



TWIN TOWN LITTLE LEAGUE

2023 SAFETY PLAN

Introduction

The 2023 Twin Town Little League (TTLL) Safety Plan is published and distributed as a general guideline and overall plan will serve for all TTLL activities, all sanctioned levels from ages 4-16, and all field locations including but not limited to our Poestenkill and Williams Road locations.

Our safety plan is updated annually to ensure that an overall commitment to Safety, as set forth by the requirements of Little League International.

Our active Safety Director is Joe Ahearn who is on file with Little League International. The President of TTLL for 2022-23 is Gina O'Sullivan, P.O. Box 369 West Sand Lake, NY 12196.

Contact Information – President and Safety Director

Twin Town Little League

P.O. Box 369
West Sand Lake, NY 12196

President: Gina O'Sullivan

Safety Director: Joe Ahearn

Every game will have a member of the Board of Directors assigned to oversee total complex operation, handle any debate, enforce all rules on the playing field and within the complex area; this includes ensuring that all proper equipment is being used as outlined in the safety plan as well as the Little League Rule Book. The Board Member on duty will also ensure the safety of all players and spectators. All violations will be reported to the Board of Directors and appropriate measures will be taken.

TTLL Mission Statement

Twin Town Little League is an all-volunteer organization dedicated to the youth in our community that operates under the guidance of a Board of Directors. It is chartered and operates under the rules and regulations of Little League Baseball Incorporated as well as its own local constitution.

The objective of Twin Town Little League is to implant firmly in the players the ideals of good sportsmanship, honesty, loyalty, courage, and reverence, so that they may become finer citizens. The objective will be achieved by providing supervised competitive baseball games. The supervisors shall keep in mind that the attainment of exceptional athletic skills or the winning of games is secondary to promoting the ideals stated in our objective. Additionally, safety is always of the utmost concern.

Safety Plan Distribution

This safety plan is to be used and referred to by all Board Members, concession workers, grounds personnel, committee workers, managers, coaches, and volunteers. Hard copies of the Safety Plan are provided to all volunteers during the Managers & Coaches Orientation meeting held before the first practices of the season. Copies of the plan are kept at each complex in our concession stands and a copy of the plan is posted on our website www.twintownbaseball.org.

Medical Release

All registered players must complete a [Little League Medical Release Form](#) prior to the start of practices. When managers announce the first team practice, they must notify parents or guardians of this form so they can be prepared to complete it at the first practice. Managers will be supplied with these forms and they are also available on our website.

The medical release will be used as a tool to inform coaching staff of any existing conditions that could possibly become a threat to the player's safety. **The medical release of every player must be readily available at every game and practice.** Managers should review medical release forms to identify conditions that may become an issue, such as asthma, diabetes, heart condition, bee or food allergies, etc. If a condition is present managers should use colored stickers and place them on the top right corner to identify that a potential issue is present.

The medical release provides written authorization from the player's parent or guardian for an injured player to be treated and/or transported to a professional medical facility in the event the parent or guardian is not present during a medical emergency. In the event there is an injury to a player it will be the managers responsibility to see that the parent or guardian be contacted immediately.

Emergency Plan and Accident Reporting

TTLL will use the injury/safety report provided at the end of this safety plan to document accidents and injuries that occur during TTLL activities. Copies of the injury/safety report are available in a folder in the concession stands at both complexes and on the TTLL website. In the event there is any injury that requires first aid, an injury/safety report MUST be completed.

The safety report serves two purposes:

1. To report any hazard that may cause an injury. Possible hazards may be on the playing field, in the parking lot, in the concession, in the batting cages or any area within the complexes or on practice fields not on the complexes that TTLL is authorized to use.
2. The Safety Director will within a reasonable amount of time confirms the injury and be as helpful as possible with any necessary information. The reports will be reviewed and retained by the Safety Director.

Benefits of using the safety report and injury tracking:

- Documents injuries that seem minor but may develop into a more serious injury.
- Documents time of year and age of child at time of incidence.
- Documents information needed by medical professionals.
- Provides information for insurance claims, if necessary.
- Provides a good relationship with players and players' family when the organization follows with a courteous telephone call to see how the injured player is doing.
- Minimize the potential for legal action against organization.
- Help conduct a safety survey with other leagues.

What to report: Any injury to any person that requires first aid or medical treatment at any TTLL field. This includes injuries to visiting team players. During tournament play, any injury to a TTLL player at a visiting field should be reported.

When and how to report: Inform the Board Member on Duty that there is an incident to report and complete an injury/safety report. The incident must be reported to the Safety Director within 24 hours. Leave completed report in the folder marked Injury reports in the concession BOD folder.

Procedures for Medical Emergencies Requiring Transportation

- Designate an adult to guide emergency responders to the ambulance at the entrance of the complex.
- Communicate to the Board Member on Duty there has been an incident. **MANDATORY**
- Clear area to and around the victim and if possible, access for Emergency Responders. Other players should be directed to dugouts.
- Contact victim's family or emergency contact.
- If a player is a victim and the parent or guardian is not there, it is recommended a team representative (manager, coach, team parent or Little League staff) accompany the player to the hospital.
- Complete necessary Safety Report, notify Board Member on Duty to contact the President and Safety Director.

Emergency Phone Numbers

Fire, Police, Ambulance		Dial 911
Safety Director	Joe Ahearn	518-272-6600
President	Gina O'Sullivan	518-653-3790
1st VP	Bill Ristau	518-330-4826

If calling and leaving a message with only a verbal report, it is still the responsibility of the reporting party to complete an injury report and notify the Board Member on Duty. The Board Member on Duty will advise the President and Safety Director within 1 hour of information being received.

Injured or Ill Players Returning to Play

Players that are ill or will not be an active player due to an injury for seven days must have written permission from the doctor to return as an active player. Managers will retain non-restrictive releases and attach them to the back of the player's' TTLL medical release form. A non-restrictive medical release is required from a medical provider when a player:

- Is injured and will miss games or practices three (3) consecutive days after the incident.
- Is removed from play from any injury of serious nature.
- Has recovered from fractured bones.
- Has recovered from severe muscle or tendon injury.
- Has recovered from surgery.
- Has recovered from severe back, neck or head injuries.
- Has any injury or condition that restricted participation in athletic activities.
- Has missed (7) continuous days of practice or games due to illness.

Volunteer Application

As a condition of service to the league, all managers, coaches, board members, volunteers, hired workers or any other individual who provide regular service to the league and/or have repetitive access to, or contact with players or teams must complete a Little League Volunteer Application and Background Check. The application and background screenings must be completed annually and prior to the applicant assuming their duties for the current season. Refusal to submit the Little League Volunteer Application and Background will result in the immediate dismissal of the individual from the local league.

Board members and managers must submit completed volunteer applications, including a copy of a valid driver license, prior to the player selection draft in March. Assistant coaches and all other volunteers described in the first paragraph must submit their application prior to assuming duties, which include but are not limited to

practices, games, field cleanup, and any sanctioned league function. Fall season managers that did not manage or participate as a volunteer in the spring season must submit a completed volunteer application prior to fall player selection.

FAILURE TO COMPLY WILL RESULT IN YOUR INABILITY TO PARTICIPATE AS A VOLUNTEER, COACH, MANAGER OR BOARD MEMBER.

Fundamentals and First Aid Training

Every team must have a minimum of one member of coaching staff attend the Managers Meeting held prior to the start of the spring season however all managers and coaches are urged to attend. During this meeting the TTLL Board of Directors will review the safety plan and procedures and discuss basic first aid and baseball fundamentals included but not limited to the topics listed below.

Basic First Aid & Baseball Fundamental Training Topics

Injury Prevention

- | | |
|--|---|
| ✓ Medical release | ✓ Only allow bat swinging in safe areas with ample room under supervision |
| ✓ Routine warm-up | ✓ Control horseplay |
| ✓ Inspect fields for foreign objects and safety hazards prior to every practice and game | ✓ Report Potential Hazards |
| ✓ Check equipment for defects, proper fit | ✓ Lightning - see it, hear it, clear it. Seek sturdy shelter as a group. |

Leading causes of injuries

- | | | |
|--|------------------------------|---------------------------------|
| ✓ Sliding | ✓ Player collision | ✓ Running |
| ✓ Hit by pitch, thrown, or batted ball | ✓ Tripping or falling | ✓ Lack of attention to the game |
| | ✓ Hit by thrown or swung bat | |

Basic Baseball First Aid Topics

- | | | |
|---------------------------------|--|--|
| ✓ CONCUSSIONS | ✓ Insect bites and sting | ✓ Use of AED Defibrillators |
| ✓ Muscle pulls and strains | ✓ Heat illness | ✓ Managing an emergency |
| ✓ Overuse injuries | ✓ Commotio Cord (Heart failure from impact to chest) | ✓ When to dial 911 |
| ✓ Sprains and contusions | ✓ When NOT to move an injured player | ✓ Completing an Injury / Safety report |
| ✓ Fractures | ✓ Sudden cardiac arrest | |
| ✓ Injuries to small joints | | |
| ✓ Facial injuries (Dental, Eye) | | |

First Aid Kits

First Aid Kits will be accessible for all games and practices and are located in each of the concession stands. These kits are maintained on a regular basis. Both concession stands have freezers for designated ice injuries. Avoid using chemical cold packs around the eyes.

Equipment Check

Managers and coaches should inspect all team issued equipment on a regular basis. Some players will bring their own equipment that should be inspected as well. Check overall condition, every fastener should work. Never use a helmet missing a fastener on the face mask. Check for proper fit. Equipment that is too large or too small may not offer the right protection; players could trip or just look awkward which could cause other players to make fun of them. They need to stay alert to the ball game. Batting and catcher's helmets must not be painted unless approved by the manufacturer. Bat racks should be positioned behind screens. Follow procedure for retrieving foul balls that have been hit out of the play area. Equipment must be kept in an orderly manner. Equipment not in use must be kept off the playing field. Contact the level director or equipment director if you have any equipment issues.

Managers/Coaching Staff Safety

Managers/coaches must be alert to the game. Managers/coaches should refrain from conversations on cell phones or spectators while on the ball field. Scorekeepers and pitch counters should be behind fencing.

Facility Safety

Equipment

Power equipment is for use by authorized personnel only. All equipment should be inspected for safe operation prior to use. All chemicals and fluids must be in approved labeled containers in a safe and designated area. Equipment, tools, hoses, batting box template, etc. must be returned and neatly put away immediately after use. Sheds must be locked when not in use or unattended for long periods. Please be courteous for the next person.

Fields

Fields should be inspected before games and practices by managers, check for rocks, glass, sticks, holes or other debris that may be a potential hazard. Fields will also be inspected by-weekly by Safety Director and Field Safety Survey will be completed and Complex Director advised of any potential hazards that require attention. Use the safety report to specifically identify potential problems or hazards such as lip at end of grass areas, loose fencing, broken base cups, areas of field that continue to stay wet after rain, holes from players in the outfield. No games or practices should be held when weather or field conditions are not good. Stop playing immediately when lightning is present. After heavy rains have stopped and/or standing water is present, managers should know procedures for each field. Some fields have an infield mix that is added while other fields use a blend of infield mix and bagged material. Consult the field director if you are not sure. During games only players, coaches and managers are allowed on the field no friends or siblings are allowed in the dugouts. All equipment must be kept in an orderly manner, not obstructing the entrance to the dugout and off the field of play. All fields must be locked when not in use.

Batting Cages

Batting cages are only to be operated by a trained adult. Training dates will be posted. Only one person is allowed in the shed with the pitching machine. Only one batter is allowed in the cage while being machine pitched. For Tee Ball, Rookie and Farm divisions, batters must wear an approved helmet with face guard. For Minors or Majors, batters may use a helmet with a face guard or chin flap. Swinging of bats outside of the batting cage is prohibited. Coaches may soft toss against netting inside the batting cage while the pitching machine shed is closed. Manual pitching to a batter is not allowed inside the batting cage without use of a pitching screen. Cages and fields must be locked when not in use. All managers from farm level to major level that request to use batting cages must attend batting cage training. Tee Ball managers are welcome to attend training, but Tee Ball players are not allowed to receive machine pitched balls.

Parking Area

The parking lot speed limit is 5 mph and is patrolled by local law enforcement and parking is limited to designated parking areas. Avoid parking too close to fields where foul and homerun balls may strike vehicles. Twin Town Little League will not be responsible for replacing vehicles broken glass. Avoid parking that requires backing up. Ask for help when backing. Drive slowly with caution in parking areas. Avoid using horn while games are in progress. Never leave keys in car or car running while unattended. Children are not allowed to play in parking areas. Be aware of suspicious people and vehicles.

Concession Stand Safety

In addition to any rules and procedures outlined by the Concession Stand director/Coordinator the following safety rules must be followed:

- ✓ NYS Department of Health food safety regulations will be followed always.
- ✓ Children under 14 are not allowed in concession stand and half doors must be closed.
- ✓ Wash hands upon entry, before handling food, after handling trash and when preparing uncooked meat.
- ✓ Counter area must be kept clean, well-organized, and sanitized.
- ✓ Wash hands and counter area after handling raw meat to avoid cross contamination.
- ✓ Communicate with other volunteers; decide who will work in which area.
- ✓ Directions for every appliance are posted.
- ✓ If you are unsure how to work, turn on, clean, or turn off on any of the appliances, please ask.
- ✓ Help your fellow workers if they seem to be unsure of how things work.
- ✓ Protective gloves are available and required for everyone that handles food.
- ✓ Cleaning chemicals must be kept away from food areas while concession is open.
- ✓ Advise patrons of any food or drinks that may be very hot.
- ✓ Floors, grease mats, and countertops must be cleaned before closing.
- ✓ Follow closing procedures ensuring all appliances are turned off and unplugged.
- ✓ Make sure all trash is removed.
- ✓ Replenish ice for injuries.
- ✓ Routine inspection of concession and appliances will be completed by the Concession Director.

The non-cooking side of the concession stand must be kept clear. This area is an emergency assembly area in the event it is needed as a shelter. First Aid kits and fire extinguishers must be kept visible in the permanent location. Lightning Detectors must be returned to their designated spot when not in use.

Lock all doors after closing procedures have been completed. Closing crew for night games should leave as a group.

Weather Related Safety

Managers are responsible for players until released to parent or guardian.

If lightning is present, **STOP PLAY IMMEDIATELY!**

The Board member on duty shall be the designated weather watcher. The designated weather watcher will monitor the lightning detector as well as watch the sky. 30/30 rule will apply. The lightning 30/30 rule is when a flash to bang count of 30 seconds or less should be used as a minimal determinant to suspend activities. Wait 30 minutes or longer after the last flash of lightning or sound of thunder before resuming activities. Flash to bang

method to determine distance. Begin to count seconds at sight of lightning, stop count at sound of thunder, divide this number by 5. Some parents may insist on taking their children immediately, this should be fine if they communicate this with a coach or manager. If parents or guardians choose to go to their cars they should be advised to sit the initial part of the storm out. Because condensation usually develops on all windows, visibility is diminished. Since thunderstorms may contain heavy rain, high winds, and possibly hail, leaving with poor visibility may be more of a hazard than the storm itself. Thunderstorms generally move through quickly.

Heat & High Heat Index Days

Managers should use caution on unusually hot days. Advise players to eat light and drink plenty of fluids such as water or sports drinks to avoid dehydration. (Avoid soda or drinks with caffeine) Keep moist towels available. Observe all players and coaches for heat exhaustion and sunburn. Stop games or practices for 10-15 minutes to shade players if necessary. Advise players' parent or guardian to apply sunscreen to players to avoid sunburn. Allow longer for warm up periods on cooler days. Players should be dressed appropriately.

National Emergencies

In the event danger may be present to players due to a chemical threat, terrorist threat or other major emergency or disaster, managers shall bring the teams to designated emergency assembly areas (Concession Stand).

Keep players calm and patient. Follow the advice of local emergency officials. Listen to the radio or check the internet for news and instructions. Check for injuries, give first aid where necessary and get help for any serious injuries.

Players

At no time will "horse play" be allowed on the playing field. A proper warm up time should be routine. All managers should enforce fundamentals. During practices and games, all players should be alert and watching the batter on each pitch. During warm up drills, players should be positioned and spaced to ensure no player is in danger of being injured by errant balls. Parents of players who wear eyeglasses should be encouraged to provide safety glasses or sports glasses. Players should refrain from putting contact lenses in while in the dugout. Players must not wear any jewelry including watches, rings, pins, earrings, necklaces, or any other metallic items. An exception would be made for certain Medical Alert Jewelry. Batters must wear protective NOCSAE helmets with face masks during practices as well as games.

All pre-game warm ups and drills should be done in a safe area away from anyone not participating in them including the other team and spectators. Batting practice during pre-game warm ups is not allowed while the other team is on the field. Catchers must wear a catcher's helmet (with face mask and throat guard) , chest protector and cup at all times including when warming up pitchers. Even a hockey type catcher's mask must have a dangling throat protector. Use of mouth guards and athlete cups are recommended especially for infield players. With the exception of a runner returning to base, headfirst slides are not permitted. This type of slide can be very dangerous. Batting donuts are not permitted except for in the Senior division. Players may not handle bats until instructed to do so. Regulations prohibit on deck batters except for the Senior division. No swinging bats in the dugout, outside the dugout and never inside the fence of the playing field or in spectator areas. All players must remain in the dugout until it is their turn to bat. Players must understand the importance of calling out for a fly ball to avoid a collision. All players should be trained in the proper techniques of sliding into bases before being instructed to do so. Players are expected to show respect for all people and property.

Conditioning

This important phase of Little League training has a direct bearing in developing a safe personal condition. Extensive studies on the effect of conditioning, commonly known as "warm-up" has demonstrated that:

- 1.) The stretching and contracting of muscles just before an athletic activity improves general control of movements, coordination, and alertness.
- 2.) Such drills also help develop the strength and stamina needed by the average youngster to complete with minimum accident exposure.

These warm-up skills are most effective when the motions are patterned after natural baseball movements such as reaching for a ball, running and similar footwork. This is a good place also to "drive home" the basic safeguard of keeping the eye on the ball.

Exposure to Unsafe Practices

Attitude

- 1.) An attitude of alertness, hustle and enthusiasm that has been recommended as guidelines for the administration of your safety program should be carried down to all players to spark them in the development of better skills.
- 2.) Good sportsmanship and courtesy, which are necessary for a harmonious and safe environment, can be taught best through the good example set by all adults on and off the field.
- 3.) Your most effective tool is to inspire an attitude of self-confidence and a desire to excel is the use of much praise and recognition. Of course, this must be given when deserved so as not to be cheapened by too much repetition. After all, a good effort followed by a word of encouragement may result in a good play on the next attempt.
- 4.) Guidance on the most constructive attitude or point of view for both adults and techniques. Again, it is emphasized that good training is the most effective weapon against accidents caused by unsafe acts.

Warm-up Drills

The subject of warming up before a practice session has been covered as a means of safeguarding youngsters, at least to a degree, from poor physical condition and lack of limbering up.

Use of the term "warming-up drills" in connection with unsafe acts, refers to ball handling practice rather than calisthenics. This involves a serious accident exposure to misdirected balls. The following will reduce the danger of being struck by a mis-directed ball:

- 1.) All unauthorized people should remain off the field during drills.
- 2.) After the number of targets has been reduced to minimum, one of the best preventive measures is to stress that the eye must be kept on the ball. This safe practice should be drilled into both adults and youngsters so continuously that it becomes a reflex action.
- 3.) Another danger from misdirected balls is the exposure of inexperienced batters to wild pitchers. The use of batter's helmets is a must. However, it does not justify permitting a potential pitcher throwing to an inexperienced batter until control is demonstrated.
- 4.) The danger of being struck by a ball can be further minimized by the following plan:
 - A) Throwing and catching drills should be set up with the players in two lines facing one another
 - B) Random throwing should be permitted only to designated players.

Safe Ball Handling

- 1.) Misjudging the flight of a batted ball may be corrected by drilling with fly balls which begin easy and are made more difficult as a player's judgment and skill improves. Everyone should eventually be able to handle balls that go overhead.
- 2.) In addition to a player never losing sight of a ball from the time it leaves the bat, the player should keep the glove positioned and the body relaxed for a last split-second move.

3.) An infielder can best be protected by an aggressive short-hop fielding play by always keeping the "nose pointed at the ball" and the eyes glued on it. Also, if moving forward, the player is in a better position to make a throw.

4.) It is safer for the player to knock a ball down and handle it than to let the ball determine the play.

Collisions

Collisions result in more injuries than most other types of accidents. They are usually caused by errors of judgment or lack of teamwork between fielders. It is important to establish zones of defense to avoid collisions between players. It is particularly important when players are chasing high fly balls. Once the zones are established, play situation drills should be held until these zones and patterns become familiar to the players. The responsible player should call out the intentions in a loud voice to warn others away. Here are some general rules follow:

1.) The fielder at third base should catch all balls which are reachable and are hit between third and the catcher.

2.) The fielder at first base should catch all balls reachable which are hit between second and the catcher.

3.) The shortstop should call all balls reachable which are hit behind third base.

4.) The Fielder at second base should catch all balls, reachable which are hit behind first base.

5.) The shortstop has the responsibility for fly balls hit in the center of the diamond and around second base. Since the glove is on the left hand it is easier for the shortstop than the fielder at second to catch fly balls over second base.

6.) The centerfielder has the right of way in the outfield and should catch all balls which are reachable. Another player should take the ball if it is seen that it is not reachable by the centerfielder.

7.) Outfielders should have priority over infielders for fly balls hit between them.

8.) Priorities are not so easy to establish on ground balls, but most managers expect their base player to field all ground balls they can reach, cutting in front of the shortstop on slow hit grounders.

9.) The catcher is expected to field all topped and bunted balls which can be reached except when there is a force play or squeeze play at home plate.

Sliding Safety

As is the case with other baseball fundamentals, a correct slide is also a safe one. It is well, too, to guard against the accident of a collision and the possibility of a player being struck by a thrown ball as that player "hits the dirt." It goes without saying that steel spikes are not being worn, as they are not permitted for use in Twin Town Little League. The following can make the learning period safer:

1.) Long grass has been found to be better than sand or sawdust pit to teach sliding.

2.) The base must not be anchored down.

3.) Sliding pads are recommended.

4.) The player should make approaches at half speed and keep constantly in mind that hands and feet should be in the air. Once committed to slide, the player must not change strategy. Last minute hesitation causes most sliding injuries.

5.) Tennis shoes are suggested for beginning sliding and tagging practice to avoid injury to the defensive player.

6.) If the ground along the baselines becomes soft on a rainy day, such weather offers an excellent opportunity to have sliding drills.

7.) Head first sliding has been eliminated for ages 12 and below, except for when returning to a base.

Batter Safety

A batter's greatest accident exposure is from the unsafe acts of others, namely wild pitches, which account for most accidents. Again, the best defense is an alert, confident concentration on the ball. This type of injury is more prevalent in regular than in minor league play. Since the danger is increased as pitchers learn to throw with greater force and as more games are played, it is doubly important to take whatever counter measures necessary to offset this exposure.

1.) A well-fitted, NO CASE approved helmet is the first requirement.

2.) The development of the novice batter's ability to take evasive action can be improved by getting the player to relax and concentrate on the ball from the time the pitcher starts delivery until it lands in the catcher's mitt. Players with slow reflexes can also be helped by stimulated batting and ducking practice with a tennis ball.

3.) The unsportsmanlike practice of crowding the plate or jumping around to rattle the pitcher must not be tolerated. This could endanger the batter if it causes the pitcher to lose control. Umpires should stop such actions.

4.) Painful finger and hand injuries can be reduced by making sure the batter holds the bat correctly when bunting. Youngsters tend to lean too far over the plate and not keep the ball well out toward the end of the bat. This should be corrected.

5.) When the batter becomes a base runner, that player should be taught to run outside the foul lines when going from home plate to first and from third to home to reduce the chance of being hit by a thrown ball.

Safe Handling of Bats

A review of the batter's potential for causing injuries to others points up the following:

1.) The most easily prevented type of accident is the too frequent fault of beginners throwing the bat while running to first base. This act may be corrected through individual instruction to drop the bat safely by:

- Having the player hand the bat to the coach will serve as a reminder before each ball is pitched.
- Having the player drop the bat in a marked off circle near where running starts.
- Counting the player "out" in practice whenever the player fails to drop the bat correctly.
- Providing bats with grips that are not slippery.

2.) Coaches and umpires should be on the alert to correct batters that tend to step into the catcher as they swing.

Catcher Safety

1.) The catcher, as might be expected from the amount of action involved, has more accidents than any other player. If the catcher is wearing the required protection, the greatest exposure is to the ungloved hand. The catcher must learn to: a.) Keep it relaxed. b.) Always have the back of the throwing hand toward the pitcher when in position to catch. c.) Hold all fingers in a cupped position near the mitt, ready to trap the ball and throw it.

2.) The catcher should also be taught to throw the mask and catcher's helmet in the direction opposite the approach in going for a high fly.

3.) As the catcher learns to play this difficult position, a good habit is to keep a safe distance back from the swinging bat. Estimate this as one foot farther from the batter than the ends of the outstretched finger.

4.) To repeat, the best protection is keeping the eye on the ball.

Special Considerations

Little League Approved Bats

Only bats approved for usage by Little League international, with the USA Baseball stamp, will be allowed for utilization at any League sanctioned events. This is to include but not limited to tryouts, practices and games. Individuals are encouraged to seek additional information on the Little League International website.

Little League Required Background Checks

Twin Town Little League will utilize the Little League Official Volunteer Application Form and check for sexual abuse. Managers, coaches, board members and any others, volunteers 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 an application form as well as provide a government-issued photo identification card for ID verification every year. Leagues must at a minimum conduct a search of the Department of Justice's nationwide sex offender registry (www.nsopr.gov) using Volunteer Application Forms, on all applicable. Little League International currently provides each league with access to 125 free criminal background checks per year. Due to the refusal of several states that only provide access to historical sex offender registry record data, the Lexis Nexis Supplemental National Criminal File database no longer meets the minimum requirements of the Little League regulations. In addition to meeting the minimum requirement of checking the United States Department of Justice National Sex Offender Registry, (www.nsopr.gov) Little League strongly encourages all leagues to also utilize the national criminal records search available through the Little League website. This additional criminal records check may provide additional important information regarding the criminal records of individuals whose crimes do not require that they be listed on a sex offender registry. For example, convictions for assault, battery, theft or drug offenses would not result in a report to sex offender registry. Anyone refusing to fill out the Volunteer Application is ineligible to be even a league member.

Twin Town Little League - CODE OF CONDUCT

The Twin Town Little League Board of Directors has mandated the following Code of Conduct. All volunteers, managers, coaches, board members will read this Code of Conduct and sign in the place below acknowledging that he or she understands and agrees to comply with the Code of Conduct.

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

1. Lay a hand upon, push, shove, strike, or threaten any player, coach, official, or spectator.
2. Use obscene or offensive language.
3. Appear on Twin Town property while in an intoxicated state due to illegal drug or alcohol abuse.
4. Smoke while on Twin Town property.
5. Speak disrespectfully to any manager, coach, official, or league representative.
6. Challenge an umpire's authority. The umpire shall have 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 Twin Town Little League Code of Conduct and promise to adhere to its rules and regulations.

Print Name: _____

Signature: _____

Date: _____

FORMS



LITTLE LEAGUE® BASEBALL AND SOFTBALL MEDICAL RELEASE



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)/Legal Guardian Name: _____ Relationship: _____

Parent(s)/Legal Guardian Name: _____ Relationship: _____

Player's Address: _____ City: _____ State/Country: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

PARENT OR LEGAL GUARDIAN AUTHORIZATION: _____ Email: _____

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/Legal Guardian Signature Date: _____

FOR LEAGUE USE ONLY:

League Name: _____ League ID: _____

Division: _____ Team: _____ Date: _____

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.

2023 TWIN TOWN LITTLE LEAGUE - INJURY / SAFETY REPORT

Name of Injured Person _____ Age _____
Address of Injured _____
Parents/ Guardian _____ Contact # _____ (Home) _____ (Cell) _____
Date of Incident _____ Time of Incident _____
League Level _____ Team _____ Manager Name _____
Manager Contact #'s _____ (Home) _____ (Cell) _____
Did manager witness the incident ? _____ If no, witness name/contact # _____

***** PLEASE CHECK ALL THAT APPLIES*****

POSITION (location when injured)

☐ Batter ☐ Catcher ☐ Pitcher ☐ Base Runner ☐ Infield (Please specify) _____
☐ Dugout ☐ Coach ☐ Umpire ☐ Concession ☐ Outfield (Please specify) _____
☐ Practice ☐ Spectator ☐ To/From Game ☐ Other (Please specify) _____

INJURY

☐ Contusion ☐ Sprain ☐ Abrasion ☐ Dislocation ☐ Laceration ☐ Cuts/Scrapes
☐ Puncture ☐ Fracture ☐ Puncture ☐ Dental ☐ Bites ☐ Concussion
☐ Burn ☐ Heat Exhaustion ☐ Dehydration ☐ Other (Please specify) _____

PART OF BODY

☐ Head ☐ Nose ☐ Eye ☐ Mouth ☐ Ear ☐ Arm ☐ Shoulder ☐ Elbow ☐ Wrist ☐ Hand
☐ Fingers ☐ Chest ☐ Hip ☐ Leg ☐ Knee ☐ Ankle ☐ Foot ☐ Back ☐ _____
☐ Other _____

CAUSE OF INJURY

☐ Hit by Pitch ☐ Sliding ☐ Hit by Bat ☐ Batted Ball ☐ Thrown Ball
☐ Running ☐ Falling/Tripping ☐ Collision w/Player ☐ Collision (other) ☐ Catching Ball
☐ Sharp Object ☐ Equipment Malfunction ☐ Dirt/Blowing Debris ☐ Sun in Eyes
☐ Weather ☐ Field Conditions ☐ Inexperienced Player ☐ Horse Play
☐ Other _____

HAZARDOUS CONDITIONS

☐ Dugout ☐ Home Plate ☐ Base Path ☐ Base Cups ☐ Bases ☐ Pitcher's Mound ☐ Fencing
☐ Excessive Lip on Infield ☐ Holes in Outfield ☐ Sponsor Signs ☐ Debris on Field ☐ Batting
Cage
☐ Sprinkler ☐ Poor Drainage ☐ Grass too Tall ☐ Bees ☐ Gates Won't Lock ☐ Other _____

First Aid or Medical Treatment Required? _____

If so what by whom (list the attending medical personnel: _____

Briefly describe what happened: _____

Was the Incident Preventable If Yes, How? _____

Other Comments: _____

Reported to: Gina O'Sullivan, TTLL President Notified By _____ Date/Time _____
Joe Ahearn, Safety Director Notified By _____ Date/Time _____
Board Member on Duty Notified By _____
_____ Date/Time _____
Board Member on Duty Signature _____ Date/Time _____

****PLEASE REPORT ALL INJURIES TO LEAGUE SAFETY DIRECTOR WITHIN 24 HOURS****

Twin Town Little League – Field & Complex Safety Survey

*** Completed for each complex by the first Board Member on Duty for the day***

Date: _____

Complex: _____

Field Checklist

- ☐ GATES LOCKED
- ☐ FENCE
- ☐ BACKSTOP
- ☐ SPONSOR SIGNS
- ☐ HOME PLATE & CATCHERS BOX
- ☐ BASE PATHS & INFIELD
- ☐ BASE CUPS AND BASES
- ☐ PITCHER'S MOUND
- ☐ OUTFIELD / GRASS CONDITION
- ☐ DUGOUTS
- ☐ FIELD LIGHTING (IF APPLICABLE)
- ☐ PRESS BOX / TOWERS / STAIRWAYS
- ☐ BATTING CAGES

Garage Checklist

- ☐ LOCKED WHEN NOT IN USE
- ☐ FIRE EXTINGUISHER
- ☐ CHEMICALS ORDERLY, LABELED
- ☐ HOSE, TOOLS ORDERLY
- ☐ OTHER

Concession Checklist

- ☐ HOT FOOD AREA
- ☐ SIGNS POSTED
- ☐ GLOVES AVAILABLE
- ☐ COUNTERS CLEAN
- ☐ FLOORS CLEAN
- ☐ GREASE MAT
- ☐ LIGHTING
- ☐ DOORS LOCKED
- ☐ CIRCUIT BREAKER ACCESSIBLE
- ☐ FIRE EXTINGUISHER
- ☐ ELECTRIC CORDS
- ☐ FIRST AID KITS
- ☐ ICE AVAILABLE FOR INJURIES
- ☐ ELECTRIC PANELS
- ☐ CHEMICALS OUT OF REACH

Restroom Checklist

- ☐ UNLOCKED FOR GAME DAY
- ☐ PLUMBING WORKING
- ☐ PAPER PRODUCTS AVAILABLE
- ☐ SOAP AVAILABLE
- ☐ CLEAN
- ☐ LIGHTS AND LOCKS FUNCTIONAL