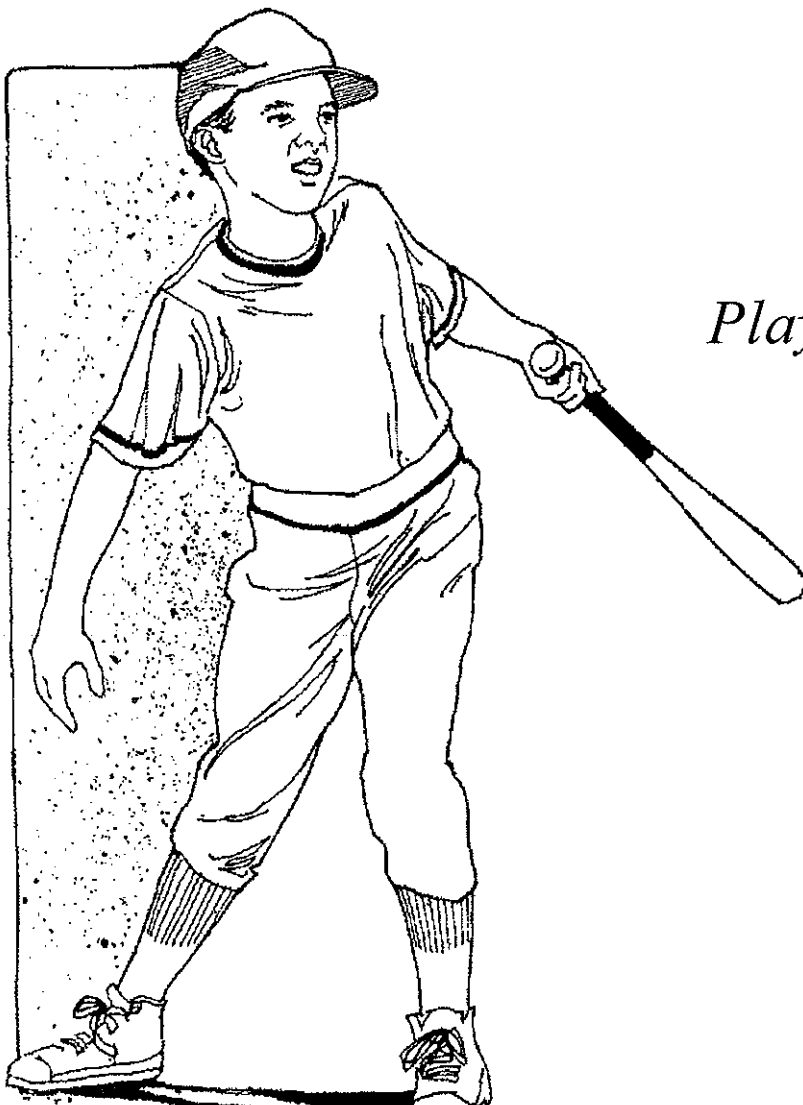


2010

Watchung Little League

*Safety Manual
for
Managers and Coaches*

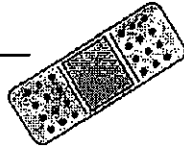


Play Hard - Play Safe



League ID Number:
230-17-13 (National)

Safety Code



Dedicated to injury Prevention

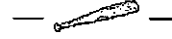
- Managers are required to receive fundamental first aid and fundamentals training at annual coaches meeting scheduled during the last week of March and must be Rutgers Safety certified. All umpires should have training in First-aid. First-aid kits are located with equipment and should be available at all practices and games.
- No games or practices should be held when weather or field conditions are not good, particularly when lighting is inadequate.
- Play area should be inspected frequently for holes, damage, stones, glass and other foreign objects.
- 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 the 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.
- 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 the 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 with matching face guards during batting practice and games.
- Catchers 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.** Managers should encourage all male players to wear protective cups and supporters for practice and games. Catchers must wear catcher's helmet and mask with a throat guard in warming up pitchers. This applies between innings, in the bullpen during a game and during practices.
- At no times should "horse play" be permitted on the playing field.
- Parents of players who wear glasses should be encouraged to provide "safety glasses".
- Players must not wear watches, rings, pins or metallic items during games or practices, except jewelry that discloses a medical condition.
- On-deck batters are not permitted on the field.

- All players should be encouraged to wear protective cups, heart guards and mouth guards.

Introduction

A Safer Playing Environment

In 1995 ASAP (A Safety Awareness Program) was introduced with the goal of re-emphasizing the position of Safety Officer "to create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League Baseball". This manual is designed to give managers and coaches important information to help attain that goal of achieving a safer playing environment.



Some Important Do's and Don'ts

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.
- Assist those who require medical attention.
- When administering aid, remember to:

LOOK

for signs of injury (blood, black-and-blue deformity of joint, etc.), including swelling or grating of broken bone. Feel gently and carefully around the injured area if appropriate.

LISTEN

to the injured child describe what happened and what hurts. Before questioning, you may have to calm and soothe the excited child.

- Have your players' Medical Clearance Forms completed before any play begins.
- Make arrangements to have a cellular phone available when your game or practice is at a facility that does not have any public phones.

Don't...

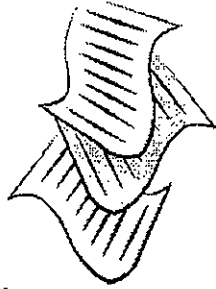
- Administer any medications.
- Provide any food or beverages (other than water).
- Hesitate in giving aid when needed.
- Be afraid to ask for help if you're not sure of the proper procedures (i.e., CPR, etc.)
- Transport injured individuals except in emergencies.
- Leave an unattended child at a practice or game.
- Hesitate to report any present or potential safety hazard to the Safety Officer immediately.



Lightning Evacuation Procedures

1. Stop game / practice.
2. Stay away from metal fencing.
3. Do not hold metal bat.
4. Walk, don't run to car and wait for a decision on whether or not to continue the game or practice.

Accident Reporting Procedures:



What to Report:

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

When to report:

All such incidents described above should be reported to the Safety Officer within 48 hours of the incident. The Safety Officer for 2010 is Rob Lister, and he can be reached at the following:

Phone: 908-757-0769

Email: Rlister@imax.com

How to make the report:

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

- The name and phone number of the individual involved
- The date, time and location of the incident
- As detailed a description of the incident as possible
- The preliminary estimation of the extent of any injuries
- The name and phone number of the person reporting the incident.

Safety Officer Responsibilities

Within 48 hours of receiving the incident report, the Safety Officer will endeavor to contact the injured party or party's parents and (1) verify the information received; (2) obtain any other information deemed necessary; (3) check on the status of the injured party; and (4) in the event that the injured party required other medical treatment (i.e., Emergency Room visit, doctor's visit, etc.), will endeavor to advise the parent or guardian of the Little League's insurance coverages and other provisions for submitting any claims.

If the extent of the injuries are more than minor in nature, the Safety Officer will endeavor to periodically call the injured

party to (1) check on the status of any injuries, and (2) 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" (i.e., no further claims are expected and/or the individual is participating in the league again).

Are your "expectations" reasonable and consistent?

What do I expect from my players?

- To be on time for all practices and games.
- To exhibit the highest standards of sportsmanship.
- To always do their best whether in the field or on the bench.
- To respect not only others, but themselves as well.
- To be positive with teammates at all times.
- To acknowledge that we all make mistakes, and try not to become upset at their own mistakes or those of others.
- To understand that winning is only important if you can accept losing, as both are important parts of any sport.

What can you and your child expect from me?

- To be on time for all practices and games.
- To set the highest standards of sportsmanship.
- To be as fair as possible in giving playing time to all players.
- To do my best to teach the fundamentals of the game.
- To be positive and respect each child as an individual.
- To set reasonable expectations for each child and for the season.
- To teach the players the value of winning and losing.
- To be open to ideas, suggestions or help.
- To never holler at any member of my team, the opposing team or umpires. Any confrontation will be handled in a respectful, quiet and individual manner.

What do I expect from you as parents & family?

- To come out and enjoy the game. Cheer to make all players feel important.
- To allow me to coach and run the team.
- To try not to question my leadership. If you wish to question my decisions, please do not do so in front of the players or fans. My phone number will be available for you to call at any time if you have a concern.
- To acknowledge that we all make mistakes.
- Do not holler at me, the players or the umpires. We are all responsible for setting examples for our children. We must act as role models.
- Acknowledge that, if we eliminate negative comments, the children will have an opportunity to play without any unnecessary pressures and will learn the value of sportsmanship.
- Acknowledge that the majority of children playing Little League baseball do not typically have strong skills. Let's allow them to make and learn from their mistakes, but always be there with positive support to lift their spirits.



Watchung Little League Phone Numbers

Main Number (908) 754-6660

Watchung Police - Emergency 911
 Watchung Police - Non-Emergency 369-4323

Board of Directors

<i>Rob Lister</i>	<i>President</i>
<i>Jim Tupper</i>	<i>Vice President</i>
<i>Rod McRae</i>	<i>Treasurer</i>
<i>Chris Delfs</i>	<i>Secretary</i>
<i>Trevor Hoeckele</i>	<i>Trustee</i>
<i>Steve Rizzi</i>	<i>Trustee</i>
<i>Peter Savulich</i>	<i>Trustee</i>
<i>David Scharf</i>	<i>Trustee</i>
<i>James Williams</i>	<i>Trustee</i>

Watchung Little League Code of Conduct

- Speed Limit 5 mph in roadways and parking lots while attending any Little League function. Watch for small children around parked cars.
 - No Alcohol allowed in any parking lot, field or common areas within or around a Little League field.
 - No Playing on or around lawn equipment.
 - Always be alert for traffic.

 - No Profanity please.

 - No swinging bats or throwing baseballs at any time within the walkways and common areas around a Little League
 - No throwing balls against dugouts or against backstop. No "soft toss" with hard baseballs.
 - No throwing rocks.
 - No horse play in walkways or common
 - No climbing fences.
 - No pets are permitted at any Little League games or practices.
 - Observe all posted signs. Players and spectators should be Alert at all times for foul balls and errant throws.
 - During game, players must remain in the dugout area in an orderly fashion at all times.
 - After each game, each team must clean up trash in dugout and around stands.
 - All gates to the field must remain closed at all times. After players have entered or left the playing field, gates should be closed and secured.
 - No children under the age of 16 are to be permitted in the Snack Bars.
- Failure to comply with the above may result in expulsion from
 Watchung Little League field

Communicable Disease Procedures:

1. If a child is bleeding, the bleeding must be stopped, the open wound covered, and the game may continue.
2. Routinely use gloves to prevent mucous membrane exposure when contact with blood or other body fluids is anticipated (provided in first-aid kit).
3. Immediately wash hands and other skin surface if contaminated with blood.
4. Clean all blood contaminated surfaces and equipment.
5. Managers, coaches, and volunteers with open wounds should refrain from all direct contact until the condition is resolved.
6. Follow accepted guidelines in the immediate control of bleeding and disposal when handing bloody dressings, mouth guards and other articles containing body fluids.



Storage Shed Procedures

The following applies to all of the storage sheds used by Little League and apply to anyone who has been issued a key by Little League to use those sheds.

- All individuals with keys to the Little League equipment sheds (i.e., Managers, Umpires, etc.) are aware of their responsibilities for the *orderly and safe storage of rakes, shovels, bases, etc.*
- Before you use any machinery located in the shed (i.e., lawn mowers, weed wackers, lights, scoreboards, public address system, etc.) please locate and read the written operating procedures for that equipment.
- All chemical or organic material stored in Little League sheds shall be properly marked and labeled as to its contents.
- All chemical or organic materials (i.e., lime, fertilizer, etc.) stored within these equipment sheds will be separated from the areas used to store machinery and gardening equipment (i.e., rakes, shovels, etc.) to minimize the risk of puncturing storage containers.
- Any witnessed "loose" chemicals or organic materials within these sheds should be cleaned up and disposed of as soon as possible to prevent accidental poisoning.

Some Reminders:

Managers and coaches certification meetings are offered numerous times during the year. Please attend if you need to be certified.

Watchung Little League goes to great lengths to offer an extensive array of training and instruction, including numerous fielding and pitching clinics in the winter. You are encouraged to attend as many of these clinics as possible.

Check the Watchung Little League website at eteamz.active.com/watchunglittleleague/ for league updates, registration and clinic information, background on divisions and special notices. All information regarding Watchung Little League can be found at this home page.

*Remember, safety is everyone's job.
Prevention is the key to reducing
accidents to a minimum. Report all
hazardous conditions to the Safety Officer
or another Board Member immediately.
Don't play on a field that is not safe or
with unsafe playing equipment. Be sure
your players are fully equipped at all times,
especially catchers and batters. And, check
your team's equipment often.*

*When treating an injury,
remember:*

Protection

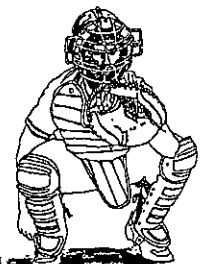
Rest

Ice

Compression

Elevation

Support



Lightening Facts and Safety Procedures

Consider the following facts:

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

Rule of Thumb

The ultimate truth about lightning is that it is unpredictable and cannot be prevented. Therefore, a manager, coach, or umpire who feels threatened by an approaching storm should quickly stop play and get the kids to safety. When in doubt, use the old rule of thumb, "*When you hear it, clear it. When you see it, flee it.*" Remember, once you evacuate the field (and are hopefully in a car), wait for a decision on whether or not to continue the game or practice.



Where to Go?

No place is absolutely safe from the lightning threat, but some places are safer than others. Large enclosed shelters (substantially constructed buildings) are the safest. For the majority of participants, the best area for them to seek shelter is in a fully enclosed car with the windows rolled up. If you are stranded in an open area and cannot get to shelter in a car, put your feet together, crouch down, and put your hands over your ears (to try to prevent eardrum damage).

Remember, once you evacuate the field (and are hopefully in a car), wait for a decision on whether or not to continue the game or practice.

Where NOT to Go!

Avoid high places and open fields, isolated trees, unprotected gazebos, rain or picnic shelters, dugouts, flagpoles, light poles, bleachers (metal or wood), metal fences and water.

First Aid to a Lightning Victim

Typically, the lightning victim exhibits similar symptoms as that of someone suffering from a heart attack. In addition to calling 911, the rescuer should consider the following:

- The first tenet of emergency care is avoid more casualties. If the victim is in a high-risk area (open field, isolated tree, etc.), the rescuer should determine if movement from that area is necessary - *lightning can and does strike at the same place twice*. If the rescuer is at risk, and movement of the victim is a viable option, it should be done at once.
- If the victim is not breathing, start mouth to mouth resuscitation. If it is decided to move the victim, give a few quick breaths prior to moving him/her.
- Determine if the victim has a pulse. If no pulse is detected, start cardiac compressions as well.

WLL VOLUNTEER APPLICATIONS

- All persons associated with the Watchung Little League program (including managers, coaches, umpires, league officials and snack shack volunteers) must complete and submit a volunteer application and copy of their Driver's License and social security number prior to being assigned a position with the WLL. The form, which is attached hereto, must be submitted prior to March 15 of the baseball season.

2010

LITTLE LEAGUE® BASEBALL & SOFTBALL NATIONAL FACILITY SURVEY



League Name: **Watchung Little League**

District #: _____

ID #: _____ **230-17-13**

(if needed) ID #: _____

(if needed) ID #: _____

City: Watchung State: New Jersey

President: Rob Lister

Address 25 Scott Drive

City: Watchung

State: NJ ZIP: 07069

Phone (work): (212) 821-0142

Phone (home): (908) 757-0769

Email: rlister@imax.com

Safety Officer:

Same

PLANS FOR FUTURE NEEDS

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

2009 LL Season

SPECIFIC BALLFIELD QUESTIONS

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

Field #	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
ASAP - A Safety Awareness Program Limited Edition 10-year Pin Collection																				
<p>This survey can assist in finding areas of focus for your safety plan. During your annual field inspections, please complete this form and return along with your qualified safety plan. In return, we'll send you the 2007 Disney® character collector's pin shown at left featuring Cyclone the center fielder.</p>																				
	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:	Name:

GENERAL INVENTORY

Field #	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1. How many cars can park in designated parking areas?																				
2. How many people can your bleachers seat?																				
3. What material is used for bleachers?																				
4. Metal bleachers: Ground wire attached to ground rod?																				
5. Wood bleachers: Are inspected annually for safety?																				
6. Is a safety railing at the top/back of bleachers?																				
7. Is a handrail up the sides of bleachers?																				
8. Is telephone service available?																				
9. Is a public address system available?																				
10. Is there a pressbox?																				
11. Is there a scoreboard?																				
12. Adequate bathroom facilities available?																				
13. Permanent concession stands?																				
14. Mobile concession stands?																				

FIELD	Field #	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
15. Is field completely fenced?	Yes	X																			
16. What type of fencing material is used?	Chainlink	X																			
	Wood																				
	Wire																				
17. What base path material is used?	Sand, clay, soil mix	X																			
	Ground burnt brick																				
	Other:																				
18. What is used to mark baseline?	Non-caustic lime	X																			
	Spray paint	X																			
	Commercial marking																				
19. What is the infield surface?	Grass	X																			
	Skinned																				
20. Does field have conventional dirt pitching mound?	Yes	X																			
21. Does field have a temporary pitching mound?	Yes																				
22. Are there foul poles?	Yes	X																			
23. Backstop behind home plate?	Yes	X																			
PERFORMANCE AND PLAYER SAFETY																					
24. Is there an outfield warning track?	Yes	X																			
24.a. If yes, what width is warning track? Please specify:	(Width in feet)																				
25. Batter's eye (screen/covering) at center field?	Yes																				
26. Pitcher's eye (screen/covering) behind home plate?	Yes																				
27. Are there protective fences in front of the dugouts?	Yes	X																			
28. Is there a protected, on-deck batter's area?	No																				
	(On-deck areas have been eliminated for ages 12 and below)																				
29. Do you have fenced, limited access bull pens?	Yes	X																			
30. Is a first aid kit provided per field?	Yes	X																			
31. Do bleachers have spectator foul ball protection?	Overhead screens																				
	Fencing behind	X																			
32. What type of bases are used?	Standard																				
	Break-away	X																			
33. Is the field lighted?	Yes																				
34. Are light levels at/above Little League standards?	Yes																				
	(50 footcandles infield/30 footcandles outfield)																				
35. What type of poles are used?	Wood*																				
	(Wood poles have not been allowed by LLB for new construction of lighting since 1994)																				
36. Is electrical wiring to each pole underground?	Yes																				
37. Ground wires connected to ground rods on each pole?	Yes																				
38. Which fields tested/inspected in last two years?	Electrical System																				
	Light Levels																				
	Electrical System																				
39. Fields tested/inspected by qualified technician?	Light Levels																				

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

FIELD DIMENSION DATA

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

Field No.	Height of outfield fence	Distance from home plate to:				Foul territory distance from:					
		Outfield fence			Back stop	Left field line to fence at:			Right field line to fence at:		
		Left	Center	Right		Home	3rd	Outfield foul pole	Home	1st	Outfield foul pole
1	4'	200'	200'	200'	25'	25'	30'	5'	40'	30'	5'
2	N/A	N/A	190'	N/A	10'	N/A	25'	N/A	25'	30'	N/A
3											
4											
5											
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20											

Return completed survey with safety program registration and supporting materials by May 1, 2007 to:

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

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



Little League Volunteer Application 2010

FOR THE DISTRICTS OF YORK, CHESTER, PHILADELPHIA, PITTSBURGH, HARRISBURG, HANOVER, LEHIGH VALLEY, LEHIGH, MERCER, MONROE, NORTH BRUNSWICK, NORTH HAVEN, NORTH PHILADELPHIA, PHILADELPHIA, PITTSBURGH, RICHMOND, SOUTH BRUNSWICK, SOUTH PHILADELPHIA, WEST PHILADELPHIA, WEST PITTSBURGH, WEST RICHMOND, WEST VIRGINIA, WILKES BARRE, WYOMING

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

Name _____ Date _____

Address _____

City _____ State _____ Zip _____

Cell Phone _____ Business Phone _____

E-mail Address: _____

Date of Birth _____

Occupation _____

Social Security # (mandatory) _____

Employer _____

Address _____

Special professional training, skills, hobbies: _____

Community affiliations (Clubs, Service Organizations, etc.): _____

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

Do you have children in the program? Yes No if yes, list full name and what level? _____

Special Certification (CPR, Medical, etc.): _____

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

Driver's License#: _____ State _____

Have you ever been convicted of or plead guilty to any crime(s): Yes No

If yes, describe each in full: _____

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

If yes, explain: _____

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

League Official Coach Umpire Field Maintenance

Manager Scorekeeper Concession Stand Other

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

Name _____ Phone _____

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

Applicant Signature _____ Date _____

Applicant Name (please print or type) _____
NOTE: The local Little League and Little League Baseball, Incorporated will not discriminate against any person on the basis of race, creed, color, national origin, marital status, gender, sexual orientation or disability.

LOCAL LEAGUE USE ONLY:

Background check completed by league officer _____ on _____

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

Sex Offender Registry Criminal History Records *LexisNexis

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

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