



# Coach Orientation and Safety Meeting

North Central Little League // Feb. 25, 2026

"People ask me what I do in winter when there's no baseball. I'll tell you what I do. I stare out the window and wait for spring."

— Rogers Hornsby



# Agenda

Time	Topic	Speaker
15 min	Welcome and Introduction	Jason DeMotts, NCLL President; Gayle Perez, Softball VP; Cole Parsons, Baseball VP
10 min	Umping is fun and rewarding! Trust us!	Jon Becker, Umpire in Chief
5 min	Gear	Ernesto Morales-Perea, Equipment Manager
15 min	Emergency management, first-aid and injury prevention	Jonathan Cogen, MD
15 min	Fundamentals of Safety in Little League, additional required trainings	Michael Fishback, Safety Officer
5 min	Batting cage assembly and use Supporting Parks field readiness during the season	Tyler Christofferson, Field manager
10 min	Q&A	

# North Central Little League



- **100% Volunteer run!**  
*Inquire about how you can volunteer in other capacities outside of coaching.*
- **~700 players;** 75% Baseball, 25% Softball
- **Strong community presence and support**
- Recruit for your Team and the league:
  - Assistant Coaches
  - Umpires
  - Snack Organizers

# Celebrate our college players!

## 2018 Majors



Name	Class	College
Miles Durvasula	2023	Pacific University
Isaac Yeager	2022	Oregon State
Kellen Carr	2020	Seattle University
Hudson Hilen	2024	Claremont McKenna College
Erik Petrie	2023	Bellevue College
Teddy Schulte	2023	Yakima Valley Community College
Kevin Spear	2022	University of Washington
Nate Leibold	2022	UCLA



# Board and Key Volunteer positions remain! Great way to support you community!

## 2026 Board of Directors

President	Jason DeMotts	<a href="mailto:president@ncllball.com">president@ncllball.com</a>
VP Baseball	Cole Parsons	<a href="mailto:baseball@ncllball.com">baseball@ncllball.com</a>
VP Softball	Gayle Perez	<a href="mailto:softball@ncllball.com">softball@ncllball.com</a>
Secretary	Michael Fishback	<a href="mailto:secretary@ncllball.com">secretary@ncllball.com</a>
Treasurer	Huber Cooney	<a href="mailto:treasurer@ncllball.com">treasurer@ncllball.com</a>
Registrar	John Shikella	<a href="mailto:registrar@ncllball.com">registrar@ncllball.com</a>
CIO	John Shikella	<a href="mailto:cio@ncllball.com">cio@ncllball.com</a>
Safety Officer	Michael Fishback	<a href="mailto:safety@ncllball.com">safety@ncllball.com</a>
Umpire in Chief	Jon Becker	<a href="mailto:uic@ncllball.com">uic@ncllball.com</a>
Player Agent	OPEN	
Coaching Coordinator/Development	Mike Bylsma	<a href="mailto:coaching@ncllball.com">coaching@ncllball.com</a>
Sponsorship & Fundraising	Sebastian Mikolajczak	<a href="mailto:sponsorships@ncllball.com">sponsorships@ncllball.com</a>
Communications	Kirsten Atik	<a href="mailto:comms@ncllball.com">comms@ncllball.com</a>



# Board and Key Volunteer positions remain! Great way to support your community!

## 2026 Key Volunteers

Uniforms	Chris Cunningham	<a href="mailto:uniforms@ncllball.com">uniforms@ncllball.com</a>
Field Scheduler	Maxwell Brooke	<a href="mailto:scheduler@ncllball.com">scheduler@ncllball.com</a>
Umpire Coordinators	Eric Evans Mike Giese	<a href="mailto:umpcoordinator@ncllball.com">umpcoordinator@ncllball.com</a>
Equipment Manager	Ernesto Morales-Perea	<a href="mailto:equipment@ncllball.com">equipment@ncllball.com</a>
Fields Manager	Tyler Christofferson	<a href="mailto:fields@ncllball.com">fields@ncllball.com</a>
Photo Day Organizer	Andrea Shikella	<a href="mailto:photoday@ncllball.com">photoday@ncllball.com</a>
Player Agent	OPEN	
Mariner/Husky (LL) Day Coordinator	Akiko Yabuki	<a href="mailto:akiko.t.yabuki@gmail.com">akiko.t.yabuki@gmail.com</a>
<b>Development Coordinators</b>		
Teen Baseball	Scot Mar looking to transition	<a href="mailto:smar206@comcast.net">smar206@comcast.net</a>
Softball	OPEN	
AAA/Majors Winter Training	Jay Tufte	<a href="mailto:jaytufte@gmail.com">jaytufte@gmail.com</a>



# Board and Key Volunteer positions remain! Great way to support your community!

<b>Division Coordinators Softball</b>		
A/AA	Sara Mitchell	<a href="mailto:skrastek@gmail.com">skrastek@gmail.com</a>
AAA	Gayle Perez	<a href="mailto:softball@ncllball.com">softball@ncllball.com</a>
Majors	Gayle Perez	<a href="mailto:softball@ncllball.com">softball@ncllball.com</a>
<b>Division Coordinators Baseball</b>		
Tee Ball	OPEN	
Kindy Coach Pitch	OPEN	
A	Olin Wick	<a href="mailto:olinwick@gmail.com">olinwick@gmail.com</a>
AA	Olin Wick	<a href="mailto:olinwick@gmail.com">olinwick@gmail.com</a>
AAA	Michael Fishback	<a href="mailto:mffishback@gmail.com">mffishback@gmail.com</a>
Majors	Tyler Christofferson	<a href="mailto:tyler.christofferson@gmail.com">tyler.christofferson@gmail.com</a>
Teen	Mark Branum	<a href="mailto:branum1b@gmail.com">branum1b@gmail.com</a>
All-Stars	Cole Parsons	<a href="mailto:baseball@ncllball.com">baseball@ncllball.com</a>

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# Softball Coordinators



**Gayle Perez, Director of Softball**

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# Softball is growing

- 2018: ~75 players.
- 2021: 113 players. 26% of NCLL players female.
- 2022: 145 players. 32% of NCLL players female. 37% of softball coaches women.
- 2026: 164 players. We have 13 teams across divisions.



Thanks to coaches! Thanks to all NCLL board members for encouraging softball!

# Softball Winter Training

- 4 Saturdays. AAA/Majors.
- Wallingford Boys and Girls Club.
- Thanks to Chris Cunningham, and Andy Clinch for organizing & helping out
- Individual pitching instruction with Coach Nicola





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# General Announcements

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# Gear Pickup

Pickup Dates & Times Per Division:

**AAA, Majors, Juniors (Softball & Baseball)**

**Friday February 27th (5pm-7pm)**

**Single A & AA (Softball & Baseball)**

**Friday March 6th (5pm-7pm)**

**Tee Ball & Kindy Coach Pitch**

**Saturday March 21st (10am-11am)**

**Pickup Location:** 2312 N 58th St, Seattle, WA 98103

Contact: Ernesto

- [equipment@nclball.com](mailto:equipment@nclball.com)
- (626) 806-3031 (Call or Text)





# Uniforms

- Ordered to size
- Colors intended to match sponsors colors
- Thank your sponsors! They are often parents of your players!
- Teams allocated 5 coach hats and shirts for registered / rostered coaches/volunteers.
- AAA, Majors & Juniors receive numbered hoodies.
- **Uniform pickup ~1wk before 1st game**

Visit our [Spiritwear site](#) for officially licensed NCLL gear.  
10% of proceeds go back to NCLL!



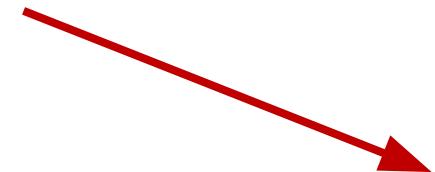


# NCLL on Social Media

- Follow us on Instagram and Facebook



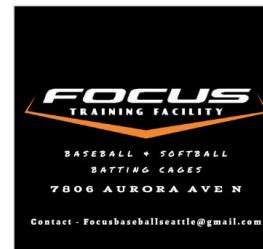
[instagram.com/NorthCentralLittleLeague](https://instagram.com/NorthCentralLittleLeague)



[facebook.com/ncllseattle](https://facebook.com/ncllseattle)



A HUGE Thank you to  
All our 2026 NCLL  
Sponsors!!!!





# Coming Soon...Batting Cages!

- Work party on March 1 at Lower Woodland behind field 5
- A few general rules and tips to know
- More to come on rules, prioritizing usage, etc.



# Expected Season Dates

## Team Assignments

Division	Expected Date
AAA, Major, Junior/Senior	Feb 20
A & AA	Mar 6
Tee-Ball	Mar 20

## Practices Start

Division	Expected Date
AAA, Major, Juniors	Mar 2
A & AA	Mar 14
Tee-Ball	Apr 6

## Games Start

Division	Expected Date
AAA, Majors, Juniors	Mar 21 (softball starts 3/15 for Jrs, 3/21 for AAA and AA starts 3/26)
A & AA	Early to Mid-Apr
Tee-Ball	Apr 23



# Mariners and Husky Fundraisers

Take your team to watch some ball and support the league!

UW Softball NCLL day: Sunday March 15th

UW Baseball NCLL day: Sunday March 29th

More info to come on Mariner's LL day

\*Tickets information will be sent to coaches



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**Umping is fun  
and rewarding!  
Trust us!**

**Jon Becker**  
Umpire in Chief  
[uic@ncllball.com](mailto:uic@ncllball.com)

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# Umpiring in NCLL

## Why Have Umpires?

- Ensure fair play
  - Uphold the rules
  - Provide a safe and enjoyable environment
  - De-escalate tense situations
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# Umpiring in NCLL

## Which Divisions?

- AA and higher in both softball and baseball.
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# Umpiring in NCLL

## Who Are We?

- Jon Becker, Umpire-in-Chief, [uic@ncllball.com](mailto:uic@ncllball.com)
  - Eric Evans, Mike Giese, Umpire Coordinators, [umpcoordinator@ncllball.com](mailto:umpcoordinator@ncllball.com)
  - Huber Cooney, UiC Emeritus, [treasurer@ncllball.com](mailto:treasurer@ncllball.com)
  - Volunteers from all of your teams.
-



# Umpiring in NCLL

## Requirements

Each team in the umpired divisions is expected to provide at least one volunteer umpire.

We provide training, there are no formal prerequisites, although a good working knowledge of the basics of the game are highly useful.

The time commitment is quite small, so please get the word out to the parents on your team as quickly as possible.



# Umpiring in NCLL

## Training Sessions

Umpires are expected to attend an orientation/rules session and a field mechanics training. We will hold two of each of these, and umpires may choose which one of each to attend.

Rules/Orientation, Pacific Medical Centers-Northgate, 7PM - 9PM

Tuesday March 10  
Monday March 23

Field Mechanics, Lower Woodland Field #3, 10AM - Noon

Sunday March 15  
Sunday March 29

**FREE**  Little League

## RULEBOOK APP

Official Regulations, Playing Rules, and Operating Policies  
BASEBALL • SOFTBALL • CHALLENGER

- 2024 Season Updates
- Approved For Use in the Dugout
- Create Bookmarks and Notes
- Copy to Clipboard
- Rule Interpretation Videos
- And Much More!

[LEARN MORE](#)





# Umpiring in NCLL

## Youth Umpires

We have a program to encourage young people, aged 13 - 19, to become umpires. Those aged 14 or older are eligible for pay of \$30/game (\$40/game if they work as a plate umpire, subject to permission from the UiC or umpire coordinators), or community service hours if that's preferred.

If you have any older children, nieces/nephews, neighbors, etc. who might be interested, please encourage them to come to the trainings and join Team Blue.



# **Umpiring in NCLL**

## **Protocol For Questioning Calls**

Please argue with us more! (Huh?)

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# Sports Safety and Injury Prevention

Jonathan Cogen, MD MPH

Seattle Children's Hospital

4800 Sand Point Way NE, Seattle, WA 98105

(206) 987-2000

[Jonathan.cogen@seattlechildrens.org](mailto:Jonathan.cogen@seattlechildrens.org)



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# Disclosures

- I am a pediatric pulmonologist, NOT a sports medicine physician
  - I am an unabashed Chicago White Sox Fan
  - I think Cal was robbed of the AL MVP last year
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# Brief Outline

- Emergency Management
  - Concussions
  - Sprains, strains, bumps, and bruises
  - Arm injuries
  - Injury prevention
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# Emergency Management

- If concerned about a true emergency, identify someone to call 911
- If not an emergency, recommend taking a history:
  - Name
  - Age
  - Major complaint/concern
  - Orientation/consciousness
  - Medical history
  - Medications
  - Jewelry
- Refer for proper injury management (i.e., PCP vs urgent care vs ED)
- Basic care (next few slides)



# Emergency Management

## Nose Bleeds

- Pinch the nose shut
- Plug the upper lip
- Lean forward, NOT BACK
  - Tilting the head backward will result in blood running down the back of the throat and not helping to form a clot
- Apply ice over the bridge

Your won't have so many nose-bleeds



if you keep your finger outta there

# Emergency Management

## Heat stroke is an emergency!!!

### Heat Exhaustion

- Cool, Moist, Pale Skin
- Headache
- Dizziness
- Weakness or exhaustion
- Nausea
- Note: Skin may not feel hot

### Treatment

- Remove child from the heat, wrap with cool, wet towels, ice backs to back of the neck, drink cool water

### Heat Stroke

- Vomiting
- Decreased alertness/level of consciousness
- High body temp (as high as 105 degrees F)
- Skin may be moist, though child might also stop sweating
- Rapid weak pulse
- Rapid shallow breath
- **THIS IS AN EMERGENCY**

# Concussion Management

## Observed Signs

- Appeared to be DAZED or STUNNED
- Loss of Consciousness (even if temporary)
- Unsure of game or opponent
- Moves clumsily
- Answers questions slowly
- Personality or behavior change
- Forgets events pre- and post-injury
- Others: headache, nausea, balance issues, sluggish, foggy, changes in sleep patterns or memory problems

## Common Causes in baseball

- Head-to-ball
- Head-to-head/body
- Head-to-wall/ground/equipment





# Concussions

- Per Washington State Law:

**Youth sports—Concussion and head injury guidelines—Injured athlete restrictions—Short title.**

(1)(a) Concussions are one of the most commonly reported injuries in children and adolescents who participate in sports and recreational activities. The centers for disease control and prevention estimates that as many as three million nine hundred thousand sports-related and recreation-related concussions occur in the United States each year. A concussion is caused by a blow or motion to the head or body that causes the brain to move rapidly inside the skull. The risk of catastrophic injuries or death are significant when a concussion or head injury is not properly evaluated and managed.

(b) Concussions are a type of brain injury that can range from mild to severe and can disrupt the way the brain normally works. Concussions can occur in any organized or unorganized sport or recreational activity and can result from a fall or from players colliding with each other, the ground, or with obstacles. Concussions occur with or without loss of consciousness, but the vast majority occurs without loss of consciousness.

(c) Continuing to play with a concussion or symptoms of head injury leaves the young athlete especially vulnerable to greater injury and even death. The legislature recognizes that, despite having generally recognized return to play standards for concussion and head injury, some affected youth athletes are prematurely returned to play resulting in actual or potential physical injury or death to youth athletes in the state of Washington.

(2) Each school district's board of directors shall work in concert with the Washington interscholastic activities association to develop the guidelines and other pertinent information and forms to inform and educate coaches, youth athletes, and their parents and/or guardians of the nature and risk of concussion and head injury including continuing to play after concussion or head injury. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by the youth athlete and the athlete's parent and/or guardian prior to the youth athlete's initiating practice or competition.

(3) A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time.

(4) A youth athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider. The health care provider may be a volunteer. A volunteer who authorizes a youth athlete to return to play is not liable for civil damages resulting from any act or omission in the rendering of such care, other than acts or omissions constituting gross negligence or willful or wanton misconduct.

(5) This section may be known and cited as the Zackery Lystedt law.

**TLDR: A child suspected to have a concussion MUST be removed from the game AND evaluated by a healthcare provider trained in the evaluation and management of concussion AND subsequently receive written clearance to return to play from that healthcare provider**

# Strains, Sprains, Bumps, and Bruises



# Sprain vs Strain

**Sprain:** Injury to a ligament (tissue that connects bones to a joint)

- Often occur when a child twists, lands awkwardly, or falls suddenly

- Signs/symptoms include swelling around the joint, bruising/discoloration, and pain that worsens with movement/weight bearing

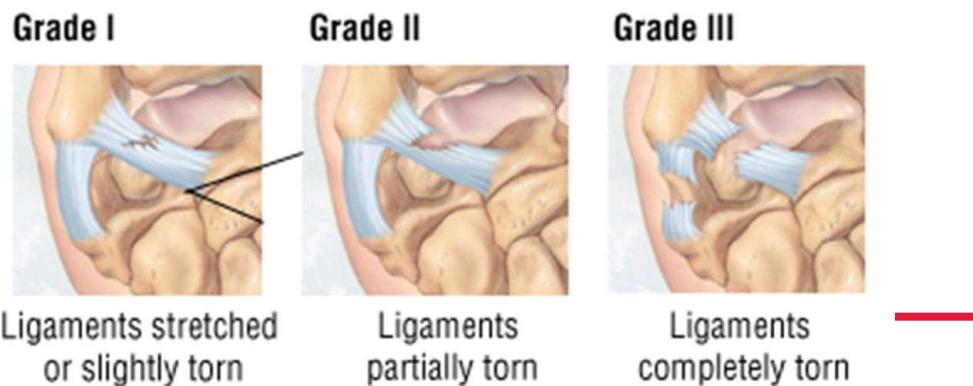
**Strain:** Injury to a muscle or tendon (tendon is a type of tissue that connect muscles to bones)

- Often occur from overuse/repetitive motions and are often noticed in children who have been extra active after a break

- Signs/symptoms include soreness/stiffness, pain with specific movements, limited range of motion

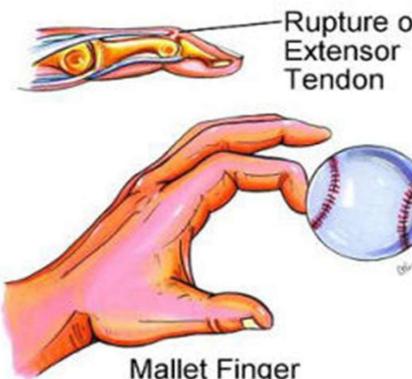
**Treatments:** Rest, ice, compression, elevation, physical therapy

Sprain  
Example  
s



# Mallet Finger (Baseball Finger)

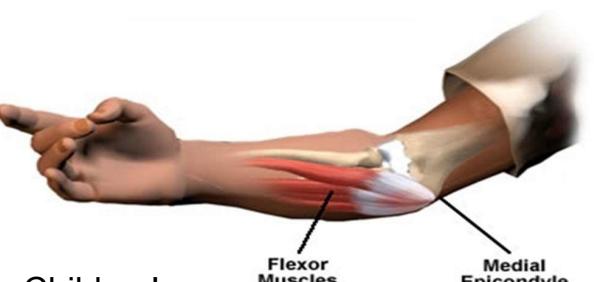
- Common injury that occurs when something hard hits the tip of a finger causing it to droop downward (makes your finger look like a mallet)
- Occurs when the extensor tendon (used to extend the tip of the finger) gets injured
- Symptoms include an inability to straighten finger, redness/swelling, and bruising
- If a minor injury: 1) Sanitize/clean finger, 2) Wrap in sterile gauze, 3) Apply ice/elevate to reduce swelling, 4) Can consider buddy taping adjacent finger
- If more severe: seek medical attention (might need a finger splint or even surgery if there is a fracture or if the tendon is torn all the way through)



# **Medial Epicondylitis ( “Little League Elbow”)**



- Frequently occurs in children (most commonly pitchers) between 9 and 14 years of age [also seen in overhead sports like water polo, volleyball, tennis]
- Overuse injury; the medial epicondyle is the attachment site for the forearm muscles used in throwing, and one of the ligaments that helps to stabilize the elbow during the throwing motion
- The medial epicondyle contains a growth plate made up of cartilage cells, which are softer and more vulnerable than mature bone; growth plate can become inflamed/irritated with overuse, and in severe cases the growth plate can break away
- Signs/symptoms: pain on the inner side of the elbow with throwing, maybe swelling and difficulty extending the elbow
- Treatment includes rest, ice, maybe physical therapy



# Medial Epicondylitis (Prevention)

- **DO NOT THROW THROUGH PAIN**: Pain is a sign of injury, stress, or overuse
- Do NOT throw breaking pitches (curveball, slider) before 14 years of age
- Other tips to avoid pitching/throwing injuries
  - Consider warm-up pitches/bullpen pitches
  - Avoid catching/pitching in same game if possible
  - Avoid excessive warm-up pitches
  - Coaches tend to “forget” about the pitch limits, especially later in the year/playoffs [PLAN AHEAD]



Typical USA Baseball Pitch Count Recommendations, please check the LL rule book and/or website for this year's recommendation

9-10 yo	11-12 yo	13-14 yo
50 / game	75 / game	75 / game
75 / week	100 / week	125 / week
1000 / season	1000 / season	1000 / season
2000 / year	3000 / year	3000 / year

# Other Arm/Pitching Injuries

- **Shoulder impingement:**
  - Rotator cuff tendons become pinched between the bones of the shoulder joint
  - Repetitive overhead activity (body not really designed for this)
  - Improper mechanics can contribute to this
  - Pain with overhead activities, weakness in shoulder/arm, limited range of motion
  - Prevention: strength training, proper mechanics, AVOID OVERUSE
- **UCL Injury (“Tommy John” Injury)**
  - Fraying, stretching or tearing of the ligament
  - Symptoms include pain on the inside of the elbow, tingling in the ring and pink fingers, irritation/discomfort at the ulnar nerve (funny bone), loose or unstable elbow
  - MRI required to diagnose; surgery not always required
- As of 2023, 35.3% of active major league pitchers had undergone Tommy John Surgery



# Risk Factors for Injury – Throwing Mechanics



**Style**  
vs.  
**Efficiency**



# Pitchers: What to look for

- Pain – especially along joint line of elbow/shoulder
- Decrease in throwing accuracy, velocity, or mechanics – usually sign of fatigue
- Pitchers who regularly use medicine or ice to “prevent injury”
- High velocity throwers
- Taller and heavier pitchers
- Pitchers who warm up excessively
- **Pitchers who participate in showcases or play for multiple teams!**

# Injury Prevention

- **Stretch and warm-up:** full-body stretching and arm strengthening before every game and practice
- **Switch positions:** avoid over-specialization, rotate positions to reduce overuse injuries
- **Don't play through pain**
- **Schedule rest days:** allow at least one day of rest between pitching games
- **Use proper form:** teach correct techniques for pitching, running, and sliding
- **Check equipment:** ensure helmets, catcher pads, cups, shoes fit correctly and are in good condition

# Questions/Comments/Concerns??



2005 World Series Champions!



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# Safety in Little League

Michael Fishback  
NCLL Safety Officer  
(206)940-8463  
[mffishback@gmail.com](mailto:mffishback@gmail.com)

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# Important Contact Information

- NCLL
  - Safety Coordinator: Michael Fishback, [safety@ncllball.com](mailto:safety@ncllball.com), (206)-940-8463
  - President: Jason DeMotts, [president@ncllball.com](mailto:president@ncllball.com), 206-601-7108
  - Equipment: Ernesto Morales-Perea [equipment@ncllball.com](mailto:equipment@ncllball.com)
- Seattle Parks and Rec: (206) 684-4075
- EMERGENCY: 911



# Field Locations (for 911)

- Lower Woodland Fields (i.e. fields 1 through 6)  
1000 North 50<sup>th</sup> Street, Seattle, 98103
- BF Day Field  
4020 Fremont Avenue North Seattle, 98103
- Ross Playfield (upper Ross for T-ball, lower Ross for A & AA baseball & softball)  
4301 3<sup>rd</sup> Avenue NW, Seattle, 98107
- Green Lake Playfields (i.e. 1 and 2)  
7201 Green Lake Trail, Seattle, 98107
- West Woodland Zoo Field (for T-ball) on 59<sup>th</sup> and Phinney  
1000 North 50<sup>th</sup> Street, Seattle, 98103
- Eagle Staff  
1700 North 90<sup>th</sup> Street Seattle, 98103



# A Culture of Safety

NCLL has always taken safety seriously. To further our commitment to safety and to further our stated mission, NCLL is working to create and maintain a culture of safety within our organization with an emphasis on preventing injury

- Safety Discussions at all Meetings
- Emphasis on our Annual Safety Clinic
- Preventing injury
- Incident Tracking and Reporting
- Periodic Safety Updates to our membership
- A commitment to the Safety Code



# Protective Equipment

- All players with male genitalia must wear a protective cup if playing catcher.
- All Players must wear appropriate “athletic supporters”
- Catchers gear must be complete, including full face mask with ‘**neck dangler**’
- Helmets must be in good condition - including pads
  - jaw guards must be “approved” for the helmet to participate in tournaments
  - Stickers must be approved
- **METAL SPIKES ARE NOT ALLOWED** until juniors; molded rubber or plastic only at younger age
- Strongly consider face masks for:
  - Softball: Pitchers, corner infielders, anyone else; batters
  - Baseball: batters, pitchers, corner infielders



# CPR/BLS Training

- Can provide information upon request



# The First Practice

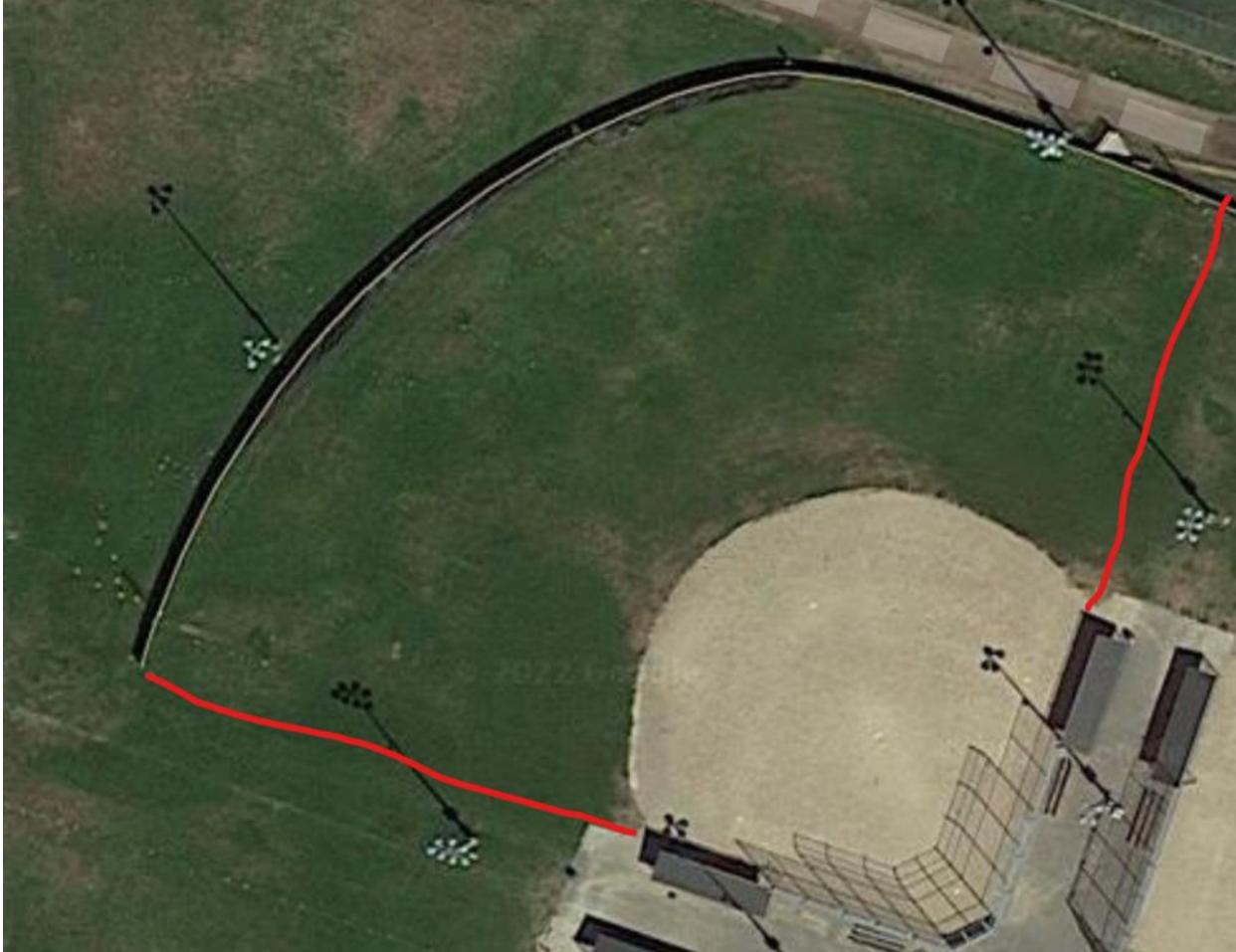
- Medical Release forms are required for all players. Download from league website. Managers will keep medical releases with them and forms must be present at all practices and games.
- Equipment bags have first aid kits and instant cold packs. Bat and bat grips have been checked. Catchers' mask has neck protector ("dangler").

At the Parents' meeting:

- Remind parents that each player needs appropriate equipment at every game and practice: including for male players: an athletic supporter and hard athletic cup for those who will play catcher, and water (there are athletic cup equivalents for female athletes)
- If players arrive on bikes, consider talking about bike safety at the Parents' meeting.
- Remind parents about field safety, including their behavior, sibling/friend behavior, stranger-intrusions, dogs
- Have players stretch and run as a warm-up before picking up a ball to play catch.
- Consider "c-flaps" or protective cages for batting helmets (and other head protection)

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 LEGAL GUARDIAN AUTHORIZATION: Email: _____			
In case of emergency, if family physician cannot be reached, I hereby authorize my child to be treated by Certified Emergency Personnel. (i.e. EMT, First Responder, E.R. Physician)			
Family Physician: _____ Phone: _____			
Address: _____ City: _____ State/Country: _____			
Hospital Preference: _____			
Parent Insurance Co.: _____ Policy No.: _____ Group ID#: _____			
League Insurance Co.: _____ Policy No.: _____ League/Group ID#: _____			
If parent(s)/legal guardian cannot be reached in case of emergency, contact:			
Name	Phone	Relationship to Player	
Name	Phone	Relationship to Player	
Please list any allergies/medical problems, including those requiring maintenance medication. (i.e. Diabetic, Asthma, Seizure Disorder)			
Medical Diagnosis	Medication	Dosage	Frequency of Dosage
Date of last Tetanus Toxoid Booster: _____			
The purpose of the above listed information is to ensure that medical personnel have details of any medical problem which may interfere with or alter treatment.			
Mr./Mrs./Ms.	Authorized Parent/Guardian Signature		Date: _____
FOR LEAGUE USE ONLY:			
League Name: _____		League ID: _____	
Division: _____		Team: _____ Date: _____	
WARNING: PROTECTIVE EQUIPMENT CANNOT PREVENT ALL INJURIES A PLAYER MIGHT RECEIVE WHILE PARTICIPATING IN BASEBALL/SOFTBALL. Little League does not limit participation in its activities on the basis of disability, race, color, creed, national origin, gender, sexual preference or religious preference.			

# Protecting Players, Volunteers and Fans at Fields



# Adults on the Field

- League registered adults with completed background checks are the only ones allowed in the dugout. Always keep the dugout door closed.
  - If you have a question about someone's approval to be in dugout - first ask that person, if not sure, follow up with league safety officer
- Adults may warm-up pitchers but should wear a catchers glove and mask. As a courtesy leave your catcher out in between innings to warm-up the other team's pitcher.
  - Includes warmups on the sideline
  - Youth catcher must have appropriate mask, glove, and cup/pelvic protection



# During Play

- BATS (must be certified):
  - Absolutely no bats in players hands unless the player is up to bat. This is serious and applies to all levels of play.
  - There is no “warming up” on the side of the field during games and NO on-deck batter. Always carry the bat by the barrel
  - Bats not in use should be stored in the bat racks or at ground level
- “Donuts,” warm up bat sleeves, or other removable attachments for bats are not allowed
- At Ross Field there is no warming up in foul territory below, and no warming up in the outfield of the upper T-ball outfield.
- Catchers must wear helmet/mask/dangler if they are going to squat to catch a thrown or batted ball – even for warmups
- Avoid collisions. Managers should coach runners to avoid collisions at the plate or anywhere else.
- There is no sliding at the T-Ball and Coach Pitch levels.
- There are no head first slides (except when going back to base).
- Players must not wear watches or bracelets. (exceptions can be made for ‘medic alert, religious, etc... but must not interfere with play/safety)
- Pitch Limit based on pitch count. Days of Rest based on pitch count. Pitcher/Catcher switch based on pitch count and innings caught. Ask your players if they pitch in other leagues.
- Recommend that players in the Majors wear helmets in the field for BP if at risk of being hit. Recommend that non-team siblings of players wear helmets during practice.

Approved bats and pitch counts by age available on little league website



# When an Injury Happens

- Do not try and do any medical treatment beyond your capabilities. If the injury is serious, get the player in the hands of a medical professional.
- Notify parents
- Any part of the uniform with blood on it must be replaced and cannot go back onto field.
- Complete Accident Report Form within 24 hours
  - There is LLUSA Supplementary Insurance contact safety officer for information (claim must be submitted within 7 days)

**LITTLE LEAGUE® BASEBALL AND SOFTBALL  
ACCIDENT NOTIFICATION FORM  
INSTRUCTIONS**

**AIG**

Send Completed Form To:  
Little League International  
539 US Route 15 Hwy. PC Box 3485  
Williamsport PA 17701-0485  
Accident Claim Application Numbers:  
Phone: 570-227-1674 Fax: 670-228-0280

1. This form must be completed by parents if claim is under 10 years of age) or a league official and forwarded to Little League Headquarters within 20 days after the accident. A photocopy of this form should be made and kept by the claimant/parent. Initial medical treatment must be rendered within 30 days of the Little League accident.  
2. Remitted bills including description of service, date of service, procedure and diagnosis codes for medical services/supplies and/or other expenses must be made available for review by the insurance company within 30 days after the accident date. In the event such proof is furnished later than 12 months from the date the medical expense was incurred.  
3. When other insurance is present, parents or claimants must forward copies of the Explanation of Benefits or Notice Letter of Denial for each charge directly to Little League Headquarters, even if the charges do not exceed the deductible of the primary insurance program.  
4. Please attach all bills and/or medical documents received within 30 days of the accident, subject to Excess Coverage and Exclusion provisions of the plan.  
5. Limited coverage medical expenses may be rendered within 30 days of the accident.  
6. Accident Claim Form must be fully completed - including Social Security Number (SSN) - for processing.

League Name	League I.D.				
Name of Injured Person/Claimant	SSN	PART I	Date of Birth (MM/DD/YY)	Age	Sex
Name of Parent/Guardian, if Claimant is a Minor				<input type="checkbox"/> Female	<input type="checkbox"/> Male
Home Phone (Inc. Area Code)	Business Phone (Inc. Area Code)				
Address of Claimant					
Address of Parent/Guardian, if different					
The Little League Major Accident Policy provides benefits in excess of benefits from other insurance programs subject to a \$50 deductible per injury. "Other insurance programs" include family's personal insurance, student insurance through a school or insurance through an employer for employees and family members. Please CHECK the appropriate boxes below. If YES, follow instructions above. Does the injured Person/Parent/Guardian have any insurance through Employer Plan <input type="checkbox"/> Yes <input type="checkbox"/> No School Plan <input type="checkbox"/> Yes <input type="checkbox"/> No Individual Plan <input type="checkbox"/> Yes <input type="checkbox"/> No					
Date of Accident	Time of Accident	Type of Injury			
Describe exactly how accident happened, including playing position at the time of accident <b>DAY</b> <b>TIME</b>					
Check all applicable responses in each column:					
<input type="checkbox"/> BASEBALL	<input type="checkbox"/> CHALLENGER (4-5)	<input type="checkbox"/> PLAYER	<input type="checkbox"/> TRYOUTS	<input type="checkbox"/> SPECIAL EVENT (NOT GAMES)	
<input type="checkbox"/> SOFTBALL	<input type="checkbox"/> T-BALL (6-7)	<input type="checkbox"/> MANAGER, COACH	<input type="checkbox"/> PRACTICE	<input type="checkbox"/> SPECIAL GAME(S)	
<input type="checkbox"/> CHALLENGER	<input type="checkbox"/> MINOR (8-12)	<input type="checkbox"/> VOLUNTEER UMPIRE	<input type="checkbox"/> SCHEDULED GAME	<input type="checkbox"/> TRAVEL TO ANOTHER CITY	
<input type="checkbox"/> TAD (2ND SEASON)	<input type="checkbox"/> LITTLE LEAGUE (9-12)	<input type="checkbox"/> PLAYER	<input type="checkbox"/> TRAVEL TO ANOTHER STATE	<input type="checkbox"/> YOUR APPROVAL FROM LITTLE LEAGUE	
		<input type="checkbox"/> COACH/KEEPER	<input type="checkbox"/> FROM	<input type="checkbox"/> INCORPORATED	
		<input type="checkbox"/> SAFETY OFFICER	<input type="checkbox"/> TO	<input type="checkbox"/> TOURNAMENT	
		<input type="checkbox"/> VOLUNTEER WORKER	<input type="checkbox"/> OTHER (Describe)	<input type="checkbox"/> DRAFT	
				<input type="checkbox"/> BIG (13-18)	
I hereby certify that I have read the answers to all parts of this form and to the best of my knowledge and belief the information contained is complete and correct as herein set forth.					
I understand that it is a crime for any person to intentionally attempt to defraud or knowingly facilitate a fraud against an insurer by submitting an application or filing a claim containing a false or misleading statement(s). See Revision of the law on the back side of this form.					
I hereby declare any physician, hospital, or other medical facility, insurance company or other organization, individual or person who has any relationship with me, and/or the above named claimant, or our health, to disclose, whenever requested to do so by Little League and/or National Union Fire Insurance Company of Pittsburgh, Pa. A photostatic copy of this authorization shall be considered as effective and valid as the original.					
Date	Claimant/Parent/Guardian Signature (in a two parent household, both parents must sign this form.)				
Date	Claimant/Parent/Guardian Signature				

In case of emergency call 911

Seattle Police (North Precinct): (206)-684-0850

Seattle Fire Department (Fire Station 9): (206)-386-1400

# Dogs



- At those few places we use where dogs are allowed (or if people bring them anyway):
  - Short Leash
  - Keep Dog under control
  - Clean up after pets
- Even nice dogs can get excited with lots of people, noise, balls, and especially curious little kids



# Threatening Individuals

- Although rare, threatening individuals have interrupted events
- Should this happen, get kids off the field in the direction opposite from where the person enters
- If threat of violence, risk of harm to children call 911 and let them know children are being threatened
- Please discuss with parents at coaches meeting, as their assistance and understanding will be needed



# Privacy and Safety

**From:** [REDACTED]  
<xxx@hotmail.com>  
**Subject:** Question.... Help !

My girlfriend is going to kill me !!!!  
I forgot to order photos for her kids.  
Can you give me a photo company  
name or some information on how I  
can order team photos??????

**From:** [League Official]

Hi [REDACTED],

I don't have you in our system as the adult  
who registered any players or someone  
listed as an Additional Email associated  
with any players. For the sake of privacy,  
we avoid disclosing information about  
players unless we are certain the request is  
coming from one of the aforementioned  
people.

Pictures will still be available from the  
league photographer this whole month of  
June, if not beyond. But we need the  
request to come from an email address  
that is in our registration system. I assume  
you understand our caution.

Best,  
[League Official]

**From:** [REDACTED] <xxx@hotmail.com>  
**Subject:** Re: Question.... Help !

Seems like a lot of paranoia! All I want is  
to find out who the photo company was  
**not kidnap children.** I will have my  
girlfriend email someone who is not so  
insecure.



# Keep the kids safe by protecting information privacy

This is not hypothetical: Issues we *actually* saw last year:

- People trying to get private information to target our kids and families for unknown reasons through photographer
- Estranged parents searching for their kids

Biggest weak links:

- Team communications via SportsEngine or GameChanger - make sure the main contact parent approves the addition of other parents or fans
- SportsEngine is secure (not public); in GameChanger it shows first name plus last initial to non-rostered people. If there is a safety concern, team can adapt their first names to an initial.



# Mandatory Abuse Awareness Training

- All coaches and volunteers must take Abuse Awareness Training offered by USA baseball (~20 min course online)
  - Certificate of completion must be submitted to the league prior to engaging in team activities
- Overview of steps:
  - NCLL Website: [www.ncllball.com](http://www.ncllball.com)
  - Register or Sign in
  - Go to Resources -> Safety Hub -> and scroll down to required trainings and click on Start Abuse Awareness
  - Register and take the course



# Safety "10 Commandments"

- I. BE ALERT!
- II. CHECK PLAYING FIELD FOR SAFETY HAZARDS
- III. WEAR PROPER EQUIPMENT
- IV. ENSURE EQUIPMENT IS IN GOOD SHAPE
- V. ENSURE FIRST AID IS AVAILABLE
- VI. MAINTAIN CONTROL OF THE SITUATION
- VII. MAINTAIN DISCIPLINE
- VIII. SAFETY IS A TEAM SPORT
- IX. BE ORGANIZED
- X. HAVE FUN!



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# Safety Manual

- Available on league website or from safety coordinator
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