

**Alta Loma Little League  
2023  
Safety Plan**

**For  
Managers, Coaches, Umpires, Players & Parents**



**Alta Loma Little League  
Plays It Safe!**

League I.D.-405-21-10

Safety Officer- Michael Leal – (909) 578-5072

## **Alta Loma Little League Emergency Phone List**

### **Emergency -**

Police / Fire / EMT – 911

Poison Control Center – 800-222-1222

### **Non-Emergency-**

Rancho Cucamonga Police – 909-477-2800

Non-Emergency – 909-941-1488

Rancho Fire Department – 909-477-2770

### **Utilities - Emergency -**

Southern California Edison- 800-655-4555

Southern California Gas Co. - 800-427-2200

Cucamonga Valley Water Dist. – 909-987-2591

Animal Control – 800-472-5609

### **San Antonio Community Hospital – Closest and General Hospital**

999 San Bernardino Road

Upland, CA 91786

909-985-2811

### **Loma Linda University Medical Center – Pediatric Trauma Center**

11234 Anderson St

Loma Linda, CA 92354

(909) 558-4000

### **Kaiser Permanente Ontario – General Hospital**

2295 S Vineyard Ave

Ontario, CA 91761

(909) 724-5000

### **Pomona Valley Medical Center – Trauma Center**

1798 N. Garey Avenue

Pomona, CA 91767

909-865-9500

### **Little League Support Information-**

Little League International -570-326-1921

P.O. Box 3485 Williamsport, Pa. 17701

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

### **Western Region Headquarters- 909-877-6444**

6707 Little League Drive San Bernardino, Ca.

[www.littleleague.org/west](http://www.littleleague.org/west)

**Alta Loma Little League Board of Directors**

President	James Magnusen	<a href="mailto:Jamesd182311@gmail.com">Jamesd182311@gmail.com</a>	(909) 952-8508
Treasurer	Trevor Bogle	<a href="mailto:twbogle@gmail.com">twbogle@gmail.com</a>	(909) 215-0022
Secretary	Kat O'Neill	<a href="mailto:Katoneill7@yahoo.com">Katoneill7@yahoo.com</a>	(909) 630-6758
Upper Division VP	Thomas Aragon	<a href="mailto:Thomasaragon_1@yahoo.com">Thomasaragon_1@yahoo.com</a>	(714) 732-4428
Lower Division VP	Joe Webb	<a href="mailto:jwebb8774@verizon.net">jwebb8774@verizon.net</a>	(951) 217-8774
Lower Division Player Agent	Courtney Gratz	<a href="mailto:Cgratz12@yahoo.com">Cgratz12@yahoo.com</a>	(310) 497-3057
Tball/Rookie VP		Vacant	
Tball/Rookie Player Agent	Brandie Juarez	<a href="mailto:Brandieac.bj@gmail.com">Brandieac.bj@gmail.com</a>	(909) 908-8094
Challenger VP	Jon Adams	<a href="mailto:Jon8484@hotmail.com">Jon8484@hotmail.com</a>	(909) 702-6448
Umpire in Chief	Jon Ausubel	<a href="mailto:jonausubel@gmail.com">jonausubel@gmail.com</a>	(909) 921-9915
Scorekeeper	Mark Sherfey	<a href="mailto:amsherfey@yahoo.com">amsherfey@yahoo.com</a>	(909) 921-7108
Snackbar Manager	Christy Marrugi	<a href="mailto:Christysrealestate411@gmail.com">Christysrealestate411@gmail.com</a>	(909) 562-5757
Program Coordinator	Ashley Sinclair	<a href="mailto:agentashrealtor@gmail.com">agentashrealtor@gmail.com</a>	(909) 782-5938
Safety Officer	Mike Leal	<a href="mailto:Mleal2415@gmail.com">Mleal2415@gmail.com</a>	(909) 578-5072
Information Officer	Andrea Guerra	<a href="mailto:aguerra@ofy.org">aguerra@ofy.org</a>	(909) 268-3220
Equipment	Greg Kornbacher	<a href="mailto:gkornbacher@gphirrigation.com">gkornbacher@gphirrigation.com</a>	(951) 733-7020
Fund Raising Manager	Lacey Moore	<a href="mailto:Lamsmail38@gmail.com">Lamsmail38@gmail.com</a>	(909) 646-2154
Uniform Coordinator	Becky Smith	<a href="mailto:Go4nutt@hotmail.com">Go4nutt@hotmail.com</a>	(909) 260-1448
Field Manager	Rich Searing	<a href="mailto:richard@searingindustries.com">richard@searingindustries.com</a>	(909) 223-4734
Assistant Field Manager	Jordan Ornelas	<a href="mailto:jornelas2@msn.com">jornelas2@msn.com</a>	(909) 838-7896

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## **Field Locations:**

### **Heritage Community Park**

5546 Beryl Street, Alta Loma, Ca. 91701

### **Stork Elementary School**

5646 Jasper Street, Alta Loma, Ca. 91701

### **Jasper Elementary School**

6881 Jasper Street, Alta Loma, Ca. 91701

### **Alta Loma Junior High School**

9000 Lemon Avenue, Alta Loma, Ca. 91701

### **Alta Loma High School**

8880 Baseline Road, Alta Loma, Ca. 91701

## **Safety Officer's Mission**

To create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League Baseball and Softball.

# Emergency Contact Procedures

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

## 1. **First dial 911**

## 2. **Give the dispatcher the necessary information. Answer any questions that he/she might ask.**

### **Most dispatchers will ask:**

- The exact location or address of the emergency and where exactly you are located. (Field numbers, letters, cardinal directions etc.) This is very important for first responders to be able to location you ASAP. Please provide best access.

### **Field Locations:**

1. Heritage Park - 5546 Beryl Street, Alta Loma
2. Stork Elementary – 5646 Jasper Street, Alta Loma
3. Jasper Elementary – 6881 Jasper Street, Alta Loma
4. Alta Loma Junior High – 9000 Lemon Avenue, Alta Loma
5. Alta Loma High School – 8880 Baseline Road, Alta Loma

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

## 3. **Do not hang up until the dispatcher hangs up.**

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

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

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

# Safety Code

## Dedicated to Injury Prevention

Responsibility for Safety procedures should be that of an adult member of the Alta Loma Little League.

**All Managers are required to:**

1. **Attend the Safety & First Aid Training Class** (First Aid Kits are required at all Practices and Games).
  - Held January 23rd, 2023 at Heritage Park Equestrian Center 5pm
2. **Attend the Managers Training Clinic**
  - Held January 25th, 2023 at Heritage Park

**\*\*Failure to attend either of the above events will result in a 1 game suspension for each occurrence\*\***

All league volunteers will receive a copy of the current safety plan.

No horseplay in the walkways at anytime.

Responsibility for safety procedures should be that of an adult member of Alta Loma Little League.

All injuries will be reported to the Safety Officer as soon as possible.

Arrangements should be made in advance of all games and practices for emergency medical services.

An accident report tracking form will be completed in its entirety and submitted to an Alta Loma Little League Board Member within 24 hours of the injury.

Speed limit 5 mph in roadways and parking lots while attending any A.L.L.L. function. Watch for small children around parked cars.

Managers, coaches, and umpires should have training in first aid. First aid kits are issued to each team member.

No alcohol allowed in any parking lot, field, or common areas within A.L.L.L.

No games or practices should be held when weather or field conditions are bad, particularly with lightning is inadequate.

No playing in parking lots at any time.

Play area should be inspected frequently for holes, damage, stones, glass and any other hazards.

Use cross walks when crossing roadways. Always be alert for traffic.

No throwing baseballs at any time within the walkways or common areas.

No profanity.

No children under the age 16 are permitted in the snack bar area.

No swinging bats at any time within the walkways and common areas.

No throwing rocks.

No throwing balls against dugouts or against backstop.

No climbing fences.

All gates to the fields must remain closed at all times. After players have entered or left the playing field, all gates should be closed and secure.

No pets are permitted on school grounds at any time, nor should pets be brought to games without a leash.

Observe all posted signs.

Players and spectators should be alert at all times for foul balls and errant throws.

During games, players not at bat, on base, playing a defensive position, or coaching a base must remain in the dugout in an orderly fashion at all times.

No food allowed in dugout.

After each game, each team must clean up trash in dugout and around stands.

All team equipment should be stored within the team dugout, or behind screens, and not within the area defined by the umpires as "in play".

Only players, managers, coaches, and umpires are permitted on playing field or in the dugout during games and practice sessions.

During practice and games, all players should be alert and watching the batter on each pitch. Responsibility for keeping bats and loose equipment off the field of play should be that of a player assigned for this purpose or the team's manager and coaches.

During warm-up drills players should be spaced so that no one is endangered by wild throws or missed catches.

All pre-game warm-ups should be performed within the confines of the playing field and not within areas that are frequented by, and thus endanger spectators (i.e., playing catch, pepper, swinging bats, etc.)

Equipment should be inspected regularly for the condition of the equipment as well as for proper fit.

Batters must wear Little League approved protective helmets during batting practice and games.

Catcher must wear catcher's helmet, mask, throat guard, long model chest protector, shin guards and protective cup with athletic supporter at all times (males) for all practices and games. **NO EXCEPTIONS.**

Except when a runner is returning to a base, head-first slides are **NOT** permitted (except at the Junior and Senior Levels).

During sliding practice, bases should not be strapped down or anchored.

At no time should "horse play" be permitted on the playing field.

Parents of players who wear glasses should be encouraged to provide "safety glasses."

Player must not wear watches, rings, pins, or metallic items during games and practices.

The Catcher must wear catcher's helmet and mask with a throat guard in warming up pitchers. This applies between innings and in the bullpen during a game and also during practices.

Managers and Coaches may **NOT** warm up pitchers before or during a game. (Rule 3.09); this includes standing at backstop during practice as informal catcher for batting practice.

On-deck batters are not permitted (except in Junior/Senior/Big League Divisions).

A.L.L.L will run a background check on all volunteers who provide regular services to the league and/or have repetitive access to or contact with players or teams must fill out an application form and provide a government issued photo identification for ID verification.



# Safety Procedures

## Checklist for Managers, Coaches, and Umpires

### Safe Playing Areas

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

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

### Safe Equipment

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

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

6. Repair or replace defective equipment.

### Safe Procedures Managers and coaches must:

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

### Weather Conditions Before the storm:

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

## **Approaching Thunderstorm**

- 1.** Take caution when you hear thunder. If you hear thunder, you are close enough to get struck by lightning. During a game, the umpire will clear the field in the event of an approaching storm.
- 2.** Move to a safe environment immediately. Do not go under a tree or stay in the dugout.
- 3.** If lightning is occurring and there is not sturdy shelter near, get inside a hard top automobile and keep the window up.
- 4.** Stay away from water, metal pipes, and telephones.
- 5.** Unplug appliances not necessary for obtaining weather information. Avoid the telephone except for emergency use only.
- 6.** Turn off air conditioners.

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

- 1.** The person who has been struck will carry no electrical charge; therefore they are safe to touch.
- 2.** Call 911 as soon as possible for help.
- 3.** Check for burns to the body.
- 4.** Give first aid as needed.
- 5.** If breathing and/or heartbeat have stopped, perform CPR until EMS arrives.
- 6.** Contact the league Safety Officer or President ASAP.

### **If caught outdoors & no shelter exists**

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

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



## REMEMBER:

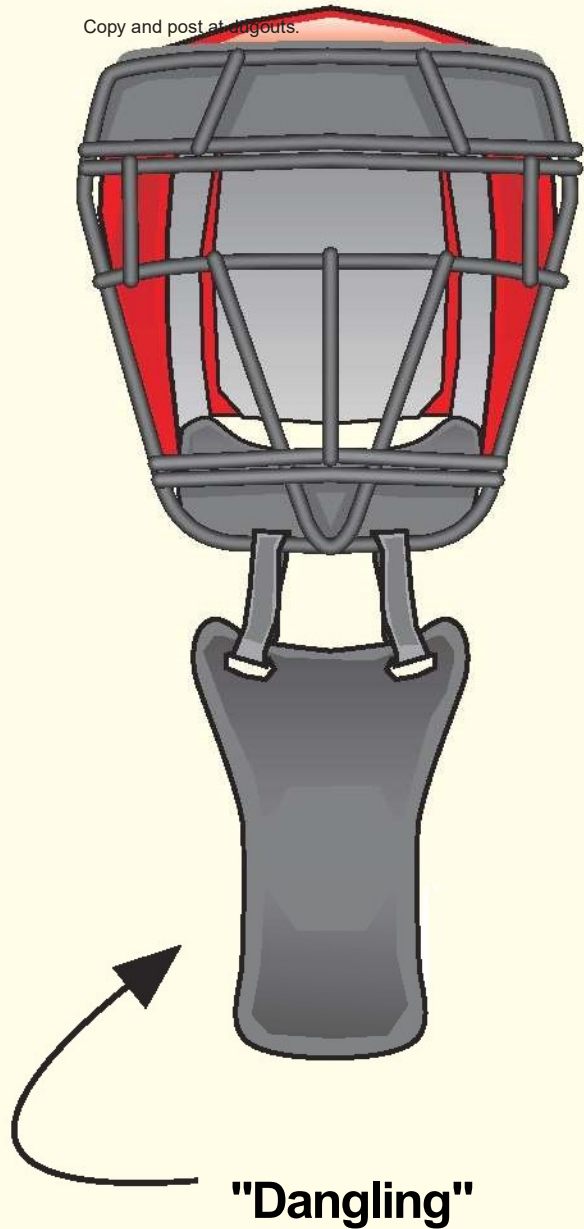
- Track approaching storms the best way possible: Internet radar websites, dedicated storm warning system at field, or other storm warnings
- Evacuate fields when storms are about 10 miles away: Have players and spectators go to enclosed building or to cars with windows rolled up
- Clear fields immediately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

## PLEASE WAIT!

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

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

Copy and post at dugouts.



Make  
Sure  
They  
Are  
Safe!

REMEMBER

Catchers must wear helmets during warm-ups and infield/outfield practice.

**RULE 1.17**

"...All catchers must wear a mask, 'dangling' type throat protector and catcher's helmet during infield/outfield practice, pitcher warm-up and games."

# Manager/Coaches Code of Conduct

Must Understand and Comply with Code

The Alta Loma Little League Board of Directors has mandated the following Code of Conduct. All coaches and a managers will read this Code of Conduct and sign in the space provided below, acknowledging that he/ she understands and agrees to comply with the Code of Conduct. Tear the signature sheet on the dotted line and give it to the Safety Officer.

No board member, manager, coach, player or spectator shall, **at any time**:

- Lay a hand upon, push, shove, strike, or threaten to strike an official.
- Be guilty of heaping personal verbal or physical abuse upon any official for any real or imaginary belief of a wrong decision or judgment.
- Be guilty of an objectionable demonstration of dissent at an official's decision by throwing of gloves, helmets, hats, bats, balls, or any other forceful unsportsmanlike action.
- Be guilty of using unnecessarily rough tactics in the play of a game against the body of an opposing player.
- Be guilty of a physical attack upon any board member, official manager, coach, player or spectator.
- Be guilty of the use of profane, obscene or vulgar language in any manner at any time.
- Appear on the field of play, stands, or anywhere on Little League complex while in an intoxicated state. Intoxicated will be defined as an odor or behavior issue.
- Be guilty of gambling upon any play or outcome of any game with anyone at any time.
- Be guilty of publicly discussing with spectators in a derogatory or abusive manner any play, decision or a personal opinion on any players during the game.
- As a manager or coach, be guilty of mingling with or fraternizing with spectators during the course of the game.
- Speak disrespectfully to any manager, coach, official or representative of the league.
- Be guilty of tampering or manipulating any league rosters, schedules, drafts positions or selections, official score books, ranking, financial records or procedures.
- Challenge an umpire's authority. The umpires shall have the authority and discretion during a game to penalize the offender according to the infraction up to and including expulsion from the game.

The Board of Directors will review all infractions of the Code of Conduct. Depending on the seriousness or frequency, the board may assess additional disciplinary action up to and including expulsion from the league. I have read the Alta Loma Little League Code of Conduct and promise to adhere to its rules and regulations.

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Print name of Manager

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Team name and division

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Signature of Manager

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Date

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Coach #1 Signature

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Coach#2 Signature

# Umpire Guidelines

All plate Umpires will wear a throat protector!

## Before the Game –

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

## During the Game –

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

# Accident Reporting Procedure

## What to report –

- Any incident that causes a player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid. This injury must be reported to the A.L.L.L. Safety Officer within 24 hours. This includes any treatment or evaluation rendered after leaving the field, such as an Urgent Care or ER visit, and/or any X-rays or scans that help diagnose the extent of the injury.

## The Manager's and Board Member Responsibility -

- The manager will fill out the Little League Accident Investigation Form and submit it to the Safety Officer within 24 hours of the incident.
- If the Safety Officer is not readily available the form shall be left in the Safety Officers envelope in the snack bar or you shall call the Safety Officer and make arrangements to give it to him/her.
- Accidents occurring outside the team (i.e., spectator injuries, concession stand injuries and third party injuries) may be handled by the Board Member on Duty, or the Auxiliary Chair Person in the Snack Bar, if the Home Team Manager is not immediately available.

## Safety Officer's Responsibilities –

Within 24 hours of receiving the Little League Accident Investigation Form, the Safety Officer will contact the injured party or the party's parents and;

1. Verify the information received.
2. Obtain any other information needed.
3. Check on the status of the injured party.
4. In the event that the injured party required other medical treatment (i.e., Emergency Room visit, Doctor's visit, etc.) will advise the parent or guardian of the Alta Loma Little Leagues insurance coverage and provision for submitting any claims.
5. If the extent of the injuries is more than minor in nature, the Safety Officer shall periodically call injured party to:
  - Check on the status of any injuries.
  - Check if any other assistance is necessary in areas such as submission of insurance forms, etc., until such time as the incident is considered "closed".
  - Make sure the injured player provides sufficient documentation, such a Doctor's note, releasing them to full athletic activity, if he/she has been under doctor's care.

# First Aid

## Treatment at Site

### Do –

- Reassure and aid children who are injured, frightened, or lost.
- Provide, or assist in obtaining, medical attention for those who require it.
- Know your limitations.
- Carry your first- aid kit to all games and practices.
- Keep your “prevention and Emergency Management of Little League Baseball Injuries” booklet with your first-aid kit.
- Assist those who require medical attention – and when administering aid, remember to
  1. Look for signs of injury (blood, black and blue deformity of joints etc.).
  2. Listen to the injured describe what happened and what hurts if conscious. Before questioning, you may have to calm and soothe an excited child.
  3. Feel gently and carefully the injured area for signs of swelling, or grating of broken bone.
- Have your players’ Medical Clearance Forms with you at all games and practices.
- Make arrangements to have a cell phone available when your game and practice is at a facility that does not have any public phones.

### 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 procedure (i.e., CPR, etc.).
- Transport injured individual except in extreme emergencies.
- Leave an unattended child at a practice or game.

### When treating an injury, remember:

Protection  
Rest  
Ice  
Compression  
Elevation  
Support



# **Snack Bar Safety/Procedures**

## **Emergency Information**

Call 911 in case of emergencies. Know what your emergency is, and where you are located.  
Heritage Community Park – 5546 Beryl Street, Rancho Cucamonga 91701.

For any other issues, a current Board Member should be notified at all times, (there will be a Board Member at the park during league hours of operation).

In addition, a complete list of Board Members phone numbers will be posted in the snack bar.

## **Deliveries**

Visually inspect all incoming products for spoilage. All products should have no off odors.

Check packaging. No packaging with leaks, stains, tears or damage should be accepted.

All incoming items should be put away (freezer, refrigerated, etc.) within 30 minutes of delivery.

## **Beverages**

Ice machine should be clean with no standing water.

Temperature of hot water used for coffee, tea and hot chocolate should not exceed 180 degrees F.

Beverage cups should be clean and in good order. Dispose all damaged cups.

All water containers should be secured and in an upright position.

## **Refrigerator/Freezer**

Freezer interior should be cleaned as needed.

Freezer temperature should be checked daily and will be 20 degrees F or less.

Refrigerator interior should be cleaned as needed. Refrigerator temperature should be checked daily and will be 33 – 43 degrees F.

## **Fryer**

Fryer area will be cleaned daily. Do not allow any grease build up.

Cooking grease shall be stored in original containers and away from open flames.

Only one person at a time shall operate fryers.

## **Grill Area**

Check that propane tanks are properly connected before each use.

Inspect fuel lines for leaks or excessive wear.

Grill area shall be cleaned after each days use.

## **General Working Area**

All countertops shall be cleaned and sanitized daily.

Hand sanitizers are full.

All floors are clean and dry.

All trash shall be removed at the end of each shift.

At opening and closing, entire area shall be checked for pest infestation and immediately address if needed.

First Aid Kit and fire extinguisher (current certificate) shall remain in plain view.

Incoming snack bar volunteers will be briefed by a snack bar supervisor on proper safety and procedures prior to each shift.

Children under 16 years of age are not allowed to work or be in the snack bar area.

# Volunteers Must Wash Hands

## HOW



## WHEN

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

### Wash after you:

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

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

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

### Wear gloves

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

### If you wear gloves:

- ▶ wash your hands before you put on new gloves

### Change them:

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

## Stranger Danger Awareness

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



**UMASS  
EXTENSION**

Telling our kids not to talk to strangers is not enough anymore, and it's not realistic. Children have a difficult time understanding the concept of "stranger." If they've seen someone at their school or in their neighborhood they may not think of them as a stranger because they've seen them before. In addition, if the person doesn't look mean or scary they don't seem like a stranger. However, abductions do not necessarily happen by strangers. We need to teach our children the basic rules of safety when they are out in the world without us.

### **Safety Tip:**

- Be sure you know where your children are at all times and when they are supposed to return.
- Know whom your children's friends are, where they live and how to get in touch with them.
- Never leave a small child alone, at home or in a car, even for just a few minutes.
- Teach your children that bad people don't necessarily look mean they often smile and act friendly. Teach your children not to be tricked. **Be Smart!**
- Discuss with your children how identify safe adults who they can go to when they are in danger. People like police and firefighters.
- Use role-playing and "what if" scenarios so children can practice what to do and how to respond in different situations.
- Decide a secret code word to use in emergency situations. If you can't pick up your children yourself, make sure the person you send uses the code word.
- Give your children whistles to blow on if they feel in danger. The whistles will attract attention and may prevent a crime.
- Make sure your child know how to reach you in an emergency.
- Also teach your children how and when to call 911.

### **Teach Your Children:**

- To always tell you where they are going and when they will be back. They should also let you know if they go somewhere else or be late.
- Not to walk anywhere alone-to walk with a friend.
- Not to take shortcuts through the woods, back street or parking lot.
- To only play in safe areas, not empty buildings or other dangerous places.
- Pay attention to their surroundings and be on the lookout for suspicious people and vehicles.
- Strangers are not only people they don't know, but people they don't know very well.
- Not to get close to people they don't know well. They should stay at least two arm's lengths away so they have room to back up or run away.
- Never get into a car with anyone they don't know well.

### **If in Danger, Your Children Should Know:**

- If a person follows or grabs them, they should yell very loudly. Teach them to shout, "I don't know you" or something similar, so people know they are in trouble. Tell your children it is okay for them to fight back and make as much noise as they can to get help. Practice this with your children by role playing.
- Run away and ask a safe adult for help.
- What safe places they can go to. A police station, fire station, the library, a store or a friend's house.
- If anyone touches them in their private areas, they should say "NO." Explain that they should tell you about these kinds of incidents as soon as possible.

### **If They Are Home Alone, Your Children Should:**

- Know how to reach you.
- Know how and when to call 911.

- Keep the door locked at all times.
- Never let anyone inside even if they know the person. If you did not give permission in advance.
- Never tell anyone on the phone they are alone.
- Don't tell callers your name, phone number or address.
- Take a message, but hang up right away if they don't like what someone is saying on the phone.

## 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**. The highest potential of sports is achieved when competition reflects these "**Six Pillars of Character**".

I/We parents/ guardians therefore agree:

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

I/We, as parents/guardians, who violate these rules may be disciplined at the game and requested to leave, and/or required to appear before the Alta Loma Little League Board of Directors. Violations may result in a variety of consequences, including parental bans from games or other League sponsored activities. Managers are responsible for the actions of their players, parents, and fans. Disruptive parents who do not follow the instructions issued by coaches, umpires or Board Members may cause the Manager to be suspended, the game forfeited, the game be abandoned by the umpire, or will be asked to leave a game. As a parent/guardian, if you are suspended, you may also be suspended for additional games.

---

Child's name

---

Team name and division

---

Parent/Guardian Signature & Date

---

Parent/Guardian Signature & Date

## Players Code of Conduct

- I hereby pledge to be positive about my youth sports experiences and accept responsibility for my participation by following this Players' Code of Ethics pledge:
- I will encourage good sportsmanship from fellow players, coaches, officials and parents at every game and practice by demonstrating good sportsmanship.
- I will attend every practice and game that I can, and will notify my coach if I cannot.
- I will expect to receive a fair and equal amount of playing time. I will do my very best to listen and learn from my coaches.
- I will treat my coaches, other players, officials and fans with respect, and I will expect to be treated accordingly.
- I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun.
- I will encourage my parents to be involved with my team in some capacity because it is important to me.
- I will remember that sports participation is an opportunity to learn and have fun.

# Guidelines for Challenger Buddies

The role of a Challenger Buddy during game play is to protect the Challenger player and to assist in any way necessary. Below are some general guidelines for assisting players while playing in the field, while at bat and while running the bases. These guidelines are intended to give general instruction on how to assist Challenger players, but do not cover every situation. It is important to remember that each Challenger player will need a different level of assistance and may face unique challenges while participating.

## Fielding

### **Position & Readiness:**

- Make sure fielders are a safe distance from batter. No fielder should be located in front of the pitcher's mound.
- Avoid standing in the base paths.
- Stand near your player in a position that will allow you to protect him/her from batted or throw ball if necessary.
- When your player is ready to throw a ball, be sure the receiver is ready to receive the ball.

### **Player with Unlimited Mobility:**

- Allow the player to field the ball alone.
- Direct the player with respect to where to throw the ball.
- If the ball is heading to the outfield, let it go.
- If the ball is in the infield, knock it down, if necessary, and then allow the player to field the ball.

### **Player with Limited Mobility:**

- Field the ball, or ask another player to field the ball and hand it to your player to allow them to throw it or hold it momentarily.
- Assist the player in throwing the ball, if necessary.
- When talking with a player using a wheelchair, always position yourself at their eye level and talk face to face.

**At the end of an inning, all players and buddies should remain on the field until the last base runner scores.**

## Batting

If necessary, help your player choose a bat and helmet and get into batting position.

Some players may also need guidance on where to run after they hit the ball. In this case move towards first base and encourage the player to follow you.

### **Thrown Pitch:**

- Allow the player to swing at the pitch and assist if needed.
- If the player is not successful at hitting a thrown pitch, encourage them to use the tee.

### **Tee:**

- Set the ball in place when the fielders are ready and get the player into batting position.
- Assist the player in swinging the bat if needed.
- Make sure the player drops the bat before running.

# Safety Manual and First Aid Kits

Each team will be issued a Safety Manual and a First Aid Kit at the beginning of the season. The manager will acknowledge the receipt of both by signing on the space provided below when taking possession of these articles.

The snack bar will have a First Aid Kit and Safety Manual in plain view at all times. The Safety Manual will include emergency service phone numbers, all Board Members phone numbers, and Do's and Don'ts of treating injured players. The First Aid Kit will include the necessary items to treat an injured player until professional help arrives if need be.

I have received my Safety Manual and First Aid Kit and will have them both present at all practices, batting cage practices, games (season games and post- season games) and any other event where team members could become injured or hurt.

---

Name of Manager (print)

---

Team name and division

---

Signature of Manager

---

Date

Sign both copies and: Return the bottom copy to the A.L.L.L. Safety Officer  
Keep the other in your manual.

---

Name of Manager (print)

---

Team name and division

---

Signature of Manager

---

Date



# Bicycle Safety Tips

Bicycle riding is fun, healthy, and a great way to be independent. But it is important to remember that a bicycle is not a toy: it's a vehicle! Be cool – follow some basic safety tips when you ride.

## Safe Riding Tips

**Before using your bicycle, make sure it is ready to ride. You should always inspect your bike to make sure all parts are secure and working properly. Remember to:**

### **Wear a Properly Fitted Bicycle Helmet-**

Protect your brain, save your life.

### **Adjust Your Bicycle to Fit-**

Stand over your bicycle. There should be 1 to 2 inches between you and the top tube (bar) if using a road bike and 3 to 4 inches if a mountain bike. The seat should be level front to back. The seat height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebar height should be at the same level with the seat.

### **Check Your Equipment-**

Before riding, inflate tires properly and check that your brakes work.

### **See and Be Seen-**

Whether daytime, dawn, dusk, foul weather, or at night, you need to be seen by others. Wearing white has not been shown to make you more visible. Rather, always wear neon, fluorescent, or other bright colors when riding day or night. Also, wear something that reflects light, such as reflective tape or markings, or flashing lights. Remember, just because you can see a driver doesn't mean the driver can see you.

### **Control Your Bicycle-**

Always ride with at least one hand on the handlebars. Carry books and other items in a bicycle carrier or backpack.

### **Watch for and Avoid Road Hazards-**

Be on the lookout for hazards such as potholes, broken glass, gravel, puddles, leaves, and dogs. All hazards can cause a crash. If you are riding with friends and you are in the lead, yell out and point to the hazard to alert the riders behind you.

### **Avoid Riding at Night-**

It is far more dangerous to ride at night than during the day because you are harder for others to see. If you have to ride at night, wear something that makes you more easily seen by others. Make sure you have reflectors on the front and rear of your bicycle (white lights on the front and red on the rear reflectors are required by law in many states), in addition to reflectors on your tires, so others can see you.

Many bicycle-related crashes resulting in injury or death are associated with the bicyclist's behavior, including such things as not wearing a bicycle helmet, riding into a street without stopping, turning left or swerving into traffic that is coming from behind, running a stop sign, and riding the wrong way into traffic. To maximize your safety, always wear a helmet and follow the rules of the road.

# Rules of the Road – Bicycling on the Road

Bicycles in many States are considered vehicles, and cyclists have the same rights and the same responsibilities to follow the rules of the road as motorists. When riding always:

## **Go With the Traffic Flow-**

Ride on the right in the same direction as other vehicles. Go with the flow not against it.

## **Obey All Traffic Laws-**

A bicycle is a vehicle and you're the driver. When you ride in the street, obey all traffic signs, signals, and lane markings.

## **Yield to Traffic When Appropriate-**

Almost always, drivers on a smaller road must yield for traffic on a major or large road. If there is no stop sign or traffic signal and you are coming from a smaller roadway you must slow down and look to see if the way is clear before proceeding. This also means yielding to pedestrians who have already entered a crosswalk.

## **Be Predictable-**

Ride in a straight line, not in and out of cars. Signal your moves to others.

## **Stay Alert at All Times-**

Use your eyes and ears. Watch out for potholes, cracks, wet leaves, storm grates, railroad tracks, or anything that could make you lose control of your bike. You need your ears to hear traffic and avoid dangerous situations: don't wear a headset when you ride.

## **Look Before Turning-**

When turning left or right, always look behind you for a break in traffic, then signal before making the turn. Watch for left or right turning traffic.

## **Watch for Parked Cars-**

Ride far enough out from the curb to avoid the unexpected from parked cars (like doors opening or cars pulling out).

## Sidewalk versus Street Riding

The safest place for bicycle riding is on the street, where bicycles are expected to follow the same rules of the road as motorists and ride in the same direction.

- Children less than 10 years old, however, are not mature enough to make decisions necessary to safely ride in the street.
- Children less than 10 years old are better off riding on the sidewalk.
- For anyone riding on a sidewalk:
  - Check the law in your state or jurisdiction to make sure sidewalk riding is allowed.
  - Watch for vehicles coming out of or turning into driveways.
  - Stop at corners of sidewalks and streets to look for cars and to make sure the drivers see you before crossing.
  - Enter a street at a corner and not between parked cars. Alert pedestrians that you are near by saying, “Excuse Me,” or, “Passing on your left,” or use a bell or horn.



# use your head

BEFORE YOU BUY A BICYCLE HELMET,

MAKE SURE  
IT FITS!



**CORRECT** WAY TO WEAR  
YOUR HELMET

Wear it low on your forehead — 2 finger widths above your eyebrows. Sit it evenly between your ears and flat on your head. Tighten the chin strap and adjust the pads inside so it feels snug and secure and doesn't move up and down or from side to side.

After March 1999, all bicycle helmets made in or imported to the United States must meet a uniform safety standard issued by the U.S. Consumer Product Safety Commission (CPSC). Among other things, this means that bike helmets for children ages 1 to 5 will cover more of their heads, giving them more protection. After March 1999, look for a label or sticker that says the helmet meets the new CPSC standard.\*



[NEW HELMET FOR  
AGES 1 TO 5]

\* Some manufacturers may offer helmets meeting this standard before March 1999.



U.S. Department  
of Transportation



U.S. Consumer Product  
Safety Commission (CPSC)

CPSC Web site: <http://www.cpsc.gov>

CPSC hotline: (800) 638-2772 & (800) 638-8270 (TTY)



**HEY KIDS — REMIND GROWNUPS TO WEAR THEIR  
HELMETS TOO!**

DOT HS 808 757 AUGUST 1999

**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 an 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. A \$50 deductible applies for all claims, 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 International, 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 providing a better understanding of the operation of the Little League insurance program.



# Little League • Baseball and Softball M E D I C A L R E L E A S E R e g i s t r a t i o n F o r m

League Age: \_\_\_\_\_



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

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

Parent(s)/Guardian Name 1 : \_\_\_\_\_ Relationship: \_\_\_\_\_

Parent(s)/Guardian Name 2: \_\_\_\_\_ Relationship: \_\_\_\_\_

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

Home Phone: \_\_\_\_\_ Parent/Guardian 1 Phone: \_\_\_\_\_ Parent/Guardian 2 Phone : \_\_\_\_\_

Email Parent/Guardian 1: \_\_\_\_\_ Email Parent/Guardian 2: \_\_\_\_\_

**PARENT OR LEGAL GUARDIAN AUTHORIZATION:**

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

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

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

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

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

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

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

Name	Phone	Relationship to Player
------	-------	------------------------

Name	Phone	Relationship to Player
------	-------	------------------------

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

Medical Diagnosis	Medication	Dosage	Frequency of Dosage

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

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

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

**FOR LEAGUE USE ONLY:** League Name: Alta Loma Little League League ID: 0405-21-10

Birth Certificate <input type="checkbox"/> Yes <input type="checkbox"/> No	Waiver Needed? <input type="checkbox"/> Yes <input type="checkbox"/> No
Proof of Residency <u>or</u>	Division: _____
School Enrollment <input type="checkbox"/> Yes <input type="checkbox"/> No	Team: _____

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



# HEADS UP CONCUSSION



## SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs or symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

### > SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

### > SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"



## ACTION PLAN

As a coach, if you think an athlete may have a concussion, you should:

1. Remove the athlete from play.
2. Keep an athlete with a possible concussion out of play on the same day of the injury and until cleared by a health care provider. Do not try to judge the severity of the injury yourself. Only a health care provider should assess an athlete for a possible concussion.
3. Record and share information about the injury, such as how it happened and the athlete's symptoms, to help a health care provider assess the athlete.
4. Inform the athlete's parent(s) or guardian(s) about the possible concussion and refer them to CDC's website for concussion information.
5. Ask for written instructions from the athlete's health care provider about the steps you should take to help the athlete safely return to play. Before returning to play an athlete should:
  - > Be back to doing their regular school activities.
  - > Not have any symptoms from the injury when doing normal activities.
  - > Have the green-light from their health care provider to begin the return to play process.

**IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.**



For more information and to order additional materials **free-of-charge**, visit: [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP).

You can also download the CDC HEADS UP app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

The information provided in this document or through links to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussions should be directed to a physician or other health care provider.



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

## Alta Loma Little League Concussion Information Sheet

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### **Why am I getting this information sheet?**

You are receiving this information sheet about concussion because of California Assembly Bill 2007 (2016), which added Youth Sports Organization Concussion Protocol to Chapter 4 of Part 2 of Division 106 of the Health and Safety Code:

1. The law requires a youth athlete who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.
2. Any athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussion before returning to the activity.
3. Before an athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the local league by the athlete and their parent/guardian.

### **What is a concussion and how would I recognize one?**

A concussion is a kind of brain injury. It can be caused by a bump or hit to the head, or by a blow to another part of the body with the force that shakes the head. Concussions can appear in any sport, and can look differently in each person.

*Most concussions get better with rest and over 90% of athletes fully recover.* However, all concussions should be considered serious. If not recognized and managed the right way, they may result in problems including brain damage and even death.

*Most concussions occur without being knocked out.* Signs and symptoms of concussion (see back of this page) may show up right after the injury or can take hours to appear. If your child reports any symptoms of concussion or if you notice some symptoms and signs, seek medical evaluation from your team's athletic trainer and a medical doctor trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, or is having difficulty staying awake or answering simple questions, call 911 to take him or her immediately to the emergency department of your local hospital.

Our league has a **Graded Concussion Symptom Checklist**. If your child or you fills this out after having had a concussion, it helps the doctor, athletic trainer or coach understand how he or she is feeling and hopefully shows improvement. We ask that you have your child fill out the checklist at the start of the season even before a concussion has occurred so that we can understand if some symptoms such as headache might be a part of his or her everyday life. We call this a "baseline" so that we know what symptoms are normal and common for your child. Keep a copy for your records, and turn in the original. If a concussion occurs, he or she should fill out this checklist daily. This Graded Symptom Checklist provides a list of symptoms to compare over time to make sure the athlete is recovering from the concussion.

### **What can happen if my child keeps playing with concussion symptoms or returns too soon after getting a concussion?**

*Athletes with the signs and symptoms of concussion should be removed from play immediately. There is NO same day return to play for a youth with a suspected concussion.* Youth athletes may take more time to recover from concussion and are more prone to long-term serious problems from a concussion.



Even though a traditional brain scan (e.g., MRI or CT) may be “normal”, the brain has still been injured. Animal and human research studies show that a second blow before the brain has recovered can result in serious damage to the brain. If your athlete suffers another concussion before completely recovering from the first one, this can lead to prolonged recovery (weeks to months), or even to severe brain swelling (Second Impact Syndrome) with devastating consequences.

There is an increasing concern that head impact exposure and recurrent concussions may contribute to long-term neurological problems. One goal of this concussion program is to prevent a too early return to play so that serious brain damage can be prevented.

<b>Signs observed by teammates, parents and coaches include:</b>	
<ul style="list-style-type: none"> <li>● Looks dizzy</li> <li>● Looks spaced out</li> <li>● Confused about plays</li> <li>● Forgets plays</li> <li>● Is unsure of game, score, or opponent</li> <li>● Moves clumsily or awkwardly</li> <li>● Answers questions slowly</li> </ul>	<ul style="list-style-type: none"> <li>● Slurred speech</li> <li>● Shows a change in personality or way of acting</li> <li>● Can't recall events before or after the injury</li> <li>● Seizures or has a fit</li> <li>● Any change in typical behavior or personality</li> <li>● Passes out</li> </ul>

<b>Symptoms may include one or more of the following:</b>	
<ul style="list-style-type: none"> <li>● Headaches</li> <li>● "Pressure in head"</li> <li>● Nausea or throws up</li> <li>● Neck pain</li> <li>● Has trouble standing or walking</li> <li>● Blurred, double or fuzzy vision</li> <li>● Bothered by light or noise</li> <li>● Feeling sluggish or slowed down</li> <li>● Feeling foggy or groggy</li> <li>● Drowsiness</li> <li>● Change in sleep patterns</li> </ul>	<ul style="list-style-type: none"> <li>● Loss of memory</li> <li>● "Don't feel right"</li> <li>● Tired or low energy</li> <li>● Sadness</li> <li>● Nervousness or feeling on edge</li> <li>● Irritability</li> <li>● More emotional</li> <li>● Confused</li> <li>● Concentration or memory problems</li> <li>● Repeating the same questions/comment</li> </ul>

**How is Return to Play (RTP) determined?**

Concussion symptoms should be completely gone before returning to competition. A RTP progression involves a gradual, step-wise increase in physical effort, sports-specific activities and the risk for contact. If symptoms occur with activity, the progression should be stopped. If there are no symptoms the next day, exercise can be restarted at the previous stage.

RTP after concussion should occur only with medical clearance from a medical doctor trained in the evaluation and management of concussions, and a step-wise progression program monitored by an athletic trainer, coach, or other identified school administrator. Please see [cifstate.org](http://cifstate.org) for a graduated return to play plan. [AB 2007, a California state law effective 1/1/17, states that return to play (i.e., full competition) must be **no sooner than 7 days** after the concussion diagnosis has been made by a physician.]

**References:**

- American Medical Society for Sports Medicine position statement: concussion in sport (2013)
- Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012
- <http://www.cdc.gov/concussion/HeadsUp/youth.html>

League age: \_\_\_\_\_

**Final Thoughts for Parents and Guardians:**

It is well known that athletes will often not talk about signs of concussions, which is why this information sheet is so important to review with them. Teach your child to tell the coaching staff if her or she experiences such symptoms, or if her or she suspects that a teammate has had a concussion. You should also feel comfortable talking to the coaches or administrators about possible concussion signs and symptoms that you may be seeing in your child.

---

*You are receiving this information sheet about concussion because of California Assembly Bill 2007 (2016), which added Youth Sports Organization Concussion Protocol to Chapter 4 of Part 2 of Division 106 of the Health and Safety Code:*

- 1. The law requires a youth athlete who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.*
- 2. Any athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussion before returning to the activity.*
- 3. Before an athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the local league by the athlete and their parent/guardian.*

For current and up-to-date information on concussions you can visit:

<http://www.cdc.gov/concussion/HeadsUp/youth.html>

I acknowledge that I have received and read the Alta Loma Little League Concussion Information Sheet.

\_\_\_\_\_  
Player Name (Printed)

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Parent/gaurdian Name (Printed)

\_\_\_\_\_  
Date

References:

- American Medical Society for Sports Medicine position statement: concussion in sport (2013)
- Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012
- <http://www.cdc.gov/concussion/HeadsUp/youth.html>

## **Guidelines for COVID or COVID like health situations**

A.L.L.L. will follow all guidelines given to the league by the State, County and City which are derived from the CDC and other government health departments and statistics.

### **Return to Play Guidelines**

#### **Prior to practice:**

- Make sure player does not show signs of illness. Fever, runny nose, cough, congestion, or sore throat equals please stay home. If anyone in the players household is experiencing illness, the player must stay home for precautionary reasons.
- Any athlete arriving with symptoms, will be separated from the group and a parent will be asked to pick the athlete up immediately.

#### **At practice:**

- Practices will be no longer than 90 minutes. (Has this time limit changed?)
- Masks are only required if within 6 feet of each-other.
- Athletics will not have sunflower seeds or chewing gum present at practice.
- Each athlete will bring their own water bottle or jug. There will be no sharing of drinks.
- There will be 6 foot spacing between all personal gear bags at the field and in dugouts.
- Players are required to bring their own equipment. No sharing of any kind.
- Athletes must be picked up at the required time.

#### **Other guidelines:**

- Any items left behind will be placed in the trash. We will not be collecting and holding them.
- Parents can be at the practice however, we ask that you keep 6 feet between families, no sharing and keep contact to athletes at a minimum.
- Your athlete will not be required to wear a face mask while practicing. However, if you choose your athlete to wear one, please make sure the mask fits properly and does not restrict air flow.

#### **Our promise:**

Here at Alta Loma Little League, safety comes first. We will follow guidelines as given to us by the CDC, the State of California, San Bernardino County, and the City of Rancho Cucamonga. This is not what we want winter ball to be, but it is a start. Our managers will be guided through safety procedures and the board will be available for any questions or concerns. The board will keep an eye out to make sure guidelines are being followed. We want our athletes and families to be as safe as possible while letting our athletes get some much-needed outdoor time. Plus, they get to play ball...in some form.

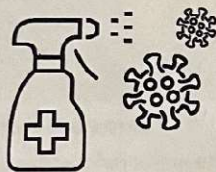
We will provide sanitization before and after practice, in between teams, hand sanitizer for each dugout, and soap in the bathrooms. We want our families and athletes to feel safe.



# Facility, Fan, and Administrative Guidance Part 1

## Clean and Disinfect Shared Equipment and Surfaces:

- Clean AND disinfect frequently touched surfaces daily and in between all facility uses, including practices and games. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, facility equipment, dugouts, toilets, faucets, and sinks.
- If surfaces are visibly soiled or dirty, they should be cleaned with a detergent or soap and water prior to disinfection.



## Spread Out Scheduling of Practices and Games:

- League administrators should schedule sufficient time between practices and games to facilitate the complete evacuation of individuals from a previous practice or game from the premises before the next group enters.
- Players/families/spectators are instructed not to show up to fields more than 40 minutes before game time.
- Where possible, individuals should enter your complex through one point of entry and exit through another.
- Arrivals to the complex can be scheduled to help ensure a large number of individuals are not arriving at the same time.
- If there is a game or practice prior to your event, families and spectators are encouraged to stay in their vehicles or at recommended social distances until the start of their game play to prevent overcrowding of spectator spaces and walkways.
- On-field warm-up should be limited as much as is reasonably possible and no more than 30 minutes.
- Ensure sure that practices and games follow all local and state directives regarding

the number of people allowed to gather in one place.

- Wait in cars before practice or game; limit the use of van pool or carpools.
- Allow time between practices and games for cleaning and disinfecting.

## Limiting Spectator Attendance:

- All spectators should follow best social distancing practices — stay six feet away from individuals outside their household; wear a cloth face covering at all times; avoid direct hand or other contact with players/managers/coaches during play.
- Local Leagues may choose to minimize the exposure risk to spectators by limiting attendance to only essential volunteers and limited family members.
- Spectators should bring their own seating or portable chairs when possible.
- Leagues are encouraged to utilize streaming opportunities to provide virtual spectating.
- **A spectator with any of the following conditions should not attend a practice or game until evaluated by a medical provider and given clearance to do so:**
  - Active COVID-19 infection
  - Known direct contact with an individual testing positive for COVID-19
  - Fever
  - Cough
  - Those at higher risk for severe disease should consider consultation with their medical provider before attending a game and should ensure the strictest adherence to guidelines regarding face coverings, distancing, and handwashing. **Such groups include:**
    - Those with a serious underlying medical condition, including heart disease, morbid obesity, diabetes, lung disease, immunocompromise, chronic kidney disease, and chronic lung disease.
    - Those currently residing in a nursing home or long-term care facility
    - Those over 65

## Key Audiences

League Administrators  
Parents/Guardians/Caretakers  
Fans/Spectators

## CDC Resources

[Reopening Guidance for Cleaning and Disinfecting Public Spaces](#)  
[Guidance for Cleaning and Disinfecting \(PDF Download\)](#)  
[Guidance for Administrators in Parks and Recreation Facilities](#)  
[Visiting Parks and Recreation Facilities](#)





# Facility, Fan, and Administrative Guidance Part 2



## Public Restrooms:

- Communicate information on available facilities and policies to all parents prior to resuming or beginning season.
- Access to public restrooms should be limited if possible.
- A "one-in-one-out" policy, where only one individual is permitted within the restroom at one time, should be implemented to ensure adequate distancing in the confined restroom space.
- Prior to and after any league activity, restrooms should be thoroughly cleaned and disinfected. Restrooms should be disinfected on a regular basis.
- Public water fountains or refillable water stations should not be used, and should be turned off to discourage use, if possible.



## Concession Stands:

- Leagues should follow local and/or state guidance when considering operating food or concession sales.
- Leagues opting to operate food and/or concession sales should also review and understand the CDC's guidelines.
- For leagues not operating a concession stand, families are encouraged to bring their own food/beverages.

## Post Information to Promote Everyday Preventive Actions:

- Leagues should display posters and signs throughout the park to frequently remind visitors to take steps to prevent the spread of COVID-19. These messages may include information about:
  - **Staying home if you are sick or do not feel well, and what to do if you're sick or feel ill.**
  - **Using social distancing and maintaining at least six feet between individuals in all areas of the park.**
  - **The CDC has downloadable resources available to post at public places; and leagues are encouraged to utilize additional resources from their state or local authorities.**



## Key Audiences

League Administrators  
Parents/Guardians/Caretakers  
Fans/Spectators

## CDC Resources

[Reopening Guidance for Cleaning and Disinfecting Public Spaces](#)

[Guidance for Cleaning and Disinfecting \(PDF Download\)](#)

[Guidance for Administrators in Parks and Recreation Facilities](#)

[Visiting Parks and Recreation Facilities](#)

## Member Communication:

- Local leagues should disseminate information to all families, volunteers, and spectators about the Coronavirus risk and the efforts your league will be undertaking to mitigate those risks, as outlined above. Information should be disseminated by way of email, league website, social media, coach talks, and public announcements.
- Designate a league board representative to be responsible for COVID19 concerns (e.g. Safety Officer).

## Indoor Facilities and Batting Practices:

- Prior to reserving indoor facilities for team and/or league activities, review the mitigation procedures in place for those facilities, as well as your state and local guidance on indoor activities.
- Leagues, coaches, and volunteers arranging to utilize these facilities should communicate the mitigation needs (wearing face masks, limiting participation to a specific number, etc.) to the families of those players participating and fellow volunteers.