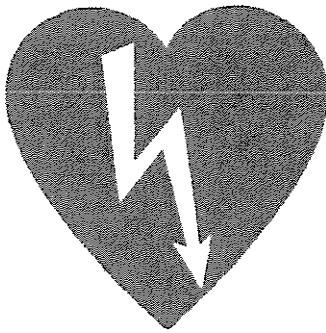
7 Keep going until medical help or a defibrillator arrives, or the casualty regains consciousness.

CENTIMETRES

0
1
2
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4
5
6

Love Heart
CAMPAIGN FOR CPR IN SCHOOLS
THE Sun

AED



AUTOMATED EXTERNAL DEFIBRILLATOR

LOCATED IN THE CONCESSION STAND

IF A VICTIM IS CHOKING

Partial Obstruction with Good Air Exchange:

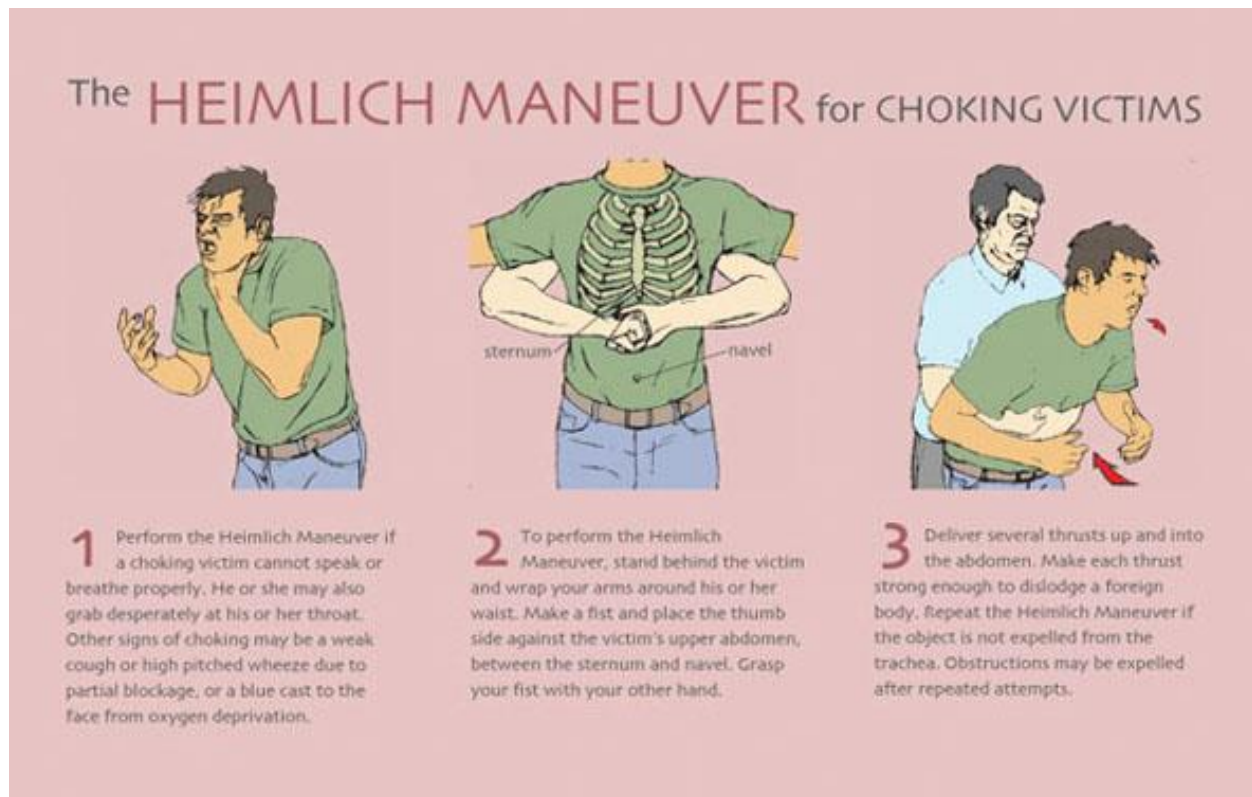
Symptoms may include forceful cough with wheezing sound between coughs.

Treatment:

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

Partial or Complete Airway Obstruction in Conscious victim

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



BLEEDING IN GENERAL

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

If a victim is bleeding:

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

Nose Bleed

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

Bleeding on The Inside and Outside of the Mouth

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

Infection

To prevent infection when treating open wounds you must:

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

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

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

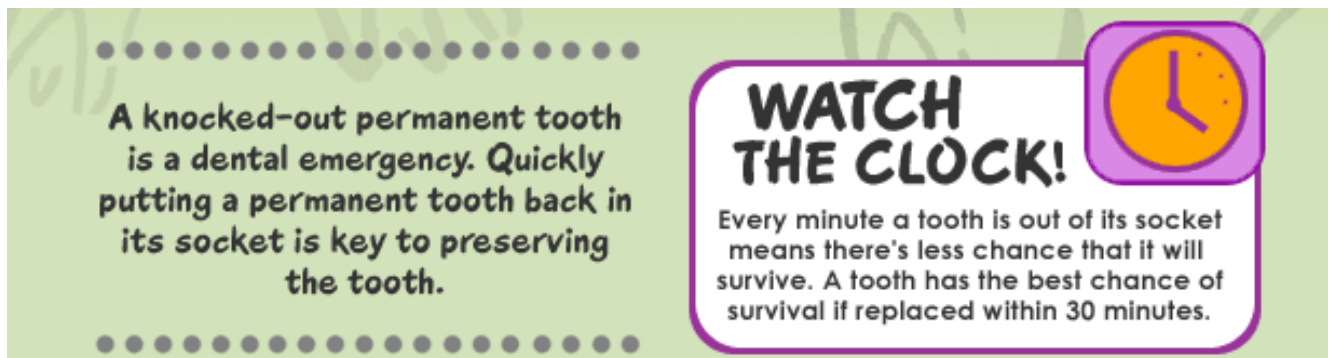
Tape. . .to secure with First-Aid tape to help keep out dirt and germs.

Emergency Treatment of Dental Injuries Avulsion (Entire Tooth Knocked Out)

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

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

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

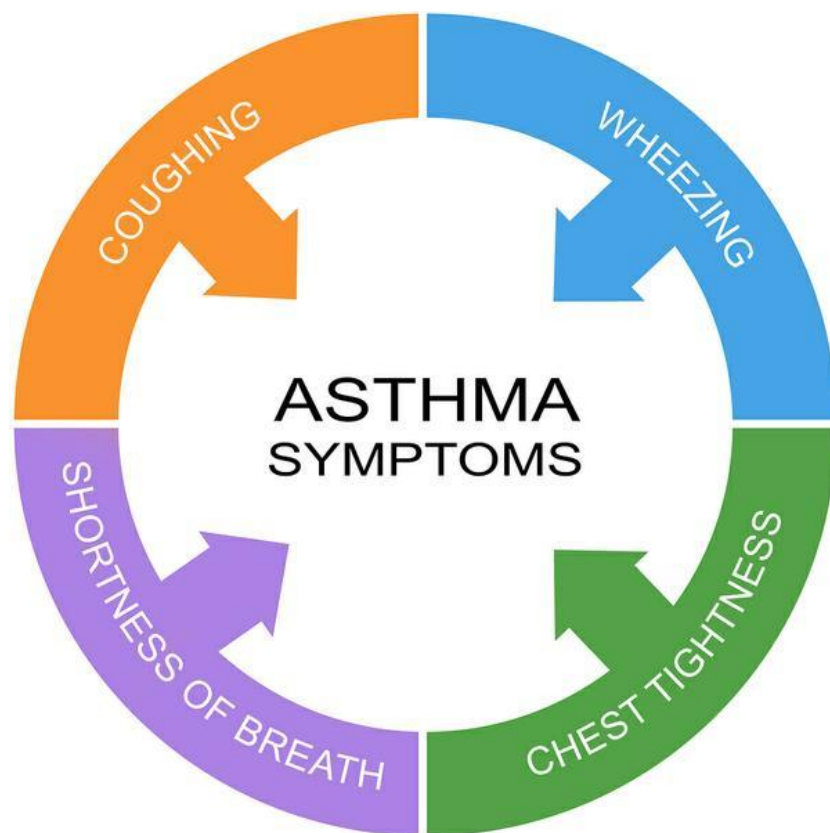


Asthma and Allergies

Many children suffer from asthma and/or allergies (allergies especially in the springtime). Allergy symptoms can manifest themselves to look like the child has a cold or flu while children with asthma usually have difficult time breathing when they become active.

Allergies are usually treated with prescription medication. If a child is allergic to insect/stings/bites or certain types of food, you must know about it because these allergic reactions can become life threatening. Encourage parents to fill out the medical history forms. Study their comments and know which children on your team need to be watched.

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



Heat Exhaustion

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

Treatment:

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

Sunstroke (Heat Stroke)

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

Treatment:

1. Call 911 immediately
2. Lower body temperature 'with cool wet to"V11els or sheets in a "V11ell-ventilated room or use fans and air conditioners until body ten1perature is reduced.
3. DO NOT give stimulating beverages (caffeine beverages) such as coffee: tea or soda.

Mosquitoes

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

Treatment:

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

Lamar Little League

Board of Directors



Lamar Little League ASAP Safety Plan 2017

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Melanie Mays	Team Mom Coordinator	pmmays@comcast.net

Lamar Little League

Park Layout





Lamar Little League

Fields & Facility Photos



Welcome Sign



Field 1



Field 2



Field 3



Field 4



Field 5



Field 6



Field 7



Field 8



Field 9



Field 10



Batting Cages 1-3



Batting Cages 4-8



[illegible]

Field 3 side

	Uncovered cages			
Field side	Cage 5 (Juniors)	Cage 8 (Juniors)	Cage 9 (Rook/A)	Street Side

Concession Stand (Palmquist Pavilion)



Light Control Board



Lamar Little League

Board Duty Responsibilities



Nightly board duty responsibilities:

- Arrive an hour before first scheduled game
- Open up all restrooms
- Open all equipment sheds
- Do not leave the equipment and uniform sheds or Christian's sheds open; lock them as soon as you get out what you need.
- Open the concessions if Bruce or his staff have not done so
- Turn lights on when needed
- Assist with concessions if needed
- Close up after all games are complete
- Turn off all lights
- Ensure that all scoreboard controls are collected...although it's not our responsibility the teams need to do this we just don't want to leave anything out
- Ensure pitching machines are put up
- Lock up everything

