



# MAIDU LITTLE LEAGUE SAFETY PLAN 2025

# MAIDU LL SAFETY PLAN 2025

## MISSION STATEMENT

Maidu Little League aspires to be a world class, educational athletic organization that provides a high quality experience in which every athlete:

- Has fun playing the game
- Receives high quality and consistent coaching
- Tries their hardest to play at their highest level
- Exhibits a team first attitude and plays with class
- Learns “life lessons” that have value beyond the playing field
- Build courage, character and loyalty
- Learns the skills, tactics, and strategies of the game and improves as a player
- Plays on high quality facilities

We are committed to creating a culture in which coaches, parents, fans, umpires and athletes work together to achieve our mission.

## PURPOSE

The purpose of the Maidu LL Safety Plan is to reduce the risk of injury to the players and adult volunteers by ensuring facilities, equipment, and training meet or exceed the standards set forth by Little League International.

A copy of this Safety Plan will be provided to all the league managers and stored in common areas at league facilities. It is also available for download at the league website, [www.maidull.org](http://www.maidull.org).

Throughout the season the Maidu LL Safety Officer will send out periodic e-mail reminders about safety issues and best practices. If you or any member of your team has a safety concern or suggestion, please feel free to contact the Maidu LL Safety Officer.

# MAIDU LL SAFETY PLAN 2025

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# MAIDU LL SAFETY PLAN 2025

## 1. Safety Officer

Kristina Osborne is the Safety Officer for Maidu LL. The Safety Officer's responsibilities include, but are not limited to:

- Edit and submit the Maidu LL safety plan to Little League International each year
- Place copies of the safety plan in all field sheds, concession stand and distribute to team managers at the beginning of the season.
- Coordinate annual safety training for all managers and coaches.
- Receive, follow up on, and maintain a file of all injury reports (see Injury Reporting). Report injuries to District 54 per the district safety plan.
- Track all injuries and near misses to identify injury patterns that may be targeted with education and/or prevention strategies.
- When unsafe or hazardous conditions are identified and brought to the attention of the Safety Officer, they will act immediately to resolve the issue, working with the Maidu LL board.
- Place a first aid bin in all field sheds and concession stand as well as distribute a team first aid kit to all managers before the season starts.
- Attend safety meetings with the District 54 Safety Officer and provide input from the league level.
- Ensure Maidu LL carries and maintains a copy of the league's insurance policy.
- Ensure that safety is a monthly board meeting topic and encourage both experienced individuals and league members and volunteers to share ideas on improving the league safety program.

## 2. Safety Manual Distribution

The Maidu LL Safety Manual will be posted on the league website's safety page. The Safety Officer will place a printed copy of the safety manual in every field shed, in the concession stand at Maidu field and every team manager will be given an electronic copy at the preseason safety clinic.

## Safety Code

- A copy of the Maidu LL Safety Plan should be readily available at all games and practices. It describes emergency procedures and lists contact information for emergency medical services. MLL ensures a copy is available at ball field concession stand.
- All are encouraged to take an active part in keeping players safe. It is suggested that all teams designate a Team Parent to be the "Safety Officer" for the team.
- Managers, coaches and umpires are required to receive safety training, which includes basic first aid instruction.
- A first aid kit is kept with each manager at all regularly scheduled games.

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- Each team will be issued a basic first aid kit. Coaches are required to know where first-aid kits are held at each facility for all games and practices.
- If weather and field conditions are not safe, STOP. The safety of the players is more important than a few extra minutes of practice.
- Be mindful of lighting. If your practice field is not equipped with lighting, end practice before it is too dark to play safely, even if your practice time has not concluded.
- Only players, managers, coaches, and umpires are permitted on the playing field during play and practice sessions.
- There are no “on deck” areas. The next batter in the lineup should remain within the protection of the dugout until his or her time to bat. Coaches should monitor players to ensure they watch the game from behind the dugout fence, not in the doorway of the dugout.
- Players must not wear watches, rings, pins, jewelry, or other metallic items.
- All male players must wear an athletic protector at all times during practices and games.
- Play areas should be inspected frequently for holes, damage, glass and other foreign objects. Umpires and coaches should inspect fields for safety hazards before and after every game.
- Bats and loose equipment should be kept off the field of play (e.g., loose balls should not be in the path of base runners)
- An alert player is a safe player. Coaches should teach all players to be alert at all times and especially when a player is at bat
- During warm-up drills players should be spaced so that no one is endangered by wild throws or missed catches
- Batters must wear Little League approved protective helmets during practice and during games
- During game play, catchers must wear an approved catcher’s helmet, mask, throat protector, chest protector, and shin guards. It is the responsibility of the team manager to ensure this equipment is worn correctly
- When warming up pitchers, catchers must wear, at a minimum, the catcher’s helmet and mask with a throat protector. This applies between innings and in bull pen practice.
- Coaches are NOT authorized to warm up pitchers. Let your catchers warm up pitchers.
- Parents of players who wear glasses should be encouraged to provide safety glasses.
- Only “break away” bases are permitted to be used on fields. These bases disengage from their anchors to help prevent sliding injuries. All bases provided for use on fields are of the “break away” type.
- Younger divisions should use only low impact baseballs. The correct balls are distributed to each team by the MLL Equipment Coordinator.

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## 3. Emergency Plan

In the event of an emergency during an official league practice or game, the first and best help you can provide is to contact the appropriate first responder. Make the call quickly. If this is not possible, send someone else to make the call from nearby telephone.

### Emergency Contact Phone Numbers

- |                                  |                |
|----------------------------------|----------------|
| • Roseville Police/Fire/EMS      | 911            |
| • Roseville Electric             | 916-797-6937   |
| • Roseville Water or Wastewater  | 916-774-5750   |
| • PG&E (Hazardous Gas Situation) | 1-800-743-5000 |

### Non-Emergency Contact Numbers

- |                               |              |
|-------------------------------|--------------|
| • Roseville Police Department | 916-774-5000 |
| • Roseville Fire Department   | 916-774-5800 |

### League Contact Information

- |   |                               |
|---|-------------------------------|
| • President, Dan Gumpert                | president@maidull.org         |
| • Vice President, John McIlroy          | vice_president@maidull.org    |
| • Umpire in Chief, Carl Josephson       | umpire_in_chief@maidull.org   |
| • Field Maintenance, Joe Ortega         | field_maintenance@maidull.org |
| • Equipment Coordinator, Jimmy Leimbach | equipment@maidull.org         |
| • Safety Officer, Kristina Osborne      | safety@maidull.org            |

### Injury and Accident Emergency Calls

- Dial 911 or direct bystander to dial 911
- Provide relevant information to dispatcher
  - The exact location including field number and facility landmarks
  - Accident or situation details
  - How many people are involved
  - The condition of the injured person
  - What first aid is being provided
- Do not hang up. The dispatcher will provide instructions on how to care for the victim
- Direct bystander to locate and direct first responders to the scene
- Continue to provide care for the victim
- Notify parents as soon as practical (first responders on-scene and situation is stable)
- Notify Maidu LL Safety Officer as soon as possible (see reporting injuries on page 18)

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## Automatic External Defibrillators (AEDs)

All managers are required to familiarize themselves with the location and basic operation of the AEDs before the beginning of the season.

Phillips Heartstart HS1 AEDs are available at both Crestmont and Maidu Park facilities. The AEDs are simple to use. They feature on-demand audio coaching and clear instructions that are tailored to the responder's actions, providing AED and CPR guidance during the resuscitation of a sudden cardiac arrest victim.

## Fire

Attempt to extinguish small fires only if you can do so safely. Otherwise follow the procedures below

- Evacuate all personnel from the area and establish a safe zone/perimeter
- Dial 911 or direct bystander to dial 911
- Account for all players, family members and bystanders
- Direct first responders to the scene

## Earthquake (Indoors)

- Remain indoors and take cover under a table, desk or doorway, or in a corner of the structure
- Shield the head and face
- Stay away from windows
- Do not evacuate until shaking ceases; you are safer inside

## Earthquake (Outdoors)

- Move away from all structures
- Stay in an open area away from trees, electrical wires, light poles and other tall structures

## After an Earthquake

- Assess the damage and evacuate unsafe areas
- Account for all players, family members and bystanders
- Check personnel for injuries and provide medical care
- Release players to an approved person as appropriate
- Expect aftershocks
- Shut power and gas off to all buildings and notify Roseville Utilities or PG&E of any problems
- Avoid using any open flames (candles, matches, lighter) as gas lines may have ruptured
- If water is leaking, shut off water and notify Roseville Utilities

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## Inclement Weather Plan

Managers are responsible for checking weather conditions ahead of practices and games. If weather conditions become unsafe, managers and umpires should be quick to postpone a game or practice.

## Thunder and Lightning Safety

- Maidu LL follows Little League policy regarding lightning safety
- Watch for developing or approaching storms and assess the risk. Use all resources available (web, TV, radio)
- At the first sound of thunder or visible lightning – clear the field
- Seek shelter in a large enclosed building
- If no building is immediately available, seek shelter inside vehicles with the windows up
- Complete a facility check to ensure no one remains outside
- Do not allow players or spectators to remain in dugouts or stands
- Do not carry metal items (like bats) or walk beside metal fences
- Do not shelter under open pavilions or any open-sided shelters; these do not provide adequate protection from lightning
- Wait 30 minutes after last lightning strike/thunder before returning to play
- Do not leave facility until directed; wait until game is postponed or cancelled
- Account for all players and ensure they are leaving with an approved person

## Lightning Strike Injury

- Lightning strike victims do not carry electrical charge, are safe to handle, and require immediate medical attention
- Dial 911 or direct bystander to dial 911
- Provide first aid and begin CPR if necessary
- If possible, move the victim to a safer place

## Heat

Hot weather may become an issue toward the end of the regular season and will be an issue during tournament play in June and July. For league games and practices, Maidu LL will advise managers if conditions are unsafe and instruct them to cancel via email, the website, and social media. During tournament play, the District Administrator will notify managers when games will be cancelled due to inclement/unsafe weather.



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## Smoke and Air Quality

Air quality must be below an Air Quality Index (AQI) of 150 to safely hold games or practices. All practices and games will be canceled if AQI is above 150. Players that are at higher risk for asthma or sensitive groups are always given the option to opt out of playing for player safety. For current AQI, visit [www.airnow.gov](http://www.airnow.gov) and locate the closest reporting station.

## 4. Volunteer Application

### JDP Background Checks

Little League International will begin utilizing a more robust product that features a higher level of protection from its partner J.D. Palatine (JDP). Little League International requires all managers, coaches, league administrators and league volunteers to complete the Little League Volunteer Application form annually. Maidu LL uses J.D. Palatine (JDP) for background checks; the Volunteer Application is included in the JDP online background check application. All volunteers with regular, repetitive access to players, are required to complete the volunteer application through the background check processes. Anyone refusing to fill out a Volunteer Application or background check is ineligible to be a member of the league. The League President retains these confidential forms for the applicant's year of service. Live Scan records are maintained per District 54's background check policy, which is posted on the District 54 website.

- <https://www.littleleague.org/downloads/volunteer-application/>
- <https://www.jdp.com/littleleague-backgroundcheck/>

### California Live Scan Background Check

As of January 1, 2022 the state of California requires administrators and regular volunteers of a youth service organization who spend more than 16 hours per week or 32 hours per year in direct supervision of children be Live Scan fingerprinted (California Assembly Bill 506). All Maidu LL board members and coaches are required to complete a Live Scan. They will remain on Maidu LL's report list until the end of their term (for board members) or when they are no longer an appointed coach. Maidu LL's full Background Check Policy is posted on league website's safety page.

- <https://www.littleleague.org/player-safety/child-protection-program/local-league-background-check-information/>

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## Required Abuse Awareness Training for Adults

In 2018, the “Protecting Young Victims from Sexual Abuse and SafeSport Authorization Act of 2017” became Federal Law. Beginning in 2024, this training will now be a required part of the annual Little League Volunteer Application, along with the annual background check and fingerprinting. The training must be completed annually before any individual can assume any duties for the current season. The participant will receive a certificate of completion that will be submitted to the Safety Officer. The Safety Officer will maintain a record of all completed training.

- Abuse Awareness for Adults  
<https://www.littleleague.org/player-safety/child-protection-program/safesport-resources-parents/>

## Code of Conduct

Maidu LL requires a Code of Conduct to be read and signed by every player, parent, and coach annually. We are a community-based, volunteer organization striving to provide a safe and nurturing environment for youth athletes to learn and play the game of baseball. To fulfill this mission, all Maidu LL members are required to always know and abide by these codes of conduct.

## 5. Fundamentals Training

### Managers and Coaches

Maidu LL provides free coaching, first aid and safety training to all managers, coaches and league officials. The league encourages managers and coaches to attend all available training each season. All Managers and coaches are required to complete fingerprinting, background checks, Diamond Leader Training, CDC Heads Up Concussion Training, Sudden Cardiac Arrest Prevention Training and Safe Sport Abuse Awareness for Adults.

All managers, coaches, and league administrators (board members), and umpires are required by the state of California to complete the following safety trainings annually and submit documentation to the Safety Officer. The Safety Officer will maintain a record of all completed training.

- CDC Heads Up Concussion Training  
[https://www.cdc.gov/heads-up/training/youth-sports.html?CDC\\_AAref\\_Val=https://www.cdc.gov/headsup/youthsports/training/index.html](https://www.cdc.gov/heads-up/training/youth-sports.html?CDC_AAref_Val=https://www.cdc.gov/headsup/youthsports/training/index.html)

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- Sudden Cardiac Arrest (SCA) Prevention Training, Save a Life Foundation  
<https://epsavealife.org/sca-prevention-training>
- Safe Sport Abuse Awareness for Adults  
<https://www.littleleague.org/player-safety/child-protection-program/safesport-resources-parents/>
- Little League Diamond Leader Training  
<https://www.littleleague.org/diamondleader/>

All managers and coaches are required to attend either the Maidu LL Safety Clinic or District Safety Clinic annually

- District 54 Safety Clinic Video available – TBD
- Maidu LL Safety Clinic, Maidu Regional Park– 2/8/25

All manager and coaches are encouraged to attend the District Umpire Clinic

- District Umpire Clinic – TBD

Team Parents and scorekeepers are encouraged to attend the clinics listed below

- Scorekeeper Clinic (AA – Juniors) -TBD

## 6. First-Aid Training

Per Little League requirements, managers and coaches are required to attend a safety clinic AT LEAST once every three years, and each year at least one manager/coach from each team must attend.

## Concussion Procedure

Maidu LL provides all registrants with the CDC Heads Up Concussion Information Sheet and requires players and parents/guardians to complete the concussion information acknowledgement form.

After a player is removed from the field of play due to a suspected concussion, the decision about when to return to the field can only be made, per California law, by a health care professional qualified to make such a decision. The California Interscholastic Federation (CIF) specifies that this professional must be a physician (M.D. or D.O.). Maidu LL requires a written physician's note be submitted to the manager AND Safety Officer clearing the player before allowing a player to return to practice/play.

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## Sudden Cardiac Arrest (SCA) Procedure

Maidu LL provides all registrants with the Eric Paredes Save A Life Foundation's SCA Fact Sheet for Parents & Student Athletes and requires players and parents/guardians to read and sign the SCA information acknowledgement form.

If a player has any of these symptoms, they should tell an adult and see their physician right away:

- Fainting or seizure, especially during or right after exercise.
- Fainting repeatedly or with excitement or startle.
- Racing heart, palpitations, or irregular heartbeat.
- Dizziness or lightheadedness.
- Chest pain or discomfort with exercise.
- Excessive shortness of breath during exercise.
- Excessive, unexpected fatigue during or after exercise.

In the event of a possible cardiac arrest, follow the cardiac chain of survival:

- Call 911 and immediately begin CPR
- Find and apply an AED, if available (immediate and continuous CPR can triple the chance of survival)
- Continue CPR (and AED use, if available) until emergency services arrive

## Covid-19 Risk Mitigation Plan

Maidu LL is not requiring participants and their parents/guardians to sign a COVID-19 release form for the 2025 season, however we will continue to abide by the California Department of Public Health (CDPH) guidelines for schools; a player who is not attending school due to illness is likewise not allowed to attend any Little League activities until they have recovered and are cleared to return to school. Anyone who is experiencing symptoms of illness should stay home until they have resolved. For more guidance, Maidu LL encourages parents/volunteers to contact their own or their child's physician.

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## Pitch Counts

Maidu LL takes pitch counts very seriously because studies show that adhering to league age pitch counts is a very effective injury prevention strategy. Scorekeepers for the Double A, Triple A, Majors divisions and above keep track of pitch counts during games. Managers must be aware of pitch counts during games to ensure their players are not exceeding their maximum number of pitches per day. Maximum Pitch Count by League Age are as follows:

League Age	Maximum # 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

Pitch count thresholds and associated required rest days, shown below, are an integral part of preventing injuries and must be followed, no exceptions:

League age 14 and under		League age 15-16	
66+ pitches	4 days rest	76+ pitches	4 days rest
51-65 pitches	3 days rest	61-75 pitches	3 days rest
36-50 pitches	2 days rest	46-60 pitches	2 days rest
21-35 pitches	1 days rest	31-45 pitches	1 day rest
1-20 pitches	0 days rest	1-30 pitches	0 days rest

## 7. Checking Field Conditions

Maidu LL strives to ensure its athletes play on high-quality and safe facilities. To that end the league's facilities are evaluated regularly to ensure they meet necessary safety standards. Coaches/umpires are to walk fields for hazards before practices and games. Utilize the **Hey Coach-checklist**.

- <https://www.littleleague.org/downloads/asap-requirement-7-hey-coach/>

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## Maintenance and Safety Information

The following information on field maintenance and safety is provided by the City of Roseville:

- Using the infield sprinklers will cover most of the infield, however a hose may be needed to get some of the areas where the sprinklers do not reach.
- Do not tweak, twist, or manipulate the sprinkler heads in any way to achieve better coverage as this will only damage the heads. (Heads cost about \$98.00 each to replace)
- Dragging the infield may be done using a quad, infield grooming machine, or by hand using rakes and hand mat and nail drags.
- When mat or nail dragging, use varying patterns each time and never drag right up to the edge of the turf. This area should be done by hand to prevent build-up of the lip.
- Do not drag over the sprinkler head. This covers them with dirt and leads to premature wear.
- Never drag the mat on to the turf as this will deposit dirt on the turf. Always lift and empty the mat before removing it from the infield.
- The only power equipment allowed on the fields are quads, or similar vehicles.
- Vehicles must be operated by an adult and in a manner that is safe. No cars or trucks are allowed on the fields at any time.
- After using the infield sprinklers, please ensure that the valve is completely shut off. Failure to do so will result in a flooded infield.
- If you are not sure if the valve is turned off, listen for a “hissing” sound and turn valve until the hissing sound stops.
- Replace the lids back on to the sprinkler head boxes.
- DO NOT push water from the infield on to the turf. This causes damage to the turf and creates safety issues.

## General Park Conditions and Safety Practices

- Please be aware of others in the park and keep vehicle speeds slow.
- Be aware of your players and their families. Ensure they are not abusing, defacing, or otherwise damaging the parks and ball fields (digging holes with cleats, damaging sprinkler heads, breaking tree branches or damaging landscapes, defacing benches, tables, or playgrounds)
- Please let the MLL Safety Officer know immediately when you find conditions that are unsafe, or something that is in need of repair. The MLL Safety Officer will notify the City of Roseville.

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## Maidu Field Locations

Maidu Regional Park

Crestmont Elementary School

Olympus Park

Lockridge Park

Harry Crabb Park

## 8. Facility Survey

Joe Ortega is the Field Coordinator for Maidu LL and is a member of the Maidu LL Board of Directors. Facility Survey will be conducted with the President, Vice President, Field Coordinator and Safety Officer of Maidu LL along with a representative from Roseville City Parks and Recreation. This survey date is TBD at this time. The Safety Plan will be updated accordingly following the survey.

## 9. Concession Stand Safety

The MLL is concerned about all aspects of safety, and this includes food safety within our concessions stands. For the 2025 season the concession stand will be open at the Maidu LL Board discretion. The concession stand will be run by adult volunteers.

Concession stand managers are required to be trained in safe food handling/prep and procedures, care, and inspection of concessions equipment; and to train those who work or volunteer in concession stands.

## Hand Washing

Frequent and thorough hand washing remains the first line of defense in preventing food borne disease. The use of disposable gloves can provide an additional barrier to contamination, but they are no substitute for hand washing.

## Health and Hygiene

Only healthy workers should prepare and serve food. Anyone who shows 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.

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## 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. Gloves will be worn when handling food.

## Dishwashing

Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never reuse disposable dish ware. Wash in a step process

- Wash in hot soapy water
- Rinse in clean water
- Chemical or heat sanitizing and air drying

## Ice

Ice used to cool cans/bottles should not be used in cup beverages and should be stored separately. Use a scoop to dispense ice; never use the hands. Ice can become contaminated with bacteria and viruses and cause food borne illness.

## Insect Control and Waste

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.

## 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.



# MAIDU LL SAFETY PLAN 2025

## *Volunteers Must Wash Hands*

### HOW



### WHEN

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

**Wash after you:**

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

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

Use gloves, tongs, deli tissue or other serving utensils.

Remove all jewelry, nail polish or false nails unless you wear gloves.

**Wear gloves.**

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

**If you wear gloves:**

- ▶ wash your hands before you put on new gloves

**Change them:**

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

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



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## 10. Equipment Check

All equipment used by the Maidu LL must be approved for use by Little League Baseball. The Maidu LL Equipment Coordinator inspects all official league equipment prior to its distribution to teams each season and ensures damaged or no-longer-approved equipment is replaced. The Maidu LL board meets prior to the start of each season to approve the funds necessary to replace damaged or unsafe equipment.

Managers and coaches are expected to ensure that only approved and safe (not damaged) equipment is used during official practices and games.

### Maidu LL Equipment

- Helmets: All helmets are inspected and must meet NOCSAE specifications and standards.
- Bats: all bats must meet Little League requirements (USA Bat) per division. The manager is responsible for checking team equipment before practices and games.
- Catcher's mask: all catcher's masks will be equipped with a dangling throat protector.
- Balls: reduced impact balls will be provided for use for T-ball (level 1) & Single A and Double A (level 5).
- "Knee Savers" will be provided to those teams whose managers want them for the safety and comfort of their catchers.

### Equipment Checkout and Return

At the start of every Little League season, every team manager will be required to sign-out their team equipment. It will be the responsibility of every manager and coach to maintain their team's equipment during the season. With this comes the responsibility of teaching players to respect the equipment. If at any time during the season a problem arises with the equipment (e.g., a broken helmet), please notify the Equipment Coordinator as soon as possible for a replacement. Once the season has ended, a date will be set for equipment return. Prior to returning the equipment, all managers/coaches shall clean out their equipment bag and have it ready to turn in at the specified date set by the Equipment Coordinator.

### Team Folders

Per Little League regulations, managers must have a medical release form for each player with them at all practices and games. Managers are instructed to place all player medical release forms in a folder and keep it with them at all Little League activities. Team folders will be returned with equipment at the end of the season. The Safety Officer will destroy the medical release forms per HIPAA guidelines.

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## 11. Accident Reporting

In the event of an injury during an officially sanctioned event (e.g., a practice or game), the manager will notify the Maidu LL Safety Officer within 24-48 hours of the injury and complete injury tracking via online tracking form.

### What to Report

Report any incident that causes a player, manager, coach, umpire, volunteer, or spectator to receive medical treatment or first aid. Also report any “near misses” so that Maidu LL can evaluate and avoid future injuries. Injury and “near miss” information is shared with district staff.

### How to Report

Managers are responsible for notifying the Maidu LL Safety Officer of any injury or near miss via the Maidu LL Injury Reporting Form. This is a Google form that collects basic information about the person involved and the incident

- Manager’s name, phone number and email address.
- Incident date, time, and location.
- The injured person’s age, phone number.
- Brief description of the injury (or near miss).

The Maidu LL Injury Reporting Form may be accessed one of several different ways

- The QR code can also be found on injury reporting tags attached to all team first aid kits.
- A link to the form is located on the Maidu LL safety page.

The completed injury reporting form is sent directly to the Safety Officer. Within 24 hours of receiving the Maidu LL Injury Reporting Form, the Safety Officer will contact the player's parent/guardian, or the adult involved, complete the Incident/Injury Tracking Report form, determine if further action is needed (e.g. physician's note for return to play, etc.) and communicate the results of this conversation back to the reporting manager. The Safety Officer will report the incident to the District 54 Safety Officer via the District 54 Injury Reporting form, per the district safety plan, and maintain the original Incident/Injury Tracking Report form on file. These forms are kept on file for 24 months and then destroyed per HIPPA guidelines.

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If an injury/accident sustained during a Little League activity requires professional medical attention, parents/guardians of the injured player are encouraged by the Safety Officer to complete the Little League Accident Notification form. This form must be completed by parents/guardians (if claimant is under 19 years of age) and a league official (the Safety Officer) and forwarded to Little League Headquarters within 20 days of the accident to activate the secondary insurance policy carried by Little League International.

## Use of Incident/Injury Tracking Information

The Maidu LL Safety Officer provides a monthly safety report to the Board of Directors. Collective injury information is de-identified and analyzed for patterns and/or issues that require corrective measures and is then presented to the board for discussion and implementation of appropriate actions. Similarly, the District 54 Safety Officer analyzes and presents de-identified injury information collected from leagues to the District Administrator, District Staff and League Presidents at their monthly meeting for discussion and potential action/response.

## Little League Insurance, Parent Information

The following information about Little League Insurance is reproduced from Little League International. For more information and to download the accident notification form, see [www.littleleague.org](http://www.littleleague.org).

Protective equipment cannot prevent all injuries a player might receive while participating in baseball.

The Little League Insurance Program is designed to afford protection to all participants at the most economical cost to the local league. The Little League Player Accident Policy is an excess coverage, accident only plan, to be used as a supplement to other insurance carried under a family policy or insurance provided by an employer. If there is no primary coverage, Little League insurance will provide benefits for eligible charges, up to Usual and Customary allowances for your area. A \$50 deductible applies for all claims, up to the maximum stated benefits.

This plan makes it possible to offer exceptional, affordable protection with assurance to parents that adequate coverage is in force for all chartered and insured Little League approved programs and events.

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If your child sustains a covered injury while taking part in a scheduled Little League Baseball or Softball game or practice, here is how the insurance works:

- The Little League Baseball and Softball accident notification form must be completed by parents (if the claimant is under 19 years of age) and a league official and forwarded directly to Little League Headquarters within 20 days after the accident. A photocopy of the form should be made and kept by the parent/claimant.
- Initial medical/dental treatment must be rendered within 30 days of the Little League accident.
- Itemized bills, including description of service, date of service, procedure and diagnosis codes for medical services/supplies and/or other documentation related to a claim for benefits are to be provided within 90 days after the accident. In no event shall such proof be furnished later than 12 months from the date the initial medical expense was incurred.
- When other insurance is present, parents or claimant must forward copies of the Explanation of Benefits or Notice/Letter of Denial for each charge directly to Little League International, even if the charges do not exceed the deductible of the primary insurance program.
- Policy provides benefits for eligible medical expenses incurred within 52 weeks of the accident, subject to Excess Coverage and Exclusion provisions of the plan.
- Limited deferred medical/dental benefits may be available for necessary treatment after the 52- week time limit when:

Deferred medical benefits apply, when necessary, treatment requiring the removal of a pin/plate, applied to transfix a bone in the year of injury, or scar tissue removal, after the 52-week time limit is required. The Company will pay the Reasonable Expense incurred, subject to the Policy's maximum limit of \$100,000 for any one injury to anyone Insured. However, in no event will any benefit be paid under this provision for any expenses incurred more than 24 months from the date the injury was sustained.

If the Insured incurs injury, to sound, natural teeth and necessary treatment requires treatment for that Injury be postponed to a date more than 52 weeks after the injury due to, but not limited to, the physiological changes of a growing child, the company will pay the lesser of:

A maximum of \$1,500 or reasonable expenses incurred for the deferred dental treatment.

Reasonable expenses incurred for deferred dental treatment are only covered if they are incurred on or before the Insured's 23rd birthday. Reasonable expenses incurred for deferred root canal therapy are only covered if they are incurred within 104 weeks after the date the Injury occurs.

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No payment will be made for deferred treatment unless the Physician submits written certification, within 52 weeks after the accident, that the treatment must be postponed for the above stated reasons. Benefits are payable subject to the excess coverage and the exclusions provisions of the Policy.

We hope this brief summary has been helpful in providing a better understanding of the operation of the Little League insurance program.

## 12. First Aid Kits

At the annual coach's meeting, each manager is issued a basic team first aid kit which contains:

- Adhesive bandages
- Gauze pads
- Cleansing and anti-sting wipes
- Paper tape
- Nitrile gloves
- Instant chemical cold packs

If additional first aid supplies are needed for team kits, managers should notify the Maidu LL Safety Officer.

## 13. Enforcement of Little League Rules

The primary purpose of the rules of any sport is to keep players safe. Per our Codes of Conduct, Maidu LL expects all league members to follow Little League rules. All managers and coaches should familiarize themselves with the 2025 Little League Rulebook, including any rule updates for 2025. Managers and coaches will enforce Little League rules at all practices and games and ensure that spectators are behaving in the spirit of the rules of the game.

Managers are subject to random inspections of equipment, medical release forms and ensuring appropriate dugout behavior. The league Safety Officer, President, Vice President or District 54 staff may perform these random inspections.

Finally, a few very important safety reminders:

- Players are not allowed to have a bat in hand while in (or behind) the dugout.
- Managers are responsible for checking that players are properly equipped prior to play.
- Catchers must wear a throat protector regardless of the type of mask worn.
- Batting helmets must have a non-glare surface and cannot be mirror-like in nature (Rule 1.16).
- All fields shall be equipped with breakaway bases per Little League requirements.

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- Managers and coaches are not allowed to sit on buckets outside of the dugout during games. Managers and coaches must remain in dugout during play (with gates closed, if applicable) unless they are designated base coaches. Umpires will be instructed to remind managers of this rule at the plate meeting and to enforce during play.

## 14. Player/Coach Data

Registration and manager/coach data is submitted to Little League International by the league President every January.

## 15. Survey Questions for 2025

The Little League survey questions for 2025 will be answered in the Data Center at the time of safety plan submission.