

Rancho Penasquitos
Little League
2021

Safety Manual
for
Managers and Coaches

Play Hard - Play Safe



League ID Number:
American League 405-32-18

Introduction

The purpose of the 2021 RPLL safety plan is to establish a safety guideline that will document and reduce accidents and provide an inspection and reporting mechanism to assess playing fields and equipment for safe operation and maintenance. This year's safety plan also addresses Covid-19 and how the RPLL community can help ensure a safe environment related to the virus.

Additionally, our safety guidelines will educate managers, coaches, assistants, team safety parents, families and players in the value of proper first aid training and injury management. Players and parents will also be active in the league's safety training and prevention program.

With injury training and safety awareness, the league hopes to prevent injuries from occurring in the first place. With all of us working together, our players will be safer. Please keep this provided copy with you at games and practices for your reference.

We are committed to having a safe and fun season so please don't hesitate to contact either of us if any questions or concerns arise. Preventing accidents and injuries is the key to safety!

Ben Airth
RPLL President

Stephen Smythe
RPLL Safety Officer

Rancho Penasquitos Little League's Code of Safety

Our goals are Education, Awareness and Prevention

The primary goal of the RPLL Safety Plan is to provide our Players, Families, Managers, and Coaches with a physically and emotionally safe environment at every practice and every game throughout the season. At least one manager or coach from each team shall be required to attend safety training. The date for the 2021 RPLL safety training is still TBD given restrictions established by the State of California. In this regard, the start date for the Spring 2021 season is in flux. The safety training will take place before any team activities take place. .

The Safety Plan is intended to introduce the members of RPLL to Little League Baseball's ASAP (A Safety Awareness Program) and to educate them on our specific guidelines for a safer season.

In an attempt to make the Little League experience as safe as possible, all volunteers, Managers, Coaches, Board Members and Adult Umpires will be subjected to a nationwide check of Sex Offender Registries. The RPLL Manager/Coach Confidential Application requires all applicants to grant permission to RPLL to conduct a nationwide check of Sex Offender Registries. The League President or representative will then perform the background check with the assistance of Choice Point. All volunteers, Managers, Coaches, Board Members and Adult Umpires will also provide a government-issued photo identification card for ID verification.

At least one manager or coach from each team shall be required to attend a formal baseball fundamentals training. The dates for the 2021 training are currently being finalized. The league will be providing access to the Big Al online coaching clinic that managers and coaches can participate in at any time.

To supplement the Medical Release Form, all players' parents shall complete the Medical History Form which, along with the Medical Release Form, shall be carried by all team managers/coaches at all team practices and games. The Medical History Form was compiled with the assistance of paramedics working for the local Fire Department. The questions on the form are those commonly asked by paramedics when responding to an emergency call. In the absence of a player's parents, the form will provide the Managers/Coaches who are present with potential lifesaving information for the paramedics.

RPLL 2020-2021 BOARD OF DIRECTORS

Role	Email	Volunteer
President	president@rpll.org	Ben Airth
Vice President-Baseball Operations	vp-operations@rpll.org	Aaron McDaniel
Vice President-Baseball Administration	vp-administration@rpll.org	Victor Rubio
Player Agent	playeragents@rpll.org	Paloma Bronaugh
Player Agent	playeragents@rpll.org	Elizabeth Jaskowiak
Player Agent (in training)	playeragents@rpll.org	Jenny Tomlin
Assesments Director	assesments@rpll.org	
BMR & Poway Unified	pusd@rpll.org	
Challenger Coordinator	coach-coordinators-challenger@rpll.org	Nicole Stowell
Coach Coordinator - Farm	coach-coordinator-farm@rpll.org	
Coach Coordinator - Intermediate	coach-coordinator-intermediate@rpll.org	
Coach Coordinator - Juniors	coach-coordinator-juniors@rpll.org	
Coach Coordinator - MAPS	coach-coordinator-maps@rpll.org	
Coach Coordinator - Minor A	coach-coordinator-minor-a@rpll.org	
Coach Coordinator - T-Ball	coach-coordinatorst-ball@rpll.org	
Coach Coordinator-Minor B	coach-coordinator-minor-b@rpll.org	
Communications Director	communications@rpll.org	
Director of Field Operations	field-director@rpll.org	Mike Henson
Fall Ball Coordinator	fallball@rpll.org	Shawn Hills
Field Supervisor - BMR	fields-bmr@rpll.org	Mike Henson
Field Supervisor - Canyonside	fields-cs@rpll.org	Mike Henson
Head Scorekeeper	scorekeeper@rpll.org	
Information Officer	info@rpll.org	
League Coach Coordinator	coach-coordinator@rpll.org	
Lower Division Scheduler	scheduler-lower@rpll.org	Bill French
Opening/Closing Day Director	events@rpll.org	
Player Equipment	equipment@rpll.org	Johnnie Medina
Registrar	registrar@rpll.org	
Rules Chairman	rules-chairman@rpll.org	Eric Pannese
Safety Officer	safety@rpll.org	Stephen Smythe

Secretary	secretary@rpll.org	Catie Morici
Snack Bar Coordinator	snackbar@rpll.org	Greg Meloney
Snack Bar Coordinator	snackbar@rpll.org	Bob Grassa
Snack Bar Coordinator	snackbar@rpll.org	Aaron McDaniel
Sponsorship/Fundraising/Grants & Governmental Affairs	grants@rpll.org	Zack Spencer
Team Pictures	pictures@rpll.org	Mary and Mark Scelfo
Tournament Director	tournaments@rpll.org	
Treasurer	treasurer@rpll.org	Michelle Sabins
Trophies	trophies@rpll.org	
Umpire Coordinator	umpires-coordinator@rpll.org	
Umpire in Chief	uic@rpll.org	Bill French
Uniforms	uniforms@rpll.org	Mary and Mark Scelfo
Upper Division Scheduler	scheduler-upper@rpll.org	Bob Grassa
Volunteer/Team Parent Coordinator	volunteers@rpll.org	
Webmaster	webmaster@rpll.org	Jessica Chiang
Auxiliary Member		Avery Coyle
Auxiliary Member		Shamonda Block Brooker
Auxiliary Member		Espy Chavez
Auxiliary Member		Ben Earnest
President Emeritus	Mark Scelfo	

Rancho Penasquitos Little League Team Manager and Safety Parent Duties and Responsibilities 2021

Each team Manager shall:

- Attend safety training sessions sponsored by the league. Safety training sessions shall focus on injury prevention and treatment.
- No games or practices should be held when weather or field conditions are unsafe, particularly when lighting is inadequate or the field is too wet.
- Bats must be Little League approved including a USA baseball stamp. All metal bats shall be checked prior to all practices and games to assure that the proper grip material is in place and that bats are not cracked or have flat spots.
- Ensure that all team equipment is stored within the team dugout, or behind screens, and not within the area defined by the umpires as “in play.”
- Ensure players are not wearing watches, rings, pins or metallic items during games or practices.
- Ensure that all players that squat to receive a throw from a pitcher shall wear catcher’s helmet, mask, throat protector and protective cup during practice and games and when warming up pitchers. Managers should encourage all male players to wear a protective cup for practice and games.
- Ensure that during warm-up drills, players should be spaced so that no one is endangered by wild throws or missed catches.
- First-aid kits are issued to each team manager and shall be available at all practices and games. In addition, first-aid kits with additional supplies are located at each concession stand or in the equipment box at the playing fields.
- Parents of players who wear glasses should be encouraged to provide safety glasses.
- Regardless of age, players are NEVER to be left alone at the fields after a practice or a game.

Each team Safety Parent shall:

- Attend safety training sessions sponsored by the league. Safety training sessions shall focus on injury prevention and treatment.
- Check that managers or coaches have with them at all practices and games Medical Release and Medical History Forms and First Aid kits.
- Conduct safety training for Players that includes safe travel to/from practice and games addressing both walking and bicycle travel.
- Conduct a safety meeting including the team’s parents to enforce that safety is everyone’s responsibility.
- Observe team practices and games on a regular basis to ensure that the team is following accepted safety practices with a minimum of two adults present at all times with at least one cellular phone. Report all incidents to the RPLL Safety Officer and RPLL President.
- Observe field and game conditions to ensure that Little League Safety Practices and Procedures are being followed.
- Immediately bring all safety issues and/or concerns to the team manager’s attention.

Alternatively, safety issues can be brought to the attention of a Board Member.

- Complete and send a preliminary accident report on any incident to the Local League Safety Officer. Within 24 hours of any reported incident contact the Local League President and/or Local League Safety Officer by telephone to discuss the incident.

Both the team Manager and Safety Parent shall:

- Check all the team equipment on a regular, as used basis.
- Inspect practice and play areas prior to all activities for holes, damage, stones, glass or other foreign objects.

Other safety-related rules:

- No adult, including managers or coaches shall play catch with any uniformed player at a field of play at any time on game day.
- Head first sliding is prohibited, except when a runner is returning to a base (Minor A and lower divisions may not slide head first under any circumstance).
- All Little League and Local Rules are to be enforced and adhered to at all times.

Rancho Penasquitos Little League

Emergency Safety Procedures

Be sure to have the original Medical Release forms and Medical History forms with the team at all times.

President: Ben Airth: 858-776-2130 - cell
Safety Officer: Stephen Smythe: 858-776-7333 - cell

Emergency Phone Numbers

Police, Fire, Ambulance Dial **911**
SDPD—Northeastern Division 538-8000 (non-emergency)
13396 Salmon River Road

Field Locations

Canyonside Park	12350 Black Mountain Road
Sunset Hills Elementary School	9291 Oviedo Street
Twins Trails Park	8940 Twin Trails Drive
Black Mountain Ranch Park	14700 Carmel Valley Road
Canyon View Elementary School	9225 Adolphia Street
Rolling Hills Park	15255 Penasquitos Drive
Willow Grove Elementary School	14727 Via Azul
Views West Park	12958 La Tortola

Accident Reporting Procedure

What to report – An incident that causes any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid must be reported to the Safety Officer.

When to report – All such incidents described above must be reported to the Safety Officer and League President within 24 hours of the incident. For the 2021 season, please use the above list.

How to make a report – Complete the Preliminary Accident Report Form in its entirety and submit it to the Safety Officer within 48 hours of the incident. A phone call with regard to the incident is recommended.

Who makes the report – The team Safety Parent is responsible for assisting the manager in this area. It is up to the two of them to determine who will complete the paperwork and forward it to the League Safety Officer, but we recommend that the Safety Parent take this responsibility.

What happens to the completed form – 1) Form is sent to the League Safety Officer within 48 hours of the accident. 2) The injured party or the parent will be contacted to: a] verify the information on the form is complete and correct; b] obtain any additional information; c] check on the status of the injured party; and, d] determine if other medical treatment was received (e.g., ER, doctor, or dentist visit) and advise of the RPLL's insurance coverage and the provisions for submitting any claims. 3) A copy of the Preliminary Accident Report Form will be sent to Williamsport and AIG Insurance.

More Major Injuries – If injuries are more severe, the Safety Officer will periodically call the injured party to check on the status of injuries, see if other assistance is necessary, e.g., submission of insurance forms, and follow-up until the incident is considered “closed” (i.e., no further claims are expected and/or the individual is participating again in the League).

Rancho Penasquitos Little League Emergency Safety Procedures

Be sure to have the original Medical Release forms and Medical History forms with the team at all times.

In case of a medical emergency:

1. Give first aid and immediately have someone call 911 if an ambulance is necessary (i.e. severe injury, neck or head injury, not breathing- always remember to error on the side of caution). If an ambulance has been summoned, have one adult remain with the injured player while another adult goes to the main entrance to the practice or game field to escort the emergency vehicle to the scene of the accident.
2. Notify parents immediately if they are not at the scene.
3. Briefly interview any witnesses (including parents, team officials, or players) that may have observed all or part of the accident/injury/incident.
4. Notify applicable RPLL Safety Officer and/or RPLL President by phone within 24 hours.
5. Complete the RPLL Incident Report Form and hand deliver within 24 hours to the applicable League Safety Officer or President.
6. Talk to anyone in the Rancho Penasquitos Little League you feel may be helpful.

****When treating an Injury, remember: PRICES**

Protection
Rest
Ice
Compression
Elevation
Support

REMEMBER: Safety is everyone's job. Prevention is the key to keeping accidents to a minimum. Report all hazardous conditions to the Safety Officer immediately. Don't play on a field that is not safe or with unsafe playing equipment. Be sure your players are fully equipped at all times, especially catchers and batters. Check your team and players equipment often.

Some Important Do's and Don'ts

Do...

- Reassure and aid children who are injured or frightened.
- Provide, or assist in obtaining, medical attention for those who require it.
- Know your limitations.
- Carry your first-aid kit to all games and practices and keep it stocked.
- Have your players' Medical Releases with you at ALL times for games and practices or any team function.
- Make arrangements to have a cellular phone available when your game or practice is at a facility that does not have any public phones.
- Assist those who require medical attention - and when administering aid, remember to...

LOOK Look for signs of injury (Blood, black-and-blue, deformity of joint, etc.)

LISTEN Listen to the injured describe what happened and what hurts if conscious. Before questioning, you may have to calm and soothe an excited child.

FEEL Feel gently and carefully the injured area for signs of swelling or grating of broken bone.

Don't...

- Administer any medications
- Provide any food or beverages (other than water) without parental consent
- Hesitate to give aid when needed
- Be afraid to ask for help if you're not sure of the proper procedures
- Transport injured individuals except in extreme emergencies
- Leave an unattended child at a practice or game
- Allow any child to go unattended to the bathroom
- Drive a child home from practice or game without another child present
- Hesitate to report any present or potential safety hazard to the Safety Officer immediately.

Communicable Disease Procedures

While the risk of one athlete infecting another with HIV/AIDS during competition is close to nonexistent, there is a remote risk that other blood-borne infectious diseases, such as Hepatitis Types B or C can be transmitted. Procedures for reducing the potential for transmission of infectious agents should include, but are not limited to, the following:

1. Bleeding must be stopped, the open wound covered, and if there is any excessive amount of blood on the uniform it should 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 expected. Each safety kit includes a minimum of one pair of latex gloves.
3. Immediately wash hands and other skin surfaces on contact with blood or other body fluids, and wash hands immediately after removing gloves.
4. Clean all blood-contaminated surfaces and equipment with a solution made from a proper dilution (1:100) of household bleach or other 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 trainer/coaches with bleeding or oozing skin should refrain from all direct physical contact with players until condition resolves.
8. Contaminated towels should be disposed of, or disinfected, properly.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards and other articles containing body fluids.

Storage Shed Procedure

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

- All individuals with keys to the RPLL equipment sheds are aware of their responsibilities for the orderly and safe storage of all equipment in the sheds.
- Prior to using any of the equipment stored in the sheds, the user shall locate and read the written operating procedures for that piece of equipment.
- All chemicals stored in the storage sheds shall be properly marked and labeled as to its contents.

Concession Stand Procedures

The following applies to all of the concession stands used by the Rancho Penasquitos Little League and apply to those volunteering to work at the concession stands.

- Caution shall be taken to avoid overloading electrical circuits.
- Proper ventilation should be maintained at all times.
- A fire extinguisher shall be located in plain view.
- A well-equipped first aid kit and a blanket for shock shall be maintained at each concession stand.
- All volunteers shall wash their hands prior to handling food. Waterless soap will be provided for this purpose.
- All volunteers will be aware of not handling money and then handling food.
- Utensils and gloves should be used whenever possible to handle food.

Rancho Penasquitos Little League Injury Report

League ID Number: American #405-32-18

Activities/Reporting	A Safety Awareness Program's Incident/Injury Tracking Report
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League Name: _____ League ID: ____ - ____ - ____ Incident Date: _____
 Field Name/Location: _____ Incident Time: _____
 Injured Person's Name: _____ Date of Birth: _____
 Address: _____ Age: _____ Sex: Male Female
 City: _____ State _____ ZIP: _____ Home Phone: () _____
 Parent's Name (If Player): _____ Work Phone: () _____

 Parents' Address (If Different): _____ City _____

Incident occurred while participating in:

A.) Baseball Softball Challenger TAD
B.) Challenger T-Ball (5-8) Minor (7-12) Major (9-12) Junior (13-14)
 Senior (14-16) Big League (16-18)
C.) Tryout Practice Game Tournament Special Event
 Travel to Travel from Other (Describe): _____

Position/Role of person(s) involved in incident:

D.) Batter Baserunner Pitcher Catcher First Base Second
 Third Short Stop Left Field Center Field Right Field Dugout
 Umpire Coach/Manager Spectator Volunteer Other: _____

Type of injury: _____

Was first aid required? Yes No If yes, what: _____

Was professional medical treatment required? Yes No If yes, what: _____
 (If yes, the player must present a non-restrictive medical release prior to being allowed in a game or practice.)

Type of incident and location:

<p>A.) On Primary Playing Field <input type="checkbox"/> Base Path: <input type="checkbox"/> Running or <input type="checkbox"/> Sliding <input type="checkbox"/> Hit by Ball: <input type="checkbox"/> Pitched or <input type="checkbox"/> Thrown or <input type="checkbox"/> Batted <input type="checkbox"/> Collision with: <input type="checkbox"/> Player or <input type="checkbox"/> Structure <input type="checkbox"/> Grounds Defect <input type="checkbox"/> Other: _____</p>	<p>B.) Adjacent to Playing Field <input type="checkbox"/> Seating Area <input type="checkbox"/> Parking Area</p>	<p>D.) Off Ball Field <input type="checkbox"/> Travel: <input type="checkbox"/> Car or <input type="checkbox"/> Bike or <input type="checkbox"/> Walking <input type="checkbox"/> League Activity <input type="checkbox"/> Other: _____</p>
<p>C.) Concession Area <input type="checkbox"/> Volunteer Worker <input type="checkbox"/> Customer/Bystander</p>		

Please give a short description of incident: _____

Could this accident have been avoided? How: _____

This form is for Little League purposes only, to report safety hazards, unsafe practices and/or to contribute positive ideas in order to improve league safety. When an accident occurs, obtain as much information as possible. For all claims or injuries which could become claims, please fill out and turn in the official Little League Baseball Accident Notification Form available from your league president and send to Little League Headquarters in Williamsport (Attention: Dan Kirby, Risk Management Department). Also, provide your District Safety Officer with a copy for District files. All personal injuries should be reported to Williamsport as soon as possible.

Prepared By/Position: _____ Phone Number: (____) _____
 Signature: _____ Date: _____

Rancho Penasquitos Little League Medical History Form

In the event that a player sustains a serious injury requiring an ambulance during either a practice or a game, the paramedics have requested that a medical history form be provided for each player to better analyze and treat the injury. The following is a list of questions commonly asked to a parent during the treatment of an injured child. Please answer completely so that they may receive the best treatment possible in your absence.

Print player's full name:

Has your child experienced any previous loss of consciousness? If so, when?
Has your child ever sustained any serious head injuries? (Explain)
Is your child diabetic?

Does your child suffer from asthma?

Does your child have any disabilities? (Explain)
Does your child have a history of seizures? (Explain)
Does your child have any allergies? (Explain)
Is your child allergic to any medications? (Explain)
Does your child take any medications? (Explain)
Is your child allergic to anything?

Family Physician:
Hospital of Choice: _____

Insurance Provider: _____

In the event that you cannot be contacted who should be notified:

Contact Name/Phone Number/Relationship:

Parent/ Guardian Signature

Date



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)/Guardian Name: _____ Relationship: _____

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

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

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

PARENT OR GUARDIAN AUTHORIZATION:

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)/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/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, 16, color, creed, national origin, gender, sexual preference or religious preference.

Rancho Penasquitos Little League Equipment Safety Checklist

Repairs needed?

Catchers Equipment

	<i>Yes</i>	<i>No</i>
Shin guard OK	_____	_____
Helmets OK	_____	_____
Face masks OK	_____	_____
Throat protectors OK	_____	_____
Catchers cup (boys)	_____	_____
Chest protector	_____	_____
Catcher's mitt	_____	_____

Repairs needed?

Safety Equipment

	<i>Yes</i>	<i>No</i>
First aid kit each team	_____	_____
Medical Release forms	_____	_____
Ice for injuries	_____	_____
Blanket for shock	_____	_____
RPLL safety manual	_____	_____
Injury Report forms	_____	_____

Repairs needed?

Players Equipment

	<i>Yes</i>	<i>No</i>
Batting helmets OK	_____	_____
Jewelry removed	_____	_____
Bats inspected	_____	_____
Shoes checked	_____	_____
Uniforms checked	_____	_____
Athletic supporter (boys)	_____	_____
Little League patch	_____	_____

Coach/Manager Code of Conduct

1. I will follow the rules of the Player Code of Conduct and Parent Code of Conduct.
2. I will emphasize that "team work" is an important part of the game.
3. I will be jointly responsible, together with the game officials, for the conduct and the control of teams and spectators. Anyone who violates the code of conduct by becoming out of control or aggressive will be asked to leave the game and the field.
4. I will remember that my actions have an effect on the players and the spectators.
5. I will remove any player from the game when even slightly in doubt of his/her health, whether or not as a result of an injury.
6. I have read and understand the attached disciplinary measures.
7. If I physically abuse anyone, or threaten to physically abuse anyone, I will be immediately expelled from the Rancho Penasquitos Little League field by any coach, umpire or board member. I will not be allowed to return to the Rancho Penasquitos Little League field or participate in any Rancho Penasquitos Little League activity until the Executive Board of Directors approves my return.

Name: _____ Date: _____

Coach/Manager Signature: _____

Concussion (Traumatic Brain Injury)

Concussions are traumatic brain injuries. Concussions are usually the result of a sudden direct blow or bump on the head, a collision, or an incident where the head or neck is forcibly rotated (such as whiplash). This head injury can change the way that the brain normally works. On the baseball field, a concussion may occur during:

- Foul tips off the catcher's mask
- Pitcher gets hit in the head by a batted ball
- Inadvertent blow to the head of the catcher with a bat either swinging, on the back swing or letting go of bat
- Collisions between players i.e.: fielder and base runner or fielders on same team
- Base runner slides into second or third and can get kicked or kneed in the head when a fielder goes for the ball or attempts to apply a tag
- Inadvertent pitch to the head of batter
- Fall from trip hazards such as fielding off the mound, equipment or untied shoelaces
- Collisions at home plate between a base runner and the catcher
- Collisions between a fielder and the fence

The following are common physical, mental and emotional symptoms that a person may display following a concussion either immediately after the causative event or that can evolve over time. The signs and symptoms of concussion can vary from athlete to athlete. Any of these could be a sign of traumatic brain injury:

- Confusion or feeling dazed
- Clumsiness
- Slurred speech
- Nausea or vomiting
- Headache
- Balance problems or dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity of noise
- Sluggishness
- Ringing in ears
- Behavior or personality changes
- Concentration difficulties
- Memory loss: Cannot recall events after hit or fall
- Loss of consciousness (only a small percentage, 10%).

Concussions are graded as mild (grade 1), moderate (grade 2), severe (grade 3), depending on such factors as loss of consciousness, amnesia and loss of equilibrium.

- Grade 1: Concussion symptoms last for less than 15 minutes. No loss of consciousness
- Grade 2: No loss of consciousness but symptoms last for more than 15 minutes
- Grade 3: The person loses consciousness, even for a few seconds.

All types of concussions are serious

When in doubt, sit them out. A concussion is a traumatic brain injury. Every concussion warrants a thorough evaluation to identify the individual's deficits and appropriate treatment. An athlete showing any of the above signs of concussion should be medically evaluated onsite. If no health care provider is available, the player should be removed from play and referred immediately to a physician. The player should not be left alone because monitoring for deterioration is important.

Key Concussions Points:

- No athlete should be allowed to return to play on the same day of the concussion
- Concussed athletes should not return to play until all signs and symptoms have resolved at rest and then following exertion using a graduated protocol and clearance from a qualified physician

When Can a Player Return to Activity?

Once concussion symptoms have resolved, all athletes should go through a graduated return to play protocol before being cleared to return to play. During the protocol, if there are any symptoms at any stage, the athlete should be dropped back to the previous stage (each step takes 24 hours).

- No activity: Complete physical and cognitive rest
- Light aerobic exercise: Walking, stationary bike, no resistance training
- Sport specific exercise: Running drills, etc. No head impact activities
- Non- Contact drills: Start progressive resistance training
- Full contact practice: Following medical clearance normal training activities.
- Return to play: Normal game play

Athlete should never be released to participation without a signed statement from a medical physician

- A repeat concussion before the brain heals can slow recovery and increase the possibility of long term brain problems. In some cases, repeat concussions can result in permanent brain injury and death (second impact syndrome).

All 50 states and the District of Columbia have laws on concussions in sports for youth and high school athletes. The verbiage may vary but the laws generally include the following three components:

- Education of athletes, coaches and parents
- Mandated removal from play of any athlete with a suspected concussion
- Permission to return to play only after evaluation and clearance by a physician

Ways to prevent concussions:

- Education (coaches and athletes signs and symptoms of concussions)
- Awareness and Safety Attitude: Situational awareness and safety vigilance
- Enforcement of existing rules and safety regulations:
- Proper equipment: i.e.: batting helmets with earflap

References:

1. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. Heads-Up Concussion in Youth Sports.
2. McCrory P and al: Consensus Statement on Concussion in Sport. 3'rd International Conference on Concussion in Sport. Zurich, November 2008, Clinics in Sports Medicine, Volume 19, Number 3, May 2009
3. Concussion Signs, Symptoms and Return to Play. USAbaseball.com , USA Baseball Medical/Safety Committee/ December 2, 2010

Assault Prevention (Situational Awareness)

Players requesting to go the restroom during practice or play should be accompanied by a parent, older family member or responsible sibling. If a parent, family member or older sibling is not available, then another player/ team mate and an adult will accompany the player in need of the restroom facility. The adult will do a visual inspection of the restroom facilities and then step out of the restroom and then allow the player to use the restroom. Restroom facilities are open facilities during park business hours. Such action will mitigate the potential for assault of the player in need of the restroom facilities. Under no circumstances should a player be allowed to go to the restroom unaccompanied.

Covid-Safety Procedures

Each family will be provided with the following RPLL 2021 Safety Plan Supplement - Local Rules in Response to Covid-19 document and are asked to sign and return prior to their player participating in any team activities. Updates may be made throughout the season in response to changing guidelines from the CDC, state of California, or County of San Diego. As any updates are made, revised copies will be provided to all members of the RPLL community.

RPLL 2021 Safety Plan Supplement - Local Rules in Response to Covid-19

Practice Guidelines



Introduction

We have put together these local rules to help ensure a safe environment for all in response to the Covid-19 virus. The safety of the entire RPLL community has always been and will continue to be our top priority. We have put together this document considering local, state and federal guidelines, best practices from Little League International and other youth sports organizations across the country and have consulted with a local ER Doctor.

Please read through this document carefully before signing your acknowledgement. As a result of Covid-19, our league will be implementing many new safety-related rules and it is important that all members of our community understand the local rules. We encourage you to spend time reviewing these new rules with your player as it will be difficult for our Manager and Coach volunteers to ensure compliance with these new 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 rpll.org, email and social media and, as necessary, RPLL will facilitate a safety meeting, if appropriate. RPLL will distribute additional game day guidance once game play is allowed in San Diego County.

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 should be all of our top priorities.

Thank you for being a part of the RPLL Community.

Ben Airth
RPLL President
ben@rpll.org

Stephen Smythe
RPLL Safety Officer
stephen@rpll.org

Safety Parents

The role of each team's Safety Parent will be expanded and take on extra importance this season. Safety Parents should attend as many practices as possible to offer guidance and feedback to volunteers and players related to following Covid-related rules. We thank the volunteer Safety Parents in advance for their support.

Safety Meetings

This document contains many new rules and processes. To ensure the RPLL Community understands these rules and processes, the RPLL President and Safety Officer will facilitate one or more RPLL Community Safety Meetings and will consider facilitating additional community meetings in season as needed.

Before Attending Practice

Volunteers and players should not attend practice if they have had direct exposure to a confirmed positive Covid 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 or exhibits any of these symptoms, they should immediately communicate to covid@rpll.org.

Practices

- All on field volunteers must wear masks for the entirety of all practices including during arrival and departure.
- All players will wear a mask during arrival and departure from practice. After coming through the fences and starting team activities, mask use is optional for players and is solely determined by each player's parents.
 - Masks must be worn when a player is not actively involved in a baseball activity.
- Managers will stop practice and have a hand sanitizing break at least every 30 minutes
 - RPLL will provide hand sanitizer, however it is requested that players and volunteers bring their own
- Practice times will be spaced out to give time for sanitizing and to ensure teams do not mingle.
 - Players should not arrive to the field any earlier than 10 minutes prior to practice
 - If they arrive sooner, they should wait in their car
 - Players should depart the field area within 5 minutes of practices ending
- Dugout is not to be used during practice.
 - Player equipment should be stored down the foul lines 6 feet apart

- Players will be responsible for providing their own equipment as there will be no sharing of any equipment. This includes helmets, bats and gloves.
- Catchers gear can be provided on a practice by practice basis to individual players, but will not be shared during a practice or game.
- There will be no players playing the position of catcher below Minor B.
- Upon the conclusion of practice, if another team is scheduled to practice afterwards, the team concluding their practice will be responsible for sanitizing all shared surfaces (entry gates, pitching machines, rakes, screens, etc.).

General

- 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.
- Family members that are watching practice are asked to maintain social distancing and to wear a mask when social distancing is not possible.
- Volunteers and players from outside the same household should not carpool to/from practice.
- The Rancho Penasquitos Little League Executive Board will review repeat violators or blatant violations of the rules contained in this and the District document by players, volunteers or spectators on a case by case basis. Consequences can include suspension.

I acknowledge receiving and reading this supplement to the 2021 RPLL Safety Plan and agree that my player and their family will do their best to follow all of the rules as written. I understand that blatantly not following any of these rules or repeatedly not following any of the rules in this document will lead to a review by the RPLL Executive Board which may lead to my player, myself and/or any spectators being suspended from league activities.

Player Name (printed):

Parent Name (printed):

Parent Signature:

Date of Signature: