

2022

Point Loma Little League

Safety Manual

League ID. # 405-32-12

The Mission of Point Loma Little League is to provide a safe and developmental baseball program that is fun and family oriented. We strive to teach our little league players and parents who coach the proper and sportsmanlike way to play baseball. Through skill development, improvement and leadership by example, we are committed to providing the ultimate Little League experience for all of our community.

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Introduction

This Safety Plan outlines safety requirements and guidelines developed for Point Loma Little League (PLLL) for the 2022 Little League baseball season. The purpose of this Safety Plan is to promote safety consciousness around the league during the 2022 season, and to establish guidelines to eliminate potential safety hazards to players, managers and coaches, parent volunteers, adult and junior umpires and the community.

Implementation of this Plan will result in improved safety education of league managers, coaches, and parents. In turn, the league hopes to be better equipped and more aware of safety concerns that might otherwise be overlooked, with a goal to prevent injuries from occurring and document any injuries that occur. PLLL's goal for the 2022 season is zero accidents and zero injuries.

Copies of this Plan will be distributed to all Board members and managers in the league. In addition, a copy of the plan will be posted in the Snack Shack as well as on the PLLL website.

Remember:

Our mission is development, safety, healthy competition and fun.

*****RULE 15 of the Qualified Safety Plan requires League Player Registration Data or Player Roster Data, Coach and Manager Data need to be submitted to Little League as part of the ASAP Program this year. This is a mandatory requirement and this information will be sent via the Point Loma Little League Safety Officer via the proper internet sending method to the Little League Data Center.**

Safety Goals for 2022

- 1) To follow all county and state guidelines regarding Covid-19 safety protocols.
- 2) To help prevent injuries at first base, double bases are used in National League games.
- 3) Helmets and other protective gear will be surveyed and replaced as necessary on an annual basis. Additionally, the league safety officer will make random appearances at many games and do a check of gear, helmets and bats of the teams.
- 4) First-aid kits will be provided in all team equipment bags and will be surveyed and replaced if needed.
- 5) Injuries due to sliding into a base improperly can be reduced. Proper sliding technique will be emphasized during our mandatory managers and coaches clinic. All break-away bases will be inspected for proper working order.
- 6) Inspect and replace if necessary any protective, poly-cap fence guard on top of the outfield chain-link fences to eliminate cuts to player's arms and other possible fence related injuries.
- 7) Eliminate potential injuries by continuing to enforce rules and educate against climbing the outfield fence to retrieve a ball.
- 8) Backstop side-panels will be installed or maintained to provide greater protection for bystanders.
- 9) A large first aid kit will be immediately available in each shed and at the snack shack.
- 10) All fire extinguishers will be up to code and recharged or replaced as necessary.
- 11) Continue and fine-tune our plan for lost children (surrounding area canyon, parking lots, tennis courts).
- 12) Jr. Umpires will be provided a small "Igloo" type cooler/container for each game consisting of a bag of ice for immediate use in a first aid situation requiring ice.
- 13) Older baseball equipment, including catchers gear, bats, bases, helmets, batting tee's and other team equipment will be replaced with new equipment.
- 14) The snack shack volunteer leaders will be informed of barbecue hazards and to instruct parent volunteers of barbecue safety.

15) Note: The San Diego Fire Department Station #22 is staffed and located approximately 300 feet from our Snack Shack.

Safety Code

- Responsibility for safety procedures should be that of an adult member of PLLL.
- Arrangements should be made in advance of all games and practices for emergency medical services.
- Managers, coaches, and adult umpires should have an understanding of first-aid and be readily able to call on the Fire Station Medics (housed approximately 300 feet from our snack shack at Fire Station 22) when in doubt. First-aid kits are issued to each team manager and are also located at each shed and in the Snack Shack.
- No games or practices should be held when weather or field conditions are not safe, particularly when lighting and field conditions are inadequate. Managers control if a game should start. Adult umpires control once a game has started. (In the case of a game controlled by Junior Umpires, the Umpire-In-Chief (UIC), his adult representatives, or an Executive Board member present may make the decision to stop the game, if the active managers do not share the same opinion.
- Before each game, the home team manager is responsible (but it is recommended that both managers do so) for inspecting the play area for holes, rocks, glass, and other safety hazards.
- 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.
- Procedures should be established for retrieving foul balls batted out of the playing area. Time-out will be granted by the umpire, while a player or a coach is permitted to leave the field of play to retrieve the ball.
- During practice and games, all players should be alert and watch the batter on each pitch.
- Before each use, equipment should be inspected.
- Batters and runners must wear Little League approved protective helmets during practice, warm-up and games when required.
- Catchers must wear a catcher's helmet, mask, throat guard, long model chest

protector, shin guards, and protective cup with athletic supporter (males) for all practices, warm-up and games. **NO EXCEPTIONS.** Managers should encourage all male players to wear protective cups and supporters for practices and games. When warming up a pitcher, the player doing the catching must wear the catcher's helmet with mask and throat guard. The player must also wear a supportive cup if the warm up is conducted in the standard squatting position.

- Headfirst sliding is prohibited (Intermediate Division Exception), however a runner may dive back to a base.
- During sliding practice, bases should not be strapped down or anchored.
- At no time should "horseplay" 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 and practices.
- Managers and coaches may not warm up pitchers before or during a game.
- On deck batters are not permitted (Intermediate Exception).
- All adult participants are required to complete the Little League Volunteer Application form. A background check for sex offenders and crimes against children shall be conducted through an approved database that contains crimes that appear on a sex offender registry, as well as any sex crimes against children. District and National Little League Headquarters will be advised on any volunteer who fails to a background check.

Pitching Pearls

In the mid-1990's, Little League Baseball started to notice an alarming increase in serious injuries in adolescent pitchers. Over the years, it was commonly believed that the rise in injuries was due to increased amounts of pitching at a younger age. To determine if this was true, the American Sports Medicine Institute (ASMI) conducted a series of scientific studies from 2005 to 2006. During these studies, ASMI followed hundreds of youth baseball pitchers, and monitored arm problems and potential contributing factors including pitch counts, types of pitches, quality of mechanics, and other factors. In the end, the scientific results confirmed that the number of pitches thrown was the most significant contributor to arm problems.

Based on ASMI's scientific results, Little League Baseball changed its decades-old pitching rules, making the actual number of pitches delivered the deciding factor in determining eligibility in the baseball division. Starting with the 2007 season, pitchers in all divisions of Little League, from ages 7 to 18, were given specific limits for each game, based on their age. The number of pitches delivered in a game determined the amount of rest the player must have before pitching again.

Little League Baseball also continues to explore other pitching-related issues, such as the use of breaking pitches. It is widely speculated by medical professionals that it is ill-advised for players under 14 years of age to throw breaking pitches. As a result, the use of breaking pitches is strongly discouraged by Little League. Furthermore, starting in 2007, Little League began a five-year study on breaking pitches by Little League pitchers. The study is being conducted by the University of North Carolina and is supported by the Yawkey Foundation.

The following is the text of the 2020 regular season Pitch Count Regulation for all levels of Little League Baseball:

Regulation VI - PITCHERS

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

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

Exception: If a pitcher reaches the limit imposed in Regulation VI (c) for his/ her league age while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs: 1. That batter reaches base; 2. That batter is put out; 3. The third out is made to complete the half-inning. **Note 1: A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of that day.**

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

be observed.

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

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

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

- (e) Each league must designate the scorekeeper or another game official as the official pitch count recorder.
- (f) The pitch count recorder must provide the current pitch count for any pitcher when requested by either manager or any umpire. However, the manager is responsible for knowing when his/her pitcher must be removed.
- (g) The official pitch count recorder should inform the umpire-in-chief when a pitcher has delivered his/her maximum limit of pitches for the game, as noted in Regulation VI (c). The umpire-in-chief will inform the pitcher's manager that the pitcher must be removed in accordance with Regulation VI (c). However, the failure by the pitch count recorder to notify the umpire-in-chief, and/or the failure of the umpire-in-chief to notify the manager, does not relieve the manager of his/her responsibility to remove a pitcher when the pitcher is no longer eligible.
- (h) Violation of any section of this regulation can result in protest of the game in which it occurs. Protest shall be made in accordance with Playing Rule 4.19
- (i) A player who has attained the league age of twelve (12) is not eligible to pitch in the Minor League. (See Regulation V – Selection of Players)
- (j) A player may not pitch in more than one game in a day. (Exception: In the Big League Division, a player may be used as a pitcher in up to two games in a day.)

Notes:

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

the game was halted may continue to pitch to the extent of their eligibility for that day, provided said pitcher has observed the required days of rest.

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

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

Emergency Safety Procedures

- 1) Provide reasonable medical aid immediately on scene.
- 2) Have two adults (if possible) respond on foot to our adjacent Fire Station and notify the Fire Fighters personally and additionally have 911 called if deemed appropriate.
- 3) Notify Snack Shack personnel.
- 4) Immediately notify parents if not at the scene. Manager will have emergency contact sheets with additional numbers and contacts.
- 5) **Notify (ASAP) League Safety Officer Sean Hibbs at (619) 920-4196 or League President Allison Leitz at (619) 241-3184 must be within 24 hours.**
- 6) Have the Manager/Coach or League Board member stay with the injured child if parents are not at the scene.
- 7) **Fill out preliminary accident report forms (located in the first aid kit and in the Snack Shack) and forward to the safety officer within 24 hours.**
- 8) Interview witnesses if necessary and record their name, location, contact information and observations.
- 9) Make necessary recommendations to the safety officer on how to avoid future incidents of a similar nature.
- 10) If at practice away from PLLL, make sure a cell phone is available or know the location of the nearest phone.
- 11) Always have a minimum of 2 adults at a practice.

- 12) Never leave a child alone after practice. Wait for his/her parents to arrive or secure a ride for him/her and notify the parents. If permitted to transport a player to his home, have another adult or at minimum your own child present during the transport.
- 13) Have the first aid kit available for all games and practices. Additional supplies including cold packs and ice are stored in the Snack Shack.
- 14) Have each player's medical clearance forms at all games and practices.
- 15) Report any present or potential safety hazard to the safety officer or board member.

Communicable Disease Procedures

While the risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to, the following.

- 1) The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
- 2) Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated.
- 3) Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
- 4) Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
- 5) Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
- 6) Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
- 7) Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic responsibilities until the condition resolves or can be covered in such a way that is reasonably acceptable to medical disease standards.

- 8) Contaminated towels should be properly disposed of or disinfected.
- 9) Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressing, mouth guards, and other articles containing body fluids.
- 10) Report any possible events of contamination to the league Safety Officer or President within 24 hours. (see contact phone numbers in (6) of "Emergency Procedures" above.)

Field Safety Telephone Numbers

EMERGENCY	911
SAFETY OFFICER: Sean Hibbs	619-920-4196
LEAGUE PRESIDENT: Allison Leitz	619-241-3184
LEAGUE VICE-PRESIDENT: Tyler Smith	619-251-1275
PLAYER AGENT: Brandon Anderson	858-752-4343
LEAGUE REPRESENTATIVES: Juniors: Ryan Upjohn Intermediate: Chris Leitz American: Barret Frost National: TBD Rookies, T-Ball: Buck Buchanan	816-550-7436 619-929-4657 858-735-8610 619-990-7324
FIELD MAINTENANCE: Kurt Bruskotter	858-334-8322
EQUIPMENT Tyler Smith	619-251-1275
<u>FIRE STATION 22:..911</u>	619-531-1553

ACCIDENT REPORTING PROCEDURES

What to report:

Any injury to any player, manager, coach, umpire, or volunteer where first aid has been received.

Who to report to:

Report injuries to the Safety Officer, Snack Shack, League President, or any Board member in attendance. The Safety Officer must be notified within 24 hours.

How to report:

Report the accident verbally to the Safety Officer and complete the safety preliminary accident report form (pg. 12). The form must be completed and submitted to the Safety Officer within 24 hours of the time of the accident. Completed forms should be placed in the Safety Officer's mailbox located in the PLLL Snack Shack. The Safety Officer is then responsible for submitting a copy of the report to Little League Headquarters in Williamsport, PA.

TRAINING REQUIREMENTS

- All managers, coaches, board members, and officers will receive and are required to review this Safety Manual in its entirety.
- All managers, coaches, league officers, and all elected members must fill out and submit the Little League Volunteer Application attached to this manual.
- All managers and coaches must attend a league sponsored training session presented by the PLLL Safety Officer. Training includes injury prevention and first aid, and pre-game/practice warm-up instruction.
- All team managers must attend the league-sponsored Coaches Clinic held at PLLL. Coaches are strongly encouraged to attend the clinic held at PLLL that will include training on fundamentals of coaching, skills of the game, and how to plan fun and effective practices.
- Snack Shack personnel will review this manual and the Snack Shack Procedures Manual. A copy of the Snack Shack Procedures Manual is kept in the Snack Shack.
- All Snack Shack personnel will be trained by the Snack Shack coordinator on proper food handling, preparation, and storage.
- Baseball training sessions are available in films and from local baseball clinics and batting cages.
- The league Safety Officer will review the Annual Facility Survey attached to this manual.

Storage Shed Procedures

During the baseball season, PLLL uses two sheds located at the baseball facility/park to store baseball and field maintenance equipment. The following procedures apply to anyone that uses any storage shed equipment during the course of the season:

- Individuals with keys to the PLLL equipment sheds (i.e., Managers, Coaches, field maintenance, etc.) should be aware of their responsibilities for the orderly and safe storage of rakes, shovels, bases, etc.
- Before you use any machinery located in the shed (e.g., lawn mowers, weed whackers, public address systems, etc.) please locate and read any written operating procedures for that equipment or be trained on it.
- All chemicals or organic materials stored in sheds should be properly marked and labeled as to its contents. Packages should be intact and out of the reach of small children. Read directions before using.
- All chemicals or organic materials (e.g., lime, fertilizer, etc.) stored in sheds should be separated from the areas used to store machinery and gardening equipment (e.g., rakes, shovels, etc.) to minimize the risk of puncturing storage containers.
- Any spilled "loose" chemicals or organic materials within these sheds should be cleaned up and disposed of as soon as possible to prevent accidental poisoning.

Little League Safety Playing Rules & Regulations

The Little League Rules and Regulations are designed with the safety and well being of the players in mind. Local leagues may add additional safety rules and/or guidelines but are not permitted to alter any of the following.

NOTE: Junior, Senior and Big League Rules and Regulations differ in some applications.

1. Regulation VI

Pitching restrictions.

Pitching activity should be monitored on a regular basis by both the Player Agent and Safety Officer.

PLLL Policy – depending on age, no pitcher should pitch more than 50-85 pitches per outing. The days of rest requirement as set for in the Little League playing rules shall be followed and explained to each manager.

2. Rule 1.08 (NOTE)

The on-deck position is not permitted.

Players are not allowed to hold a bat in their hands until the umpire calls them to bat. At that point, they are permitted to pick up their bat (from a controlled area away from the dugout and proceed to home plate to take their position in the batters box. They may take a couple practice swings on their way to home plate.

3. Rule 1. 10 & NOTE

Bat restrictions and guidelines.

- Watch for metal bats without proper grip material.
- Watch for metal bats that have flat spots or cracks.
- See newly adapted composite bats approved and BBCOR issues.

4. Rule 1. 11 (e) through (k) **Playing uniform restrictions.**

Pins are not permitted on hats of players, coaches or umpires.

5. Rule 1. 16 **Batting helmet requirements and restrictions.**

Helmets must remain on until player hitting has returned to the dugout. No stickers or non original product paint on helmet. Helmets must have an approved stamp emblem on every helmet.

6. Rule 1. 17 **Athletic supporter & catcher gear requirement.**

- *The flap on long model chest protectors can never be turned up. This includes between innings.*
- *A player warming up a pitcher must have a cup, helmet and mask on as a minimum.*
- *Catchers or any player shagging balls during infield or outfield warm ups must have a helmet and mask on at all times.*
- *Gear must fit properly and Skull clips and other type hard hats are not permitted.*

PLLL Policy is to encourage the use of cups by all players, particularly pitchers. All catchers and warm-up catchers are required to use protective cups.

7. Rule 2.00 (Obstruction) **Fake tagging.**

Is not allowed.

8. Rule 3.01 (a) & (b) **Game preliminary requirements.**

PLLL recommends that all players warm up with organized proper warm-up prior to fielding practice/game.

9. Rule 3.09 **Player, manager & coach conduct during games.**

Adults are not permitted to warm up pitchers or play catch at any time. A good rule of thumb is that an adult should never have a glove on during pre-game or games.

10. Rule 3.14 **Keeping the playing field (fair & foul territory).**

Playing equipment (in dead ball areas) must be cleaned up and gear kept as far out the way as possible at all times.

Bats are never allowed in the dugout area.

11. Rule 3. 17 **Bench & dugout conduct and restrictions.**

Players in the dugout area must remain behind the protective fencing at all times and adhere to little league food and drink dugout policy.

12. Rule 4.05 (all) **Base coaches requirements.**

Base coaches may not wear a cast of any type. Players coaching bases must wear an approved batting helmet while coaching a base.

Base coaches must pay attention to the ball at all times. No flip-flops.

13. Rule 5. 10 (a) & (b) **Field conditions.**

Managers will determine if field conditions are safe for play. Umpires will determine stopping play for dark or weather conditions.

14. Rule 5.10 (c) **Incapacitated players.**

Injured players may observe from the bench but will not serve as ball shaggers or base coaches.

Sliding.

15. A runner must slide or attempt to get around a fielder who has the ball and is waiting to make the tag. A runner is not permitted to headfirst slide while advancing (Intermediate Division Exception). Double bags at first base will be obtained to minimize tripping injuries in younger divisions. In all contested plays at home, the runner must slide or completely avoid the tag or he/she will be called out by the umpire.

(Little League Use Only)

LITTLE LEAGUE: Point Loma Little League		I.D. # 405-32-12		
NAME:(Injured Party):		DATE:		
Parents/Guardians name(s):		PHONE:		
ADDRESS/CITY:		STATE:	ZIP:	
No treatment needed:	First aid at field:	To doctor:	To hospital:	Other:
Name of Doctor or Hospital if possible:				
DIVISION IN WHICH ACCIDENT OCCURRED: T Ball <input type="checkbox"/> Rookies <input type="checkbox"/> National <input type="checkbox"/> American <input type="checkbox"/> Intermediate <input type="checkbox"/>				
TYPE OF ACCIDENT: Struck by: (circle one) 1. Pitched ball 2. Batted ball 3. Thrown ball 4. Bat		Collision with: (circle one) 5. Another Player 6. Fence 7. Backstop	Other: (circle one) 8. Hit dirt too hard while sliding 9. Tripped 10. Fell 11. Over-exertion 12. Other... _____	
ACCIDENT CAUSES: UNSAFE CONDITIONS: (circle those actions that apply)				
1. Uneven field surface, such as holes, humps, etc. 2. Foreign objects, such as glass, rakes, stones, bottles, etc. 3. Congestion during practice or games.		4. Weather conditions, such as rain, sun, darkness. 5. Lack of or poor-fitting, protective equipment. 6. Other (explain briefly): _____		
UNSAFE ACTS: (circle those actions that apply)				
1. Mishandled ball 2. Mishandled bat 3. Poor evasive action 4. Incorrect sliding form 5. Not watching the ball 6. Awkward position 7. Player out of position 8. Lack of grip on bat		9. Poor running form 10. Wild pitch 11. Wild throw 12. Wild swing with bat 13. Distracted 14. Lack of attention 15. Horseplay 16. Other		
Brief statement of what happened: _____				

Note: THE PURPOSE OF THIS FORM IS TO ESTABLISH A PAPER TRAIL OF **ALL ACCIDENTS PRIOR** TO ANY LAWSUITS AND PROVIDE LITTLE LEAGUE BASEBALL WITH ADVANCE INFORMATION: This form is for Little League purposes only. When an accident occurs obtain as much information as possible. Send a copy to Little League Headquarters in Williamsport.

Snack Shack Safety

Guidelines for Safe Operation of Snack Shack

- 1) **Menu.** Keep potentially hazardous foods (meats, eggs, dairy products, protein salads, cut fruits and vegetables, etc.) to a minimum. Avoid using precooked foods or leftovers. Use only foods from approved sources, avoiding foods that have been prepared at home.
- 2) **Cooking/Barbeque.** Use a food thermometer to check on cooking and holding temperatures of potentially hazardous foods. All potentially hazardous foods should be kept at 41° F or below (if cold) or 140° F or above (if hot). Ground beef and ground pork products should be cooked to an internal temperature of 155° F, poultry parts should be cooked to 165° F. Most food borne illnesses from temporary events can be traced back to lapses in temperature control.
- 3) **Reheating.** Rapidly reheat potentially hazardous foods to 165° F. Do not attempt to heat foods in crock pots, steam tables, over sterno units or other holding devices. Slow-cooking mechanisms may activate bacteria and never reach bacteria killing temperatures.
- 4) **Cooling and Cold Storage.** Foods that require refrigeration must be cooled to 41° F as quickly as possible and held at that temperature until ready to serve. To cool foods down quickly, use an ice water bath (60% ice to 40% water), stirring the product frequently, or place the food in shallow pans no more than 4 inches in depth and refrigerate. Pans should not be stored one atop the other and lids should be off or ajar until the food is completely cooled. Check the temperature periodically to see if the food is cooling properly. Allowing hazardous foods to remain unrefrigerated for too long has been the number ONE cause of foodborne illness.
- 5) **Hand Washing.** Frequent and thorough hand washing remains the first line of defense in preventing foodborne disease. The use of disposable gloves can provide an additional barrier to contamination, but they are no substitute for hand washing.
- 6) **Health and Hygiene.** Only healthy workers should prepare and serve food. Anyone who has symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, jaundice, etc.) or who has open sores or infected cuts on the hands should not be allowed in the food concession area. Workers should wear clean outer garments and should not smoke in the concession area. The use of hair restraints is recommended to prevent hair ending up in food products.
- 7) **Food Handling.** Avoid hand contact with raw, ready-to-eat foods and food contact surfaces. Use an acceptable dispensing utensil to serve food. Touching food with bare hands can transfer germs to food.

8) **Dishwashing.** Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never reuse disposable dishware. Ideally, dishes and utensils should be washed in a four-step process:

- Washing in hot soapy water;
- Rinsing in clean water;
- Chemical or heat sanitizing; and
- air drying.

9) **Ice.** Use a scoop to dispense ice; never use the hands. Ice can become contaminated with bacteria and viruses and cause foodborne illness.

10) **Wiping Cloths.** Rinse and store your wiping cloths in a bucket of sanitizer (example: 1 gallon of water and ½ teaspoon of chlorine bleach). Change the solution every two hours. Well sanitized work surfaces prevent cross contamination and discourage flies.

11) **Insect Control / Waste and Cleaning Supplies.** Keep foods covered to protect them from insects. Store pesticides away from foods. Place garbage and paper wastes in a refuse container with a tight-fitting lid. Dispose of wastewater in an approved method (do not dump it outside). All water used should be potable water from an approved source. All cleaning supplies that are considered to be or marked poisonous will be kept secured or in a location safely out of the reach of children.

12) **Food Storage and Cleanliness.** Keep foods stored off the floor at least six inches. After your event is finished, clean the concession area and discard unusable food.

13) **Volunteer Workers.** No person under the age of 15 will be allowed to work behind the counter or in the concession stand at any time. All workers will be trained in the proper safety procedures for the equipment in the Snack Shack. The Snack Shack Coordinator will conduct this training.

In addition, a proper working and approved fire extinguisher and well stocked First Aid Kit must be present at all times in the Snack Shack. All workers will be trained in the proper procedure for using the fire extinguisher.

Clean Hands for Clean Foods

Since the staff at concession stands may not be professional food workers, it is important that they be thoroughly instructed in the proper method of washing their hands. The following may serve as a guide:

- Use soap and warm water.

- Rub your hands vigorously as you wash them.
- Wash all surfaces including the backs of hands, wrists, between fingers and under fingernails.
- Rinse your hands well.
- Dry hands with a paper towel.
- Turn off the water using a paper towel, instead of your bare hands.

Wash your hands in this fashion before you begin work and frequently during the day, especially after performing any of these activities:

- After touching bare human body parts other than clean hands and clean, exposed portions of arms.
- After using the restroom.
- After caring for or handling animals.
- After coughing, sneezing, using a handkerchief or disposable tissue.
- After handling soiled surfaces, equipment or utensils.
- After drinking, using tobacco, or eating.
- During food preparation, as often as necessary to remove soil and contamination and to prevent cross-contamination when changing tasks.
- When switching between working with raw food and working with ready-to-eat food.
- Directly before touching ready-to-eat food or food contact surfaces.
- After engaging in activities that contaminate hands.

2021 Safety Milestones

The Safety Officer will provide safety information for managers and coaches on January 15, 2022. (See additional meeting information under “2022 Safety Meeting.”) Topics include basic aid and care, injury patterns and prevention in Little League, and long-term prevention of throwing injuries in the young athlete. The addition of “Protect a Pitch” to cover the active pitching machine spinning wheel safety is a new topic. We will discuss the inception of the Intermediate Division, and applicable safety precautions necessary for that division. Additionally, Safety Program results from the 2021 season will also be reviewed and discussed.

An Annual Facility Survey was completed on December 10, 2022 (see attached).

2021 Safety Summary and 2022 Meeting

Congratulations for the safe and successful 2021 Baseball Season. During the 2022 mandatory Safety Meeting for managers and coaches, discussions will be held with regard to (but not limited to) field conditions, weather conditions, facilities, items that show wear, items that need to be replaced, helmets, facemasks, batting safety, catchers gear, sliding, diving, on deck circle, cleats, individual protective gear, break away bases, liability, player restroom visits, water breaks, sunscreen, healthy snack choices and other safety issues including safety in the Snack Shack and adjacent barbeque. Issues of first aid (including immediate aid and the AED machine), lost children, and heat (players and parents/grandparents) will also be addressed, and a large amount of time will be held for questions and answers. Additional discussion to be included in addressing current possible safety issues with random safety checks of each team's equipment, player cleats, and new USA approved bats for 2022.

Orthopedic Surgeon Chris Baer M.D. will provide managers and coaches with information including developmental growth for the players ages within our league, warm-up procedures, bone and muscle immaturity, pitching issues associated with little league including curve balls and other types of pitches, excessive pitching and throwing, and a review of concussion information. A question and answer period will follow and the league president, vice president, player agent and safety officer among others will be in attendance.

In accordance with Little League Baseball and Softball, Point Loma Little League will use two approved forms for background checks on all volunteers which includes managers, coaches and league officials. All returning and new volunteers will need to submit a 2022 Volunteer Application along with a current official ID. In addition, the JDP background verification process will ensure the safety of our league. The 2019 Child Protection Program will be reviewed and followed as a guide to our background check process.

Sean Hibbs
Point Loma Little League Safety Officer

PLLL 2022 Safety Plan Supplement - Local Rules in Response to COVID-19



The safety of the entire PLLL community has always been and will continue to be our top priority.

As COVID-19 continues to evolve, our league has adjusted the rules and expectations regarding illness, isolation and quarantine for both vaccinated and unvaccinated people to align with current CDC guidelines. We encourage you to spend time reviewing this guidance with your player as it will be difficult for our Manager and Coach volunteers to ensure compliance with these rules without help from within players' homes.

The contents of this document may change during the season as COVID-19 best practices and regulations are often changing. Any in-season changes to either document will be distributed via pointlomalittleleague.com, email and social media and, as necessary, PLLL will facilitate a safety meeting, if appropriate.

If at any time you have a concern with the safety of your player, a volunteer or a spectator, please reach out to either of us. It is important to not rely solely on our volunteer manager and coaches to ensure these safety measures are followed; we need everyone's help. Our children's safety is everyone's top priority.

Thank you for being a part of the PLLL Community.

Allison Leitz
PLLL President
allileitz@hotmail.com

Sean Hibbs
PLLL Safety Officer
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League activity guidance*

Volunteers and players should not attend practice if they have had direct exposure to a confirmed positive COVID-19 case or exhibit any of the following symptoms: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and/or diarrhea.

- If a volunteer or player has had direct exposure to a confirmed positive COVID-19 case and exhibits any of these symptoms, they should immediately contact their team manager.
 - If unvaccinated, volunteer or player should quarantine for 5 days before returning to play, wear a mask for an additional 5 days and check for symptoms. If symptoms appear, volunteer or player should isolate immediately.
 - If vaccinated, volunteer or player may continue with league activities while wearing a mask for 10 days, watch for symptoms and isolate immediately if symptoms develop.
- If a volunteer or player has tested positive for COVID-19 they should immediately contact their team manager and refrain from attending league activities for at least 5 days.
 - Volunteer or player may return to league activities after 5 days if fever-free for 24 hours and symptoms are improving. Volunteer or player must wear a mask until day 10.
- Managers will send any player or volunteer home immediately if they show ANY signs of illness
 - Due to the potential for a player to be sent home before or during a practice, parents should ensure they are reachable via phone during the practice
 - The Point Loma Little League Executive Board will review repeat violators or blatant violations of the rules contain in this document by players, volunteers or spectators on a case by case basis. Consequences can include suspension.

*CDC Guidelines as of January 9, 2022:
<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html> (accessed January 10, 2022)