

2024 Safety Manual



Laguna Little League
Corpus Christi, Texas



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Policy Statement

Laguna Little League is a non-profit organization run by volunteers whose objective shall be to implant firmly in the children of the community the ideals of courage, character, loyalty, good sportsmanship, honesty, and respect for authority so that they may be well adjusted, stronger, and happier children and will grow to be good, decent, healthy and trustworthy citizens.

Little League Phone Numbers

Williamsport Insurance Claim Office 570-327-1674

District 23 Administrator, John McLaughlin 361-737-1438

Medical Emergency 9-1-1

Fire Department 9-1-1

Hospitals Corpus Christi Medical Center 361-761-1000

Driscoll Children's Hospital 361-694-5000

Naval Air Station Hospital 361-961-6000

Naval Air Station Security (Police) 361-961-2288

NCIS 361-961-2918

Naval Air Station Fire Dispatch 361-961-3491

Waldron Field Fire Station (M-F dawn to dusk) 361-937-2033



LLL Board of Directors

Executive Board

President: Bradley Hernandez - 361-816-6895 - lagunapresident@gmail.com

VP of Baseball: Patrick O'Brien - 361-695-8898 - lagunavpbaseball@gmail.com

VP of Softball: Michael Burtts - 361-822-9494 - lagunavpsoftball@gmail.com

Secretary: Kristi Coon - 361-510-8182 - kristicoon8@gmail.com

Treasurer: Carlos Perez – 361-658-0759 - lagunalltreasurer@gmail.com

Board of Directors

Field Maintenance Coordinator: Zach Adams - 361-944-1338 - zachadams454@gmail.com

Information Officer: Katie Hoover - 361-549-7310 - katehoover222@gmail.com

Registrar: Daniel Hurlbut - lagunaregistrar@gmail.com

Equipment Manager: Marisa Hernandez - 361-816-6894 - lionflour@yahoo.com

Picture/Uniform/Trophy Coordinator: Jennifer Hurlbut - 361-443-5980 - jenn00goh@hotmail.com

Sponsorship Coordinator: Charles Newton - 361-834-8146 - charles@universalweldingservices.com

Concession Manager: Alyssa Hernandez - 361-249-6342 - lagunallconcession@gmail.com

Safety Officer: Nina Newton - 361-215-3292 - newton1207@yahoo.com

Umpire Coordinator: Kyle Gonterman – 832-385-8417 -

Tee Ball Player Agent: Jennifer Hurlbut - 361-443-5980 - jenn00goh@hotmail.com

Minors BB (CP & PP) Player Agent: Jesse Padilla - 554-736-1333 - padilla.j.alex@gmail.com

Majors BB Player Agent: Kristi Huemoller - 361-212-0009 - khuemoller@gmail.com

Juniors BB Player Agent: Royce Coon - 361-510-8159 - roycecoon@gmail.com

Softball Player Agent: Kristen O'Brien - 361-232-1725 - kcflemming27@gmail.com

Challengers Player Agent: Ashely Burtts - 361-660-8259 - ashley.burtts4@gmail.com

Head Umpire: Freddie Williams – 361-461-0846

John McLaughlin - District 23 Administrator - Southwest Region Section IV - 361-737-1438

Safety Manual and First Aid Kits

Each team will be issued a copy of the safety plan on a USB at the beginning of the season. The manager of each team will be required to sign a Code of Conduct / Safety Manual Form which will be located in the Concession Stand along with a hard copy of the complete Safety Manual.

The concession stand will always have a first aid kit and a copy of the safety plan in plain sight. Each dugout or Coach will have an Emergency first aid kit.

The safety plan will include a map to area hospitals, phone numbers of the Board of Directors, Emergency Phone numbers, the Laguna Little League Code of Conduct, and basic first aid instructions.

The first aid kit in each dugout will contain emergency items (Ice Pack, 4x4's, gloves, antiseptic wipes, and band aids) to enable staff to provide immediate care on the fields.

The first aid kit in the concession stand will contain all necessary items to treat an injured player until professional help arrives, if needed.

Laguna Little League will submit all required documentation through the Little League Data Center as required by Little League. This includes all league player registration data or player Roster data and coach / manger data. Laguna Little League will also submit an idea that was implemented to help promote or approve improve the safety plan.

Volunteer Policy

All volunteers (coaches, managers, board members, umpires, concession workers, and any other persons, volunteered or hired workers, who provide regular services to the league and/or have repetitive access to or contact with players or teams) must fill out the volunteer application form as well as provide a government issued photo identification for ID verification.



LLL Code of Conduct

The Board of Directors of Laguna Little League has mandated the following Code of Conduct. All coaches and managers will read this Code of Conduct and sign in the space provided acknowledging that he or she understands and agrees to comply with the Code of Conduct. Complete signature forms will be given to the LLL 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's decision by throwing of gloves, helmets, hats, bats, ball 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.
- Appear on the field of play, stands, or anywhere on the LLL complex while in an intoxicated state at any time. Intoxicated will be defined as an odor or behavior issue.
- Be guilty of gambling upon any play or outcome of any game with anyone at any time.
- Laguna Little League is a smoke free facility. There is no Smoking allowed on The Laguna Little League Facility. You must leave the park to smoke.
- Be guilty of discussing publicly with spectators in a derogatory or abusive manner any play, decision, or a personal opinion on any players during the game.
- Be guilty of mingling with or fraternizing with spectators during the course of the game (managers & coaches).
- Speak disrespectfully to any manager, coach, official or Representative of the league.
- Be guilty of tampering or manipulation of any league rosters, schedules, draft positions or selections, official score books, rankings, financial records, or procedures.
- Shall challenge an umpire's authority. The umpires shall have the authority and discretion during a game to penalize the offender according to the infraction up to and including removal from the game.

I HAVE READ THE LAGUNA LITTLE LEAGUE CODE OF CONDUCT AND PROMISE TO ADHERE TO ITS RULES AND REGULATIONS

Coach Print / Sign: _____ **Date:** _____

Manager Print / Sign: _____ **Date:** _____

TEAM DIV./NAME: _____

The Board of Directors will review all infractions of the LLL Code of Conduct. Depending on the seriousness or frequency, the board may assess additional disciplinary action up to and including expulsion from the league.

LLL Safety Code

The Board of Directors of Laguna Little League has mandated the following safety code. All managers and coaches will read the safety code and then read it to their players. Signatures will be required on the Laguna Little League Safety Promise Form. (Blank found in the Appendix) The form will be returned to the league safety officer.

- Safety Procedures are the responsibility of all adult members of Laguna Little League.
- Each player, manager, designated coach, umpire, team parent shall use proper reasoning and care to prevent injury to him / herself and to others.
- Only league approved managers and /or coaches can hold practices.
- Batting cages will be supervised by league approved managers and/or coaches.
- At least one adult coach or manager will have a cell phone on them at all practices.
- Managers, designated coaches, and umpires will have mandatory training in First Aid.
- First-aid kits will be available in all dugouts and at the Concession stand during all games. In addition, each manager/coach is required to have a First-aid kit at practice.
- Play area will be inspected before all games and practices for holes, damage, glass, and other foreign items.
- Team equipment should be stored within the team's dugout or behind screens and not within the area defined by the umpires as "in play".
- Only players, managers, coaches, team parent and umpires are permitted on the playing field or in the team's dugout.
- Foul balls will be returned to the concession stand.
- 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 in an area away from spectators, parents, and other players.
- Equipment should be inspected regularly for safety.
- Batters must wear Little League approved protective helmets
- Except when runner is returning to a base, **Headfirst**, slides are not permitted.
- During sliding practice, bases should not be strapped down or anchored.
- At no time should "horse play" be permitted on the playing field.

- On-deck batters are not permitted.
- All male players will be encouraged to wear an athletic supporter or cup during games. Catchers are required to always wear a cup.
- All players are encouraged to wear a protective bite guard. Catchers are required to wear a protective bite guard.
- Male catchers will wear 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 which must meet Little League specifications and standards.
- All catchers must wear a mask, "dangling" type throat protector and catchers' helmet during practice, pitcher warm-up and games.
- All catchers will use a catcher's mitt only.
- Shoes with metal spikes or cleats are not permitted (Exception: Juniors)
- Players will not wear watches, rings pins, jewelry or other metallic items during practices or games. (Medical alert bracelets are permitted)
- Only water or Power aid will be allowed in dugouts, no food will be permitted.
- Managers will never leave an unattended child at a practice or game.
- No children under the age of 15 are permitted in the concession stand.
- Speed Limit is 5 miles per hour on base and in parking lots.
- No alcohol or drugs allowed on the premises at any time
- No medications will be taken at the facility unless administered directly by the child(s) parents. Only emergency medications (Rescue inhalers / EpiPens) with approved release forms completed will be allowed.
- No playing in the parking lots at any time.
- No playing in construction areas at any time.
- No playing on or around lawn equipment, machinery at any time.
- Smoking is not allowed on the Laguna Little League complex.
- No swinging bats or throwing base balls at any time within the walkways and common areas of the complex
- No throwing of rocks
- No climbing of fences.

- No swinging or climbing on the dugout roofs.
- No pets allowed on Laguna Little league property, only service animals
- Observe all posted signs.
- Players and spectators should always be alert for foul balls and missed throws.
- There is no running allowed on the bleachers

Laguna Little League By-Laws

Laguna Little League By-laws are available on the Laguna website under Documents

Lagunalittleleague.org - “League Documents” - “Laguna Little League By-Laws”

League Responsibilities

Laguna Little League President

The President of Laguna Little League is responsible for ensuring that the policies and regulations of the Laguna Little League safety manual are carried out by the entire membership to the best of his abilities.

Laguna Little League Safety Officer

The main responsibility of the Laguna Little League safety officer is to develop and implement the League’s safety program. Including but not limited to:

- Assisting parents and individuals with insurance claims and will act as the liaison between the insurance company and the parents and individuals.
- Explaining insurance benefits to claimants and assisting them with filing the correct paperwork.
- Keeping a first aid log of all injuries.
- Ensuring that each team receives its safety manual.
- Ensuring that first aid kits in the concession stand and dugout are stocked and available.

- Make sure Little Leagues “No tolerance with child abuse” is clear to all.
- Inspect concession stand and fire extinguishers.
- Checking fields with the field managers and listing areas needing attention.
- Scheduling a first aid and CPR training class for all managers, coaches, umpires, player agents and board members.
- Creating and maintaining all safety signs on the LLL complex ensuring a safe environment.

Laguna Little League Members:

The Laguna Little League members will adhere to and carry out the policies as set forth in this safety manual.

Managers and Coaches:

The Manager is the responsible person for the team’s actions on the field and represents the team in communications with the umpire and the opposing team.

- The Manager shall always be responsible for the team’s conduct, observance of the official rules and reference to the umpires.
- The Manager is also responsible for the safety of his/her players. He/she is ultimately responsible for the actions of designated coaches and team parents.
- If a manager leaves the field, that manager shall designate a coach as a substitute and such substitute manager shall have the duties, rights, and responsibilities of the manager.

Pre-season - Managers will:

- Take possession of this safety manual
- Appoint a volunteer as team parent/safety officer
- Attend a mandatory training session on First aid and CPR
- Meet with all parents of his players to discuss Little League Philosophy and safety issues.
- Have a completed medical release turned in by all players.
- Cover the basics of safe play with his/her team before starting the first practice.
- Return the signed Code of Conduct / Safety Manual form and the Laguna Little League Safety Code Form to the League Safety Officer before the first game.
- Teach players the fundamentals of the game while advocating safety.
- Teach players how to slide before the season starts.
- Notify parents that if a child is injured, he or she cannot return to practice unless they have a note from the child’s doctor.

- Encourage players to bring water bottles to practices.
- Tell parents to bring sunscreen for themselves and their child.
- Encourage players to wear mouth protection.
- Will make sure that a phone is available at all League related activities including practices.
- Will make sure that Ice is available at all practices.

Season Play - Managers will:

- Work closely with team parent / safety officer to make sure equipment is in good working order.
- Make sure that telephone access is available at all league activities, including practices.
- Not to expect more from their players than what their players are capable of.
- Teach the fundamentals of the game of baseball to his/her players
 - Catching fly balls
 - Sliding correctly
 - Proper fielding of ground balls
 - Simple pitching motions for balance (minor, major, JR divisions)
- Be open to ideas, suggestions or help.
- Enforce that prevention is the key to reducing accidents to a minimum.

Pre-Game - Managers will:

- Make sure that players are healthy, rested and alert.
- Make sure that players returning from being injured have a medical release form signed by their doctors.
- Make sure players are wearing the proper uniform and catchers are wearing a cup and protective mouth guard.
- Make sure all equipment is in good working order and is safe.
- Agree with the opposing manager on the fitness of the playing field.
- Enforce the rule that no bats and balls are permitted on the field until all players have done their proper warm up exercises.

During the Game - Managers will:

- Make sure that all players carry gloves and other equipment off the field and to the dugout when their team is up at bat. No equipment shall be left in either fair or foul territory.
- Keep players alert.

- Always maintain discipline in the dugout.
- Be organized
- Keep players and substitutes sitting on the team's bench or in the dugout unless participating in the game or preparing to enter the game.
- Make sure catchers are wearing the proper equipment.
- Encourage everyone to think Safety First.
- Observe the "No-On-Deck" rule for batters and always keep players behind the screens.
- Keep players off the fences.
- Get players to drink often so they do not dehydrate.
- Attended to children that become injured in a game.
- Never lose focus by engaging in conversation with parents and spectators.

Post-Game - Managers will:

- Do cool down exercises with players.
- Not leave the field until every team member has been picked up by a known family member or designated driver.
- Notify parents if their child has been injured.
- Discuss any safety problems with the Team Parent / Safety Officer.
- If there was an injury, make sure an accident report was filled out and given to the Laguna Little League Safety Officer.
- Return the field to its pre-game conditions, per Laguna Little League policy.

Umpires:

Pre-Game - Umpires will:

- Check equipment in dugouts of both teams, all equipment that is not safe will be removed.
- Make sure catchers are wearing protective equipment. (Athletic support/Cup & Mouth guard)
- Make sure all bats have grips
- Inspect helmets for cracks
- Check players to see if they are wearing jewelry.
- Check players to see if they are wearing metal cleats
- Make sure field is properly marked with non-caustic chalk

- Walk the field for hazards and obstructions (rocks, glass, etc.)
- Secure Official Little League Balls for play from the league.
- Use the Field Safety Check List to document that all of the above was carried out.

During the Game - Umpires will:

- Govern the game and mandated by The Little League Rules and Regulations
- Check baseballs for discoloration and nicks and dispose of all balls not up to League specifications.
- Act as the sole judge as to whether and when play shall be suspended or terminated during a game because of unsuitable weather or darkness. Also, when play should be restarted.
- Enforce the rule that no spectators shall be allowed on the field during the game.
- Continue to monitor the field for safety.
- Make the calls loud and clear, signaling each call properly.
- Make sure players and spectators keep their fingers out of all fencing.

Post-Game - Umpires will:

- Check with the managers of both teams regarding safety violations.
- Report any unsafe situations to the Laguna Little League Safety Officer in writing.

Facilities Manager:

The Laguna Little League Facilities Manager is responsible for ensuring the field meets the safety requirements as set forth in this manual.

Concession Stand Manager:

The Laguna Little League concession stand Manager is responsible for ensuring the concession stand volunteers are trained in the safety procedure as set forth in this manual.

Equipment Manager:

The Laguna Little League equipment manager is responsible for getting damages equipment repaired or replaced as reports. This replacement will happen in a timely manner.

Team Parent / Safety Officer:

Pre-Season - Team Parent will:

- Acquire the safety manual from the team manager and read it.
- Have parents fill out Emergency Medical Treatment consent and contact forms and return them to you.
- Get to know the players on your team.

- Find out if a child is in need of emergency medications (rescue inhalers, EpiPens). Have parents get a doctor's note explaining what medication is needed and when medication is to be administered. Report all findings to the Laguna Little League Safety Officer.

Season Play - Team Parent will:

- Report all injuries to The Laguna Little league safety officer within 24 hours.
- Inspect players equipment for cracks and broken straps on a routine basis Communicate any safety infractions to the Laguna Little League Safety Officer.
- Help managers and designated coaches give first aid if needed.
- Act as a liaison between parents, managers and the Laguna little league safety officer and the kids.
- Fill out accident reports if an injury occurs

Pre-Game - Team Parent will:

- Make sure the dugout first aid kit is in the dugout.
- Make sure the catcher for the day has their safety equipment (athletic supporter and cup, protective mouthpiece, all catcher equipment).
- Greet the players as they arrive and make sure everyone is feeling good. Help supervise players when they are warming up.

During the Game - Team Parent will:

- Monitor the dugout and watch the players to make sure everyone is alert.
- Act as a liaison between parents and coaching staff.
- Help managers and designated coaches give first aid if needed.

Post-Game - Team Parent will:

- Communicate any safety infractions to the Laguna Little League Safety Officer.
- Track the dugout first aid kit and inform the Laguna Little league safety officer if supplies need to be replaced.
- Assist parents if child must go to a hospital or to see a doctor
- Provide insurance documentation to the hospital if necessary (claim form is in the appendix with all necessary insurance information).
- Follow up with parents to check on all injured players.

All Star Play - Everybody's responsibilities remain the same throughout the post season.

*** If a manager has not appointed a team parent / safety officer, that manager assumes *
all the above responsibilities.**

Managers and Coaches

All players must have a medical release turned in to the manager/ coach. Make sure that telephone access is available at all activities including practices. Make sure players returning from being injured have a medical release signed by their doctor. All players with orthopedic/ supportive devices (e.g., braces, ace wraps, and sleeves) need a doctor's note explaining limitations and restrictions (including pitch count). No player may play with a cast. Make sure that the equipment is in good working order and is safe. Always make sure a first aid kit is available during the game in the dugout and the concession stand. For all practices make sure ice is available.

All Managers and Coaches must attend a Coaches clinic, this includes fundamental training (Hitting, sliding, fielding etc.) at Laguna Little League (minimum of one participant per team).



Coaches Clinic Date : 2/10/2024



First Aid Training Date : 2/10/2024

Pitch Count

Starting with the 2007 season, pitchers in all divisions of Little League, from age 7 to 18, will have specific limits on the number of pitches a player can throw in a given time period.

"This is one of the most important injury prevention steps ever initiated in youth baseball by the leader in youth baseball," Dr. Andrews said. "It is certain to serve as the youth sports injury prevention cornerstone and the inspiration for other youth organizations to take the initiative to get serious about injury prevention in youth sports. I am proud that our American Sports Medicine Institute and USA Baseball can play a small role in this important initiative."

Pitching Rules for 2024

- Any player on a regular season team may pitch.
- There is no limit to the number of pitchers a team may use in a game.
 - Jr., Sr., 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.

- 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 in another position.
Exception: If a pitcher reaches the limit of pitches allowed for his age while facing a batter, the pitcher may continue to pitch until that batter reaches base or is declared out.

League Age	Pitch Count
7-8 yrs.	50 pitches per day
9-10 yrs.	75 pitches per day
11-12 yrs.	85 pitches per day
13-16 yrs.	95 pitches per day

- Pitchers aged 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 or more 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 has pitched 21-35 pitches in a day, one (1) calendar day of rest must be observed.
 - If a player has pitched 1-20 pitches in a day, no calendar days of rest are needed.
- Pitchers aged 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) consecutive days of rest must be observed.
 - If a player pitches 46-60 pitches in a day, two (2) consecutive days of rest must be observed.
 - If a player pitches 31-45 pitches in a day, one (1) calendar day of rest must be observed.
 - If a player pitches 1-30 pitches in a day, no calendar days of rest is required.
- The official pitch count recorder should inform the umpire when a pitcher has delivered his/her maximum limit of pitches for a game.

NOTE: A player may not pitch in consecutive games with the exception being League age 16 and under players. They may pitch in consecutive games if 40 or less pitches were delivered in the previous game.

The Importance of Conditioning and Stretching

- Stretching and contracting muscles before practice or games improves general control of movements, coordination and alertness.
- Warm up exercises also help develop the strength and stamina needed by the average youth to safely engage in organized sports.
- Stretching is needed to increase flexibility within the various muscle groups and prevent tearing from overexertion.
- Stretching should never be done forcefully, but rather in a gradual manner to encourage looseness and flexibility.

Helpful hints on stretching

- ✓ Stretch necks, backs, arms, thighs, legs and calves.
- ✓ Do not ask the child to stretch more than he/she is capable of.
- ✓ Hold all stretches for at least 10 seconds.
- ✓ Do not allow bouncing while stretching. Bouncing tears down the muscle rather than stretch it.
- ✓ Have one of the players lead the stretching exercises.

“The goal of the warmup is to raise the body’s core temperature a few degrees to lubricate the joints and make the muscles more elastic. This helps prepare the body and mind for the workout to follow. A thorough warmup lasts as little as five to eight minutes and results in a light sweat. (. . .) Have players go through a structured warmup pre-workout, pre-practice and pre-game. This consistency also helps with mental focus and preparation.”

(Productive practices start with a purposeful warmup - coachad.com - September 2012)

Hydration

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

Managers and coaches should schedule drink breaks every 15 to 30 minutes during practices.

Water or sports drinks are the recommended beverage for re-hydration of all players.

1. Suggest players take drinks of water when coming on and going off the field between innings. (Water coolers are allowed in the dugouts.)
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 A.S.A.P.
3. If a player should collapse because of head exhaustion, call 9-1-1 immediately. Get the player to drink water and use the instant ice bags supplied in the first aid kits in the dugouts and concession stand to cool him/her down until the emergency medical team arrives.

Equipment

The Equipment manager is an elected Laguna Little League 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 Laguna Little League equipment manager will promptly replace damaged and ill-fitting equipment.

Players like to bring their own equipment also; this equipment can be used only 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 Laguna Little League Equipment Manager.

- Each team shall have five (5) protective helmets which must meet NOCSAE specifications and standards. If players decide to use their own helmets, they also must meet NOCSAE specifications and standards. Each helmet shall have an exterior warning label. It must be visible and each to read. Helmets must be worn by the batter and all base runners.
- All male players must wear athletic supporters.
- Male 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 which 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.
- If the gripping tape on a bat becomes unraveled, the bat must not be used until it is repaired.
- Bats with dents, or that are fractured in any way must be discarded.
- 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.
- Replace questionable equipment immediately by notifying the Laguna Little League equipment manager.



Weather

Rain

In the event of rain:

- Evaluate the strength of the rain. Is it a light drizzle or is it pouring?
- Determine the direction the storm is moving.
- Evaluate the playing field as it becomes more and more saturated.
- Stop practicing if the playing conditions become unsafe. If playing a game, consult with the other manager and the umpire to formulate a decision.

Lightning

The average lightning strike is 5-6 miles long with up to 30 million volts at 100,000 amps flowing in less than a tenth of a second. The average thunderstorm is 6-10 miles wide and moves at a rate of 25 miles per hour. Once the leading edge of a thunderstorm approaches within 10 miles, you are at immediate risk due to the possibility of lightning strokes coming from the storms overhanging clouds.

On average, the thunder from a lightning strike can only be heard over a distance of 3 -4 miles. By the time you can hear the thunder, the storm has already approached within 3 -4 miles. The sudden cold wind that many people use to gauge the approach of a thunderstorm is the result of down drafts and usually extends less than 3 miles from the storm.

In the event of lightning:

- Suspend all games and practices immediately.
- Stay away from metal including fencing and bleachers
- Do not hold metal bats.
- Get players to walk, not run, to their parents or designated driver's cars and wait for your decisions on whether to continue the game or practice.

Ultra-Violet Ray Exposure

This kind of exposure increases an athlete's risk of developing a specific type of skin cancer known as Melanoma. The American Academy of Dermatology estimates that children receive 80% of their lifetime sun exposure by the time they are 18 years old.

Laguna Little League will recommend that the use of sunscreen with a sun protection factor (SPF) of at least 15. We feel this will protect the players and staff from damaging ultraviolet light.

Evacuation Plan

Severe storms, lightning, tornados, flash flooding and brush fires are all possible in South Texas.

In the event of an emergency:

- At the time, all players will return to the dugout and wait for their parents to come and get them.
- If a player's parent is not attending the game, the Manager will take responsibility for evacuating the child.
- Once parents have obtained their children, they will proceed to their cars in a calm and orderly manner,
- Drivers will then proceed slowly and cautiously out of the facility, observing the 5 MPH speed limit.
- Once outside the facility, drivers will observe the posted speed limits.

Storage Shed Procedures

The following applies to all storage sheds and storage containers used by Laguna Little League.

- Keys to the equipment sheds will only be used by the Laguna Little League President. A record will be kept of all individuals possessing keys.
- Keys will be returned to the league President immediately once someone ceases to have responsibilities for the equipment in said shed.
- All storage sheds will always be kept locked.
- All individuals with keys to the equipment sheds are aware of their responsibility for the orderly and safe storage of heavy machinery, hazardous materials, fertilizer, poisons, tools, etc..
- Before the use of any machinery located in the shed, please locate and read the written operating procedures for that equipment.
- All chemicals or organic materials stored in storage sheds shall be properly marked, labeled and stored in their original container, if available.
- Any witnessed "loose" chemicals or organic materials within these sheds should be cleaned up and disposed of immediately to prevent accidental poisoning.
- Keep products in their original container with the labels in place.
- Use poison symbols to identify dangerous substances.
- Dispose of outdated products as recommended.
- Use chemicals only in well-ventilated areas.
- Wear protective clothing, such as gloves or masks when handling toxic substances.

Machinery

Tractors, mowers, and other heavy machinery will:

- Be operated by appointed staff only.
- Never be operated under the influence of alcohol or drugs (including medications)
- Never be operated by any person under the age of 16.
- Never be operated in a reckless or careless manner.
- Be stored appropriately when not in use with the brakes in the on position, the blades retracted, the ignition locked, and the keys removed.
- Never be operated on or ridden in a dangerous way.
- Never have more than one person in the driver's seat.
- Never leave outside the tool sheds or appointed garages if not in use.

General Facility

- The dugouts will always be clean and free of debris.
- Dugouts and bleachers will be free of protruding nails and wood splinters.
- Home play, 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 a non-irritating white pigment (no lime).
- Chain link fences will be checked regularly for holes, sharp edges, and loose edges and will be repaired or replaced accordingly.
- All score booths will have a working scoreboard.
- "Caution, Children Crossing" signs will be posted by the concession stand and bathroom areas.
- Laguna Little League is a smoke / pet free facility.

Concession Stand Safety

- No person under the age of fifteen (15) will be allowed behind the counter in the concession stand.
- People working the concession stand will be trained in safe food preparation
- A food handler's permit is required by all who work at the concession stand.
- Cooking equipment will be inspected periodically and repaired or replaced if need be. (see *Concession Stand Weekly Check List* in appendix)
- Food not purchased by Laguna Little League to sell in its concession stands will not be cooked, prepared, or sold in the concession stand.
- Cooking grease will be stored safely in containers away from open flames.
- Cleaning chemicals must be stored in a locked container.
- A Certified Fire Extinguisher suitable for grease fires must be placed in plain sight at all times.
- All concession stand workers are to be instructed on the use of fire extinguishers.
- All concession stand workers will attend a training session on the Heimlich maneuver.
- A fully stocked First Aid Kit will be placed in each concession stand.
- The concession stand's main entrance door will not be locked or blocked while in operation.



Child Abuse

Child abuse in any form is not tolerated by Laguna Little League.

Volunteers are our greatest resource to keep our league running smoothly. But some potential volunteers may be attracted to Laguna Little League to be near children for abusive reasons.

Child Abuse is defined as emotional, physical, or sexual injury to a child. Child victims are usually made to feel as if they have brought the abuse upon themselves. For this reason, child abuse victims seldom disclose the abuse. Consider this for every child abuse case reported ten more go unreported. Children need to understand that it is not their fault, and that help is available to them.

Who is the typical child abuser? Most people believe that a typical child abuser is a psychotic stranger. The truth is that 80% of child abusers are family members. By educating the parents, volunteers, and children of Laguna Little League we will take a hold on child abuse. Prevention and Education is the key. We at Laguna Little League have a three-step plan for selecting the best volunteers available.

1. We use the Little League recommended volunteer application which includes residence information, employment history and three personal references from non-relatives.
 - a. A criminal background check will be conducted on the information included on the application.
 - b. A search of the National Child-sex offender database will also be conducted on the information included on the application.
2. All volunteers will be informed of our policies on child abuse and be informed that their volunteer status will be decided upon the result of the above criminal and sex offender searches. That no known child sex offender will be given access to the children included in our Little League organization.
3. All volunteer applicants' references will be checked to ensure the information is correct.

Reporting Child Abuse

In the unfortunate case that abuse is suspected, you should immediately contact the laguna Little League Safety Officer or President. They will report the abuse to the proper agencies.

Texas Reporting Laws for child abuse:

A knowing failure to report one's own cause to believe that a child's mental or physical health or welfare has been or may be adversely affected by abuse or neglect constitutes a Class B misdemeanor and may give rise to civil liability.

-Tex. Family Code §261.109

Investigation

Laguna Little League will contact the appropriate agency. The safety Officer will act as the Leagues liaison with all agencies involved in the investigation. The safety officer will always act in a confidential manner. Little League volunteers should not attempt to investigate abuse. They should act as advocates, not investigators.

Immunity from Liability

Concern is often expressed over the potential for criminal or civil liability if a report of abuse is subsequently found to be unsubstantiated. We adults and Little Leaguers need to understand that there are laws that provide immunity from liability to those who report suspected child abuse in "good faith".

Suspensions and Terminations

When an allegation of abuse if made against a Little League volunteer, it is our duty to protect the children from any possible further abuse by keeping the alleged abuser away from children in our program. If the allegations are substantiated, the volunteer will be terminated and not allowed on the Laguna Little League complex.

Laguna Little League Safety measures for prevention of child abuse.

1. The Buddy System
 - a. All players will be encouraged to move about in groups of two or more children of similar age, adult chaperones will accompany players to the restrooms.

2. Access
 - a. Controlling access to areas where children are present... such as dugouts and restrooms.
 - b. Central placement of board members to monitor all aspects of operations of the Laguna Little League complex.
3. Lighting
 - a. Child abuse is more likely to be done secretly in darker places. The lighting of fields, parking lots and all indoor facilities where Little League functions are held should be bright enough so that participants can identify individuals as they approach, and board members can recognize abnormal situations.

Accident Reporting Procedures

What to report:

An accident that causes any player, manager, coach, umpires, or volunteers to receive medical treatment and/or first aid must be reported to the Laguna Little League Safety Officer. This includes even passive treatments, such as the evaluation and diagnosis of the extent of the injury.

When to report:

All such incidents described above must be reported to the Laguna Little League Safety Officer within 24 hours of the incident. The Laguna Little League Safety Officer, Nina Newton, can be reached at the following:

Cell: 361-215-3292

Email: newton1207@yahoo.com

How to make a report:

Reporting incidents can come in a variety of forms. Most typically, they are telephone conversations. At a minimum, the following information must be provided.

- The name and phone number of the individual involved.
- The date, time, and location of the incident.
- A description of the incident.
- A description of any injuries.
- The name and phone number of the person reporting the incident.

The manager or team parent will fill out the Laguna Little League accident investigation form (see appendix) and submit it to the Laguna Little League Safety Officer within 24 hours of the incident.

Laguna little League Safety Officer's Responsibilities:

Within 24 hours of receiving the Laguna Little League Accident investigation form, the Laguna Little League Safety Officer will contact the injured party or the party's parent and:

- Verify the information received.
- Obtain any other information deemed necessary.
- Check on the status of the injured party
- In the injured party required other medical treatment (ER/Dr visit) will advise the parent or guardian of the Laguna Little League Insurance coverage and the provision for submitting any claims.

First Aid Do's and Don'ts

DO...

- **ASSESS** the injury. If the victim is conscious, find out what happened, where it hurts, watch for shock.
- **CALL 9-1-1** immediately if a person is unconscious or seriously injured.
- **LOOK** for signs of injury (blood, bruises, deformity)
- **LISTEN** to the injured player describe what happened and what hurts, if conscious. Before questioning, you may have to calm and soothe them
- **FEEL** gently and carefully the injured area for signs of swelling or grating of broken bone(s).
- **TALK** to your team afterwards about the situation if it involves them. Often players are upset and worried when another player is injured. They need to feel safe and understand why the injury occurred.

DON'T...

- Administer any medications.
- Provide any food or beverages
- Hesitate in asking for help if you're not sure of the proper procedure.
- Transport injured individuals except in extreme emergencies.

Who to call in a Medical Emergency

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.

1. Dial 9-1-1
2. Give the dispatcher the necessary information. Answer any questions that he or she might ask.
 - a. The exact location of address of the emergency.
 - i. Laguna Little League if located on The United State Naval Airfield, Waldron Field (corner of Waldron Rd. and Yorktown Blvd.)

- ii. The telephone number you are calling from.
 - iii. The caller's name
 - iv. What happened
 - v. How many people are involved
 - vi. The condition of the injured person or persons
 - vii. What first aid has/is being given
3. Continue to care for the victim until professional help arrives.
4. Appoint somebody to go to the street and look for the ambulance and fire engine and help direct them to the injured person. This saves valuable time. Remember, every minute counts.

When to call 9-1-1

If the injured person is:

- | | |
|-----------------------------------|--------------------------------------|
| • Unconscious | • Vomiting or passing blood |
| • Having trouble breathing | • Has seizures, slurred speech |
| • Chest pain or pressure | • Appears to be poisoned |
| • Is bleeding severely | • Has injuries to head, neck or back |
| • Has pressure or pain in abdomen | • Has possible broken bones |

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 a 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 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 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 a maximum of \$1,500.00 or 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 Provision of the policy

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

Parental Concerns about Safety

The following are some of the most common concerns and questions asked by parents regarding the safety of their children when it comes to playing baseball and softball. We have also included appropriate answers to the questions.

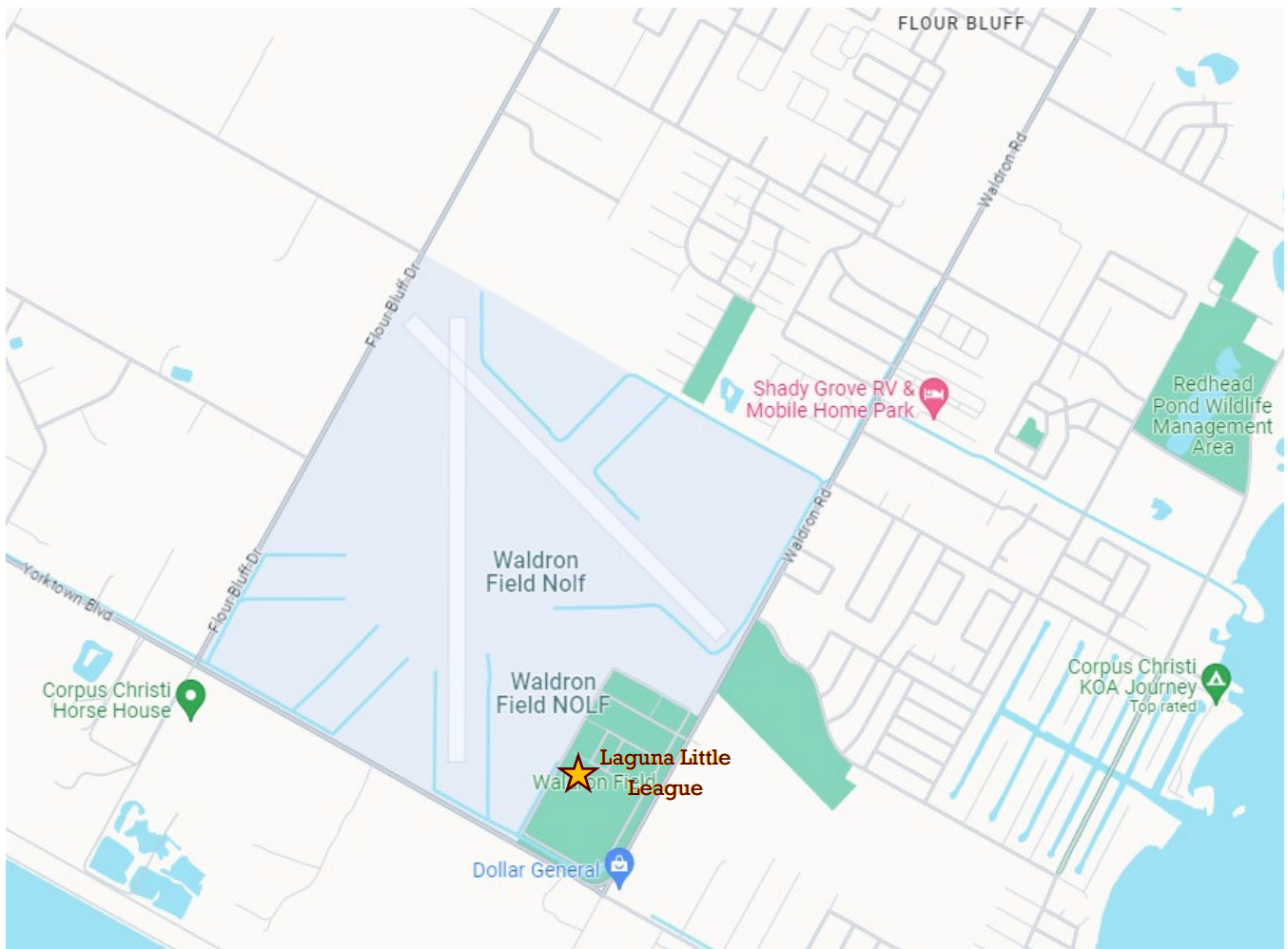
- *I'm worried that my child is too small or too big to play on the team / division he/she has been assigned to.*
Little League has rules concerning the ages of players on T-Ball, Prep, Minor, Major, and Junior teams. Laguna Little League observes those rules and then places children on teams according to their skills and abilities based on their try-out ratings at the beginning of the season. If for some reason you do not think your child belongs in a particular division, please contact the Laguna Little League player agent in your division and share your concerns with them.
- *Should my child be pitching as many pitches each game as he is?*
Little League has implemented a pitch count for all pitchers. The pitch count is the number of pitches a player can pitch for a certain age group. The new pitch count is to protect the arms of young pitchers.
- *Do mouth guards prevent injuries?*
A mouth guard can prevent serious injuries such as concussions, cerebral hemorrhages, incidents of unconsciousness, jaw fractures and neck injuries by helping to avoid situations where the lower jaw gets jammed into the upper jaw. Mouth guards are effective in moving soft tissue in the oral cavity away from the teeth, preventing laceration and bruising of the lips and cheeks, especially for those who wear orthodontic appliances.
- *How do I know that I can trust the volunteer manager and coaches not to be child molesters?*
Laguna Little League runs background checks on all board members, managers, and designated coaches annually, before appointing them. Volunteers are required to fill out applications which give Laguna Little League the information and permission it needs to complete a thorough investigation. If the league received inappropriate information on a volunteer, that volunteer will be immediately removed from his/her position and banned from the facility.
- *How can I complain about the way my child is being treated by the manager, coach, or umpire?*
You can directly contact the Laguna Little League player agent for your division or any Laguna Little League board member. Their names and telephone numbers are posted on the Leagues bulletin board and web page. www.lagunabaseball.org
- *Will the helmet on my child's head really protect him/her while he/she is at bat and running around the bases?*

The helmets used at Laguna Little League must meet NOCSAE standards as evidenced by the exterior label. These helmets are certified by Little League Incorporated and are the safest protection for your child. The helmets are checked for cracks at the beginning of each game and replaced if need be.

- *Is it safe for my child to slide into the bases?*
Sliding is part of baseball. Managers and coaches will teach the children to slide safely in the pre-season.
- *Why can't I smoke at the field?*
In the 2007 season, Laguna Little League designated the Laguna Little League complex a smoke free zone. There is absolutely no smoke on the complex.
- *What is the League doing to help prevent the spread of COVID-19?*
Covid-19 Mitigation Strategy Documents are available at Laguna Little League's homepage under *League Documents*. Laguna Little League has utilized a variety of sources including Open Texas, CDC, and Best Practices from Leagues already operating in today's pandemic climate!

Appendix

- 📍 Map to Laguna Little League
- 📍 Map and Directions to Local Hospitals
- 📍 Laguna Little League Safety Promise Form
- 📍 Laguna Little League Accident Report
- 📍 Field and Game Safety Checklist
- 📍 Concession Stand Weekly Checklist



Local Hospitals

Corpus Christi Medical Center - Bay Area Hospital - 7101 S. Padre Island Dr. Corpus Christi, TX 78412

Laguna Little League

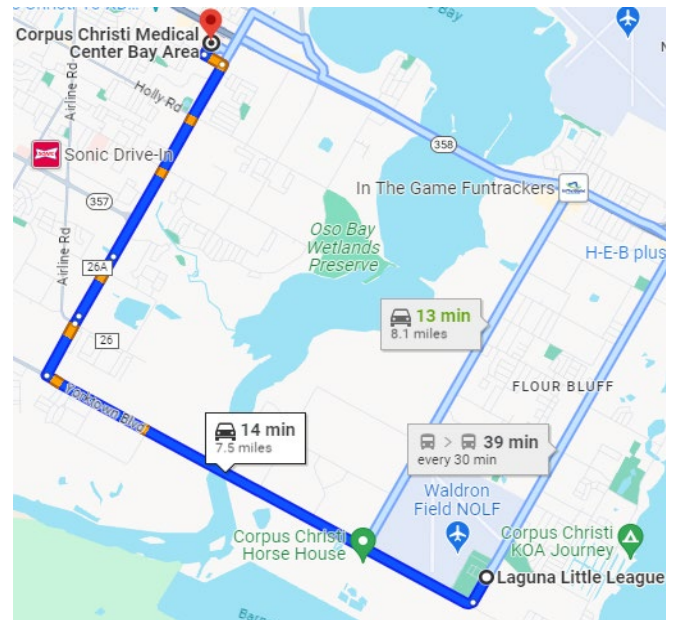
3702 Waldron Rd, Corpus Christi, TX 78418

Take Yorktown Blvd. and Rodd Field Rd. to Williams Dr.

- Turn right onto Waldron Rd.
- Turn right on Yorktown Blvd
- Turn right on Rodd Field Rd.
- Continue on Rodd Field Rd. for 1.9 miles
- Turn left onto Williams Dr.
- Turn right into CCMC parking lot

CCMC Bay Area

7101 South Padre Island Dr. Corpus Christi, TX 78412



Driscoll Children's Hospital - 3533 S. Alameda St. Corpus Christi, TX 78411

Laguna Little League

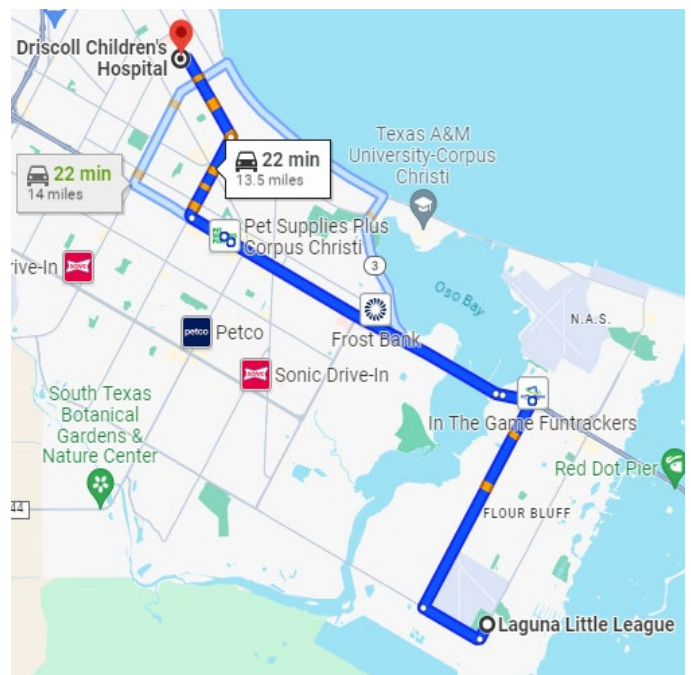
3702 Waldron Rd, Corpus Christi, TX 78418

Take Yorktown Blvd. to Flour Bluff Dr. to SPID to Everhart

- Turn right onto Waldron Rd.
- Turn right on Yorktown Blvd
- Turn right on Flour Bluff Dr.
- Turn left on S. Padre Island Dr.
- Take the Everhart Rd. exit
- Turn right on Everhart
- Turn left on Alameda
- Turn left into Driscoll parking lot

Driscoll Children's Hospital

3533 S. Alameda St. Corpus Christi, TX 78411



Naval Air Station Health Clinic - 10651 E. St. Corpus Christi, TX 78419

Laguna Little League

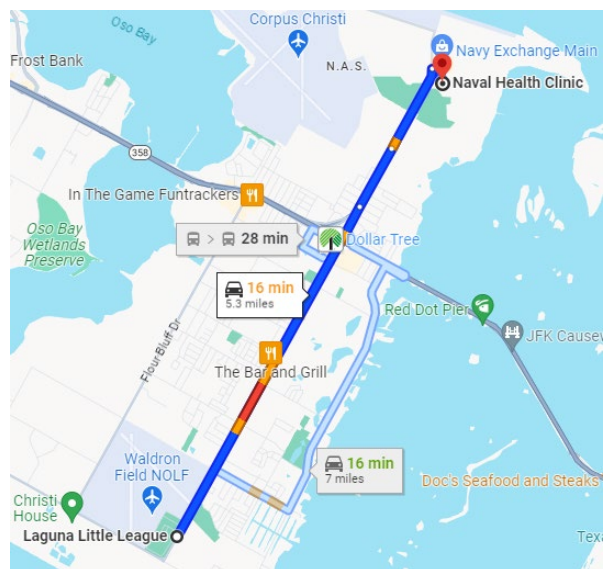
3702 Waldron Rd, Corpus Christi, TX 78418

Take Waldron until it becomes NAS

- ↩ Turn left onto Waldron Rd.
- ↑ Continue until Waldron turns into NAS
- ↑ Continue onto Lexington Blvd.
- ↪ Turn right onto E. St.
- ↪ Turn right into the parking lot

Naval Air Station Health Clinic

10651 E. St. Corpus Christi, TX 78419



Laguna Little League Safety Promise

I have read the Laguna Little League Safety Code and promise to adhere to its rules and regulations.

Team Name: _____ **Date:** _____

Manager: _____ **Coach:** _____

PLAYER	PARENT

Laguna Little League Accident Report

Incident Date/ Time: _____ Incident Location: _____

Injured Person's Name: _____ Date of Birth: _____

Address: _____ Age: _____ Sex: **M** **F**

City/ State/ Zip: _____ Division/ Team: _____

Parent's Name (if under 18): _____

Phone Number: _____

Type of Injury: _____

Description of what happened:

Incident occurred while participating in:

_____ Practice	_____ Game	_____ Tournament	_____ Special Event
Other (Describe): _____			

Treatment:

- ☐ None
- ☐ First Aid at Field
- ☐ Emergency Room / Urgent Care
- ☐ Doctor follow up
- ☐ Other _____

Unsafe Conditions or Acts? Describe them here:

(ie. Holes/humps in field; foreign objects; incorrect sliding; wild pitch, horseplay etc.)

Filled out by: _____

Laguna Little League Position: _____

NOTE: This form is for Little League purposes only. When an accident happens, obtain as much information as possible. Send a copy of this form to the Laguna Little League Safety Officer and he/she will forward it on to the Little League Headquarters in Williamsport and the District Safety Officer.

Field and Safety Checklist

Field Condition	Yes	No	Catchers Equipment	Yes	No
Backstop Repair			Shin Guards OK		
Home Plate Repair			Helmet OK		
Bases Secure			Face Mask OK		
Pitcher's Mound			Catcher's Cup (Boys)		
Batter's Box Level			Chest Protector		
Batter's Box Marked			Catcher's Mitt		
Grass Cut			Mouth Guard		
Gopher Holes					
Infield Fence Repair					
Outfield Fence Repair					
Foul Line Marked					
Coaches Box Marked					
Dug Outs	Yes	No	Safety Equipment	Yes	No
Fencing needs repairs			First Aid Kit in each dugout		
Bench needs repairs			Medical Release Forms		
Roof needs repairs			Injury report forms		
Clean up needed					
Spectator Areas	Yes	No	Players Equipment	Yes	No
Bleachers need repair			Batting Helmets OK		
Bleachers Clean			Bats Inspected		
Trash Cans present			Jewelry Removed		

Concession Stand - Weekly Checklist

BY:		
DATE:	Yes	No
Food Packaging		
All Products meet visual quality standards and have no odors (no spoilage)		
All packaging is in good condition - not wet, have holes or leaks		
Items stored in proper storage area		
No expired expiration dates		
Food Temperature and Specifications		
All refrigerators and freezers must have a properly functioning thermometer in place		
Drink Machine / Ice		
Ice Machine and ice bin are free of soil		
Temperature of coffee / tea $\geq 180^{\circ}$ F		
Ice machine if clean and sanitized with no standing water		
Freezer / Food Storage		
Freezer interior is clean and sanitized		
Temperature of freezer is $\leq 20^{\circ}$ F		
Refrigerator / Food Storage		
Refrigerator interior is clean and sanitized		
Temperature of refrigerator is 33-43° F		
Interior Light is working and properly shielded		
Shelving is clean, free of rust and in good repair		
All items stored correctly on shelves (covered and a minimum of 6" off the floor)		
Fryer Area		
All stainless and walls above fryer are clean		
No excessive grease buildup under the fryer		
Fryer hood filters are in place and clean		
Cooking grease is stored safely in containers away from open flames		
Grill Area		
Grill will be set up away from the normal traffic flow		
Adult present at the grill while fire/coals are present		
Sanitation		
Proper dishwashing method used		
Floors clean		
No sight of pest infestation		
All trash is emptied from the inside containers		

Chemicals		
Chemicals stored in locked containers and not on the same shelf as food items		
Maintain manufacturers labels on all containers or label accordingly		
Other		
Concession stand workers have food handlers permits		
A fire extinguisher with a current certification is in plain sight		
A fully stocked First Aid kit is in plain sight		
Comments		